

UNIVERSITY OF WINNIPEG'S WEEKLY URBAN JOURNAL

THE

UNITER

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ISSUE

17

VOLUME 63

**Take that,
music snobs!**

Why society loves top 10 lists

ARTS & CULTURE → page 9

The hibernation cycle of the majestic Winnipegger

Cold weather means
we toss all (green)
caution to the wind
and keep our cash
in our pockets

NEWS → page 4

Love reading about bands?
Good! We've got you covered

A & C → pages 8, 10, 12

Do we need God?
A reverend and a student battle it out

COMMENTS → page 7

For those of you crazy enough to try it...
winter cycling tips

SPORTS AND FITNESS → page 18

***COVER IMAGE**

"Travelling"

by
Dana Leggett

News

Friendly (and generous) Manitoba

Compared to the rest of Canada, we give the most

JOE KORNELSEN
BEAT REPORTER

Manitobans can, once again, pride themselves on being the most generous province in the country.

Manitobans have come on top in every report on Canadian charity done by the Fraser Institute, a right-wing think tank, since 1996.

Linda Warkentin, communications co-ordinator at Siloam Mission, is not surprised by the statistics.

"We are very happy with the hearts we have seen," she said

Operating out of Winnipeg's Exchange District, Siloam Mission provides meals, clothing and emergency shelters for people in need.

Since 2007, the mission has seen an increase from 27,000 to 40,000 donors.

Philippe Cyrenne, an economics professor at the University of Winnipeg, said Manitoba's propensity to give might be related to its history.

"There seems to be this natural idea that you can depend on your neighbours in a rural area," he said.

"Manitoba, with its agricultural past, is inclined to giving."

Cyrenne also pointed to the stability of Manitoba's population. Because people tend to settle down in Winnipeg for longer than in other cities, there is a better understanding of the issues charity can address.

The Downtown Winnipeg BIZ, an organization consisting of businesses operating in the downtown, currently has collection boxes distributed throughout the area so that people can donate their change.

Rather than having this money go to panhandlers, it is distributed to various social agencies in the city.

The BIZ generally gives to charities whose goals are "to improve safety and confront social issues," both concerns that resonate down-

town, said Jennifer Verch, spokesperson for the BIZ.

According to Fraser Institute's most recent numbers from 2006, Manitobans gave 1.14 per cent of their income to charities, far above the second place contender, Ontario at 0.92 per cent.

Quebec residents finished last, with 0.33 per cent of their income donated to charity.

But Manitoba citizens' generosity may reflect badly on the province. According to Cyrenne, there

is a tendency for people to give less when governments are perceived to be providing more social services.

Warkentin said that although the province provides services for people, "government funding varies from program to program."

The impending recession raises concerns that donations will fall.

Warkentin was not too worried. So far, she said Siloam Mission had seen a decline in donations from their corporate sponsors but not from individual donors.

"There seems to be this natural idea that you can depend on your neighbours in a rural area...Manitoba, with its agricultural past, is inclined to giving."

-Philippe Cyrenne, University of Winnipeg economics professor



RYAN JANZ

HOW ARE WE REALLY DOING?

Manitoba:

-4.2%

Change in amount of donors between 1996 and 2006

+43.8%

Change in funds donated between 1996 and 2006

\$1,734

Average donation

International:

0.76%

Average percentage of income donated by Canadians

1.66%

Average percentage of income donated by Americans

Source: Fraser Institute

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STREETER

BY JOE KORNELSEN

**Q: WHAT DO YOU GIVE AS CHARITY?
DO YOU THINK THAT CHARITY IS USEFUL OR IMPORTANT?**



Ksenia Broda-Milian
1st year science major
I volunteer; I was involved in a philanthropy committee in high school. Having come from a place where my needs are met I think it's important for me to help people who need it.



Amy Letham
5th year education student
I give clothes, like winter gear that's not being used. I think it's important because there are people that need help: people like refugees who don't have the clothes for the weather.



Richard Ledda
1st year science student
My family gives old coats and money. Charity gives us an opportunity to provide directly to people.



Amy Ogidan
I give used stuff like clothes and books. I don't give money cause I don't have much right now. I think charity is useful but I try to give to people that I know personally who can use the stuff.



Doug Boulton
Self-employed
Charity is charity. In some ways it is good. Sometimes people use it for a tax credit. It's good as long as it goes to the right people.



Mona Beardy
Unemployed
I give clothing and food. A lot of kids use the food banks. It's very useful; in some cases families really do need that stuff.

Province to regulate payday loans

Lenders appeal maximum rate decision

SANDY KLOWAK
 BEAT REPORTER



The provincial government maneuvered its way out of a legal tug-of-war with payday money lenders recently by giving itself the official authority on capping loan interest rates.

The payday loan industry offers small, short-term cash advances with high interest rates. They can be a dangerous debt trap for some, said John Silver, executive director of Community Financial Counselling Services, a not-for-profit agency which offers debt management aid.

"The worst problem we see is people digging themselves into significant holes."

Most payday loan companies enforce interest rates well over 60 per cent, legally defined as criminal, yet they are normally not prosecuted.

The Government of Manitoba introduced legislation in 2006 that would regulate the payday loan industry and set a maximum interest rate.

The provincial Public Utilities Board (PUB) was charged with determining a fair rate cap and in April 2008, they announced a rate that, while still over the criminal limit, would arguably allow most lenders to continue operating.

However, popular lender Cash Store Financial Services claimed this decision would put many lend-

ers out of business. In early January the firm was granted permission to argue its case to the Manitoba Court of Appeal. It was also granted a stay of the PUB decision until a court ruling.

But on Jan. 7, the provincial government committed to designating itself as the official source on capping interest rates for payday lenders, effectively overruling the legal process.

"The purpose of the legislation is to protect consumers from exorbitant rates as well as to protect them from questionable business practices," said Nancy Anderson, director of the Manitoba Consumers' Bureau.

The province is also implementing further regulations which will come into effect after March 9.

Cash Store Financial Services declined to comment due to their involvement in the ongoing legal proceedings.

Not all community organizations are happy with the government involvement. Kimberly Weihs, executive director of the Manitoba Society of Seniors, is disappointed the gov-

THE TRUE COSTS

Different payday lenders have different interest rates.

If you borrow \$250 using a 12-day payday loan, the interest you pay back will vary from **\$44 to \$109**. If you use a line of credit from bank or credit union at six per cent prime, you'll only pay **\$0.49**.

Payday lenders (Winnipeg):			
Lender	Loan Size	Amount Due	Charges
A	\$250	\$295	\$47.99
B	\$250	\$359	\$109
C	\$250	\$348	\$96.12
D	\$250	\$300	\$50
E	\$250	\$294	\$44

This info was obtained by the Public Utilities Board (PUB) using a mystery shopper in Winnipeg.

ernment undermined PUB's decision, in which they were involved.

"We want to make sure that... everyone has a say in how rates are decided," she said.

While the PUB has a well-respected transparent decision-

Fear not, we have jobs... for now

Manitoba boasts steady economy, job growth

SANDY KLOWAK
 BEAT REPORTER

Manitoba is still the place to find work while other provinces are floundering, a recent report suggests.

According to a Statistics Canada report, the province's job growth in the past year is second in the country, at 1.7 per cent, one of only three provinces with employment growth higher than the national average.

"We're not immune to the ups and downs, but our movement up and our movement down is not as pronounced as with other provinces," Fletcher Baragar, professor of economics at the University of Manitoba, said of the province.

The oil and gas boom in the west is ending and manufacturing in Canada's east is also suffering, especially in the auto industry. Meanwhile, Manitoba's more di-

HOW DO WE MEASURE UP?

Change in provincial employment rates from December 2007 - December 2008:

SK	+3.1%
MB	+1.7%
AB	+1.3%
ON	+0.6%
BC	+0.4%
NS	+0.3%
PE	+0.1%
QC	0.0%
NB	0.0%
NL	-0.6%

Source: Statistics Canada: Labour Force Survey

versified economy has more legs to stand on, Baragar said.

While we depend on manufacturing to some extent, we also have a strong agricultural sector, he said.

And while employment in Canada's construction industry is not on the decline, Baragar said Manitoba is ahead of the game in that area as well.

"It's slowing down for people else-

where," said John Pinkerton, an apprentice interior systems mechanic for QSI Interiors Ltd.

"There is an economic shift for sure," he said. "It's on everybody's mind... especially the trades."

While Manitoba has always feared a workforce drainage to richer western provinces, we may now see the reverse, predicted Baragar. Strong demand for construction workers in this province may pull people back in.

Though this may mean more competition for tradespeople like Pinkerton, he is not particularly worried.

"Being competitive makes you that much better at your job," he said.

Pinkerton feels that with his high level of training, combined with the steady Winnipeg construction market, things are looking good for the future.

"You can't fake what somebody in my trade knows," he said. "If you're good at what you do, you'll always

making process, Weihs fears the government's process may not be as accessible.

She worries this shift will set a precedent for undercutting further PUB decisions.

Stan Keyes, president of the Canadian Payday Loan Association, representing 20 lenders including Money Mart, is glad the government is stepping in.

"We have been asking for strong consumer protection in balance with a strong competitive industry," he said.

"When it comes to the rates, the PUB got it wrong."

Keyes is concerned that the PUB's low rate cap will drive small lenders out of business and create a monopoly, which is detrimental to consumers.

He is confident the government will take this into account when setting rates.

For Silver, all of these negotiations avoid the heart of the problem.

"There's a potential to prey on people who can least afford to go into further debt," he said.

For these people, "payday loans are the only place to turn because the current financial system doesn't serve people who need payday loans," Silver said. "There needs to be an alternative for people that can't get credit."

But Money Mart customer Dudley (last name withheld) doesn't have a problem with loan rates as they are.

"If you need the loan then you need it," he said.

have a job."

But Laurell Ritchie, national representative for the Canadian Auto Workers Union, has already noticed tell-tale signs that employment woes will soon hit Manitobans.

People have begun calling her office asking about work-sharing programs, a resort taken in hard financial times in which employees choose to work a four-day week, collecting Employment Insurance for the fifth day.

For the first time in years, these calls are even coming in from Manitoba, she said.

"It's usually an early warning of problems to come," Ritchie said. "A weak labour market like this is never a good market to be bargaining in."

But Baragar is confident our province will break even when it comes to the economic crunch.

"Manitoba is sort of rolling with the punches," he said. "Relatively speaking, I don't think Manitoba's going to feel it as badly as anywhere else in Canada."

Local News Briefs

Compiled by Carlen Malinowski

WINNIPEG OFFERS PUPPY TO NEW PRESIDENT

Winnipeg has the ticket to the new member of the Obama family - a Labradoodle puppy, one of two hypoallergenic breeds the United States president-elect has reportedly promised his daughter.

Eleven of these pups were taken in by the Winnipeg Humane Society in December and executive director Bill McDonald has written to Prime Minister Stephen Harper, proposing one be offered to Obama as a gift from the people of Canada.

The *Canadian Press* reported McDonald said arrangements would willingly be made to transport the dog to Ottawa for Obama's first official visit to Canada.

311 LINE OFFICIALLY ON AIR

As of Jan. 16, Winnipeg follows in Calgary and Windsor's footsteps with the new 24-hour 311 telephone line, a streamlined information service designed to receive the non-emergency calls that flood 911.

Call 311 if you need to know about transit, parking, whether school is closed, what school/garbage day it is, for recreational information or to report minor vandalism.

The 911 line should only be used for major injuries, accidents and fires.

A new downtown service centre to accommodate the line will cost \$31.1 million over the next five years, reported the *Winnipeg Free Press*.

CITY ARTS COMMUNITY APPEALS FOR BAILOUT

Dozens of Winnipeg art group leaders are pressing for a share in the economic-recovery packages the federal government is preparing.

From ballet to symphonies to art galleries, the art sector directly contributed about three per cent of the nation's gross domestic product (GDP) in 2007.

But as the recession is already biting into budgets, ticket sales and donations, concerns about the industry's future are rising, prompting this request.

HOTEL SECURITY PRACTICE CHALLENGED

The Federal Privacy Commissioner is charging Canad Inns, a Manitoba chain of hotel bars, with breaching privacy by taking photos of patrons' identity cards (IDs) and storing them for up to 30 days.

CBC News reports that the practice has the support of both the police and the Manitoba Liquor Control Commission and has been in usage for the past 13 years, allegedly reducing violent behavior in bars.

The commission lawyers are concerned about the sensitivity of the information on IDs and the potential risk of exposing it to unknown hands and eyes.

REHAB HOUSE LOSES FUNDING ON SUSPICION OF GANG ACTIVITY

Government funding for Paa Pii Wak, a safe house for aboriginal men wishing to leave the gang lifestyle, was canceled on Wednesday.

Suspicious that the house was a front for criminal activity were raised almost two years ago. Convicted gang members have allegedly been running the house and none of the "board members" named through the website were even on the board or in the know of who was.

According to CBC News, the facility will lobby to reinstate program funding, with former employees insisting they witnessed no gang activity but only serious disorganization.

International News Briefs

Compiled by Brooke Dmytriw

140-YEAR-OLD LOBSTER WILL NOT BE ON THE MENU

NEW YORK: City Crab & Seafood restaurant will set free a 140-year-old lobster it has been keeping in a tank for the last two weeks.

Named George, the lobster weighs 20 lbs and was caught off the coast of Newfoundland at the end of December.

City Crab & Seafood paid \$100 for the crustacean and have used it as a mascot to drum up business. The owner stated they never intended to serve it, but simply wanted to draw some attention to the eatery. PETA commended the restaurant for its decision.

The BBC reported the lobster will be released into the waters at Kennebunkport, Maine, where lobster trapping is prohibited.

ART MASTERPIECES NOW ON GOOGLE EARTH

MADRID, Spain: Spain's national art museum, the Prado, revealed 13 masterpieces from its collection as seen through Google Earth.

The museum and Google Earth Spain collaborated to provide high-resolution pictures of Prado paintings online. Captured at 14,000 mega pixels, the resolution is so fine a viewer can observe crack in varnish and the seams of the canvasses. The Prado used special cameras to take over 8,200 photographs of the paintings, produced using the same layering technique as Google Earth.

The technology allows viewers to zoom into the paintings, available at <http://www.google.com/intl/en/landing/prado/>, and see intricate details.

NEW BANKNOTE MAKES ZIMBABWEANS TRILLIONAIRES

HARARE, Zimbabwe: The central bank issued the first 100 trillion Zimbabwe dollar bill last week.

The banknote converts to approximately CAD\$40.

Hyper-inflation has forced the central bank to keep issuing new notes to meet demands of the continually de-valued currency. The Reserve Bank of Zimbabwe also issued Z\$10, Z\$20, and Z\$50 trillion dollar notes.

It was less than a month ago that the bank issued a Z\$500 million bill.

Prices for food and fuel double on a daily basis in Zimbabwe. Citizens buy most of their groceries in neighbouring countries like South Africa, Zambia and Botswana, driving up the prices more at home.

The *International Herald Tribune* reports banks cannot keep up with the demand for cash.

Despite the inflation rate of 231 per cent and a cholera epidemic with over 2,000 reported dead, opposition leader Morgan Tsvangirai still insists on working with President Robert Mugabe towards a power-sharing government.

RECESSION? TIME FOR A COOKING CLASS

SINGAPORE: A senior official in the Singapore Environment Ministry found an original way of handling the city-state's economic meltdown: a five-week cooking class in France for him and his family.

According to *Reuters*, Tan Yong Soon admitted the story to a local newspaper, saying that a good leader with a good team could afford the time off.

Soon's family holiday at the esteemed Cordon Bleu cooking school cost over CAD\$38,000.

Now Singapore bloggers are speaking out on the bureaucrat's spending at a time when other residents of the city are trying to make ends meet.

Singapore is one of Asia's wealthiest countries. It was one of the first to be hit by recession last year.

Going from blue to green, sans furnace

Locals find ways to remain warm and eco-friendly in the winter

ANDREW MCMONAGLE
BEAT REPORTER

Winter is the most tempting time to abandon ethics about sustainability: it's easier to turn up the heat and drive to the supermarket than it is to find alternate sources. Yet some Winnipeggers claim there are ways to stay green in the cold.

"It's more expensive to be sustainable in the winter," said Jason Andrich, co-ordinator of the Harvest Moon Local Food Initiative. "But people in the winter have more time to sit and think about this stuff."

Harvest Moon is a network of farmers using sustainable ways of raising animals and gardens. In the winter, members grow fewer vegetables due to their reluctance to use greenhouses.

"We stay clear of year-round growing," said Clint Cavers, farmer and member of Harvest Moon. "It's not sustainable because you have to use fossil fuels to keep it heated."

Cavers promotes smarter food storage as an answer to getting vegetables in the winter. Freezing and canning are the best ways to keep food year round.

Being sustainable in your kitchen is just one part of it.

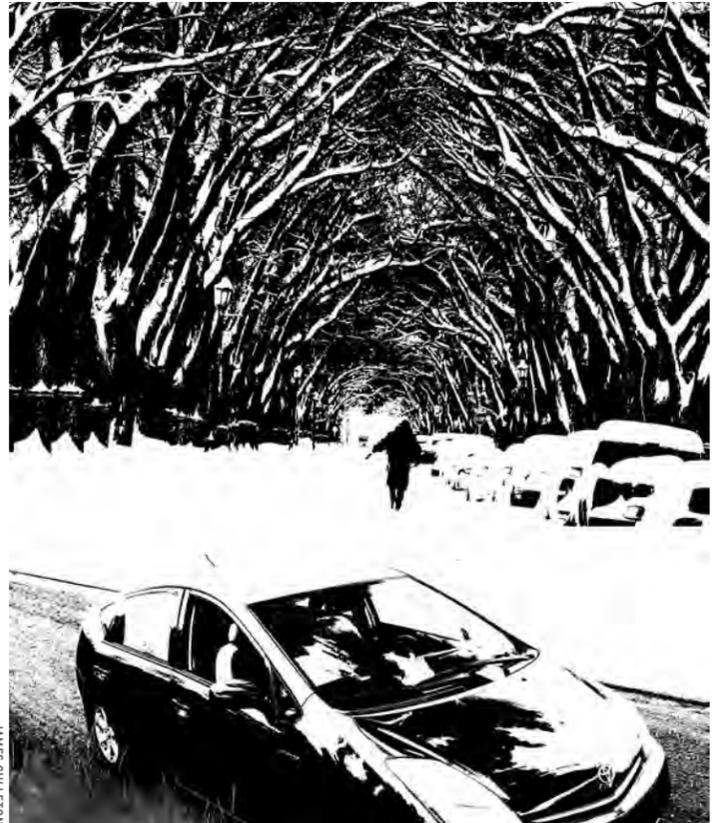
Building eco-friendly houses is a growing trend. Manitoba is home to an eco-village called Prairie's Edge, located in River Hills near

HOW YOU CAN LIVE SUSTAINABLY NOW

Didn't plan ahead? Here's how to be more sustainable:

- ⇒ Shut off the lights when you're not in the room
- ⇒ Turn off the TV and computer when you're done – dust mites don't watch reality TV
- ⇒ Use cloth shopping bags, and carry them with you
- ⇒ Ride a bicycle (and wear a toque), walk, use public transit or carpool
- ⇒ If you have to have a car, buy one with the best fuel economy
- ⇒ Know where your food comes from
- ⇒ Buy Energy Star appliances
- ⇒ Use energy-saving light bulbs
- ⇒ Buy wood products that are SFC (Sustainable Forest Council) certified
- ⇒ Plant a tree (OK, this one you can wait until spring to do)
- ⇒ Let policymakers know you are concerned about global warming

Source: University of Winnipeg Campus Sustainability Office



JAMES COULLETON

the Whiteshell Provincial Park.

In Prairie's Edge, people have built their houses from the ground up, using solar power as the main source of heat. Village resident Daniel Brown lives there year round, and says that if you stick to hearty vegetables like kale and spinach, a greenhouse isn't hard to keep up. Brown said that being sustainable in the winter means growing a good garden in the summer, and storing most of it. During infrequent trips to the city, Brown will dumpster dive to supplement his protein.

"Meat keeps better in the winter," he said.

Green initiatives are also seen in the University of Winnipeg.

Campus sustainability is setting up an audit to see where they can improve current energy usage, said Mark Burch, director of campus sustainability.

A significant chunk of the \$7.9 million the province recently contributed to U of W will go towards window replacements, Burch said.

The future Richardson College for the Environment will be constructed according to silver LEED

standards. This means excellent insulation, passive solar heating and a significant cut in emissions.

Burch's long-term goal is to see the university become a "zero-net energy institution," with no emissions—for example, energy surplus generated in the summer would be used to heat in the winter.

In the meantime, Cavers said individuals should live as sustainably as possible without getting discouraged in the cold months.

"It just takes a little bit of looking and you can find what you need," said Cavers.

Cold weather freezes business traffic

Shoppers and students steer clear of stores in the winter

DAN HUYGHEBAERT
BEAT REPORTER

In Kamal Mehra's 37 years of business, the owner of the East India Company restaurant on York Avenue has rarely seen a cold snap like the one we've recently experienced.

The weather hasn't been this consistently cold since the '80s, Mehra said, and now he feels the cool temperatures are freezing out customers.

"People don't like to come out in this kind of weather," Mehra said.

The recent bone-chilling temperatures took a toll on many downtown businesses. Chris Brogden, store manager for Don's Photo at 410 Portage Avenue, reports a lot less walk-in traffic.

"The risk of frostbite is definitely a deterrent to stroll downtown," he said.

Brogden said the cold weather and recession combined are behind the decreasing traffic, but could not estimate to what extent.

"The economy fluctuates with the season."

—Melanie O'Gorman, University of Winnipeg economics professor

"January is typically slow in the retail sector in general," Brogden said.

Mehra also blames the Christmas hangover for the lack of business. He expects an improvement in February.

University of Winnipeg economics professor Melanie O'Gorman said the economy and the cold weather are definitely linked.

"The economy fluctuates with the season," she said. "It's also psychological: people shop when they're happy."

But it's not all bad news. Businesses that depend on the cold weather, like stores selling winter tires, thrive in the frigid cold, O'Gorman said.

University of Winnipeg psychology professor Michael McIntyre said that while he is unaware of any behavioural research done in regards to cold weather, some seasonal factors affect moods.

"People who stay indoors are



Chris Brogden, store manager for Don's Photo, believes the cold weather and recession combined have decreased shopping traffic.

not as physically active, and therefore not as likely to produce endorphins," McIntyre said.

Endorphins are substances found in the brain that are linked

to mood, emotion and pain.

Fourth-year English major Liz Currie said she stays indoors more because of the cold weather.

"I don't go out much to begin with," Currie said. "I find it hard to study at home, because it's cold there too."

Currie said she does reluctantly make it out to attend her classes, but if she had an early morning class, she would think twice about attending.

"Winter is more depressing," she said. "It's harder to get up in the morning and I'm less enthusiastic than the first term. I just want to get it over with."

But not all students are finding the weather counterproductive. While second-year student Murray Gordon is staying inside more because of the cold temperatures, he is using that time wisely.

"I'm getting more reading done," Gordon said.

MANITOBANS' RECENT SPENDING HABITS



⇒ Retail sales Canada wide followed the same trend

Campus News

My education is basically free?

University not so costly for Manitoba students, report finds

JOE KORNELSEN
BEAT REPORTER

You may not know it looking at your university bill, but a new report suggests Manitobans pay effectively nothing to go to university in the province.

According to a report by the Educational Policy Institute, an international post-secondary education think-tank, when inflation and tax rebates are considered in the cost of tuition, the price of getting an undergraduate degree in Manitoba has actually fallen by 100 per cent since the 1997/98 school year.

"When combined with student income tax rebates most (students) will pay nothing," said Diane McGifford, Manitoba's minister of advanced education and literacy.

Yet according to David Jacks, national chairperson for the Canadian Federation of Students (CFS), these calculations do little for students who cannot afford a year's tuition.

"The tax credits fail to affect accessibility because they're after-the-

"It's really the initiative of the government to provide the opportunities for the students."

-David Jacks,
Canadian Federation of Students

fact," said Jacks.

"I'd like to see more funding up front."

Pointing to the \$13 billion debt accumulated by Canadian students, Jacks said students are still collecting interest on these loans and carrying them long past graduation, despite the rebates.

The most significant provincial rebate was announced in 2007. Manitoba students receive 60 per cent of their tuition back if they remain in the province for a minimum of six years after graduating.

"It's a retention strategy," said McGifford.

Through this policy the government hopes to keep students in the province and utilize their skills in the local economy.

Jacks believes the government

should give students a better reason to stay.

"It's really the initiative of the government to provide the opportunities for the students," he said.

According to the report, average tuition and ancillary fees for a full-time Manitoba student were almost \$3,900. The annual average tax rebates per year were just over \$1,900. The 60 per cent post-graduation rebate covers the remaining fees.

Early last year provincial government announced that the tuition freeze, started in 1999, would be removed for the 2009/10 school year.

A commission is currently looking at how to transition out of the freeze.

The CFS is fighting to have the freeze reinstated so that university is accessible even for students who



TUITION DOLLARS

Average tuition and ancillary fees in MB (in 2008 dollars):

1997-1998: **\$4,091**

2007-2008: **\$3,895**

Average tuition and ancillary fees in MB after tax rebates (in 2008 dollars):

1997-1998: **\$2,868**

2007-2008: **\$1,979**

Source: Educational Policy Institute

Students can claim on their income tax:

\$400/month in school

for full-time students

\$120/month in school

for part-time students

For textbooks:

\$65/month in school

for full-time students

\$20/month in school

for part-time students

Source: Department of Advanced Education and Literacy, Government of Manitoba

cannot pay the initial cost.

McGifford believes students do have a responsibility to pay more than they currently are for their education.

"Education has great benefits for the public, but it has even greater benefits for the individual," she said.

Transit riders given the cold shoulder

Students unsatisfied with winter service

DAN HUYGHEBAERT
BEAT REPORTER

Unheated shelters and bus delays have Winnipeg public transit riders opting for less sustainable transportation, as many find waiting for the bus in freezing temperatures just not worth the hassle.

"I once had to wait for over an hour to grab a bus to school," said Melanee Sloan, an arts student at the University of Winnipeg.

Sloan, who lives by the Royal Canadian Mint on Lagimodière Boulevard, has a 45-minute daily commute.

Because of transit's inconsistencies, she is now carpooling with her

"Heaters are intended to provide some warmth to people who are in close proximity to the heater. It's impractical to heat the entire volume of a 72-square-foot shelter."

-Ken Allen, Winnipeg Transit

dad.

"If they had more buses, it would be awesome," Sloan said.

Ken Allen, spokesperson for Winnipeg Transit, said the number of buses increases from 388 in the summer to 450 for the winter season, but drops to 200 for the evening.

"Transit is monitoring the need for more buses accordingly," he said.

Sarah Bezan, a fourth year English honours student, understands that traffic can be slow during the first few weeks of winter, but she also thinks small improvements can be made.

A Fort Richmond resident, she takes an evening kickboxing class at the University of Manitoba, and sometimes can wait half an hour

for the bus in shelters that do little to protect against the cold.

"They have little heaters that are never on, and they just warm the benches rather than the whole shelter," she said. "And there is a foot clearance on the top and the bottom where the cold wind gets in."

Sloan said transit should look into heated seats and adding more shelters.

"There is no shelter by my place," she said.

A shelter was recently added at the intersection of Ellice and Balmoral Streets. Yet it is so far removed from the bus stop that students consistently avoid it.

Allen said there are about 800 shelters in the city, 80 of them containing heaters.

More will be added throughout the year at most major stops on major routes, under the Winnipeg Transit Improvement Program.

Allen said heaters are not as efficient as some believe: they have a limited reach and are less useful under extreme temperatures.

"Heaters are intended to provide some warmth to people who are in close proximity to the heater," Allen said.

"It's impractical to heat the entire volume of a 72-square-foot shelter, especially in extreme low temperatures we've been experiencing over the past few weeks," Allen said.

More information about the city's Transit Improvement Program, including their study regarding Kenaston Boulevard, will be available at public open houses later this month.



MEGAN TURNBULL

Campus News Briefs

Compiled by Brendan Olynik

GREEN TEAM OPENS DOORS

Students looking for summer employment, take heed: the provincial government is looking for applicants willing to hire university and high school students.

Not-for-profit organizations throughout the province and municipal governments are encouraged to apply for grants for the Green Team Program. The funds allow the hiring of students for various community development projects such as housing rehabilitation, riverbank cleanup and public education throughout the summer.

Each organization may hire up to four youth between May 4 and Aug. 31.

For more information on the Green Team Programs, go to http://www.gov.mb.ca/opportunities/summer_careers.html.

PORN IS A PLAGUE, SAYS AUTHOR

Michael Leahy told a crowd of University of Manitoba students that pornography is a plague on society, responsible for ruining relationships and jobs.

A U of M student group, Campus for Christ, recently invited 50-year-old Leahy, the author of *Porn Nation*, to speak with students on how his infatuation with porn cost him his 15-year marriage, two children and his job after his boss had found he spent most his time surfing the material.

The *Winnipeg Free Press* reported Leahy correlates the increasing sexualization and objectification of people in society with pornography.

In addition to having anti-porn lectures at universities, Leahy will publish two books this year.

PROBLEMS WON'T BE IGNORED AT SASK. ABORIGINAL UNIVERSITY

A recently released provincial report into the First Nations University of Canada is giving critics a new sign of hope for changes at the failing institution.

The report looked at the university's administrative and programming, reported *Canadian Press*.

The Canadian Association of University Teachers recently expressed concern about the school and its funding if the review was ignored. Fuelled by their statements, Saskatchewan's advanced education minister Rob Norris announced he will not allow the report to be disregarded.

TOUGH ECONOMIC TIMES CALL FOR MORE STUDENTS

Instead of joining the workforce, many students find themselves pursuing a graduate degree—and Canadian universities are taking notice.

With many entry level job postings already down 25 per cent, Canadian graduate schools are preparing themselves for an increasing number of potential candidates, reported *Maclean's OnCampus*.

The University of Toronto has seen a nine per cent increase in grad school applicants, whereas the applications for the MBA program at Queen's University have doubled in comparison to last year.

The increase in graduate applicants will heighten competition for students interested in graduate programs.

PROFS POSTPONE RETIREMENT

Since the elimination of mandatory retirement in many parts of Canada, many professors are sticking around.

Between a third and half of faculty members are deciding to work beyond the age of 65, perhaps spurred by the downward economy, reported *University Affairs*.

University administrators admit this delayed retirement may cause budgeting problems as many senior faculty members get paid higher salaries. Having them stay longer than expected disrupts plans to hire new members.

When asked about his reasons for staying, 64-year-old Professor Robert Adamec told *University Affairs* that those in their 60s today are in better health than previous generations.

Comments

Who to choose? Neil Young, Feist...

The CBC Radio 2 Obama playlist epitomizes our obsession with the man



ANDREW TOD
VOLUNTEER STAFF

By the time you read this, Barack Obama will have been inaugurated as the 44th President of the United States of America. After one of the most indelible political campaigns of all time he will find himself at the helm of the most influential political position in the world.

Countless articles of adoration towards the man have been penned, and many grown men and women have wept openly in public and in private at all that Obama's presidency stands for.

Finally, if one is to believe in the monumental hype that surrounds Obama, the heavens just may part momentarily to reveal that he truly is the saviour of American politics.

Nevertheless, it is truly exhausting to follow the Obama whirlwind these days. With all due respect to the uniqueness of Obama's political ascendance, and keeping in mind the importance of him being an African-American president in a

country with such a racially tenuous past and present, the adoration that the general public of North America pays the man is beginning to border upon obsession.

We demand to know where Obama is and what he plans to do at all hours of the day. He has graced the cover and been featured in the stories of every major magazine and newspaper on the continent more times than one cares to count.

In a gesture tailored for a 21st century romance, the Canadian Broadcast Corporation feels it necessary to put to national vote which songs should be on the iPod playlist it plans to send the exalted one as an inauguration gift. The Winnipeg Humane Society has even offered to donate Obama that Labradoodle puppy he promised his two children on election night. At this rate, Obama should prepare himself for an onslaught of women's underwear being thrown his way when he makes his much anticipated journey to Ottawa during his first official foreign visit as president.

All in all these instances of obsession become tedious quickly, and seem to miss the point that Obama is in fact not a movie star, musician, nor the reincarnation of Don Juan. He is a politician.

Even the national excitement over his decision to head to Canada on his first presidential visit seemed to overlook the fact that Ottawa is not that far away from Washington,



CORY FALVO



Obama is not a movie star, musician, nor the reincarnation of Don Juan. He is a politician

But that is the problem with obsession. You become so blinded by what you are obsessed with that you are willing to overlook its faults. In the case of the Obama obsession, the faults may not be of his own doing, but that does not mean the public will be let down lightly when their hopes for change are not fully met.

Andrew Tod is a University of Winnipeg student.

D.C. If his first trip as president was to, say, Tokyo that would be a significant gesture. It makes sense for Obama to travel to Canada first – it is close and friendly and an important trading partner – but it does not mean he returns our love.

The Obama presidency begins with the major problem of the heightened expectations he will face throughout his term. Before it has even begun, he is expected to change the world. Never have the stakes been so high for a president, and it will be impossible for him to meet them all, regardless of the "uncertain economic times" that the U.S. and the rest of the world are now in. Ending the war in Iraq, introducing universal health care, or fixing the social security system by themselves would be a gold star on anyone's presidential resume, but to expect all three and more from one president is absurd.



Warning! rampant Hippicism on the loose

The following is a public service announcement on behalf of all of us here at J. Williams Inc.:

Do you make many of the important decisions in your life based on vibes and energies? Do you often go weeks without bathing or wearing socks?

Do you ever start emotional and politically driven speeches, but forget what you're talking about after around 15 minutes of complete non-sequitur?

Have you ever been in a situation where you found yourself faced with a choice between marijuana and granola, and you couldn't decide?

If you answered "yes" to any of the above questions, you might be a Hippie. Do not be alarmed however as you are not alone. Moreover, there are treatments available which can help to suppress the symptoms of Hippicism. Sadly however, researchers have yet to discover a cure.

Hippicism is much more common and pervasive than most people think. In North America, nearly 30 per cent of the population is affected by some form of the disease (this number jumps to a staggering 65 per cent if we are to include Mexico). Hippicism affects mainly young individuals in and around beaches and universities and, left untreated, can lead to severe cases of burn-out or in some cases, 'really harsh vibes' (characterized by dizziness, confusion and a heightened propensity to say "Aw man!"). Left to its own devices, Hippicism will kill you and everyone you love, so it is up to all of us to eradicate this horrible disorder.

The first step towards a Hippie-free society is quarantine. We must take those who are infected, and put them somewhere where they can receive the treatment they deserve without endangering others. It should also be somewhere the non-infected citizens (who will obviously need to be relocated) will not miss. Somewhere like Regina.

After all the known Hippies are sent to Regina, we must take the necessary steps to protect ourselves against another dangerous outbreak.

Here are some simple ways to Hippie-proof your home and protect your family:

1. Never leave food or marijuana cigarettes unattended in your home. Hippies can smell free food or pot from a distance of more than 600 kilometers. After a Hippie has smelled your food or your pot, the only thing between you and an unwanted Hippie is whether or not he can bum a ride that far.

2. Do not leave big comfy blankets on the couch in your basement, as Hippies are attracted to warm places to sleep for free. Also, if you insist on having a guest room in your home, for god's sake, keep some boxes full of old books on the bed when it's not in use, so some Hippies don't sneak in through the floor boards and start a nest.

3. NEVER KEEP GRANOLA IN YOUR HOME. If you must have granola in your diet, store it in your shed or garage and keep it wrapped in IBM stocks (which are sure to repel even the hungriest Hippie).

4. Finally, last – but by no means least – Ladies: Do not mate with a Hippie. Remember this simple rule: No shoes; no shirt; no cervix. Hippies will spew garbage about free love and breaking taboos, but do not be fooled: they are simply trying to spread their filthy genes, in order to create little hippies to fill their filthy jeans.

J. Williams is a local musician and you can see him play at Shannon's Irish Pub every Monday. Please leave your Hippie friends at home.

Change isn't a one way street

Politics really matter in El Salvador



ALEX GARCIA
VOLUNTEER STAFF

Touching down at San Salvador airport gives an amazing first impression.

Immediately you feel the warm air hit you like a wall, the sounds of hundreds of palm trees rustling a hundred yards away mixed with the calls of various birds and animals tickle your ears. It's beautiful.

Then the stench hits you. This is the epitome of most things Salvadoran (I assure you, I say this with the greatest pride): breathtaking at first glance, atrocious after a bit of digging, but nowhere near any sort of finished product.

The thing that strikes you first, and continues to hit home every day you're there, is the thought that decency is immaterial and priceless – it is the centerpiece of our culture and the backbone of much of the country.

El Salvador runs rampant with blatant dichotomies. There are million dollar mansions built within walking distance of shantytowns and shacks; shopping malls that would fit better in California or New York than in the heart of a



A child jumps off a pipe that transports hydro-electricity across a river in El Salvador.

Politics still has clout in countries like El Salvador, because political change actually matters

Third World nation. There is a tremendously active political population and a forcefully apathetic public, just as there is a voraciously socialist left wing and a die hard neo-liberal right. There is horrific violence in the midst of beauty. You get the point.

Or maybe you don't.

I couldn't before I arrived. Even as a former international development studies student and a current human rights student, the Third World was something alien, something impossible. Having it thrown in your face is a trip.

The first thing to hit is indeed the smell.

The second (and this will almost never go away) is the uncertainty. You find yourself questioning the oddest things: whether or not it is safer to drink beer rather than water, if chicken was ever spongy before, and whether the medicine a relative just gave you is safe or not.

The third thing to watch out for

is political life. Because nothing stirs up a political shitstorm like horrid living conditions, five dollar a day wages, massive overpopulation and an apathetic government. Politics still has clout in countries like El Salvador, because political change actually matters. Agendas are still being shaped and formed, especially in countries that merely traded one hegemonic power for another and have yet to truly find their independence.

The last thing that will hit, the one you've been waiting for, is the utter despair. You won't see it on people's faces, or in their actions. You'll wake up, go to the makeshift bathroom and look in a grimy mirror. Then you'll see it. There's no doubt that you'll feel pity and sympathy, but the despair is something else. It hits you when you realize the "oppressor" isn't a tyrant ruling with an iron fist, the antagonist isn't an oligarchy dating back to the time of conquistadors. The focus of attention – the force against which they rebel – is us.

This became the hardest part to accept, the last dichotomy you see: the bitter knowledge that you can help and you can do great things to help improve the quality of life, but in the end we need the Third World. This is why we keep them impoverished. In the end, you come to realize that change isn't a one way street.

Alex Garcia is a University of Winnipeg student.

Do we need God?

Reverend Jack thinks so. Do *Uniter* readers agree?

Christians aren't deluded but they screw up



JACK DUCKWORTH
UNIVERSITY OF WINNIPEG
VOLUNTEER CHAPLAIN

A religion scholar asked Jesus, "Which is most important of all the commandments?"

Jesus said, "The first... is, Listen... The Lord your God is one; so love the Lord God with all your passion and prayer and intelligence and energy. And here is the second: Love others as well as you love yourself. There is no other commandment that ranks with these," (Mark 12:28-31 The Message).

The Christian faith is simple: concern yourself with the presence of God through faith in Jesus Christ and the needs of others. Yet faith extends beyond finite thinking because a Christian responds to what God has done on their behalf (John 3:33-36). Why then, do Christians screw up?

First, the substance of faith is true. The Bible is open, free and honest for all to read, believe, or doubt. So whether we like or dislike what the Bible records, it is important to hear what it says because the words direct Christians to grow learn, and do the purposes of God (Hebrews 11).

Second, to limit our worldview to mere human intellect caps our capacity to understand the Christian faith. Scripture opens our minds to the presence and power of God over and against limited human arguments. The presence of God is never out of reach but full, complete and beyond comprehension to those who are faithful to him (Rom 8:38).

Third, faith in God through the life, work, teaching, death and resurrection of Jesus Christ is not a fable (John 1 and 21:25). Stories with quaint moral outcomes can be had anywhere (1 Timothy 1 3-7). Faith in God is not a trendy figment of our imagination. Instead faith is built upon what was done on our behalf through Jesus Christ (John 10:14-15).

Life without God deludes the human soul and offers a spiritual vacuum (Romans 1:20-24). Instead, the answer to our purpose in life is found outside of our finite thinking. Training in academic disciplines equips us for our profession, but knowing and serving the just and loving God gives us our vocation. Christians live an expression of what God has done on their behalf.

Life without God deludes the human soul and offers a spiritual vacuum

So, why do Christians screw up?

They are vulnerable and flawed like everyone else. However, when we love God and our neighbour we live the prime motivating factor for life's calling. We do what we read about in the Bible intentionally expressing why we are servants of Christ. So like or dislike the Christian life, it is a choice to respond to the call of God (Eph 1:11-14).

Jack Duckworth is the pastor of First Presbyterian Church Winnipeg and is available as volunteer chaplain at the U of W Thursdays from 12 to 3:30 p.m. He will be conducting a series of dialogues on Christianity during the free period from 12:30 to 1:30 p.m. for the next three Wednesdays, Jan. 18, Feb. 4 and Feb 11. Look for posters in the university indicating the room in which these lectures will be held.

The case for scepticism



AMALIA SLOBOGIAN
VOLUNTEER

If there is one thing that leaving a fundamentalist Christian religion has taught me, it is that doubt is not a bad thing. It's OK to admit that you don't have all of the answers. Doubt is humbling and leaves one open to the truth. When it comes to the big questions in life, admitting we just don't know can be a lot more intellectually honest than claiming to understand it all.

This notion of accepting that there are things we simply cannot know beyond a doubt is incongruous with what most religions teach their followers.

Religions make claims to absolute truth and assert that they have the answers to life's biggest questions. These answers can seem tantalizing. Who wouldn't want to know the meaning of life or the reason we die or whether there's an afterlife? Unfortunately, like any offer that seems too good to be true, this one has a big catch. The majority of "answers" which religions such as Christianity offer cannot be proven. In order to benefit from the answers which religion offers, one must ultimately put one's reason and intellect on hold and rely solely upon unfounded faith.

Accepting Christianity means accepting answers which under any other circumstances we would find impossible to logically or rationally accept as true. Such as the explanation that God created a woman out of a single rib or that Noah was really able to fit every single species of animal onto the ark. Not all Christians still believe in the literal truth of stories such as these – they may dismiss them as allegorical. I find this puzzling: how can you claim that some of what a sacred text teaches is allegorical while others are absolute facts and not see an inconsistency in that?

It isn't just the miracle stories that set off a logic alarm in my head, it is also the idea

ciding with a number of dialogues he is holding here at the university.

In response, a variety of guest and regular *Uniter* writers will try to show the wide ranging and passionate opinions that arise when questions of faith are brought to the table.

We want to know how you feel about the social implications of religion. Are we losing something integral to our culture by pulling away? Do we need God? E-mail your ideas to comments@uniter.ca.

of voluntarily worshipping a god who has no problem annihilating entire nations of people who refuse to pay him homage (Exodus 34:11; Leviticus 26:7) or who claims to be forgiving and yet holds all of humanity accountable for the actions of the first two humans who went against his wishes (Romans 5:12), as the Christian doctrine of original sin teaches. I cannot accept any of the explanations given for why a supposedly perfect, loving and just god would vengefully hold generations upon generations of people accountable for a single error made by their ancient ancestors.

Christianity attempts to bypass our natural filter of reason by asking us to put our intellect and logic on hold

By demanding that we accept claims which are unverifiable by relying solely on faith, Christianity attempts to bypass our natural filter of reason by asking us to put our intellect and logic on hold. Like many other religions, Christianity asks us to have "faith" but gives little ground for such a weighty request. I believe in having faith – sometimes you do just have to take a leap – but I refuse to put my faith in a religion which offers nothing I find to be authentic, real, or true.

Instead of settling for the easy way out of metaphysical quandaries, I take an agnostic stance, viewing everything with a healthy dose of doubt and scepticism.

I haven't stopped asking the big questions, but I have stopped expecting to find easy answers. I'd rather have no answers at all than ones which require me to put my brain on hold in order to believe in them. I don't believe that humans require religion in order to be happy, peaceful, or ethical – the contented existence of numerous agnostics and atheists demonstrates this.

Amalia Slobogian is an English major, who dabbles in philosophy and metaphysics. She is a former Jehovah's Witness.

Got an opinion? Think you know it all?
E-mail comments@uniter.ca.

Letters

Re: "Anarchism is never the answer"

I strongly disagree with the commentary Will Dumont expressed on the topic of anarchism in Issue 16 of *The Uniter* (Anarchism is never the answer, Jan. 15 edition). It seems to me that Mr. Dumont's research into this topic is limited to listening to a Sex Pistols album and not too much else. The idea that anarchists are wild-eyed bomb throwers prone to thoughtless violence is often propagated in the media and is a sad slander against what is, in reality, a beautiful and courageous idea rooted in principles of equality, freedom, community and mutual aid.

A quick look at history shows us that a focal point of anarchist organizing has been the work of building of a new world from the shell of the old – not as Mr. Dumont claims, "...smashing it with a sledgehammer and not bothering to install anything to replace that deceased system..." How does Mr. Dumont explain the mass organizations of workers into the anarcho-syndicalist unions of CNT and FAI in Spain during the first decades of the 20th century? There are countless other examples, I'll leave to readers to search them out. It is clear that the story of this movement is one of communities combining efforts and pooling resources in order to place control of people's lives precisely where it belongs – in

the hands of the people.

The flaw in Mr. Dumont's analysis is that, contrary to his belief, in the aftermath of a revolutionary upheaval life will go on. People aren't stupid and they don't need a government or a cop or a boss to tell them what to do to get their individual and collective needs met – indeed, humanity would be in dire straights if they did, judging by the horrendous messes and tendency towards thoughtless violence that those three authoritative bodies have proven themselves to be prone to.

Until all are free,
Garth Hardy
Winnipeg Anarchist Black Cross
Industrial Workers of the World - Winnipeg
General Membership Branch

Re: "Anarchism is never the answer"

Will Dumont is correct in stating that "capitalist society has led to unjust...dooming the majority of the human race to squalor..." and his comparison of society to a complicated machine is apt, but I would use the term civilization where he uses society ("Anarchism is never the answer," Jan. 15 edition). Civilization means "organization of a high order," (Webster's) and implies hier-

archical structures whereas society is about "community of related interdependent individuals," (Webster's). We have anarchist societies here in Winnipeg and a vibrant anarchist community.

Dumont's question of how to deal with a system "faulty due to its complicated nature." I'm all for smashing it and replacing it with something simpler that is not prone to so many faults! But smashing something does not automatically result in chaos, anarchism is not chaos, and Dumont is wrong in implying anarchists wouldn't bother to do anything after rejecting civilization. Anarchists already have demonstrated time and again that they can organize effectively through consensus and without authoritarian figures. There have been many many learned anarchists who've written books of philosophy and history and there are many fine anarchist activists who have been written about. The public library has a wealth of material, so does the anarchist-run Junto Library in the Autonomous Zone Building at 91 Albert St.

Dumont gets it wrong when he says anarchism does not allow for leadership. There have been many fine anarchist leaders in terms of inspiration and organizing but these men and women don't exercise authority in the way that business leaders, government of-

ficials, or even union bosses do.

Dumont's point that humanity pooling its efforts for a common goal as foundation for civilization makes me laugh and cry. Ask the indigenous peoples of Turtle Island if they were pooling their efforts to bring on Confederation; ask the African slaves if they were pooling their efforts to help rich white bosses found the USA; ask the slaves of Egypt building pyramids for the pharaohs... it's always been greed, power and oppression that led some to dominate others in order to build up the structures of civilizations.

Dumont ends by claiming anarchists get their message out through established media – not usually and rarely accurately! Mainstream media chooses to distort anarchism and equate all anarchists with chaos and violence. Meanwhile anarchists themselves have built up DIY networks of zine distribution (Junto Library again), G-7 Welcoming Committee was an excellent local distributor of anarchist materials, Propagandi spreads the message in song, Mondragon, War on Music, and Organic Planet are some anarchist businesses in Winnipeg, Montreal's Black Rose Books is a longstanding anarchist press, and AK Press out of Oakland is known globally as an anarchist publisher and distributor.
Tim Brandt

Arts & Culture

A pinch of this and a dash of that

Local band walks the line between pop gems and jazz-tinged epics

CURRAN FARIS
LISTINGS CO-ORDINATOR

Not many bands take hundreds of years of musical history from diverse genres and present it in a way that packs dance floors and makes any musician in the audience run back to their teacher in tears, but Winnipeg's Flying Fox and the Hunter/Gatherers have proven to be such an act.

Formed in 2004 under the moniker The Mutherfunkers, the group got its start playing instrumental jazz standards and cover songs.

"We were kind of more of a fun, party band [that] happened to play covers, 'cause that's sort of the thing to do when you're just starting out," bassist Lindsey Collins said by phone last week. "We were not trying to get in the bar circuit or anything, just playing for friends and parties. That was essentially it."

Two years ago, the group solidified its lineup (Collins, Jesse Krause on lead vocals and guitar, Darren Grunau on bass, Bucky Driedger on drums, Paul Schmidt on trombone and Steve T. Kay on trumpet), ditched their old name and began playing original material that's an infectious and ingenious combination of classical, jazz, big band, funk and pop. At first listen, it's obvious that there's a considerable degree of sophistication at work in Flying Fox's music.

"Most of us are coming from some sort of post-secondary musical education," said Collins, who teaches guitar at Long & McQuade.

The majority of the writing is



Flying Fox and the Hunter/Gatherers: Just six guys who play music and love button-up shirts.

"Lately we've been moving in the direction of musical theatre."

-Jesse Krause, lead vocals

handled by Krause, who in addition to playing in roots quartet House of Doc, is currently finishing his Bachelor of Music degree at Canadian Mennonite University. Krause said he typically writes out charts for the rest of Flying Fox and often notates melody lines for the horn section.

"The amount of paper we look at

is maybe higher than [the] average [rock band]," Krause said.

Perhaps most impressive about the sextet is their ability to straddle the line between pop accessibility and high-brow jazz and classical tendencies. "Nurse," for example, features an impossibly catchy chorus amidst a bold brass section, cycling chord progressions and numerous twists and turns. The balance between accessibility and complexity is a precarious one, Krause said.

"It's a real balancing act to try to make sure that it's interesting enough for us to play, but also that it's accessible."

He added that the band's early,

largely instrumental songs were often complicated for the sake of being complicated. Since that time, the band has refined its approach to writing and concentrated on creating good songs, rather than complicated ones.

"Lately we've been moving in the direction of musical theatre. There's this sort of typical western art music complexity in it but also there's tons of good pop songs in that, and I think that's sort of the blend we're trying to achieve," Krause said.

Indeed, Flying Fox and the Hunter/Gatherers have etched out a sound that is musically challenging, easy to listen to and hard to

pin down. Whether they're playing a three-minute pop gem or a jazz-tinged epic, Flying Fox and the Hunter/Gatherers' careful musical tightrope act is joy for anyone in the audience.

"That's something we're juggling right now and probably will continue to juggle with," Collins said.

- ⇒ See Flying Fox and the Hunter/Gatherers Sunday, Jan. 25 at The Cavern
- ⇒ Richard Brilliant will also perform
- ⇒ Flying Fox have released one EP, which is available at their shows
- ⇒ Visit www.myspace.com/flyingfoxandthehuntergatherers

Honesty is always the best policy

Winnipeg rapper Wab Kinew stays true to himself on *Live By The Drum*

CURRAN FARIS
LISTINGS CO-ORDINATOR

However cliché it may be, it's rare to see musicians who stay true to themselves. Winnipeg rapper Wab Kinew makes it look easy and, most importantly, makes it sound refreshing, urgent and original.

Kinew's water-tight blend of modern hip-hop and Aboriginal tradition is not merely an artistic avenue – he's a walking example of the harmony between Aboriginal and Canadian life. Kinew grew up on Onigaming reserve in Ontario as a young child before moving to Winnipeg to attend elementary school. He holds a Bachelor's degree in economics, has studied Aboriginal medicine and currently works for CBC as a radio host.

Kinew said he was 12-years-old when he first became obsessed with rap music, and that he began rap-

ping seriously roughly four years ago as a member of Dead Indians.

"I used to listen to everything, all sorts of music, so I'd be listening to Nirvana, Too Short, MC Hammer even... and then I heard this song 'Pass Me By' by The Pharcyde and I thought 'This is the greatest song in the world, this is it, hip hop is it,'" he said.

Kinew's new record, *Live By The Drum*, illustrates his passion not only for hip hop but for other genres of music as well. Several tracks feature live instrumentation and even guitar and trumpet solos, giving his music a more varied and

"I don't feel like I have anything to prove, I don't need to pretend to be a gangster or a drug dealer. I feel like I have enough to say just based on who I am."

-Wab Kinew, rapper

organic sound. Kinew said that the decision to have live instruments on his album comes from his diverse taste in music.

"I think because I'm aware of what other musicians are doing it makes me want to push my own music in the same ways that they do theirs," he said.

Electric guitars and horns aside, on *Live By The Drum*, Kinew expresses his Anishinaabe heritage in his lyrical content and on the lead-off track, "Once Again," a traditional Anishinaabe song he composed. Kinew said that the song comes from the tradition of the Forty-Nine. He said that Forty-Nine songs typically reflect contemporary native life while at once affirming history.

He added that blending Aboriginal culture with contemporary hip-hop can be challenging at times, especially when it comes to subject matter.

"I want to represent who I am as a native person in Canada facing some issues – political, social – but at the same time I don't want to alienate people. I want to present who I am in a way that people from a different background can understand."



Local rapper Wab Kinew rocks the mic. "I think because I'm aware of what other musicians are doing it makes me want to push my own music in the same ways," he says.

Kinew's lyrics exude confidence and positivity – two sentiments often missing in mainstream rap. That's because his lyrics are a product of simply trying to represent himself honestly while having a good time doing it.

"I don't feel like I have anything to prove, I don't need to pretend to be a gangster or a drug dealer. I feel like I have enough to say just based on who I am," Kinew said.

- ⇒ See Wab Kinew Saturday, Jan. 24 at The Pyramid Cabaret
- ⇒ Advance tickets are \$10 at House of Bands (812 Wall St.), Hood Hop'rz (1316 Main St.) and Urban Bakery (398 Portage Ave.)
- ⇒ Cost at the door: \$15
- ⇒ Free copy of *Live By The Drum* with every ticket purchase
- ⇒ Visit www.myspace.com/wabdamuss

Justifying our love of 'top 10s'

Not just places to prove music know-how, top 10 lists serve a deeper purpose

AARON EPP
 ARTS & CULTURE EDITOR

They littered your favourite newspapers, magazines, and blogs last month—year-end “best music” lists.

No longer just for *Rolling Stone* and *Spin*, crafting a list of the year's most loved albums has become an important activity for all self-respecting music lovers.

“On the simplest level, I just get a kick out of doing it—it's a lot of fun,” said Mykael Sopher, author of the Winnipeg music blog *Painting Over Silence*. “I like taking music and categorizing my listening habits.”

Jenny Henkelman, editor of *Stylus*, the program guide for Winnipeg's CKUW 95.9 FM, agrees.

“I find it's a useful exercise to analyze and consider the music that has come out in a given year,” she said. “And when it comes to reading other people's lists, you can read them and catch things you missed.”

Rex Sorgatz is a New York-based Internet consultant whose writing has appeared in *Wired*. For the past five years, Sorgatz has compiled year-end lists on his blog, *Fimoculous*. Although the collection covers architecture, fashion, politics, religion, books, movies and more, the music category is by far the biggest.

“There's something ultimately democratic about the list-making process,” Sorgatz said, adding it's a simple way for people to put an imprint on culture by processing and organizing what they've consumed over the span of 365 days.

“It allows the list creator to be the arbiter of what the important things of the last year were, and do it in a way that's consumable,” he said.

But how do you pick what makes the list? Jonathan Dyck, a contributing writer for *Stylus* and *The Uniter*, describes the list-making process as a “tension between those albums that are really your favourites and that you enjoyed throughout the year, and those

albums you think are going to be remembered by the press as the music that defined the year.”

“There's a little bit of exhibitionism involved—you're making the list self-consciously with other people in mind. You're trying to go with the flow of the year, or against it by showing how subversive your

“People try to treat bands like they're secret handshakes and not tell people about them. I think it's about being honest about what you like, and not just liking something for its credibility.”

—Michael Elves,
 UMFH program director

own taste is,” Dyck said. “In a way I think it's a performance, because no one really makes a list without the hope that someone else is going to see it.”

For Sorgatz, that's precisely the point—when other people read your list, it stimulates discussion.

“It creates content that other people can immediately relate to, and occasionally disagree with,” he said.

Michael Elves, program director at UMFH 101.5 FM, shares Sorgatz's sentiment.

“The year-end list is really to get people motivated to hear those records [on your list] and discuss those records, and kind of create a conversation about music,” said Elves, who estimates that, between working at the radio station, reviewing albums for local publications and working part-time at Music Trader, he listened to more than 600 new albums in 2008.

Elves follows a number of criteria when creating his list: no compilations, soundtracks, reissues or EPs, and the album has to be released during the year in question. He also tries to include a wide range of genres, so that the list isn't dominated by one sound.

And unlike the uber-hip know-it-all record store clerks of *High Fidelity*, it's not about being elitist or obscure on purpose.

“I try not to be very snobby,” Elves said. “It is what it is, and I like what I like. I think it's about not hiding things. People try to treat bands like they're secret handshakes and not tell people about them. I think it's about being honest about what you like, and not just liking something for its credibility.”

Ultimately, Henkelman said, year-end music lists are about exposing people to music they may have missed during the year, and championing the albums you liked—which in her case includes *Corpse Whale*, the debut EP by local rock trio The Gorgon.

“Could you make the argument that there were better albums made on the planet Earth last year?” Henkelman asked. “Yeah, but that's not the point. The point is that I put it on my list, and someone might read it and say, ‘The Gorgon? What's that?’”

Log on to <http://uniter.ca/blogs/author/aaron> to read comments that didn't make it into this article, as well as Aaron Epp's list of top 10 favourite albums of 2008.

“There's something ultimately democratic about the list-making process.”

—Rex Sorgatz,
 blogger



RYAN JANZ

TOP 10 LISTS

The Uniter arbitrarily ranks some of the best year-end music lists that are out there.

Here are some of the year-end music lists Mykael Sopher, Jenny Henkelman, Rex Sorgatz, Jonathan Dyck and Michael Elves said they check out.

10. **Stephen King**
www.tinyurl.com/kinglist
9. **The Onion**
www.tinyurl.com/onionlist
8. **Spin**
www.tinyurl.com/spinlist
7. **Rolling Stone**
www.tinyurl.com/rslist
6. **Said the Gramophone**
www.tinyurl.com/gramolist
5. **Cokemachine Glow**
www.tinyurl.com/glowlist
4. **Stereogum**
www.tinyurl.com/stereolist
3. **Tiny Mix Tapes**
www.tinyurl.com/tinylist
2. **Pitchfork**
www.tinyurl.com/pitchlist
1. **MetaCritic**
www.tinyurl.com/metacriticlist

“There's a little bit of exhibitionism involved—you're making the list self-consciously with other people in mind.”

—Jonathan Dyck,
 writer

95.9 FM CKUW Campus/Community
 Radio Top 10 CD - Albums
 January 14 - 20, 2009

! = Local content * = Canadian Content



TW	Artist	Recording	Label
1	*Mother Mother	Oh My	Last Gang
2	*Organ	Thieves	Mint
3	TV On The Radio	Dear Science	Touch & Go
4	!Waking Eyes	Holding on to Whatever...	WEA
5	Ornette Coleman	Complete Science Fiction Sessions	Sony
6	!Magnificent Sevens	Dirty Roads	Independent
7	Los Campesinos	We Are Beautiful	Arts & Crafts
8	!Duhks	Fast Paced World	Sugar Hill
9	*Subhumans	Death Was Too Kind	Alternative Tentacles
10	*Michael Jerome Brown	This Beautiful Mess	Borealis

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Classical guitar hero

Local musician aims to expose audiences to a **variety of music** with upcoming performance

JOHN HERBERT CUNNINGHAM
VOLUNTEER STAFF

A Winnipeg-based classical guitarist is hoping his next performance will expose the audience not only to masterpieces of the guitar repertoire but to some lesser known works as well.

Kurt Tittlemier, a member of the Winnipeg Classical Guitar Society (WCGS), will perform this Saturday, Jan. 24 at the Manitoba Museum Planetarium Auditorium as part of the WCGS's *Banner Artists* series.

Tittlemier's concert will be divided into two halves, reflecting the two styles and repertoires he wishes to showcase, he wrote in an e-mail. The first half is dedicated to music from the Baroque period. Featuring works by well known composers Vivaldi and J.S. Bach, as well as the lesser known Mondonville, the

program is organized so the listener can compare the Baroque styles of Italy, Germany and France.

"The short phrases, intimate sound ideal and love of counterpoint in the baroque suit the classical guitar perfectly," Tittlemier said.

Accompanying Tittlemier in this first half will be harpsichord player Eric Lussier in the world premiere of Jean Cassanca Mondonville's Sonata no. 5, and, in the J.S. Bach trio Sonata, two Winnipeg Symphony Orchestra musicians – violinist Chris Anstey and violist Laszlo Baroczi. Lussier will also accompany Tittlemier, along with a cellist and two violinists in the final piece of the first half – Antonio Vivaldi's Lute Concerto, with the guitar being substituted for the lute.

"I've worked with guitarists before. There's a wonderful balance between the two instruments – the guitar and the harpsichord – as they are both plucked instruments," said Lussier, who is the founder and artistic director of Winnipeg's Musik Barock. "When a good composer interweaves the two instruments, it's almost as if [you wonder] who is playing what."

In the second half of the performance, Tittlemier will feature different styles of Latin music, including *Five Venezuelan Waltzes* by Jose Cisneros and Villa-Lobos' *Prelude #1 in*

e minor.

"Each work is from a different part of Latin America and makes use of folk rhythms and tonalities," Tittlemier said. The final work on the program was chosen to showcase Leo Brouwer, whom Tittlemier calls "one of the most important living composers for the guitar."

Along with a string quartet, Tittlemier will perform Brouwer's *Quintetto*.

The WCGS is celebrating its 25th year of operation promoting the classical guitar in Winnipeg. Tittlemier's performance is one of five concerts in the WCGS's *Banner Artists* series.

"I am very enthusiastic to perform this recital," Tittlemier said. "I think 'excited' would best describe my anticipation of this performance."

⇒ See Kurt Tittlemier Saturday, Jan. 24 at The Manitoba Museum Planetarium Auditorium (190 Rupert Ave.)

⇒ Tickets cost \$20, \$15 and \$10, and are available at McNally Robinson bookstores, by calling 667-5250, or by e-mailing wcfgs@live.ca

⇒ Visit www.myspace.com/wwwmyspacecomkurttittlemier and www.winnipegclassicalguitarsociety.com



Kurt Tittlemier will perform Saturday, Jan. 24 at the Planetarium as part of the Winnipeg Classical Guitar Society's ongoing concert series.

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CD REVIEWS

THE JEFF PRESSLAFF TRIO

Red Goddess

Uncontrollable Records

★★★★☆

The Jeff Presslaff Trio consists of Presslaff (piano), Julian Bradford (bass) and Scott Senior (drums). Senior is a familiar face around Winnipeg for his percussion with Papa Mambo and The Duhks. Although a little stiff on kit drum, Senior is nonetheless the powerhouse percussionist he always has been. The liner notes say that Bradford reminds Presslaff of Scott LaFaro - more like Dave Young verging towards Ed Blackwell. He plays pizzicato quite well, but it would have been nice to hear what he could do with the bow. Presslaff has a good left hand and comps well, but has little to say with his right. He needs to stretch out more and take more risks. As it is, he plays it safe and is a good lounge pianist. Once the group has more time together, perhaps they'll gel and acquire more confidence.



LOCAL

-John Herbert Cunningham

AEROCAR MODEL FOUR

The Sweetest Lie

Independent

★★★★☆

Local heavy rock four-piece Aerocar Model Four take a few steps forward and a few steps back on *The Sweetest Lie*. As a cohesive collection of songs, it doesn't work quite as well as their 2003 debut, *Breaking Point*, with tracks like "Sunshine" and "Use Me" proving to be uninspired both musically and lyrically ("I want to feel the rain coming down on me/And hope it never ends to wash away mistakes I drown in," vocalist David Ryan De Vries sings on the former.) That said, most of the songs are excellent (standouts being the melodic "Alienate," the intense "Buried Alive" and the crushing "Wide Awake"), and the production and packaging are slicker than on their debut-but not too slick. And that's no lie.



LOCAL

-Aaron Epp

LANDSHARK (OF THE FOREST)

Booze Your Delusion I & II

Deafwish/War on Music

★★★★☆

If you like Evil Survives, City Champs, Hot Live Guys or Disastroids, then it's a safe bet you'll like Landshark (of the Forest). This 7" is their first album. From the first track on the first side until this album is done, the intensity of blast beats and impressive guitar riffs are sure to make a lasting impression. Not to be outdone are the vocals, which are an outright assault on your skull that will leave you mesmerized. It's easy to hear the abundance of metal and rock 'n' roll influences. The guitar riffs are reminiscent of early Led Zeppelin, while the drums and vocals are comparable to The Dillinger Escape Plan. All in all, this 10-song album is a very good first effort.



LOCAL

-Andre Crate

OCTOBER SKY

Hell Isn't My Home

TRX Distribution

★★★★★

October Sky's *Hell Isn't My Home* is, in one word, awesome. With a sound that's similar to Muse, the Montreal-based alternative rock quartet is easily going to become Canada's next big thing. They're already making headway, debuting at #4 on MusiquePlus and appearing in rotation on MuchMusic Loud with "Hit the Ground." One plus to the album is its consistent sound from track to track. The vocals are strong and dramatic without being over-the-top and the tasteful electronic flourishes the band gives its songs are a welcome change from the average FM rock. Standout tracks: "The Darkest Light" and "Sacrifice." Listen to either song and you'll easily understand and be impressed with *Hell Isn't My Home*.



-Ian Bawa

ANNABELLE CHVOSTEK

Resilience

MOGV Music

★★★★☆

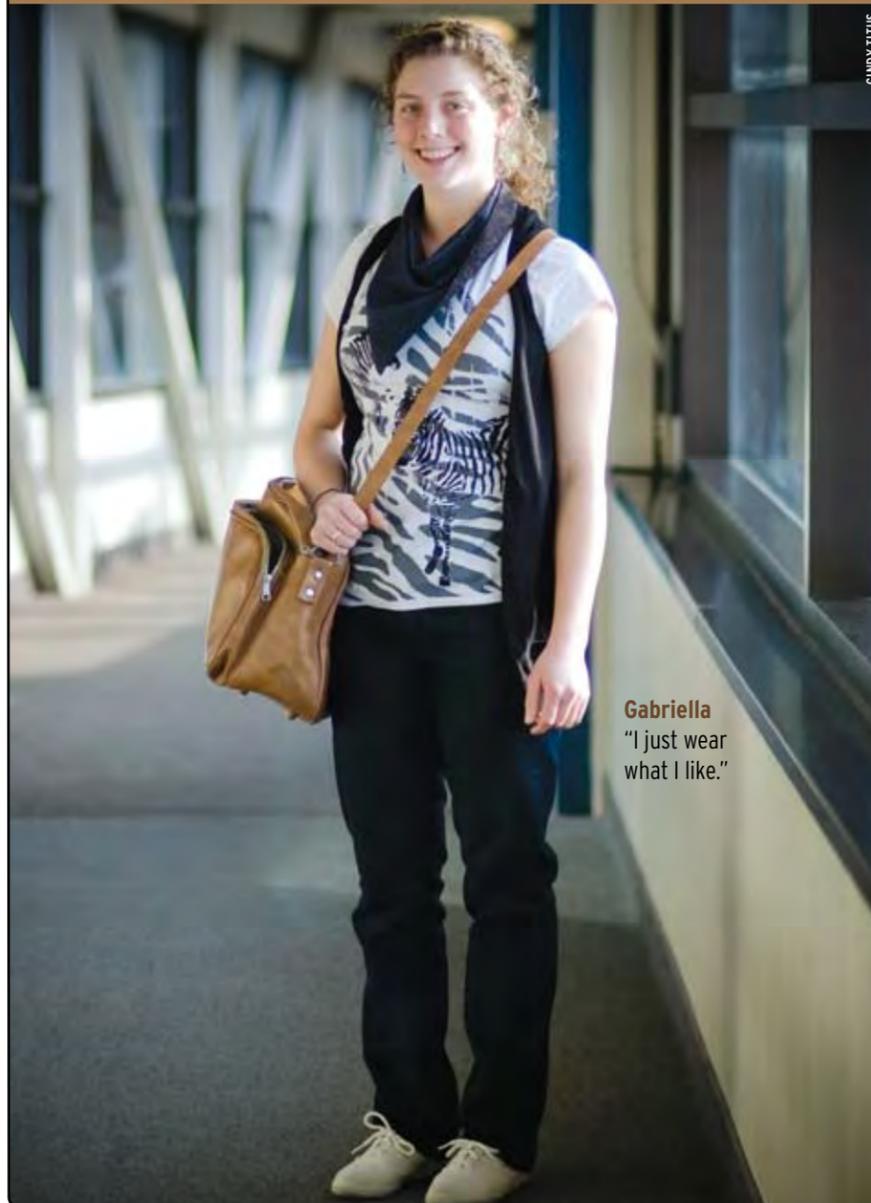
This CD has everything you look for in a great folk album: acoustic guitars, rich vocals and even the soothing twang of a mandolin. *Resilience* is a great example of how having all the right elements doesn't necessarily equal excellence. There are four really brilliant tracks on this album, but the downfall is they're mixed in with eight other songs that range from mediocre to borderline annoying. Other than a few bright spots, the lyrics feel underdeveloped; in several places, Chvostek resorts to repeating the same line over and over... and over again to the point where you just want to scream "I get it!" at your CD player. Overall, not the quality one would expect from the artist's third solo production.



-Kate-Lyn Danyluk

FASHION STREETER

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



CINDY TITUS

Gabriella
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Escape from Neverland

Anberlin singer **Stephen Christian** gets a little help, and grows up, on *New Surrender*

AARON EPP
ARTS & CULTURE EDITOR

Every new beginning comes from some beginning's end. With the end of its days as an independent recording act and the beginning of its major label career, Florida rock quintet Anberlin has been given opportunities it never had before.

In the case of lead vocalist Stephen Christian, this opportunity includes being able to write music with Dan Wilson—the former Semisonic singer, guitarist and songwriter responsible for the 1998 hit song “Closing Time.” When Christian was looking for input on a song he wrote titled “Retrace,” he asked his record company, Universal Republic, to place a call to Wilson, asking if he'd be interested in helping out. He was.

“The thing about writing is, [Anberlin guitarists] Joey [Milligan] and Christian [McAlhaney] write a lot of the music, so they have someone to play off of,” the 28-year-old said by phone from Ottawa last week, where he and his band (rounded out by bassist Deon Rexroat and drummer Nathan Young) had just finished a radio interview.



Stephen Christian of Florida rockers Anberlin, centre, worked with former Semisonic lead singer Dan Wilson to write “Retrace,” one of the songs on the band's latest CD, *New Surrender*.

“But for three records, I've had no one. I wanted to be challenged, I wanted to become a better songwriter.”

So why Wilson?

“Obviously ‘Closing Time’ is just one of the best songs ever written.”

“Retrace”—a mid-tempo rocker complete with string section in which Christian recalls a past love—is just one of the standout tracks on *New Surrender*, the album Anberlin released last September. The band recorded the 12-song disc

over three months in Los Angeles with producer Neal Avron, who has previously worked with The Wallflowers, Serj Tankian and Fall Out Boy.

Christian said the fact that Avron was experienced with both pop and rock music made him an ideal producer. Anberlin chose him over Aaron Sprinkle, who produced the group's first three studio albums, because they wanted to switch it up.

“We had made so many changes,

like adding a new guitarist, signing to a new label—there were so many changes, and we didn't just want to record *Cities Part II* or *Never Take a Friendship Personal Part II*. We wanted it to be something that was new, but still Anberlin.”

Christian also has a new outlook when it comes to lyrics. In the past, he's told interviewers that 2003's *Blueprints for the Black Market* was about man vs. world, 2005's *Never Take a Friendship Personal* was about man vs. man, and 2007's

“When you start a band and get in a bus, it stunts your maturity because you're living the same day everyday.”

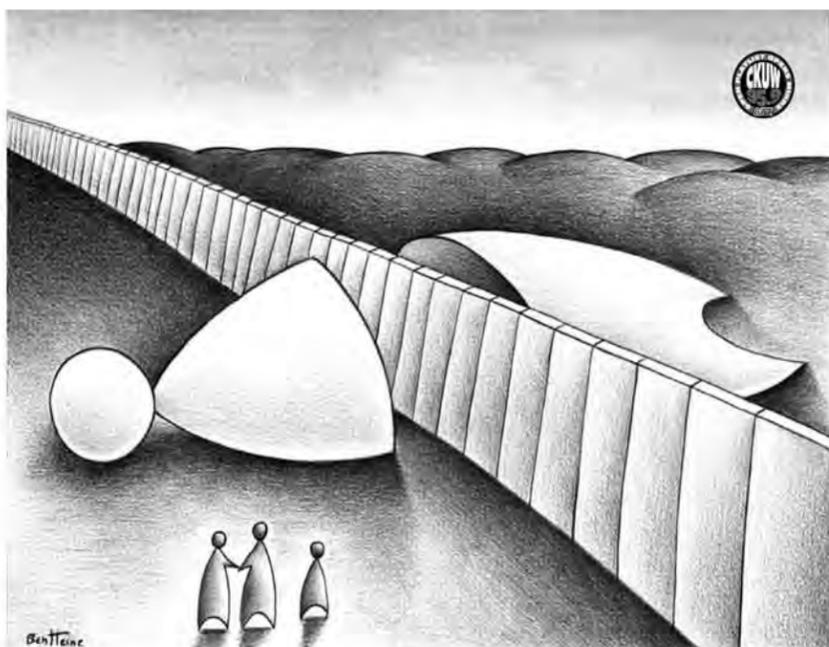
—Stephen Christian, Anberlin

Cities was about man vs. self. He sees *New Surrender* as moving away from those egocentric themes and instead focusing on humanity as a whole.

“I feel like there's almost, I call it, the Peter Pan syndrome—arrested development. When you start a band and get in a bus, it stunts your maturity because you're living the same day everyday—load up the van, drive to the show, unload the van, play the show, load the van, go to the next show.”

“I think it's taken me a little longer to grasp bigger issues, but I think that's a season in everyone's life as well. Then you take some initiative, move away from that inner-focus and open up to bigger and broader ideas.”

⇒ See Anberlin Friday, Jan. 23 at The Garrick Centre
⇒ Opening acts are Madina Lake and Between the Trees
⇒ Tickets are available at Ticketmaster
⇒ Cost: \$18.50
⇒ Visit www.anberlin.com



JEFF HALPER IS THE COORDINATOR OF THE ISRAELI COMMITTEE AGAINST HOUSE DEMOLITIONS & IS A LEADING FIGURE IN THE ISRAELI PEACE MOVEMENT. NOMINATED FOR THE 2006 NOBEL PEACE PRIZE, DR. HALPER HAS LIVED IN ISRAEL SINCE 1973 WHERE HE HAS PUBLISHED SEVERAL BOOKS & MANY ARTICLES WHILST WORKING EXTENSIVELY ON ISSUES CONCERNING PEACE, JUSTICE & PUBLIC AWARENESS — OFTEN USING NON-VIOLENT DIRECT-ACTION. WWW.ICAMD.ORG

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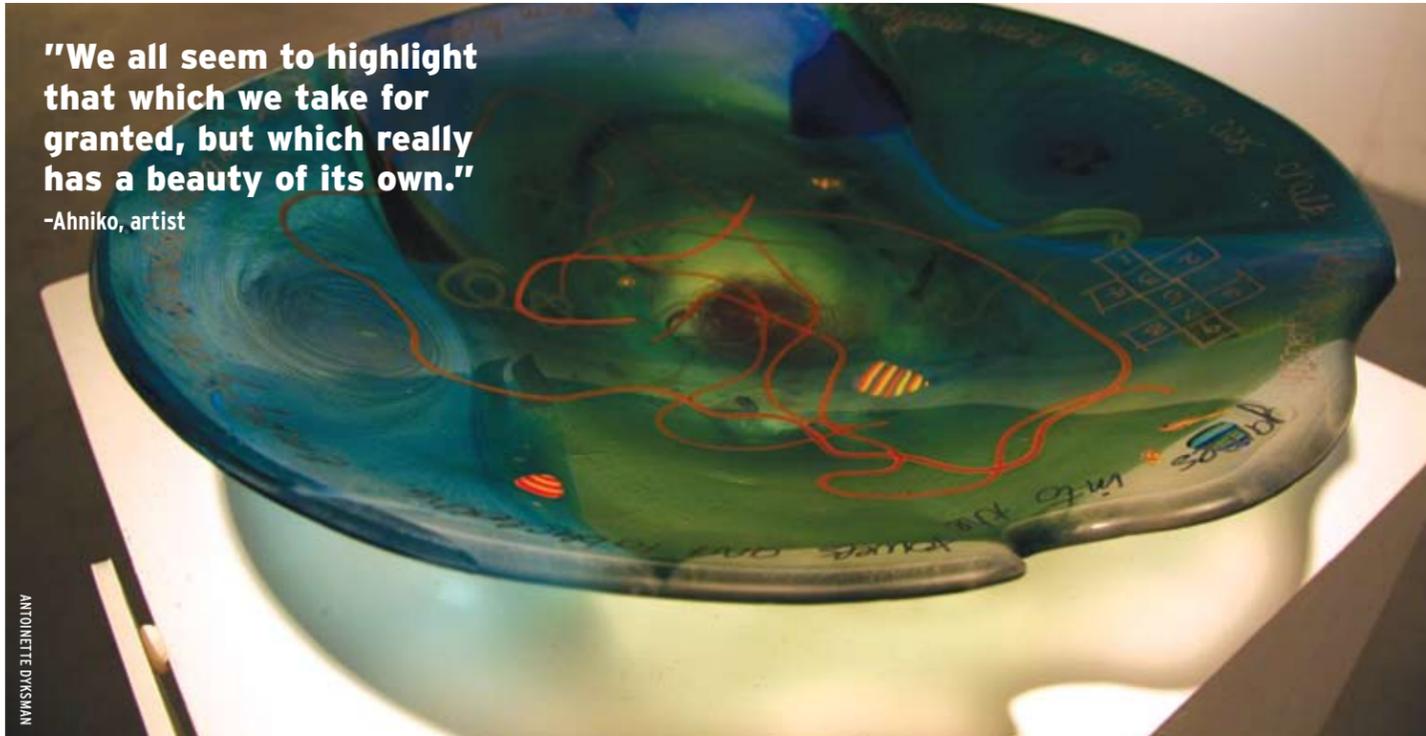
Connecting the everyday through art

Arts Briefs

Compiled by Jonathan Dyck

"We all seem to highlight that which we take for granted, but which really has a beauty of its own."

-Ahniko, artist



"Emptying the Clothesline," a stained glass bowl and poem collaboration by Jayne Nixon and Ahniko, is part of *Con.Text*, an exhibit at Cre8ery featuring work by more than 15 artists.

Art exhibit examines the connectedness of people and everyday things

KELLY NICKIE
VOLUNTEER STAFF

The latest exhibition at Cre8ery Gallery shows the uniqueness and connectedness of everyday objects, events and subject matter through photography, stained glass, paintings, and visual and mixed media.

Con.Text is a mixed media display featuring work by more than 15 artists. In an e-mail interview, Jordan Miller, curator for the exhibit, wrote about the connection that is placed on the everyday and how that connection is reflected between various art pieces and artists displayed in the exhibition.

"Artists who don't know one another, or who are not familiar with each other's works, applied to this call for submission," Miller wrote. "What we noticed amongst a variety of submissions was how the artwork linked together to build a context to the show. Some of the highlights that stand out are the mediums artists used and how

their use is similar to one another from different ways of using text... within their work."

An example of this linked connection is Colette Balcaen's "Pages," a video of a woman hanging laundry, and Jayne Nixon and Ahniko's stained glass bowl and poem collaboration, "Emptying the Clothesline" (pictured).

The latter is a stained glass laundry bowl made by Nixon, with a poem written around the edge of the glass by Ahniko about her memory of doing laundry as a chore in her childhood.

With the artists having no previous knowledge of the other's work, these two pieces further show that

everything is connected to something else. Nothing stands alone. The pieces also reflect an undiscovered beauty in the everyday, such as the stained glass laundry bowl seeming to represent an everyday object that is often overlooked.

"It's pointing out how we inhabit the banal without realizing it. It's about how we live and inhabit the mundane but we don't appreciate it," Ahniko said by e-mail. "We all seem to show that in this exhibit. We all seem to highlight that which we take for granted, but which really has a beauty of its own."

Con.Text is on display until Feb. 3. Visit www.cre8ery.com.

Films as conversation pieces

Local man aims to spark dialogue about mental illness and addiction with monthly film series

COURTNEY SCHWEGEL
VOLUNTEER STAFF

Cinesanity, a free monthly film series that screens films portraying individuals living with mental illness or addictions, will kick off the new year with a screening of the film *Heavy*.

Held on the fourth Monday of each month, Cinesanity is sponsored by the Manitoba Schizophrenia Society and Micah House, the Catholic Centre for Social Justice. It is open to the general public.

Ironically, *Heavy*, the fifth film in the series, was chosen because of its lighter subject matter.

"It was time for a change of pace," Stan Rossowski, initiator and facilitator of Cinesanity said during an interview at the University of Winnipeg. He explained that the previous films shown dealt with more weighty subject matter, like schizophrenia and cocaine addiction.

Heavy depicts the life of a young man, Victor, played by Pruitt

Taylor Vince, who suffers from an undefined personality disorder. Victor works as a cook in a diner owned by his mother Dolly, played by Shelley Winters. Many of the characters in the film suffer from their own tribulations, but things change when Callie, played by Liv Tyler, becomes a waitress at the diner. Her uplifting presence casts a ray of hope on the group of compromised individuals.

Other than the themes of mental illness and addictions, hope is the common thread that ties together the films shown in Cinesanity.

"Each of the films we show has a positive outcome," Rossowski said. He hopes that by screening films with optimistic endings, people will see that people with mental illness and addictions can recover.

Having had personal experience with depression and alcohol addiction, Rossowski decided to use his insights to inform others through the film program.

"Cinesanity is a very humble, early effort on my part to help educate people about addictions and mental illness and possibly, in time, to build a community of individuals who can bring various perspectives to the subject of mental wellness," he said.

Film's ability to bring people together and expose them to different perspectives on mental illness and addiction is precisely why Rossowski chose the medium for his efforts.

Bruce Saunders, founder of Movie Monday in Victoria, British

"For a brief moment we can share in a different life."

-Stan Rossowski,
Cinesanity founder



Stan Rossowski started Cinesanity, a monthly series that screens films portraying individuals living with mental illness or addictions. The screenings are free and open to the public.

Columbia, a weekly event that screens many films with themes of mental illness and addictions, also feels film is a powerful way to present alternative perspectives.

"Film, either fiction or documentary, has a great ability to draw an audience into its reality... you are immersed in the scenario, you're living and breathing in that world," he said by e-mail.

Each Cinesanity screening is followed by a discussion, which Rossowski said "sometimes leads to sharing personal experiences," while encouraging networking and a sense of community among those present.

Saunders also sees great value in post-film discussion.

"When the lights come up and

people are engaged in conversation about the topic, the experience is freshly and emotionally felt. It's a tremendous moment to educate."

Cinesanity began in September 2008 and is scheduled to continue through to June 2009. Come June, Rossowski hopes to renew the program and possibly make it a weekly event.

He encourages all who are interested in mental illness and addictions come to Cinesanity simply to learn about the varieties of human experience.

"For a brief moment we can share in a different life."

Heavy will be shown Monday, Jan. 26 at 7 p.m. at Micah House, 1039 Main St. Admission is free.

BEYONCE: PROPHET FOR OUR TIMES

Recently, Phil Maymin, a professor of finance and risk engineering at New York University, noted that songs with a higher beat variance (i.e. an irregular beat) find a greater following when we experience economic stability.

On the other hand, "some of history's steadiest pop songs were released before a market crash." Of course, we all turn to the comfort of a popular song when times are tough, but Maymin has observed that "the more regular the beat on Billboard's top singles, the more volatile the American markets."

The song in question right now is Beyonce's mega-hit, "Single Ladies (Put a Ring On It)," which is firmly lodged at the top of the charts. I suppose in times of financial tumult, Americans find ways to stay regular.

I wonder what sales of bran and prune juice are like these days.

METALLICA, RUN DMC HONOURED IN HALL OF FAME

Welcome to the canon boys. The Rock 'n' Roll Hall of Fame has just announced its Class of 2009, and heavy metal giants Metallica are set to join Run DMC, Jeff Beck, Little Anthony & the Imperials and Bobby Womack for a "historic" party in Cleveland Rock City (home of the Hall of Fame museum).

Jeff Beck will become part of a select group of artists who have been inducted twice, as he was inducted in 1992 as a member of The Yardbirds. Run DMC is only the second rap group to be canonized by the Hall, while Metallica is among a small number of metal bands that have received the honour.

Still no sight of The Stooges (whose guitarist, Ron Asheton, recently passed away), but the Michigan rock quartet is just one of the many bands that have been overlooked time and again.

Does anyone actually care about the Rock 'n' Roll Hall of Fame besides *Rolling Stone* and their aging readership? I have a hunch that "Hall of Fames" are not long for this world.

A LIGHT GOES OUT IN VEGAS

According to CBC.ca, "Folies Bergere," one of the classiest full-scale showgirl revues in Las Vegas, will shut down after 49 years at the Tropicana Hotel-Casino.

The famed revue came from Paris in 1959 under the direction of Lou Walters, the father of notable newswoman Barbara Walters. Furthermore, "casino executives announced that the show will close March 28 to make way for an undisclosed new production."

More like "undis-clothed". Sorry, that was in poor taste.

What's not in poor taste, however, is the fact that Vegas has been taken over by Cirque du Soleil, which has led people to bypass showgirl productions like "Folies". Hmm—a classy gentleman's club, or Cirque du Soleil, which is quite possibly the most amazing performance spectacle in the world. Such a tough choice.

CHRIS FRIESEN

Get juiced

U of W creative writing journal a perfect start for new writers

MATT PREPOST
VOLUNTEER STAFF

Writers, grab your pens—*Juice*, the University of Winnipeg's creative writing journal, is still looking for submissions for its ninth issue.

"We like to feature recurring writers, but we're always trying to look for new writers," Kelly Nickie, assistant editor of *Juice*, said. "This is where a lot of students get their start."

First published in September 2001, *Juice* showcases a range of prose, poetry, drama and creative non-fiction all by current students and recent alumni. The journal is the product of the creative minds of Mark Leggott, then head librarian at the U of W, English professor Catherine Hunter, and two student editors, Ben Benton and Michael Goertzen.

"*Juice* is their legacy, an ever-evolving showcase of the University of Winnipeg's students' creative writing talents," said editor Ahniko Hartford, who has helped to edit the past three issues.

Hartford said that since its creation, *Juice* has gone on to become an internationally recognized publication, even receiving submissions from the United States, which have had to be turned down. Because of its commitment to U of W students, *Juice* remains a perfect option and starting point for students interested in pursuing a career in writing.

"Emerging writers find it difficult to build a portfolio of published work," Hartford explained. "*Juice*, drawing from a limited competitive pool, offers emerging creative writers an opportunity to have their first publishing credit, which will build their [resume] for their future submissions to other publications."

Chandra Mayor, a local writer who graduated from the U of W, agrees.

"The experience is invaluable to emerging writers," Mayor said. "The editors work with you throughout the editing process to help you im-



Local writer Chandra Mayor says the experience of being published in *Juice*, the University of Winnipeg's creative writing journal, is invaluable.

prove your writing."

Mayor, who first appeared in *Juice* in 2003 on the limited edition *Urban Slices* spoken word CD, graduated from the university in 2004 with a double degree in English and women's studies. Aside from working at Aqua Books, she has published three books—her first, a poetry book, was released

in 2002, and her latest, a collection of short stories, was released last spring.

Mayor currently sits on the advisory board of *Juice*, and credits the journal for building a community of writers in a competitive industry.

"For the writers who get published, it's fabulous," she said,

"The first time you see your own words in print is unimaginably exciting."

—Chandra Mayor, writer

noting that many credible literary journals started as university publications.

"It lets you see what other people are doing and writing. You go through the process of getting published and feel like a part of a community of writers."

Mayor acknowledges that some may find it hard to release their work into the hands of an editor, but encourages any writers interested to submit.

"For those who are shy and are apprehensive of others editing their work, seeing [*Juice*] is very inspiring," Mayor said. "The first time you see your own words in print is unimaginably exciting."

The deadline for submissions for the next edition of Juice is Saturday, Jan. 31. For more information, visit juice.uwinnipeg.ca. ■

BREAKFAST REVIEW

A lukewarm reception from the Breakfast Connoisseurs

The breakfast buffet at **Buccacino's** is OK, but there are better ones out there

Buccacino's Cucina Italiana

155 Osborne St.
Brunch Buffet:
\$11.99 + 1.99 coffee
= \$15.66 after tax.

★★★★★☆☆☆☆

ANDREW MCMONAGLE
BEAT REPORTER

I feel confident in disputing Buccacino's claim of being "Winnipeg's best" breakfast buffet. After all, my group—the Breakfast Connoisseurs—has reviewed quite a few buffets.

Buccacino's buffet was certainly better than those at Aalto's and the (now defunct) Royal Crown, but it paled in comparison to The Fort Garry Hotel, The Current and even to The Viscount Gort.

The Osborne Village restaurant is an inoffensive and unexciting place to eat. The décor is family-friendly; very yellow and orange. I did like the large mural depicting an Italian-style patio, which was beside the food. The buffet spread hosted the smallest selection of any I'd seen before, and everything was warming-tray cold, even though I was one of the first people to dive



A plate of breakfast from Buccacino's breakfast buffet.

in that morning.

Fear not, because the food itself wasn't bad. Unfortunately the same can't be said about the coffee, which was tepid and unappealing.

The buffet had a lot of breakfast items, which is what I like to focus on. The eggs benedict were nicely runny, but lukewarm. The chopped, peeled potatoes were salty and lukewarm. The bacon felt solid, and was nicely tasty, but lukewarm. You get the idea.

The sausages, while they certainly were the brand of generic breakfast links I despise, were cooked thoroughly enough as to melt the hard bits. Next came the scrambled eggs, which I knew even before I took them would disappoint. I liken them to what you'd be served in the army or at summer camp: cold and congealed into a rubbery mass, the whole of which can be picked up with one fork.

One big disappointment was

that Buccacino's lacked an omelette station, something I consider imperative at a buffet.

The non-breakfast items were decent and the shining star was the mussels. The pasta salads were what you'd imagine, and the caesar salad was garlicky good. I liked the lemon chicken soup but I did not like the boiled egg cut up into it.

The desserts were quite tasty though. They had bread pudding, which I've not seen before at breakfast. I managed to tap a nice custard vein in it which was very satisfying. Along with the pudding came chocolate mousse, half-éclairs and assorted sweets like Nanaimo bars.

All in all, there are better buffets for a comparable price. Buccacino's makes a good effort at it, but the coffee, the lack of an omelette station and the surprisingly low temperature of the food turned me off.

Nothing was cold per se, but like the weather, it sure wasn't warm. ■

MOVIE REVIEW

The opposite of what's expected

French New Wave classic is the antithesis of 'the perfect Hollywood film'

CLEO FROM 5 TO 7

Directed by Agnes Varda

90 minutes

French w/ English subtitles

Plays at Cinematheque Jan. 23-24 at 9:30 p.m. and Jan. 25 at 7 p.m.

★★★★★

TIMOTHY PENNER
VOLUNTEER STAFF

The French New Wave was an undeniably important era in the history of filmmaking. Its influence can still be felt in the works of Quentin Tarantino, Wes Anderson or pretty much any other director who's ever used a jump cut.

Among the great male directors of the New Wave movement—Francois Truffaut, Jean-Luc Godard—stands Agnes Varda, whose seminal 1962 film *Cleo from 5 to 7* is playing this week at Cinematheque as a part of their exciting Repertory series.

Cleo is a self-involved pop singer on the rise who has just found out that she may have cancer. She must wait two hours before she can return to the hospital to verify the diagnosis.

Even though the film is only 90 minutes long, the idea is that we are watching two hours of Cleo's

life in real time. This discrepancy is not important. In fact, that sort of pedantic thinking is exactly what the film takes issue with.

Cleo's life is one full of mirrors, of leering men and intrusive fans. She is constantly playing a role: even her bedroom is more reminiscent of a stage than a living space. She is an existential hero in desperate need of something deeper, something she only finds when she begins to actually see the world around her.

Varda, like her New Wave counterparts, is an expert in what makes the perfect Hollywood film—which is why she is able to so expertly make its antithesis. Everything in *Cleo* goes in the opposite direction of what is expected: the handsome man is a jerk, while the ugly man is perfect; the music swells just before nothing happens and sentimentality is satirized rather than celebrated. In this way, the film turns what could be a painfully saccharine melodrama into something truly transcendent.

At the time these films were released, there were those in the Paris streets who believed what was happening in these films would change the world; or at the very least transform cinema. Some hoped that films would, like this one, begin to reject the glossy outer veneer of celluloid, choosing instead to examine inner struggle of the soul.

Since many of the current offerings flickering across the screens at your local multiplex prove that this dream is still unrealized, this writer highly recommends that you to take a seat at that downtown oasis of art cinema known as Winnipeg's Cinematheque and revisit a time when the possibilities of film seemed endless. ■

CONCERTS

FLYING FOX AND THE HUNTER/GATHERERS With Richard Brilliant, Jan. 25 at the Cavern. Doors open at 9 p.m. and cover charge is \$3.

INTERVALS Featuring Philia, Broken Orchestra of Winnipeg, The Peaches and 6, Jan. 24 at the Graffiti Gallery. Tickets are \$5 at the door or \$3 with a non-perishable food item and the show starts at 10 p.m.

SAM ROBERTS With The Stills, Jan. 22 at the Burton Cummings Centre for the Performing Arts. Tickets are \$34.50 from Ticketmaster and the show starts at 7:30 p.m.

WAB KINEW CD release with guests, Jan. 24 at the Pyramid Cabaret. Tickets are \$10 in advance, \$15 at the door, which includes a copy of Kinew's "Live By The Drum" album.

WSO NEW MUSIC FESTIVAL The Winnipeg Symphony Orchestra is hosting the 2009 New Music Festival from Jan. 31 to Feb. 6. Tickets are available for single shows as well as passes for the entire festival from Ticketmaster. For more information visit www.wso.mb.ca.

CANADIAN TENORS Featuring Remigio Pereira, Fraser Walters, Jamie McKnight and Victor Micallef perform alongside the WSO, Jan. 23, 24 and 25 at the Centennial Concert Hall. Tickets start at \$31 from Ticketmaster. The Jan. 23 and 24 concerts begin at 8 p.m. and the Jan. 25 show begins at 2 p.m.

POP, ROCK & INDIE

ACADEMY FOOD DRINKS MUSIC 437 Stradbroom. Jan. 22: Rock Band with J Williams; Jan. 23: DJ Khaosgott; Jan. 24: Atomic Candy; Jan. 27: Open Mic; Jan. 28: Tim Butler Blues Jam.

THE CAVERN 112 Osborne St. Jan. 22: Jam Night with Route 59; Jan. 24: Calabi Yau, Gramma Hash; Jan. 25: Special Showcase with Flying Fox & The Hunter Gatherers; Jan. 26: Vinyl Drip with James Brown; Jan. 27: Soul Night with The Soul Patch Orchestra; Jan. 28: It's not Karaoke... It's Cavernaok!

NOIR WINE BAR & EATERY 470 River. Mondays: Jeff Barkman.

MUSIC

COUNTRY, FOLK & JAZZ

GORDIE'S COFFEE HOUSE 127 Coburg. Jan. 22: Tarina.

MCNALLY ROBINSON GRANT PARK Jan. 23: Pat Boraski; Jan. 24: Bob Watts Trio.

MCNALLY ROBINSON POLO PARK Jan. 23: Alasdair Dunlop and Mitch Dorge; Jan. 24: Jodi King.

TIMES CHANGE(d) HIGH & LONESOME CLUB Main & St. Mary. Jan. 22: JD Edwards; Jan. 23: The Solutions; Jan. 24: Ridley Bent.

HIP HOP & DANCE

HIFI CLUB 108 Osborne. Jan. 22: Day Old Donuts with DJ Hunnicut and DJ Co-op; Jan. 23: Stir Fri Fridays with Dow Jones. Jan. 24: DJ Craze.

PYRAMID CABARET 176 Fort. Jan. 24: Wab Kinew CD release.

OZZY'S 160 Osborne. Wednesdays: Soho Trash DJs: Punk, Glam, New Wave, Power Pop; Thursdays: Readymix Dance Party: Indie-Dance, Electro, Brit-Pop, New Wave, Mash-Ups, '80s/'90s, and more; Saturdays: Modernized.

PUNK & METAL

THE ROYAL ALBERT 91 Albert. Jan. 22: Deepcave Rap Jam with Royal-T and guests; Jan. 23: Summer of Legs, The Lonely Vulcans, Nervous Lugers, JR Hill and the Oktars; Jan. 24: Deafwish AGM.

THE ZOO 160 Osborne. Jan. 22: Crazy Maiden Rock Shop presents The Faux Mojo. The Thrashers, Dry Run. Jan. 23: Psychotic Gardening, Cunt Punisher, Nachtterror, Hoarfrost; Jan. 24: Afflicted Faith, Jaw, Let's Get Invisible, Wear Your Wounds.

THEATRE & DANCE

JITTERS By David French, Directed by Ann Hodges and presented by the MTC, from Jan. 1 until Jan. 24. Jitters will be performed at The John Hirsch Theatre at the MTC Mainstage and tickets are available from www.mtc.mb.ca.

MILLERFEST The MTC presents Miller Fest 2009 as part of the 9th annual Master Playwright Festival from Jan. 22 to Feb. 8. Millerpasses are \$69 and are available at the MTC box office. For more information and a list of festival productions, visit www.masterplaywrightfestival.com.

THE PRICE By Arthur Miller, Directed by Marcia Kash, Jan. 22 until Feb. 8 at the MTC Warehouse, a part of MillerFest 2009. Tickets are available from www.mtc.mb.ca.

GALLERIES

HI-WINNIPEG DOWNTOWNER 330 Kennedy. Our World: Peoples, Places, Cultures, an Exhibit, installation by Winnipeg-based photographer Keith Levit. The exhibit celebrates Hostelling International's 100-year anniversary and Levit's work will be on display from Jan. 23 to Feb. 20.

GALLERY 1C03 University of Winnipeg. Colonizing Oort, new works by Winnipeg/Montreal-based artist Kevin Kelly. There will be an opening reception Jan. 22 from 4 to 6 p.m. and the exhibit will be open until Feb. 21.

GALLERY OF STUDENT ART 105 University Centre, University of Manitoba Opening Jan. 12 is Kae Sasaki's exploration of Little Red Riding Hood. The exhibit is on display until Jan. 23.

PLATFORM CENTRE FOR PHOTOGRAPHIC + DIGITAL ARTS 121-100 Arthur. Between Times video installation by Scottish artist Jason Dee. This exhibit is open until Jan. 30.

PLUG IN INSTITUTE OF CONTEMPORARY ART 286 McDermot. In the Overlooked Space is an exhibition by California artist Helena Keefe which is based on oral histories and interactions collected by the artist. The exhibit is on display until Jan. 31. In the main exhibit hall is a solo, sculpture-based exhibit by Winnipeg-based artist Jennifer Stillwell, which is on display until Jan. 31.

URBAN SHAMAN GALLERY 203-290 McDermot. Urban Shaman is currently calling for submissions to be displayed in the Main Gallery, Marvin Francis Memorial Gallery and the Virtual Gallery. Submissions should be mailed to: Director, Urban Shaman Gallery, 203-290 McDermot Avenue, Winnipeg, Manitoba, R3B 0T2. Scout's Honour, exhibit by Michael Belmore and Frank Shebageget, on display until Feb. 21.

WAYNE ARTHUR GALLERY 186 Provencher. My Winnipeg Gallery, Sketches and Book Launch by Robert Sweeney, on display until Jan. 28.

WINNIPEG ART GALLERY 300 Memorial. Cabinet and Ornamental Wares: Painted Porcelain of the 19th and 20th centuries, open from Jan. 24 until June 28. Also open is The Painter as Printmaker, which features a series Impressionist prints from artists such as Van Gogh and Renoir.

COMMUNITY EVENTS

FUNDING FORUM Presented by the Arts and Cultural Industries Association of Manitoba, this forum will discuss the different funding options and matters of eligibility available to the arts community in Manitoba. The workshop takes place Jan. 22 from 1:30 to 4:30 p.m. at the Fort Garry Hotel. Admission is \$10.

THE UNITER'S TOP 5 EVENTS

BY CURRAN FARIS

1 **FLYING FOX AND THE HUNTER/GATHERERS** With Richard Brilliant, Sunday, Jan. 25 at the Cavern. Be sure to catch Winnipeg's only jazz inspired, classically trained, musical theatre-inclined pop-funk band. Doors open at 9 p.m. and cover charge is a mere \$3.

2 **WAB KINEW** CD release, Jan. 24 at the Pyramid. A full band led by Billy Joe Green will back local MC and the evening will be filled with scores of guest appearances. Tickets are \$15 at the door which includes a free CD.

3 **INTERVALS** Featuring Philia, Broken Orchestra of Winnipeg, The Peaches and 6, Jan. 24 at the Graffiti Gallery. This show is sure to be a noisy, artsy and improvised night of music as each act will be playing overlapping sets. Tickets are \$5 at the door or \$3 with a non-perishable food item and the show starts at 10 p.m.

4 **OUR WORLD: PEOPLES, PLACES, CULTURES, AN EXHIBIT** Installation by Winnipeg-based photographer Keith Levit. The exhibit celebrates Hostelling International's 100-year anniversary and Levit's work will be on display from Jan. 23 to Feb. 20.

5 **COLONIZING OORT** New works by Winnipeg/Montreal-based artist Kevin Kelly in Gallery 1C03, University of Winnipeg. Kelly's work includes paint, textile work and animation. There will be an opening reception Jan. 22 from 4 to 6 p.m. and the exhibit will be open until Feb. 21.

THE NEVER ENDING STORY? CONFLICTS IN THE MIDDLE EAST Presented by the University of Manitoba Political Studies Students' Conference (PSSC), this conference features 18 guest speakers on six panels to discuss a variety of topics relating to the Israel/Palestine conflict. The keynote speaker of the conference is University of Windsor professor and former Canadian ambassador to Israel, Jordan and Egypt, Michael Bell. The conference will be held Jan. 28 to 30 at the Great Hall at the University of Manitoba. For more information visit www.umpssc.ca.

ISRAEL/PALESTINE DISCUSSION Israel/Palestine: Towards Peace or Apartheid is hosted by Israeli peace activist Jeff Halper. The talk will discuss the current political situation in Israel and Palestine as well as possible options for peace. The discussion is Jan. 26, 4 p.m. at Canadian Mennonite University and is free to all.

FREE INTERNATIONAL STUDENTS CLASS A free class for international students will be held Sundays from noon to 1:30 p.m. at Elim Chapel. The class is an opportunity to meet fellow students and to learn English and the Bible. For more information contact Val and Veda Chacko at 257-1670 or vchacko@shaw.ca.

FELTING WORKSHOP The Manitoba Crafts Museum and Library is hosting a workshop in which participants will make felted clutch bags, Jan. 31 from 10 a.m. to 4 p.m. at 1B-183 Kennedy. Admission is \$40 or \$35 for MCML members.

WOMEN'S WORKSHOP The Fort Garry Women's Resource Centre presents Transitions in Mid Life, an open support group for women age 45 and over who are interested in exploring the changes, challenges and experiences of mid-life. Sessions will run on the following Wednesday evenings from 7 to 9 pm at 1150-A Waverley Street. The workshops are as follows: Jan 28: Relationship with Mother; Feb 11: Relationship with Family; Feb 25: Relationship with Partner; Mar 11: Relationship with Self. Space is limited and pre registration is required to this women only group by calling 477-1123.

DINOSAURS! The Manitoba Museum is hosting Dinosaur Dynasty: Discoveries from China, an massive exhibit featuring 20 full-size dinosaur skeletons, fossilized eggs and a dino dig pit for kids. The exhibit is open until Apr. 19.

OPEN MIC The Sounding Board open mic night invites acoustic musicians, songwriters, spoken word artists and comedians to step up to the microphone at the Lounge of Charlie-O and Friends at 8 p.m. To sign up, contact biz@sweetspotproductions.com.

LITERARY

BOREALITY This collaborative work, presented by Prairie Fire Press and the Manitoba Chamber Orchestra, is a multimedia project based upon interactions with the boreal forest and the people who live there. Boreality will be launched Jan. 29, 7 p.m. at Aqua Books. For more information visit www.prairiefire.ca.

MILLENIUM LIBRARY Jan. 26: Sherman Kong of the Credit Counseling Society, Mondays from 12:10 to 12:50 p.m. in the Carol Shield Auditorium. Tech Tuesdays: Lecture-style presentations which cover the basics in using new technology at home and in the workplace. Session are held in the Buchwald Room from noon to 1 p.m. Pre-registration is preferred at 986-6450.

AQUA BOOKS Jan. 22: In Conversation with Ron Robinson with Karen Toole, 7 p.m. Jan. 23: Magic of One Storytelling Concert, 15, 7:30 p.m.

TRAVEL WRITING The Writers' Collective presents a Travel Writing workshop with Bartley Kives, Jan. 24, from 10 a.m. to 1 p.m. in room 3M50 (third floor Manitoba Hall) at the University of Winnipeg. Admission is \$15 for Writers' Collective members and \$30 for non-members.

GLENN HOPFNER Launch of the picture book, The Ugliest Doll in the World, Jan. 22, 7 p.m. at McNally Robinson Polo Park.

JOANNA KLASSEN Launch of Time for a Story? Jan. 22, 7:30 p.m. at McNally Robinson Grant Park.

7 (9 p.m.); Jan. 24: Happy-Go-Lucky (7 p.m.), Janus 35mm Classics, Cleo from 5 to 7 (9 p.m.); Jan. 25: Cabin Fever: Monkey Business (2 p.m.), Tell No One (4:30 p.m.), Triage (7 p.m.); Jan 28: Happy-Go-Lucky (7 and 9 p.m.).

ON CAMPUS

JUICE SUBMISSIONS Juice, a creative writing journal from the University of Winnipeg is looking for new and previous student writers to submit prose, poetry, drama, short fiction or creative non-fiction for the volume 9 edition to be released September 2009. Ten pages maximum for each entry. Juice is also looking for cover art submissions including digital and/or scanned photographs, drawings, comics, cartoons, caricatures or text-based creations. More submission guidelines can be found at <http://juice.uwinnipeg.ca/>. Entries are due January 31, 2009 by digital submission to juice.journal@gmail.com.

SUSTAINABILITY AWARDS The University of Winnipeg has established the Campus Sustainability Recognition Award for meritorious contributions to campus sustainability. Nominees can be named from among students, student organizations, support staff, faculty or organizations of the university. The nomination deadline is March 1. For more information and to download nomination forms, visit the Campus Sustainability Office website, www.uwinnipeg.ca, click on "Campus Services" then click "Campus Sustainability Office," then click "Awards".

JACK SUBMISSIONS University of Winnipeg's new Journal of the Arts through Combined Knowledge (JACK) is now accepting submissions. JACK is an online undergraduate research journal for students in the Faculty of Arts at The University of Winnipeg. JACK is looking for submissions of scholarly research essays and critical reviews. Revise and expand upon your course work and previously graded material. Attention and dedication to professors' suggestions and one's own interest can lead to the clarity of expression that JACK requires. JACK's submission deadline is Jan. 16. E-mail JACK your submissions at jack@uwinnipeg.ca. Visit JACK's website for submission guidelines: <http://jack.uwinnipeg.ca>.

U OF W Peer Support is currently accepting applications for new volunteers. Peer Support is a student group dedicated to providing a safe and comfortable environment for students

VOLUNTEER OPPORTUNITIES

to discuss concerns from any area of life. Volunteering is a great opportunity to help others, get involved on campus and meet new people. For applications or for more information, drop by ORM13 or e-mail uofwpeersupport@gmail.com. Applications are due Jan. 28.

BIKE DUMP The Bike Dump is always looking for volunteers. Orientation session takes place on the second Wednesday of every month at 7 p.m.

PERFORMERS NEEDED Peer Support is getting ready for their second annual java extravaganza, and we're looking for volunteer acts of all kinds, such as dance routines, skits, stand-up comedy, musical performances or anything else people would like to watch. To sign up or to get more information, please contact uofwpeersupport@gmail.com or call 471-8471.

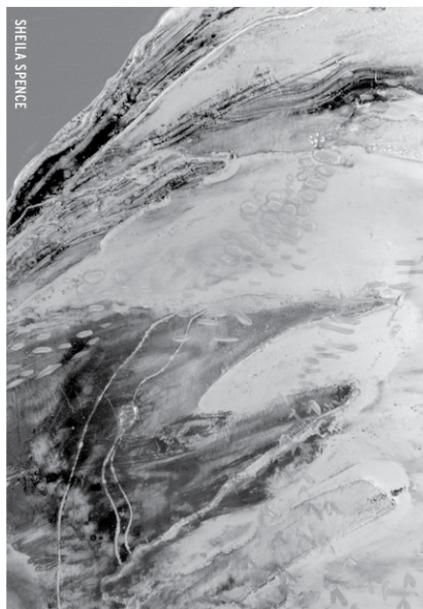
FORT GARRY WOMEN'S RESOURCE CENTRE The Fort Garry Women's Resource Centre (FGWRC) is looking for volunteers to sit on the Board of Directors and to work as Community Volunteers. For more information, contact info@fgwrc.ca.

JAMES HODDINOTT Launch of Where Eagles Dare to Fly, Jan. 27, 7 p.m. at McNally Robinson Polo Park.

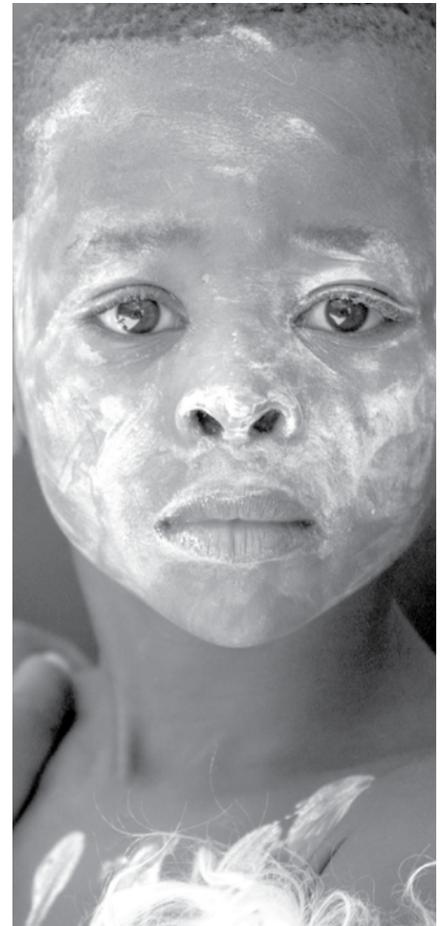
KELLEY ARMSTRONG Launch of Men of the Otherworld, Jan. 27, 7 p.m. at McNally Robinson Grant Park.

FILM

CINEMATHEQUE 100 Arthur. Jan. 22: Winnipeg First Nation: Heart of a Home (7 p.m.), Happy-Go-Lucky (9 p.m.); Jan. 23: Happy-Go-Lucky (7 p.m.), Janus 35mm Classics, Cleo from 5 to



Kevin Kelly, "Vesta" (detail). From Colonizing Oort, on display at Gallery 1C03 from Jan. 22 - Feb. 21.



A sample (detail) of Kevin Levit's photography on display at the HI Downtowner Jan. 23 - Feb. 20.

Concert? Art show? Volunteer opportunity? Community event? Want to see your event in The Uniter? E-mail your listing to listings@uniter.ca. The deadline for all listings is Wednesday. The Uniter is published every Thursday, so send your listings 8 days prior to the issue you want your listing to appear in. It's free. It's easy.

LISTINGS CO-ORDINATOR: CURRAN FARIS
E-MAIL: LISTINGS@UNITER.CA
PHONE: 786-9497
FAX: 783-7080

AWARDS & FINANCIAL AID

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

UNIVERSITY OF WINNIPEG AWARDS:

UNIVERSITY OF WINNIPEG GENERAL BURSARY

General Bursary applications are available for download from the Awards & Financial Aid website, or can be picked up at the Awards Office located in Student Services or at Student Central in Centennial Hall.

To be eligible for this bursary, you must be able to prove financial need and be making satisfactory academic progress (i.e. maintaining a "C" average).

Deadline: January 30, 2009

GRADUATE AND PROFESSIONAL STUDIES APPLICATION EXPENSES BURSARY

The purpose of this bursary fund is to provide some assistance to students with respect to the high costs associated with applying to Graduate and Professional Schools.

To be eligible applicants must satisfy the following criteria: Have a minimum award point average of 3.55 in the previous academic year; be registered in the final year of an honours or four-year degree program in Arts or Science, or in the final year of the Integrated B.Ed. Program; have documented financial need.

Expenses for a maximum of three programs will be considered per year.

Both full-time and part-time students may apply at any time during the Fall/Winter academic year, provided that funding is available for this bursary. Applications will be evaluated on a first-come, first-serve basis.

Applications can be downloaded from the Awards & Financial Aid website or are available at the Awards Office in Graham Hall.

AWARDS OFFERED BY EXTERNAL AGENCIES AND ORGANIZATIONS

AUCC AWARDS

The Association of Universities and Colleges of Canada provides 150 scholarship programs on behalf of the federal government, domestic and foreign agencies, and private sector companies. Check out website <http://www.aucc.ca/> Look under the heading Scholarships and Internships for Canadian Students.

THE SOROPTIMIST FOUNDATION OF CANADA: CANADIAN GRADUATE WOMEN STUDENTS

The Soroptimist Foundation of Canada annually offers several \$7,500 grants to female graduate students in Canada to assist them with completing university studies that will in turn qualify them for careers that will improve the quality of women's lives. Examples of the Soroptimists' work include: providing services, legal counselling and assistance; counselling mature women entering or re-entering the labour market; counselling women in crisis; counselling and training women for non-traditional employment, and for positions in women's centres.

Applications are available online at <http://www.soroptimistfoundation.ca/application.html>

Deadline: Jan. 31, 2009

EXPORT DEVELOPMENT CANADA

Export Development Canada (EDC) is a Crown corporation with a mandate to develop Canada's capacity to engage in international trade. We've been helping Canadian exporters and investors succeed in global markets for more than 60 years by providing trade finance and risk management services, as well as sharing our foreign market expertise.

Through our Education and Youth Employment Strategy, EDC helps build the capacity of the next generation of business leaders by awarding scholarships to students with a demonstrated interest in international business.

EDC is offering a \$3,000 scholarship awarded in the spring 2009 and, pending eligibility, a potential opportunity to apply for a four-month work term with mentoring from leading industry experts at EDC, worth approximately \$10,000. Work terms will be available for summer 2009.

To be eligible, you must be: A Canadian Citizen or Permanent Resident of Canada; currently enrolled in full-time studies at a Canadian university, in second, third or fourth year of an undergraduate program; enrolled in studies in international business, economics, or combined business with sustainable management or environmental studies; returning to full-time undergraduate studies in the 2009-2010 academic year and have an excellent academic record.

Applications are at http://www.edc.ca/english/student_scholarships.htm?cid=red1524 and must be submitted online and **received by Jan. 26, 2009 (23:59:59 EST)**.

Provide supplementary documents by mail. All documents must be received by Jan. 26, 2009 (23:59:59 EST). Faxes and e-mails are not accepted.

All documents must be sent to: Maurice Lelièvre, Canadian Bureau for International Education, 220 Laurier West, Suite 1550, Ottawa, Ontario, K1P 5Z9.

DATATEL SCHOLARS FOUNDATION SCHOLARSHIP

For outstanding students currently attending an eligible Datatel client institution. The Datatel Scholars Foundation Scholarship is open to full-time and part-time students (taking at least six credit hours), as well as undergraduate and graduate students in any major.

Scholarship award amounts range from \$1,000 to \$2,400. For more information and application please visit the Datatel website at <https://www.datatelscholars.org>.

Applications must be submitted online and are available from Sept. 1, 2008 to Jan. 30, 2009, 5 p.m. EST.

TOYOTA EARTH DAY SCHOLARSHIP PROGRAM

Toyota Canada Inc. and Earth Day Canada established the Toyota Earth Day Scholarship Program to help cultivate and nurture environmental leadership in young Canadians. The Toyota Earth Day Scholarship Program encourages and rewards graduating Canadian high school students who have distinguished themselves through environmental community service, extracurricular and volunteer activities, and academic excellence.

The Toyota Earth Day Scholarship Program grants three awards of \$5000 each annually to students from Western Canada, Northwest Territories, and Nunavut, to be applied directly towards tuition, books, room and board (where applicable) or other educational expenses for the first year of post-secondary full-time studies in Canada.

To be eligible you must: Be currently in your graduating year or graduated in the last two years from a Canadian high school or

Québec Cégep; be entering, for the 2008-2009 academic year, your first year of full-time studies at an accredited Canadian college or university; be a Canadian citizen or Permanent Resident (landed immigrant); have demonstrated outstanding environmental commitment, community service and leadership during the course of their studies; maintain a high level of academic achievement; not be an employee or immediate family member of an employee of Toyota Canada Inc. and its Dealers, Earth Day Canada or Panasonic Canada Inc; fulfill the requirements of the application package.

Visit this website for more information and application: <http://www.earthday.ca/scholarship/about.php>

Deadline: January 31, 2009

THE SOROPTIMIST FOUNDATION OF CANADA: CANADIAN GRADUATE WOMEN STUDENTS

The Soroptimist Foundation of Canada annually offers several \$7,500 grants to female graduate students in Canada to assist them with university studies which will improve the quality of women's lives. Examples include but are not limited to: providing services, providing legal counselling and assistance, counselling mature women entering or re-entering the labour market, counselling women in crisis, counselling and training women for non-traditional employment, and positions in women's centres.

Applications are available online at <http://www.soroptimistfoundation.ca/application.html>

Deadline: January 31, 2009

THE CANADIAN HARD OF HEARING ASSOCIATION SCHOLARSHIP PROGRAM 2009

The mandate of CHHA is to encourage awareness of hearing loss and to advocate self-help for hard of hearing or deafened people. Its aim is to achieve full hearing accessibility in Canadian society. The Canadian Hard of Hearing Association Foundation (CHHAF) was established to create a perpetual financial legacy to support the activities of CHHA, and create specific initiatives for hard of hearing or deafened persons in Canada.

The purpose of the Scholarship Program is to offer financial

assistance and recognition to hard of hearing and deafened students registered in a full time program at a recognized Canadian college or university, in any area of study, with the ultimate goal of obtaining a diploma or degree. This year three awards of \$1,000 each will be granted and presented at the Canadian Hard of Hearing Association Annual Awards ceremony to be held at the CHHA Conference in May 2009.

Please see the website for more information and to download an application: <http://www.chha.ca/chha/scholarships-index.php>

Please mail your completed application to: Canadian Hard of Hearing Association Scholarship Program, 2415 Holly Lane, Suite 205, Ottawa, ON K1V 7P2

Voice: (613) 526-1584 Toll Free: 800-263-8068 Fax: (613) 526-4718

TTY: (613) 526-2692 e-mail: scholarship@chha.ca

All applications must be received by Feb 1, 2009. Late, unsigned or incomplete applications will not be considered nor will applications be accepted by e-mail or fax.

KIWANIS CLUB OF WINNIPEG FOUNDATION INC: MANITOBA CITIZENS' BURSARY FUND FOR NATIVE PEOPLES AWARDS 2009

Open to students currently enrolled at the Universities of Winnipeg, Manitoba, Brandon. In 2008, bursaries totaling \$7,000 were awarded for the three Universities. The bursaries range from \$175 to \$450 each.

Criteria: Preference will be given to Native students (Indian, Metis and Inuit) who demonstrate financial need; students must maintain satisfactory grades to retain their eligibility; points will be given to students participating in extra-curricular activities; the Bursary Fund is not designed to help applicants meet the financial cost of entering University. On the contrary, it is designed, subject to the above criteria, to help meet financial problems that arise subsequently.

Applications are available at the Awards & Financial Aid Office located in Graham Hall. **Deadline:** Please return your application to the Awards & Financial Aid Office by February 16, 2009.

MANITOBA STUDENT AID PROGRAM

Please contact the awards office for information regarding external awards.

The following information is provided with regard to the second disbursement of your Manitoba Student Aid Program (MSAP) assistance (Manitoba Student Loan) for the 2008-09 academic year:

Missing information. If any documentation requested by the MSAP, such as summer income verification, has not yet been submitted, electronic confirmation of your loan document will not occur and your loan funds will not be in place at the beginning of the winter term.

Revision to your needs assessment. You should be aware that new information, such as verification of your summer income, may increase or decrease your MSAP needs assessment and the resulting loan amounts you are eligible to receive. Similarly, if your current course load is different from that on your Notice of Assistance letter, the amount of loan you are eligible to receive may change.

DID YOU KNOW You can check the status of your student aid application, find out what documentation is still outstanding, update your address information and much more on line? Go to www.manitobastudentaid.ca Link to MySAO to log into your existing account.

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

DID YOU KNOW That Manitoba Student Aid staff can be on campus on Fridays from 1 to 4 p.m. To meet with them, you need to set up an appointment time. Come to student services and book an appointment, or phone 786-9458 or 786-9984.

Other Award Websites:

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

Manitoba Student Aid Program www.manitobastudentaid.ca

Surfing for dollars? Try these two websites:

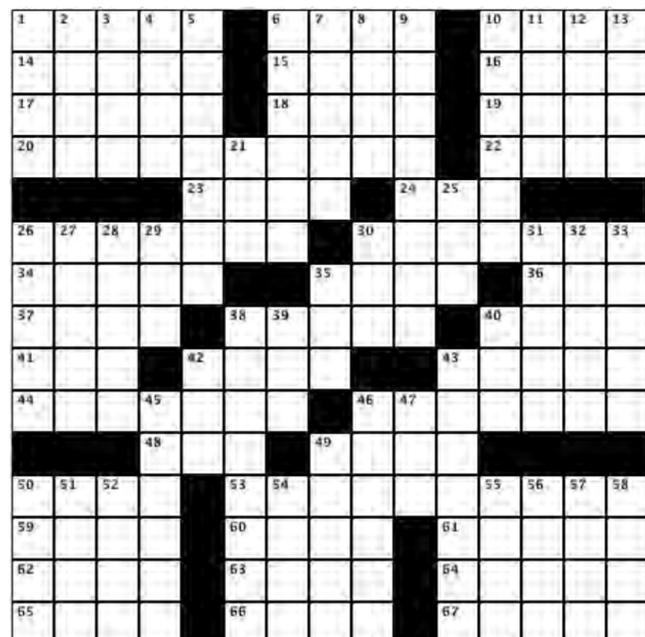
www.studentawards.com

www.scholarshipscanada.com

Please contact the awards office for information regarding external awards.

Crossword Puzzle #17

Solutions to puzzles will appear in the next issue.



Across

- 1- Confronts
- 6- Injury
- 10- State of midwestern USA
- 14- ___ Grows in Brooklyn
- 15- Neighborhood
- 16- Attack a fly
- 17- Agitates
- 18- Curved
- 19- Departed
- 20- The Little Dog
- 22- Steinbeck: East of ___
- 23- Bit
- 24- Man-mouse connector
- 26- Agile goat antelope
- 30- Beg
- 34- Admit
- 35- Fashion mag
- 36- Tell it like it isn't
- 37- Projecting columns at end of wall
- 38- Loiter
- 40- Corona fruit
- 41- One-million link
- 42- Deep hollow
- 43- Four-door
- 44- Radio pioneer
- 46- Noisy
- 48- Jabber
- 49- Monetary unit of Western Samoa
- 50- Winter pear

- 53- Incompetent person
- 59- Airline to Tel Aviv
- 60- Light ring
- 61- Monetary unit of India
- 62- Et ___ (and other men)
- 63- Elevator man
- 64- Gravel ridge
- 65- Bath powder
- 66- Record with a VCR
- 67- West Yorkshire city;

Down

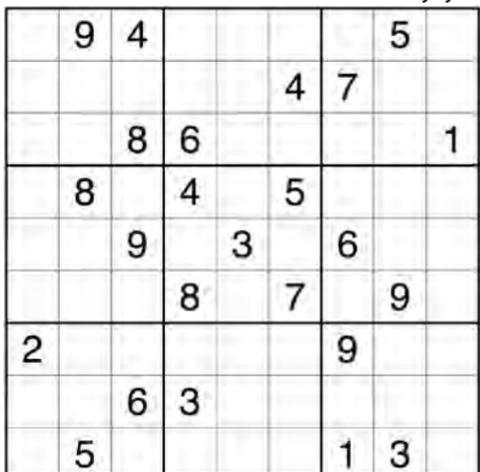
- 1- Not fem.
- 2- Bluesy James
- 3- "___ Brockovich"
- 4- Actress Hatcher
- 5- Official sitting
- 6- Characteristic actions
- 7- Concert venue
- 8- "All The Way To ___", song by REM
- 9- Like a dignified woman
- 10- Honest!
- 11- Was indebted to
- 12- Decline
- 13- Env. notation
- 21- Miss Piggy's query
- 25- Road with a no.
- 26- Assert as a fact

- 27- Tropical plant used in cosmetics
- 28- Essential oil
- 29- Extinct bird, once found in New Zealand
- 30- Building wing
- 31- Exclude, remove
- 32- Shoot for
- 33- Itty-bitty
- 35- Mischievous person

- 38- Basketball score
- 39- Poetic pugilist
- 40- Albanian coin
- 42- ___ few rounds
- 43- Surgical knife
- 45- Like the tides or the seasons
- 46- Branching
- 47- Long-sleeved linen vestment
- 49- Bell-shaped flower

- 50- Reporter's focus
- 51- Earthen pot
- 52- Travel on water
- 54- Cheerio!
- 55- Freedom from need, labor, or pain
- 56- Bicycle
- 57- Not new
- 58- Roman god of war;

Sudoku Puzzle #14 Puzzle level: challenging



Last week's puzzle solution (#13)



SUDOKU PROVIDED BY KRAZYDAD.COM

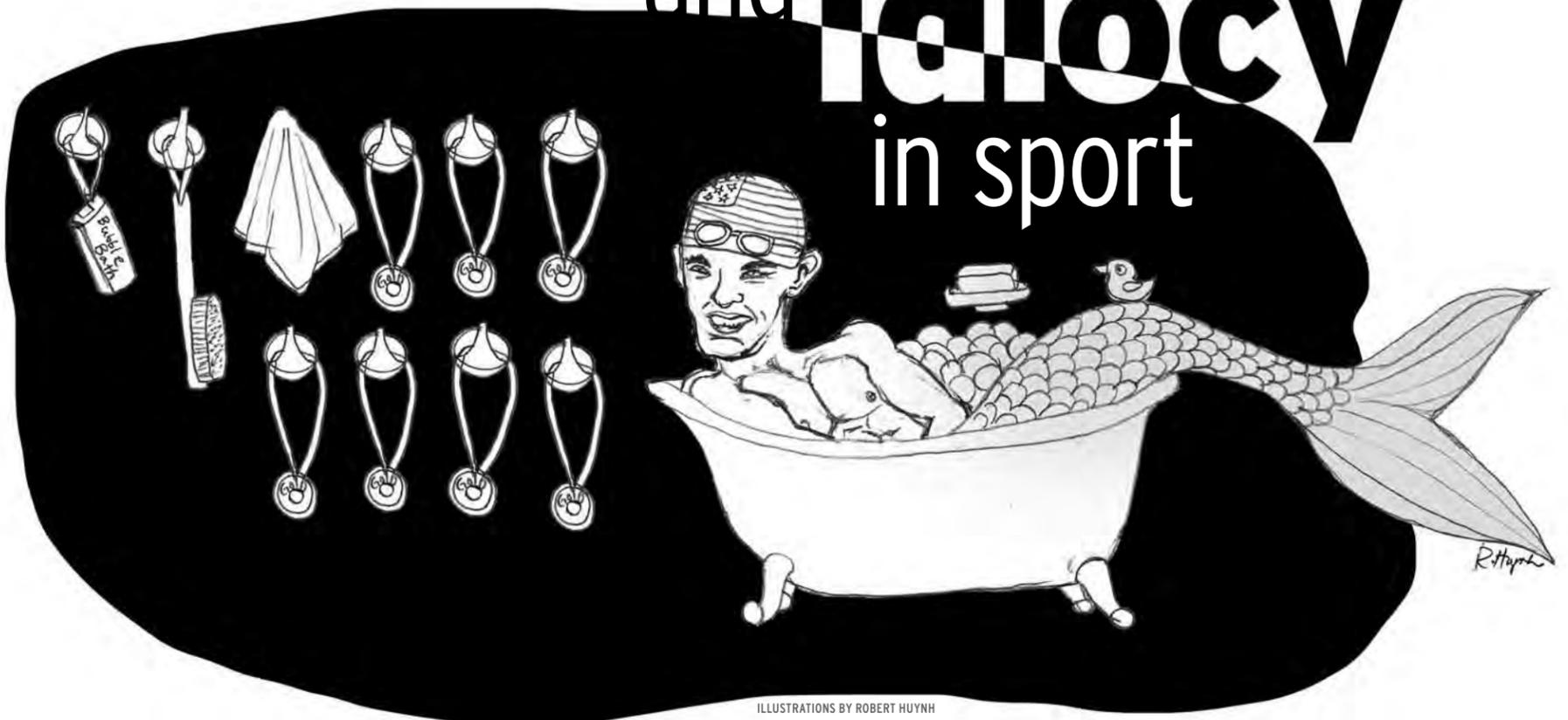
Last week's puzzle solution (#16)



CROSSWORD PROVIDED BY BESTCROSSWORDS.COM

Sports & Fitness

Awards for excellence and idiocy in sport



ILLUSTRATIONS BY ROBERT HUYNH

Sports buffs dish out some imaginary hardware for the best and worst of 2008

SPORTS EDITOR
JO VILLAVERDE

While everyone has made their New Year's resolutions for 2009 (and probably already broke them), we at *The Uniter* decided to look back at 2008, and found it was full of everything from dominant performances to hilarious parody.

And so, for your reading pleasure, regular *Uniter* contributors (and the cast of the Ultra Mega Sports Show) Jo Villaverde, Marko Bilandzija, Brad Pennington and Adam Johnston have put together their nominations for the best and worst performances in sport.

TEAM OF THE YEAR

Each team on this list have had inspiring performances and accomplished near unbelievable feats in 2008. The nominees are:

Miami Dolphins For bouncing back from 1-15 to make the playoffs

San Jose Sharks For not losing a home game in regulation this season

Manchester United For winning the Champions League and the Premiership Title

Boston Celtics For winning the NBA Championship, and for their 19 game winning streak

WINNER: BOSTON CELTICS

DISAPPOINTMENT OF THE YEAR

These nominees not only failed to live up to expectations but also will be remembered in infamy for their complete lack of talent. The nominees are:

Detroit Lions For finishing 0-16

Winnipeg Blue Bombers For a poor follow up to their finals run last year

New England Patriots For missing the playoffs after last year's near undefeated season

Toronto Raptors For creating so much hype but still failing to put together a decent record

Canadian Men's Soccer Team For still failing to create any excitement for Canadian fans

WINNER: DETROIT LIONS

ATHLETE OF THE YEAR

Much like the Team of the Year award, these athletes have truly performed in a way that will never be forgotten. The nominees are:

Michael Phelps For winning eight Olympic gold medals

Alexander Ovechkin For carrying the Washington Capitals on his shoulders and leading them to the playoffs

Evgeni Malkin For stepping out of Sidney Crosby's shadow and proving he can play without Sid the Kid



Kobe Bryant For carrying the LA Lakers all the way to the finals

David Villa For leading the Spanish squad to Euro gold

WINNER: MICHAEL PHELPS

BIGGEST SURPRISE

Every so often there are a few events that shock the sports world. These nominees will never be forgotten for what has happened in 2008:

Brett Favre For retiring then re-retiring and playing for the New York Jets

Miami Dolphins and Chad Pennington For having a comeback season that no one could have predicted

Tennessee Titans For being the best team in the NFL in the regular season

Detroit Lions For showing what the opposite of perfection is

Real Madrid For firing manager Bernd Schuster

Champions League For having an all English final

Seattle Supersonics' move to Oklahoma to become the Thunder For reminding us that the Jets left Winnipeg despite how crazy the fans were about their team

WINNER: MIAMI DOLPHINS AND CHAD PENNINGTON

WICKEDEST AWESOME AWARD

This award needs some explaining. The criteria for the Wickedest Awesome Award is very vague. It pretty much just goes to someone who deserves an award for any possible reason:

Jo For being a soccer player with only one name, like Pelé or Madonna

Tony Romo For having "swagger"

Sean Avery For being Sean Avery no matter what

WINNER: TONY ROMO

BIGGEST INJURY

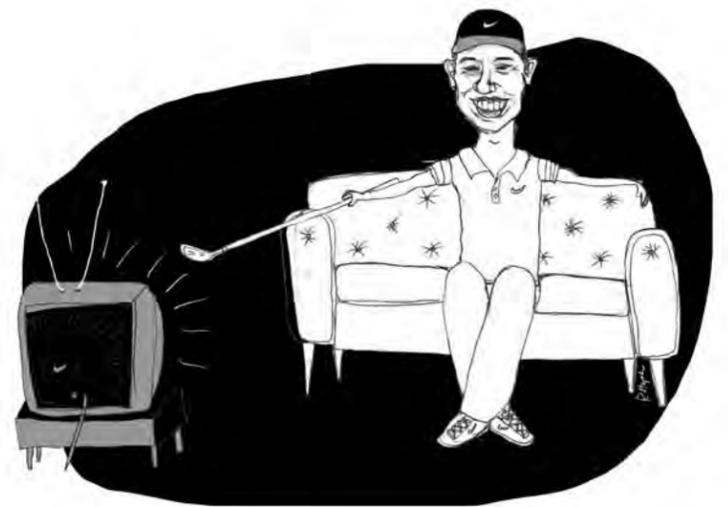
2008 has been devastating for injuries. The following are the nominees for the worst injuries:

Tom Brady For being out for the

A quiet year for him actually

Sean Avery For causing so much of a fuss with his off-ice issues

WINNER: CRISTIANO RONALDO



entire '08/'09 season after the first game

Eduardo Da Silva For breaking his leg

Tony Romo For being out for a short period of time with a pinky injury. How lame

Tiger Woods For single-handedly plummeting the golf TV ratings by being injured

WINNER: TIGER WOODS

CRY BABY AWARD

Most of these nominees are repeat offenders. Let's hope they don't make the list next year, but here are the nominees:

Cristiano Ronaldo For demanding so much money while a team demanded respect

Tony Romo For his pinky... Seriously!

Terrel Owens For complaining that Tony Romo favoured Jason Witten.

STORY OF THE YEAR

All the winners of each award before this one get nominated for this award. The winner is simply the most impressive story of the year.

AND THE WINNER IS: THE MIAMI DOLPHINS AND CHAD PENNINGTON'S COMEBACK SEASON WAS INCREDIBLE.

They were able to knock off the New England Patriots and the New York Jets from playoff contention. This is the definition of a Cinderella story.

Disagree with our picks or think there was something we missed?

E-mail sports@uniter.ca and get your thoughts heard. Tune into the Ultra Mega Sports Show on Mondays at 12:00 p.m. on CKUW, 95.9 FM.

SPORTS BRIEFS

COMPILED BY JO VILLAVARDE



MANCHESTER CITY GOING COO-COO FOR KAKA

Manchester City might be paying \$147 million for star soccer forward Kaka which, according to SI.com, would be over twice the world record Real Madrid paid to acquire Zinedine Zidane in 2001. However, some people are stepping up at the unfairness of big money teams taking advantage of their wealth.

Mohammed Al-Fayed, owner of Fulham, has brought up the need for the English Premier League to void the transfer and instill a salary cap.

"It's madness," said Al-Fayed. "If you have one fantastic striker, what about the rest of the team, the players around him? It's gambling to do things like that. It's bad news for football because it's crazy."

HOW YOUNG IS TOO YOUNG?

The NCAA has lowered the prospect age for college basketball recruiting to kids in Grade 7.

"It's a little scary only because - we talked about this - where does it stop?" said Joe D'Antonio on SI.com. D'Antonio is chairman of the Division I Legislative Council that approved lowering the prospect age.

Just imagine, you are 13 and colleges are talking to you about where you're going to school in six years. Most 13-year-olds can't even decide what to do with their allowance.

THE CHURCH OF THE HABS

University of Montreal professor Olivier Bauer has started a course exploring the religion that is the Montreal Canadiens.

According to TSN.ca, Bauer, who was born in Sweden, noticed many similarities between le bleu, blanc, et rouge and religion when he moved to Montreal.

Some things Bauer talks about in his lectures are Patrick Roy's nickname Saint Patrick and people who sometimes call current Habs goaltender Carey Price 'the savior.'

HEART PROBLEMS FOR RUSSIANS IN HOCKEY

It seems that the KHL (Kontinental Hockey League) is taking the correct measures to make sure that the death of 19-year-old New York Rangers prospect Alexei Cherepanov will not happen again. Since Cherepanov's heart condition took his life, five Russian hockey players have been reported to have heart issues.

According to the Moscow News Weekly, 49 players have undergone testing to make sure the problem does not grow and 18 players still have yet to be checked.

Although it is scary that more hockey players are being found with heart issues, it is good to hear that an incident like Cherepanov's is trying to be prevented.

UN-RETIRING: A NEW TREND

Tennis great Martina Hingis returned to competitive tennis last Tuesday with straight set wins over Vera Zvonareva 6-1, 6-2.

Hingis, who retired three years ago, seems to be in tip-top shape in her return to the Australian Open as she put together 17 winners and 11 unforced errors.

She joins a list of recent un-retired super stars including Brett Favre and Roger Clemens. Hopefully, she has more success than Favre, who missed the playoffs, and Clemens, who may or may not have been caught using steroids.

I want to ride my ice-cycle

Winter cycling provides challenges and **surprise advantages**

ADAM JOHNSTON
VOLUNTEER STAFF

Most Winnipeggers love their automobiles while traveling in the harsh confines of Winterpeg, especially when it's -30 C.

But as automobiles have contributed to the devastating effects on our environment and our health, many people are taking up the challenge of winter cycling.

David Geisel, a employee at Natural Cycle, a business which specializes in custom made bicycles and bicycle repairs, said one challenge is salt and sand from the roads, which can really wear down your bike.

"The winter salt is worse for the bike than anything else. It tends to especially run off of water. It's like wet salt water stuck to your bike, it just eats away at metal," said Geisel.

For winter riding, Geisel recommends a single speed bicycle because it will have narrower tires than a mountain bike and can therefore get right down to the cement.

"A narrow tire allows you to do that. Just cuts through everything and gets down to the cement," he said.

Winter cycling not only provides a challenge in terms of what type of bicycle to ride, but also what type of clothing to wear.



David Geisel of Natural Cycle braves the elements of a cold Winnipeg winter.

Cameron McLaren from Mountain Equipment Co-op recommends a few things before heading out on that brisk winter cycle.

McLaren prefers getting a pair of goggles that won't fog up so they can protect your eyes in the elements. He also suggests layering with synthetic wool clothing because it insulates well against the cold.

"Use mostly synthetic wool, things that wick and give you some insulation. I tend to wear a wicking base layer and just a wind proof jacket on the outside. And that's for the upper part, usually good enough for -30 or -40 Celsius" said McLaren.

As for whether the winter is a more dangerous time to ride a bicycle, Geisel's answer may surprise most Winnipeggers.

"In general, winter cycling is a lot safer I think as far as traffic goes. You know it's slippery, you could fall down. I've fallen down many times in the winter and not hurt myself. But I've crashed a few times in the summer and broke a bone every time," said Geisel.

For more information visit Toronto's winter cycling website at: <http://www.toronto.ca/cycling/bikewinter/index.htm>.

WINTER CYCLING TIPS

- ⇒ Leave more room for breaking
- ⇒ Give yourself extra time to ride in either wet or snowy conditions
- ⇒ Have both an advanced and alternative route in case of ice or snow
- ⇒ Keep to streets that have bright lighting
- ⇒ Ensure your bicycle is covered from the ice, snow and freezing rain while parked
- ⇒ Use bike fenders

Dinos overpower Wesmen

Wesmen show **grit** in loss

SCOTT CHRISTIANSEN
VOLUNTEER STAFF

If anything, at least the Wesmen are tough, and that goes a long way.

After losing 3-0 (25-18, 25-14, 25-17) on Friday night to the Calgary Dinos (11-3), the Winnipeg Wesmen (1-13) put together a stronger effort on Saturday at the Duckworth Centre.

Following a disappointing first set, Winnipeg managed to pull off the second against the fourth ranked Dinos. However, Calgary's power was too much to handle for the young Wesmen group, who lost the third and fourth sets, decisively ending the game 3-1 (25-13, 23-25, 25-16, 25-16) in favour of the Dinos.

The opening set was perhaps the sloppiest for the Wesmen. Inconsistent setting - most notably poor timing - prevented them from generating much offense. Winnipeg registered only six kills in the set and the Dinos were able to take advantage.

"We need to play our own game and not worry about what's on the other side of the net," said first-year Tessa Peterson, who finished with a match high of 16 digs.

The Wesmen's struggles culminated in the set's final point, when two Winnipeg players looked at each other in confusion as the Dinos' serve hit the floor.

The second set looked to be headed in a similar direction, as Calgary led 16-11 at the second technical timeout. However, a spir-



Ariel Smith jumps up for a block against the Calgary Dinos on Saturday, Jan. 17.

"We just have to stay more disciplined. We have to know where we have to be and do it."

-Tessa Peterson, Wesmen women's volleyball

ited 11-2 Wesmen charge brought Winnipeg back for the win. Some timely kills by rookie Ariel Smith, who had nine on the night along with 10 digs, two service aces, three blocks, as well as some great de-

fensive digs by Peterson, helped Winnipeg pull off what was the highlight of their night.

"We just have to stay more disciplined. We have to know where we have to be and do it," added Peterson.

However, the Dinos squashed Winnipeg's momentum by jumping out to an early 13-5 lead in the third set. The Wesmen never regained their swagger, as Calgary began to overpower the Winnipeg defence. Fifth year Dinos Holly Harper and Lauren Perry led the barrage with 17 and 13 kills, respectively.

Despite the loss, the Wesmen are keeping things in perspective as they continue to learn how to han-

dle top opponents.

"We have all of the top teams to play; it will be a good learning experience," says second year left side Christie Nairn.

The Wesmen's remaining matches are all against ranked teams, such as Alberta. The team, currently on a five game losing streak, is looking at these games as an opportunity to improve.

However, they will no doubt be looking to get a win or two along the way to climb out of the Canada West basement. They currently trail the University of Saskatchewan by two points with six games remaining in the regular season.

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Living well



SAGAN MORROW
VOLUNTEER STAFF

The effects of **sugar** and artificial sweeteners

Sugar is addictive. Recent studies conducted by Princeton University suggest that sugar can be just as dangerously addictive as any drug.

As most of us can attest to after several weeks of over-indulging during the holidays, it is difficult to kick the sugar habit. For many people it is hard to go through the day without some kind of sweet snack, be it a cookie, some chocolate, a piece of cake, or even fruity yogurt or sweetened cereal.

It is easy enough to identify cookies as being loaded with sugar, but when it comes to processed foods reading the ingredients might hold some surprising information. Most yogurts contain excessive amounts of sugar.

A portion of Danone Activia strawberry yogurt contains 3 1/2 teaspoons of sugar and it is just one of the many similar overly-sugary yogurts out there. Watch out for condiments too. One tablespoon of Heinz Ketchup has an entire tea-

spoon of sugar.

While it is good that consumers are becoming more aware of the dangers of sugar, our desire to stay away from it has had its drawbacks as well. As the concern with sugar-related issues has been growing (especially because more people are being diagnosed with diabetes), the market for artificial sweeteners has also been steadily rising.

Dieters tend to choose artificial sweeteners over natural sugars due to fewer calories in most artificial sweeteners. Just because a food product is low in calories, however, does not mean that it is healthier.

Some artificial sweeteners such as cyclamate (commonly known as Sweet'N Low or Sugar Twin) have been found to be related to cancer in animals. Aspartame (also known as Equal) is also reputed to have negative effects such as headaches and other similar physical complaints. Sucralose (or Splenda) has so far not been associated with rates of cancer, but it is a chemically processed sweetener that could potentially be very harmful.

Both sugar and artificial sweeteners are major culprits when it comes to maintaining a healthy weight and lifestyle. However, despite being addictive, sugar is a natural substance and will not be nearly as harmful to your body as artificial sweeteners.

Honey (in moderation) is even considered by some to be a health food.

Getting rid of all artificial sweeteners will improve your health immensely. Wean yourself off of sugar by choosing real fruit and vegetables over foods with added sugar.

Getting rid of all artificial sweeteners will improve your health immensely

Bananas, apples and carrots will all satisfy a sweet tooth due to their high content of natural sugar.

Decrease the amount of sugar in baking when possible. Even getting by one day without eating any added sugars or artificial sweeteners is a great start, and soon you won't be missing them at all.

By gradually cutting out all artificial sweeteners from your diet, and as much added sugar as is realistically possible, you will be well on your way to cultivating that healthy lifestyle.

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



ULTRASOUND TRAINING PROGRAM

The Ultrasound Training Program at the Health Sciences Centre is a 12 month full-time post-diploma program to train in the exciting field of **DIAGNOSTIC MEDICAL SONOGRAPHY**. The program starts at the end of August. Current intake is 13 students. Applicant selection begins in January 2009. Program details are available in the Program Information Booklet (.pdf) which is available online at:

www.hsc.mb.ca/ultrasound/training_program.htm

Application forms are also available online or from the program office at (204) 787-7846

Ultrasound Training Program
NA547, 820 Sherbrook Street
Winnipeg, MB
R3A 1R9
(204) 787-7846
(204) 787-1811 (fax)
www.hsc.mb.ca/ultrasound

Sustainable Lifestyles Contest

Presented by The University of Winnipeg's Campus Sustainability Office and The Uniter

Live sustainably, win great prizes.



The Uniter and the University's Campus Sustainability Office want you to live your life with the planet in mind. Show us your environmental know-how and you can win. It's easy! Each week, answer the Sustainable Lifestyles question on the ballot below and **drop it off in the box at the Info Booth**. There are four weekly prizes up for grabs and one grand prize. The more weekly contests you enter, the greater your chance at winning the grand prize! Prizes include a backpack from Mountain Equipment Co-op, Gift certificates from Soma Cafe, and more... Grand prize TBA.



THIS WEEK'S QUESTION: How many compost bins are located in the Buffeteria? Name one of the compostable take-out containers pictured on Chartwell's "How to compost" posters in the cafeteria.

Name: _____
Phone: _____
E-mail: _____
 Yes, I want to receive occasional e-mails from The Uniter about interesting community events and issues that matter to me.
Answer: _____

Is there anything you want to tell us? _____

For information, contact The Uniter at 786-9790, editor@uniter.ca or the Campus Sustainability Office at 789-1478.



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212 Henderson Hwy.
(204) 989-2954

AirSource
1200 McPhillips St.
(204) 989-2927

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671 Pembina Hwy.
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AirSource
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at Bison Dr.
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AirSource
Portage Place
(204) 946-0721

AirSource
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at Moray
(204) 954-2939

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(204) 988-3080

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1504 St. Mary's Rd.
(204) 987-3444

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St. Vital Centre
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Versus Wireless
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443 10th St.
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(204) 837-1234

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756 Pembina Hwy.
(204) 452-1234

823 McLeod Ave.
(204) 654-1234

47 Goulet St.
(204) 237-7496

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