

Students may face parking fines

by *Caroline Grech*

Humber students parking on Alicewood Court could face larger fines if city traffic investigators find the parked cars a safety hazard to the street's residents.

Complaints from residents about Humber College students and William Osler Health Centre Etobicoke campus visitors parking on Alicewood Court led to a community meeting last week.

Problems increase in the mornings when students arrive for class. The extra cars have caused a problem for garbage pick up as trucks cannot maneuver around cars which residents say are often parked bumper to bumper.

According to Dominic Gulli manager of traffic operations for district two, an investigation will determine the seriousness of the situation, despite only four residents attending the meeting.

"The investigation will determine what, if any, changes are necessary," he said.

According to Gulli, traffic investigators check the regulations currently in place, how they are enforced and whether the public is obeying the regulations.

If too many cars are parked on the street, then investigators will determine where the extra parking is being generated from.

If safety is an issue then action

will be taken immediately, said Gulli.

If it is a case of extra parking from clients for nearby plazas or schools and that parking is happening for long periods of time, then a questionnaire will be sent out to all affected homeowners Gulli said.



CAROLINE GRECH

Parking on Alicewood Court.

The questionnaire would ask if residents wanted parking restrictions enforced, and if they do, they would have to specify at what times of the day and night they would like them enforced.

According to John Lyras, constituency assistant for Ward 1 councillor Suzan Hall, residents have also expressed safety concerns over children crossing the street.

"One resident on the street said he almost ran over a kid. He said he drove carefully but that he couldn't see the kid coming," Lyras explained.

Originally residents from neighbouring street Mattari Court had also filed complaints with the

city about excessive parking.

However, no action will be taken at the present time because the street is already a no parking zone and Humber students will be ticketed if found there, said Russ Crilly, acting area supervisor for Etobicoke.

Crilly also added that no extra parking enforcement will be undertaken until the city's investigation ends.

"The only time that there will be extra enforcement there is if the traffic department puts up no parking signs on Alicewood Court, and somebody would phone in a complaint," said Crilly.

Currently, there is a three hour parking maximum on Alicewood Court as with all Toronto city streets. The fine for parking past the maximum is \$10.

If Alicewood Court becomes a no parking zone then fines will be \$20, for parking on the street.

The low turnout for the meeting came as a surprise to the councillor's office.

"The turnout was surprisingly low because we even had a couple of phone calls in the office that afternoon.

There were more city staff than there were residents," Lyras said.

There is no fixed date for the investigation start up because all traffic investigations are done by priority sequence Gulli said.

Protesters ready for battle in Quebec City

by *Ryan McLaren*

More than 350 protesters gathered at the Holy Trinity Church behind the Eaton's Centre this weekend to prepare for the Summit of Americas meeting in Quebec City.

From April 20-22, leaders from every country in the Western Hemisphere, except Cuba, plan to discuss the Free Trade Area of the Americas (FTAA), a free trade agreement similar to the North American Free Trade Agreement (NAFTA).

Local activist group TRANSACTION put on a weekend-long seminar and information session teaching protesters everything from decision making, to bandaging wounds with menstrual pads, to finding a place to stay for the weekend.

The weekend started with a passionate chanting of, "There ain't no power like the power of the people 'cause the power of the people don't stop."

While there is a division between violent and non-violent protesters, Jaggi Singh of the Anti-Capitalist Convergence (CLAC) preached solidarity. Singh gave the example of the poverty protest held on June 15 of last year when the Ontario Coalition Against Poverty (OCAP) clashed with police in Queen's Park.

"OCAP deserves solidarity for what they do because we're part of the same movement," Singh said.

An estimated 10,000 to 20,000 protesters will be met in Quebec City with the largest deployment of police officers in Canadian history.

Unlike the police in Seattle during the World Trade Organization (WTO) protest, the 5,000 provincial officers and RCMP in Quebec City will be prepared. Riot squads are ready, but won't be called in unless necessary.

The RCMP is concerned about protecting the security of both the protesters and the delegates that are attending the summit said RCMP Sergeant Normand Houle.

A 3.8 - kilometre long, 9 foot high fence is being constructed around the compound where the delegates will meet, with the majority of the fence being erected shortly before the summit starts.

The fence has been a hot topic of debate. Local citizens whose residences are within the barriers must have a pass to get in and

out. Anyone who lives outside the fence will not be allowed in to visit friends, go to church, or visit businesses that are inside for the duration of the summit.

Quebec City passed a bylaw in February that would make it illegal to "wear or have in your possession a mask, hood or ski mask, or any other object of the same nature to cover one's face, in whole or in part." The law was recently scrapped in the suburb of Saint-Foy, the location of the nearest airport to Quebec City. The law has not been lifted in Quebec City.

In a recent press release, the Canadian Security Intelligence Service acknowledged that the extra security might promote violent conflict. "Security forces and policy makers also must recognize the possibility of increased levels of violence [as a result of protesters] who may become frustrated by the protective measures in place at targeted conferences and meetings," stated the press release.



MATTHEW SEVERIN

Fighting the powers that be.

If the FTAA is approved, it will create the world's largest free trade zone, affecting 800 million people. Patty Barera, an organizer of last weekends meeting, said the FTAA will "only give power to big businesses and limit the power of the government." Singh called the FTAA a "banality of collusion" comprised of "destructive policies and exploitive people."

The Summit of Americas said it plans "to sustain democracy and promote prosperity and social equity to the benefit of all citizens."

Voting incentives working

by *Amy Whittingham*

Free popcorn and a chance to win \$300 is proving to be a voting incentive during polling in the Humber Students' Federation elections.

Students waited in line yesterday to cast their votes for HSF President, VP Campus Life and VP Administration.

Poll clerk, Amy Acton, a second-year electro mechanical engineering technician, said she was surprised at the voter turnout.

She attributes the student interest to the chance to win six \$300 prizes, free popcorn and The Reptile Man show that was put on just to the side of the polling stations.

"A lot of people are coming out. Also the show and the \$300 ballot have made people want to vote," she said.

She said that people seem genuinely interested in the candidates.

"There are a lot of people who are here because they do want to

vote and it's important to them ... They're asking about what the platforms are. So they're not just saying, 'oh ... I'll pick whatever,' she said.



CARLO CORBO

Student making her vote count.

Some students admit that they wouldn't have voted if the popcorn and the chance to win \$300 hadn't caught their attention.

Jennifer Raybould, a first-year environmental engineering stu-

dent, said she came out to vote because of the chance to win \$300 even though students didn't have to vote in order to fill out a prize ballot

However, students were required to take the voting ballots even if they chose not to vote and deposit the blank ballots into the voting box. "There's the \$300 but it also feels good to be a part of it," said Raybould.

Venecia Bautista, a first-year HRT student said she planned to vote, but would have walked right by the voting stations if weren't for the show.

"I wanted to vote, but it just happened that [The Reptile Man] got my attention. I would have probably walked right by and maybe have done it tomorrow," she said. As for the \$300 prize, she said she didn't even know about it until she was at the voting station. "That was nice. That's a plus," she said. Polling continues today in the concourse, beside Tall Hats, until 6 p.m.

New regulations ease ER overcrowding

by Noel Boivin

Paul Clement, minister of health, introduced a plan Monday that he said will help ensure prompt treatment for critically ill people in Ontario's emergency rooms.

The new Patient Priority System (PPS), as outlined in a government of Ontario press release, will provide a common language through which hospitals, dispatchers and paramedics can communicate regarding a patient's condition. Similar to the current triage system used in hospitals, PPS would have paramedics assess the urgency of treatment for a patient.

Those in most need of treatment would be directed to the nearest hospital, while those with less serious ailments may be redirected elsewhere.

NDP health critic Frances Lankin said the plan fails to address deeper structural flaws in the province's health care system.

"It's another pretty plastic

bandage that the minister slapped on a gaping wound that was created by this government's own cuts," she said. "It does nothing to address the overcrowding in our emergency rooms."

reform, community health centres and other methods of delivering care in the community to help people avoid going to the emergency," said Lankin.

Dan Strasbourg, spokesperson

emergency room pressures," he said.

Strasbourg denied Lankin's assertion that Tory cuts are to blame for emergency room crowding.

"We've been increasing hospital funding and this year it's at the highest level that it's ever been in the history of the province," he said.

Don Trant, vice-president of patient programs at the William Osler Health Centre, oversees each of the corporation's three emergency rooms, including the Etobicoke campus. He was on the committee that produced the PPS plan and said it is necessary to help ease what has become a trying situation in emergency rooms.

"The emergency departments are under extreme pressure and continue to be," he said.

Trant attributed the added pressure to a rise in the number of patients coming in with more serious ailments than recent years.

Trant does not hold the Tory

government responsible for the crowding of the emergency rooms he oversees.

He said that structurally, the system is not equipped right now to deal properly with an aging population.

"The population is growing and aging and I think we're doing some catch-up in terms of some reductions that were made a few years ago and some of the restructuring," he said. "The changes still haven't been implemented. There is building to be done, beds to be added and emergency departments to be expanded and renovated. We're still in the middle of that."

Despite concerns of overcrowding, Trant assured those living in the surrounding areas that if all other avenues are exhausted (family doctors and health services) treatment for serious health problems is available relatively fast.

"The emergency department is there for our sickest people," he said.



NOEL BOIVIN

ERs having difficulty coping with crowded emergency rooms.

Lankin said the problems with overcrowding in emergency rooms will not be significantly reduced by initiatives like PPS.

"They have got to actively expand primary health care

for the Ministry of Health, said this latest initiative is not designed to be a catch-all solution.

"This is one of many, many, many initiatives that the government is undertaking to address

Task force report will help ease financial woes

by Sarah Robson

Colleges need more money and need to become more independent according to the final report of the Investing in Students Task Force released on Tuesday.

The report includes 33 recommendations intended to help the Ontario government improve the post-secondary system.

Humber College President, Robert Gordon, said "I think [the report] was very encouraging ... it seemed to stress far more change for the colleges than for the universities, which is obviously of more interest to us. And some of the things that they're recommending are things that we've been pushing and hoping for for some time."

Some key recommendations include making it easier for students to move easily from one school to another, and a new college charter.

The new charter would aim to increase co-operation and collaboration between the universities and colleges.

It would also offer colleges the ability to grant applied degrees, according to a ministry document.

Gordon believes the new charter would give the school to opportunity to self-govern.

"Major things for us would be more autonomy from the government and our ability to manage our own affairs instead of having

Big Brother to approve everything. It won't change an awful lot of things like funding, but it would allow us more freedom, and our board to have more direct input."

The report stated that the new governing system, "can provide the flexibility needed for colleges to meet their mandate in providing quality education, while being responsive to student, employer and regional needs. It enables full partnerships between colleges and business and colleges with other players in the post-secondary sector."

I think that a lot of it brings out that you have got to pay more attention to students' needs and wants."

-Toby Warnell

Gordon said that another major issue for him is "the whole question of opening up the differentiation of colleges according to the role they feel they can best serve the community or the province.

"In our case, we're clearly a big urban conglomerate without a geographical base, so we're interested in evolving more to a poly-technic status, which is mentioned directly in the report."

"That much is helpful to us because that's the direction that

we've been pointing for a long time," Gordon said. "So, we're way down that track, but we obviously needed the authorization, and this report gives that."

The report also gave some overwhelming statistics on the reality of post-secondary education.

It recommended that the college sector alone, should receive an operating fund increase of \$130 million a year in five years to be able to deal with the expected growth in enrolment.

The additional funding is in light of recent education funding cuts by the government.

Toby Warnell, president of the Humber Students' Federation, is optimistic about the final report.

"I think some of the recommendations in there are pretty good, and I think it's some of the stuff that the student lobby group OCCSPA [Ontario Community College Student Parliamentary Association] has been trying to get across for a while," he said.

"We were actively part of the task force through the consultations that they had. I think some of the recommendations I see are good. And I think that a lot of it brings out that you have got to pay more attention to students' needs and wants," he said.

Both Warnell and Tracey Boyer, the executive director of OCCSPA, agree that the recom-

mendation for the harmonization of Canada and Ontario student loans will benefit the students.

"One of the most important parts of the report to students would be easing the financial burden," said Boyer. "We have deregulated fees and students are graduating with an average debt of around \$12,000 for a two-year diploma program."

Some other recommendations made by the task force were to

establish institutional annual reports, provide a student service commitment, and encourage the development of e-learning programs.

The government will probably decide what action it will take with the task force's final report before the next budget is announced later this spring.

For more information on the task force and to read the final report go to www.edu.gov.on.ca.

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Rez students go for a ride on the Magic Bus

Students pay \$11 to go downtown and get away from their studies for awhile and have fun

by Stacey Roy

You may have seen Sloth, Groovy, Magic, or Bertha driving up to Humber residence this past semester, and if you haven't you're missing the show.

These are the names of the tour buses decorated hippie-style that offer a free pass into some of Toronto's hottest night spots and entertainment scenes.

Provided by the Magic Bus company, the bus picks up and takes rez students into the city at 9 p.m. and then brings them back at 2:15 a.m.

"It was really fun. It's crazy," Scott Murraoi, a first-year Business Management student said.

Included in the \$11 cost is the transportation and a discount card



STACEY ROY

The Magic Bus idea came from Ken Kesey's 1960s bus.

for places like G-Spot, Joker, Tonic, and Loft-57. The discount card gets students in without waiting in line. Famous Players and Playdium are included for those

19 and under.

Corey Powers, a first-year Industrial Design student and rez dweller has not been on the Magic Bus tour, but plans to change that.

"It's good just to get out to clubs downtown and get away from school a little bit," Powers said.

Peter Lem, Residence Life coordinator said that at first he was concerned about the security aspects such as intoxicated students, but said there have been no problems so far.

Director of Public Safety, Gary Jaynes agreed, adding residence has been very good this year.

"I think [Magic Bus tour] is okay. Students have to take their own personal precautions. It doesn't matter if they're on campus or in the city," Jaynes said.

Lem said the bus drops the students off downtown and then picks them up at the same spot at the end of the night.

The Magic Bus company gives back \$1 per ticket to the school to fund future events. Humber residents are planning to use this refund to go to the *Mike Bullard Show* soon.

The Magic Bus Tour is not only for students; it is also offered for both private and corporate interests as well.

The idea for the tour bus was taken from Ken Kesey, author of *One Flew over the Cuckoo's Nest*. In the 1960s Kesey's Furthur Bus company went on the road to convince everyone to take LSD before it was illegal.

Companies, such as the CBC, Labatt's, and the Toronto Metro Police have also used the Magic Bus service.

Enhance your life

by Derrick Milburn

The Momma Bear Crisis Centre will hold its first charitable event this weekend in the student lounge at George Brown College's St. James Centre.

The event, entitled Enhancing Your Lifestyle, will feature psychics, healers and health and wellness practitioners.

Enhancing Your Lifestyle will be held Friday March 23 from 6-11 p.m., Saturday March 24 from 11 a.m.-11 p.m. and Sunday March 25 from 11 a.m.-7 p.m.

Admission is \$5, and all proceeds will go to building a crisis centre in Toronto.

The Momma Bear Crisis Centre is a charitable organization which is committed to ending violence against women and children in Canada.

Momma Bear was founded in November 1999 by Murganne Mooney, herself a survivor of childhood abuse.

The event is being organized by Tiffany Mittelman and Nelen Avila, students in Humber's Specialization and Special Events Management program.

Interested volunteers are welcome to contact Tiffany Mittelman at 416-824-7330 or 416-502-8228.

Newly-appointed director

by Ashley Kulp

Humber College has a new director of Facilities Management.

Carol Anderson, who first arrived at Humber in June 1999 as manager of Campus Services where she was responsible for custodial services and shipping and receiving in mail rooms, is still getting her feet wet in her new position that began on March 12.

"Basically, I am responsible for the physical attributes of the school, which includes heating and ventilation, electrical, building maintenance and custodial. I'm enjoying the job so far, but there will be a period of transition," said Anderson.

Married with two children and one grandchild, Ottawa native Anderson graduated from Algonquin College and Carleton University Business programs.

She started out working for the federal government in the Human Resources Department in personnel classification for seven years, then moved to Algonquin's Woodroffe campus in Ottawa where she worked in the Physical Resources Department prior to coming to Humber. She handled the financial and administrative sectors of the department as well as strategic planning issues.

While Anderson enjoyed her time at Algonquin, she said she prefers Humber's atmosphere.

"I find Humber a very welcoming and warm and positive environment to work in more so than Algonquin. It's an amazingly closer knit community at Humber than at Algonquin."

After 17 years of experience, Anderson said one of her most demanding experiences was applying for this job at Humber.

"I think all of my experiences [at Humber] have been good ones. I mean I'm happy at Humber and I like the people here. I have the skills to offer the college," she said.

In her new role, Anderson looks forward to, among other things, bringing a positive attitude to the staff and students here.



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"I'd say a lot of Christians would be pretty pissed off to be associated with Stockwell Day."

- Noam de Plume, from Stockwell Day stars

Biz/Tech *et cetera*

Deadline for tax returns is getting closer

by Elizabeth Bower

You can e-file, tele-file or file by snail-mail, but whatever you do, you've got to file that tax return by April 30 at midnight.

Seeing as it costs anywhere from \$20 to \$60 to have your return prepared professionally, why not save some of your hard-earned money this year and prepare your own tax return?

Humber grad, Nicole Barrett, feels nervous when it comes to taxes.

"Are you kidding? I have trouble balancing my chequebook, never mind doing my own taxes. I would be too scared to make a mistake," she said.

But the Bookkeepers Group of Services, a small financial services company, explained that some students may be wasting their money if they have their taxes done professionally.

"Student income tax is generally very simple and straight-forward," said Debbie

Kruk, bookkeeper for the company. "I would suggest they get it done professionally once - pay careful attention to what's being done - and then go it alone."

Lorraine Brown, an independent investment specialist, agreed.

"As far as making an odd miscalculation, don't worry. Don't be afraid to make mistakes," she said. "The government isn't about to slap you in jail if you do it wrong. They will simply fix any mistakes, re-assess and let you know."

If you're going to take a stab at your own taxes this year read over Kruk's and Brown's helpful hints.

Claim all income. Nothing can be left out. This includes any bursaries or scholarships during the tax year and interest from savings accounts.

Banks will not issue tax receipts if the total interest is under \$50, but technically, it still must be claimed.

Remember all credits. Students are entitled to an education credit. Humber issued form T2202A (if not contact Payroll services.) Seventeen per cent of the interest paid on student loans can be written off.

Any tuition credit a student doesn't need can be transferred to a parent. Form T2202A contains step-by-step procedures for such a transfer.

Keep your receipts. Ask your landlord for rent receipts. Receipts of educational books and supplies are useless because there is a monthly allowance for such things



ELIZABETH BOWER

Students may not be doing themselves a favour by paying to get their taxes done.

which is calculated from education credit. Use a guide. Income tax guides should be sent along in income tax package.

They are available at most postal outlets. Read the guide thoroughly and always refer to it when in doubt.

Keep address updated. Update your address with Revenue Canada at 1-800-959-8281.

If you are leaving or sub-letting your current home in the near future, let them know where to send your refund.

If you are a parent and a full-time student, you can write off day-care expenses. Official daycares send tax receipts automatically, but if you're leaving your child in someone's home, ask for receipts.

If you are a self-employed tutor or a teacher's assistant, you can write off any expense incurred from this job.

For example, if you are driving to someone's home to tutor them you can write off any supplies as well as a percentage of your gas, car insurance and car repairs.

Stockwell Day stars in new Web site cartoon series

by Dan Birch

He goes by the alias 'Noam de Plume' and he is the founder of Guerrilla Media Organization, a band of left wing, media savvy critics from Vancouver, who specialize in political satire.

De Plume won't divulge his real name, for fear of sabotaging his organization's goals. Anonymity, he said, is crucial so that the public will pay attention to Guerrilla Media's message, rather than the individuals delivering the message.

De Plume, along with partners 'Beau-Gus Monikker', 'Malcontent Pariah', and 'Ann Onymous' created Guerrilla Media in 1993.

They call themselves 'media monkeywrenchers', and their goal is exactly that; to throw a wrench in the operations of politicians (especially those on the right) like Stockwell Day, leader of the Canadian Alliance, and media barons like Conrad Black, who until recently controlled a large portion of the Canadian newspaper industry.

"I think most Canadians would find that distasteful. That's not the Canadian way. But you know what? There are rude people out there."

- Ezra Levant

The wrench, in the case of Day, is an Internet site featuring a five-part animation series titled Daywatch (www.daywatch2000.com). The site pokes fun at the politician's right wing and religious beliefs.

In episode three, Day, dressed in a wetsuit (which stems from a previous Day public relations stunt), can be seen along a picturesque Alberta shoreline proclaiming the brilliance of the Alliance's health care platform, when an elderly man in the audience keels over in pain because of a sudden heart attack.

Day lifts the ailing man and rushes him to the Calgary General Hospital, but, the hospital is imploded before the senior can receive medical care. So, Day delivers the man to a private (for profit) hospital, where the elderly gent is refused care because he doesn't have a Visa or MasterCard.

"I have Medicare," the old man tells the nurse, but she laughs and leaves him to die. Later, Day can be

seen inviting the CEO of the private hospital to an upcoming Canadian Alliance fundraiser.

Guerrilla Media continues its assault on Day in episode five, when it presents Day as some sort of All-Mighty, religious zealot bent on revenge. De Plume and his partners go so far as to remodel the Christian cross by combining it with a dollar sign.

"There are certainly aspects of Christianity, which [Day] represents, which are pretty ugly," said de Plume. "I'd say a lot of Christians would be pretty pissed off to be associated with Stockwell Day."

"If he represents corporate fundamentalism, which I think is what [the cross turned into a dollar sign] is kind of poking fun at, I don't have a problem with that," he said.

But Ezra Levant, Day's director of communications, does have a problem with Guerrilla Media's religious parodies.

"I think most Canadians would find that distasteful," Levant said. "That's not the Canadian way. But you know what? There are rude people out there."

Attacking Day because of his fundamental Christian beliefs indicates more about the character of the attacker than the person being attacked, Levant said.

Judging by the number of visitors to the Daywatch site - 35,000 during the final three weeks of the federal election campaign in November - controversial parody is working for de Plume and his Western satirists. The message, he said, is understood by the public at large.

Another target Guerrilla Media has firmly set its sight on is Conrad Black and his flagship newspaper, the *National Post*.

At a mock *National Post* Web site (www.nationalpost.8m.com), which bears great resemblance to the real thing, Guerrilla Media publishes fake news stories with headlines like 'Poor pulling Canada down the drain' and 'Life in Canada overrated, say business leaders'.

With an upcoming provincial election in Guerrilla Media's home territory of British Columbia, there will be no shortage of targets.

De Plume said his organization is ready for that election, and has created a site at www.electioncircus.com, which will include an animation series similar to Daywatch.



ELIZABETH BOWER

Former Humber student, Nicole Barrett, dreads tax return time.

"I don't in any way consider myself master of the English language but I mean, c'mon, somebody had to say something."

-Patrick Maloney

Opinion *et cetera*

The Oscar drama continues

There is a simple method to predicting Oscar success. To win one, the actor nominee has to do one of four things:

1) Play a role that reflects the ideology of the Hollywood establishment - crusade against a disease of the week, smoking, war (or support drugs and/or pornography.)

2) Make a drastic alteration to themselves physically - grow a beard, gain weight, lose weight, lose a limb, etc.

3) Deal with a major obstacle - AIDS, a physical disability, keeping a straight face while a pitiable

B-player like Keanu Reeves tries to act.

4) Survive. The last one is the key to the lifetime achievement award. The Academy will no doubt salute your achievements in the field if you've managed to stand the test of time (even if you stink like last week's garbage.) In this last category, we lump poor Clint Eastwood - a man whose acting is so leaden, it could sink a tug boat, yet who's somehow managed to weasel his way into a lifetime achievement award. Mark my words, in 20 years the wooden Arnold Schwarzenegger will be



Christopher Lombardo

similarly honoured, even if his career's sunk so low, he's usurped Whoopie Goldberg as the Hollywood centre square.

This year Julia Roberts is a shoe-in by three of the four criteria outlined above. Her push-up bra and anti-cancer crusade make her a perfect fit (pun ruefully intended). Benicio del Toro will get the nod as well. Tom Hanks' role in *Cast Away* fits the bill as well, even though he's (inexplicably) got two already, which he won back to back. Ed Harris will get it by virtue of longevity.

Just as when Jack Palance won for that highly influential piece of cinema, *City Slickers* after being in the movie and TV business for 40 years - ditto Martin Landau for *Ed*

Wood.

There's still hope for Stephen Seagal (well, not really).

The formula outlined above also works in the best picture category, now a pale shadow of its former self.

Just compare the 1970s with the '90s. The latter brought us banal offerings like *Forrest Gump*, *Dances with Wolves*, *Titanic* and *Shakespeare in Love* while the '70s gave us *Annie Hall*, *The Deer Hunter*, *The French Connection* and *The Godfather*.

Let's rekindle that era with a nod to *Traffic*.

The unethical degradation of the English language

This may seem piddling to some, but it grates on me like you wouldn't believe. So, I figured I should do something about it.

Our beautiful language is routinely massacred, abused and misused, and I would just like to say that it annoys me. It isn't tragic. It isn't heartbreaking. It's just annoying. REALLY freakin' annoying. Like fingernails on a chalkboard or people who leave their taillight blinking long after they've changed lanes, I can't really describe exactly what is so bothersome about this. It's wrong just because it's wrong.

There I stood in a nameless store, inside a nameless mall (they're all the same anyway, aren't they?) when the two employees began jovially discussing the events of the day. I enjoy seeing this kind of banter

between co-workers.

Then, one of them said it. A word that should strike like a dagger at the heart of any English teacher worth their salt. A word - rather, a non-word - that has always driven me mad.

"Irregardless ..." she said. I couldn't believe it.

You may ask, what's the big deal with that? If you did in fact ask that, read on. Please read on.

The word, you see, is regardless, not irregardless. Regardless, or if you like, irrespective, is in fact the word this woman of seemingly average, or even above average intelligence was searching for. Irregardless is not a word. Sadly, it has actually weaseled its way into many dictionaries, but it is a mutation, an annoying, widely-used bastardization of an actual word.

Just looking at the would-be

word should ring a few bells. The prefix (ir) cancels out the suffix (less) - the whole operation is screwed up.

If you do in fact say irregardless, don't worry - you are not a stupid person. Although many of our mouth-breathing brethren do use this word, your use of it does not relegate you to the same intellectual wasteland that troglodytes and trophy wives populate.

Somehow irregardless has found its way into our immediate lexicons, into the vernacular we use so often, so unconsciously. Naturally, no one would notice these tiny problems, save for a few cantankerous writers.

I don't in any way consider myself a master of the English language - but I mean, c'mon, somebody had to say something.

Here are a few more of my



Patrick Maloney

favourite - well, least favourite - misuses of the language we love so much, and quite often abuse so badly.

CUT THE MUSTARD: Often used to refer to an effort put forth, ie. 'I didn't make the team, I guess I couldn't cut the mustard.' The word is in fact muster (as in 'pass muster' - to be accepted as adequate). Not mustard, muster.

BEGGING THE QUESTION: This may not be a misused word,

but it is definitely one of the most misunderstood phrases in our whole language. To say something begs the question is not to say that it begs for the question to be asked. Rather, it is a fallacious argument, one in which the arguer assumes in the premise what they are trying to prove in the conclusion (ie. Wayne Gretzky is the greatest hockey player ever, because he is better than everyone else). It's also known as a circular argument.

INTENSIVE PURPOSES: This is one that surprises most people. It is in fact 'intents and purposes' - three words, not two.

Remember, regardless of age, education and occupation, you are not stupid just because you say any of these words or phrases incorrectly. But make no mistake, you will definitely be a little smarter if you never do it again.

Word On the Street We asked students if the \$300 giveaway will get more students voting. Here are their words...



Rosemarie Stewart
Internet Management
first-year

"If all you have to do is vote to be eligible for \$300, then more students will definitely vote."



Peter Kavar
Electronic Engineering
third-year

"Who cares, people are here to study not to get involve in politics."



Kathryn Nyland
Tourism Travel
first-year

"Totally incentive, they'll get my vote."



Carley Moore
Public Relations
first-year

"It's a great idea, and I think they'll get a lot more voters this year."



Andrea Pfeffer
Public Relations
second-year

"It's a good draw card, I would rather vote for cash than for a student rep."

etc... etc... etc... etc... etc... etc... etc... etc... etc... etc... etc... etc... etc... etc...

Opinion

etc... etc... etc... etc... etc... etc... etc... etc... etc... etc...

Life & Health

et cetera

"I went on a 500 calorie a day diet and in three months lost 107 pounds, and I was never so sick in my life."

- Nancy McMurray

Retro's back and it's better than ever

by Alison McCaffrey

Spring is in the air, and making its way into retail fashion stores. Following the recent trend of retro fashions revisiting store shelves, the '80s are back.

Crazy styles and bold looks from the '80s have been toned down a little but the patterns and colours from that decade have taken over racks.

Bedo on Queen Street has drawn its look from the '80s, according to Assistant Manager Karlie McGeachy.

"We're seeing a lot of the '80s high fashion brought down to wearable," she said. "It's over the top, but just a tiny bit."

Styles are also reflected through the colours of the season, and this spring is seeing a lot of colour. Shades of lilac and pink are mixed with black and white. Camel, with variations of beiges and taupes are also on the rise.

"Really hot colour themes are camel, and it's spiced up with coral. Also, camel and blue, camel and black," said Shawn Schmidt, a visual organizer at Le Château.

Schmidt also said black and white are back together. And pastels are everywhere.

"Pastel is very big, with a huge influence coming from Miami Beach," he said. "Pastels are updated with placement prints and new fabrics."

Kezia Morrone, a Humber Fashion Arts student, agreed that pastels and lilacs are all over the place for spring. Pink is becoming more popular too, she said.

Versatility is a wonderful trait for any



COURTESY PHOTOS

Hot and Hip: Le Château models show off the latest trends and styles for this year.

wardrobe, and the materials and cuts of this season's fashions are easing the transfer.

"Black and white is coming back for spring in a big way," said McGeachy. "It goes from day to night."

Denim is back and it's big, and without limit Schmidt said, "Denim is also huge, denim skirts, denim pants, matching jackets. There are new washes, not just basic, and new versions of acid wash and stone wash."

Shapes and cuts are making huge statements this year.

"I feel there will be a lot of the hourglass silhouette with denim coats and little belts," Morrone said.

It's not all just blue jeans, either. Some of the pastels have made the jump from cotton

and polyester to denim, and even shiny denim.

"I see a lot of deconstruction," Morrone said. "Basically torn, ripped clothing - rags. Sort of like little pieces, trimmings, put together."

Faux leather is also coming back as an accent on clothes, giving them a bit of a retro feel. This may all sound scary to guys, but McGeachy said most of the trends carry over to men's fashions too.

Men's clothes show the same '80s trend as women's, so it's not surprising the colours are also similar.

Le Château also has a variety of styles for men.

"The whole rocker '80s dude with the rock star T-shirts. There's denim, with

minor hints of military," Schmidt said. "Men's is very slick urban. Streamlined."

The '80s are alive at Bedo, but the era isn't the important thing this year.

"It's more about colour than anything else this year. It's fun, all really interesting," McGeachy said. "More interesting for men than it has been in a while."

Always a major player in any wardrobe, beautiful shoes are a fashion must-have. This year a few different styles are popular. Some are chunky, others are sexy.

Daenna Van Mulligen, a sales associate at Artizia on Queen Street, said chunky shoes are still a good way to go, but sexy is a look that many women yearn for, and sexy is back.

"Very sexy high heels are making a huge return," according to Schmidt. He said they could be worn with anything, and mostly come in taupe, gold and silver.

Stuart Rice, the marketing merchandising co-ordinator at B2 on Queen Street, said new shoe colours this year include a lot of natural colours and natural leathers like camel and saharah.

As for shapes, wedges are back but with a sleeker cut to the heels. There are a lot of longer, pointier toes, some offside at the end.

Casual shoes for men have taken on a bowling alley look.

"They look like bike shoes, like soccer shoes, like aqua socks," Rice said.

Men's dress shoes look somewhat like the women's, with longer, narrower toes.

What would you sacrifice for animals?

by Cynthia Muskat

Daria Craig has been a vegetarian for over seven years and is now going one step further and has embraced the vegan lifestyle. This may not seem like a big deal as this term has become increasingly common in our healthy and ecologically sound society, but it affects all aspects of one's lifestyle.

"I'd been wanting to be a vegan for a long time," she said. "But it happened slowly and took a lot of willpower."

Vegans, as opposed to vegetarians, avoid anything that is an animal product. This means giving up not only meat, but eggs and dairy products.

For Craig, her main motivation was the animal rights issue.

"Basically, I'm disgusted by factory farming. I simply didn't want to participate in that kind of a system anymore."

Giving up such a large number of foods that comprise the "normal" diet may seem somewhat unbelievable at first, but it isn't just the small health food stores that carry veggie burgers or soy milk anymore. Almost every restaurant features some sort of healthy, tofu-like vegetarian dish.

According to Don Henriques, Humber's general manager of Food Services, roughly three per cent of the school's population is vegan. As a result of student feedback on eating habits, Grains and Greens was opened in January 2000

in the Food Court, which caters specifically to vegans.

"We have everything from grilled vegetable sandwiches to tofu stir fries with no egg or dairy," said Don. "Since opening last year, sales have been increasing. It's been successful."

"A true vegan wouldn't be able to survive, because unfortunately, almost every commodity in our lives is derived wholly, or in part, from animals."

-Daria Craig

Kathleen Farley, who works for the Toronto Vegetarian Association, and is a vegan, also acknowledges the trend towards a larger variety of food choices for vegans.

The problem is that the vegan lifestyle encompasses more than just the diet. While the goal of veganism may be good in theory, in reality it's next to impossible to achieve. Even vegans themselves know that changing their diet is the easy part.

Rubber bands, cosmetics, photographic film and even bricks are just a sample of items that contain animal products, all of which a vegan would have to stay away from.

Being a true vegan means re-evaluating your lifestyle.

"A true vegan wouldn't be able to survive, because unfortunately, almost every commodity in our lives is derived

wholly, or in part, from animals," said Craig. "You just have to do the best that you can with what you're given."

So what about the health aspects of adopting such a radical diet? Contrary to what most believe, vegans actually enjoy a wide variety of foods.

"I really wasn't limiting the variety in my diet when I became a vegan," Daria said. "The variety actually increased. I began trying things that I would never have tried before, like different types of beans, and tempeh (fermented soybean)."

The health benefits of a vegan diet as opposed to a diet that includes meat is varied, depending on which side of the fence, or food chain, the research is coming from.

Proponents of the vegan diet believe that vitamins and nutrients found in meat can also be found in other foods. However, it has been suggested that vegetarians and vegans might be healthier not because they're excluding meat from their diet, but because they are much more aware of what they are eating.

Farley said, "After adopting a vegan lifestyle, I noticed subtle improvements like an increase in energy, and my skin cleared up," she said. "But I think that just comes hand in hand whenever you make a big change to your diet and start becoming more careful about what you eat."

For Craig, she has noticed that she digests her food much easier than when she was eating dairy foods.

Use caution when taking supplements

Weight lifters balance their creatine intake

by Linda Kang

Serious weight trainers are not swayed from using a creatine muscle supplement, despite the reported cancer risks because they don't believe the test results apply to their limited use.

Ron Mulesa, a personal trainer for 11 years, said that serious weight trainers use the supplement to build muscles faster. Over the years, he has seen many warnings about supplements. The warnings do not deter people from using them.

Food safety experts in France are pushing for a ban on creatine because of potential carcinogenic risks.

Weight trainer, Hammid Razavi, 20, said he continued to use creatine because most users don't take the supplement for a long period of time.

The threat of cancer did not scare him away from using it because, from his understanding, the cancer risk comes to those who repeatedly use the supplement.

He said he never intended on taking it for a long time.

"With any drug, there is a risk with long term use. A creatine cycle is usually about two months long. So, if you use it for two months, and stop, you won't suffer from any side effects," Razavi said.

He said that people who see problems are those who continue with a two-months on, one-month off cycle for two years.

"A lot of my friends have taken it, and they haven't had any side effects ... Remember when Mark McGuire hit all those homeruns, he was on a [creatine supplement]. They all work, but there are always side effects, like acne," Razavi said.

Mulesa said creatine supplements are attractive to some people because they increase the amount of creatine phosphate the body produces from 80 per cent to 100 per cent.

"Our bodies naturally produce creatine phosphate. When we train, we deplete ourselves of creatine phosphate ... In about 24 hours, the creatine phosphate supply should be refilled by about 80 per cent," Mulesa said. "The supplement is advertising that your creatine phosphate supply will be 100 per cent complete."

The result is reputed to be a faster recovery after a workout, enabling people to train harder and get stronger, faster.

Health Canada finds no evidence that creatine is a health hazard.

Jennifer Fowler of the Canadian Food Inspection Agency said, "At the present time, creatine is not banned by Health Canada, unless Health Canada can see some evidence where the recommended dosage is above and beyond what it is now."

The recommended dosage is two to 15 grams per day, for the duration of three weeks. Then, it's recommended that the dosage be reduced after three weeks, she said.

According to Fowler, any substance, like this can be brought into Canada for personal use.

Razavi's 30-day supply of BetaGen cost \$100-\$130. The recommended dosage is 6.6 grams per serving.

Besides becoming stronger, Razavi said he noticed an improvement in his marks at York University.

"When I was taking the supplement, I had to follow the same routine everyday. I had to wake up, take my protein, take my shakes and have breakfast. I had to eat six times a day and plan all my meals," Razavi said, "This made me set up a routine around school."

Since he began taking the supplement, Razavi has gained and retained seven pounds. At the start of his program he weighed 138 pounds. In the first four weeks, he gained 12 pounds, eight of which were lean muscle.

Now he weighs 145 pounds and is currently content with his body weight.

Within the first four weeks, his strength also increased.

"I am definitely stronger than when I began. At the start, I was curling 25 pounds, and now I'm at 60 pounds," Razavi said.

Razavi stopped taking the supplement early in the cycle because of a cold. However, he still follows the diet and exercise routine.

But Mulesa, who is also an athletic therapist and a registered massage therapist said the same results can be achieved without the creatine supplement.

Mulesa said weight training and a training diet can be beneficial.

"It depends what you are training for ... But if you are working a regular job and you're starting weights to get fit, you may not want to eat six times a day," Mulesa said.

For people 45 and up, weight training can help stop osteoporosis. For those between 30 and 45, weight training can help increase metabolism and keep weight off.

Weight training for teenagers and young adults improves self-concept, and initiates a healthier lifestyle. But, children 14 and under should be supervised to prevent damage to the growth plate (developing tissue at the end of long bones that determines the length of the mature bone.)

As for the creatine craze, Mulesa said it will pass as all fads do.

"From year to year, there is always a new rage with a different supplement. Today, the creatine supplement is supposed to be the greatest thing. A year from now, you won't hear anything about it any more," Mulesa said.



Creatine (above) is a supplement designed to increase the amount of creatine phosphate in the body.

Ron Mulesa (left) is a personal trainer who believes that supplements go through fads and they aren't needed to achieve more muscle mass.



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Canada learns about epilepsy

by Janine Good

March is Canada's National Epilepsy Month dedicated to promoting awareness of the disease and how it affects people.

According to Statistics Canada, last year there were approximately 300,000 people in Canada living with epilepsy, which is about one per cent of the national population.

Epileptic seizures can result from exposure to lead, carbon monoxide, and other poisonous substances. Other factors that can cause seizures include lack of sleep, alcohol consumption, smoking, body chemistry changes like pregnancy or menopause, and strobe lights. Epileptics are warned to keep regular sleep habits and abstain from smoking and drinking.

"Epilepsy is a generic term for seizure disorder. There isn't one main cause of the disorder, there are many."

- Dr. Rick MacDonald

Dr. Rick MacDonald of Oakville Trafalgar Hospital said, "Epileptics aren't too restricted in what they can do. It is just common sense. They don't want to be in a

parachute and have a seizure. They'd know their limits."

Epilepsy is a brain disorder where clusters of nerve cells, known as neurons, perform abnormally. Normally, neurons generate automatic impulses to trigger and produce human thoughts, feelings and actions. However in epileptics, this regular pattern of impulses is disturbed resulting in convulsions, muscle spasms, or sometimes fainting.

"Epilepsy is a generic term for seizure disorder," Dr. MacDonald said. "There isn't one main cause of the disorder, there are many."

The main trait of epilepsy is frequent seizures. A seizure is a sudden altering in the brain's normal function. On average, about 80 times per second, neurons trigger actions, thoughts, and feelings. During a seizure, these triggers can come 500 times per second, causing spontaneous cries, fainting, uncontrollable twitching, drooling, and in severe cases, loss of bladder control.

A major cause of epilepsy is head injury. Many safety precautions that can substantially reduce the risk of head injury include regular wearing of seatbelts, helmets when riding bikes, and wearing protective equipment in contact sports.

March is Epilepsy Awareness Month



EPILEPSY CANADA

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www.epilepsy.ca

COURTESY

Possible causes for epileptic seizures include brain damage, brain illness and abnormal brain development. Strokes also have potential to cause seizures inadvertently.

"Epileptics can take part in physical activities, but there are many jobs we cannot take," said Valerie Campbell who has lived with epilepsy all her life. "We can't

take jobs where we can be potential hazards such as carpenters, roofers, jobs with cutters, or jobs with assembly lines," she said. "When applying for jobs, we must tell employers at the time of application that we have epilepsy. They will either take us knowing we have epilepsy or they won't."

Len Holt from the Ministry of Transportation said, "In order for epileptics to have a driver's licence, they must be seizure-free for five consecutive years. If they have a seizure, they lose their licence for two years or whatever the judge decides in court if they are responsible for an accident where fatality or severe damage was involved."

"Anything can trigger seizures," Dr. MacDonald said. "Besides the new proven [test] results, sudden times of stress, head injury or trauma can cause seizures or one can just happen out of the blue."

Although there isn't a cure for epilepsy, sufferers of the disorder do have choices in medication they take to control their spontaneous seizures.

"Epileptics usually take anti-seizure medications to control seizures," Dr. MacDonald said. "If those don't work, there are [surgical brain] procedures which they can undergo."

Fad diets aren't a quick way for losing weight

by Tina Birak

Like a ritual, Anita Bola would try a new diet every spring to lose her winter weight, but one year she started losing her hair instead.

"After hibernating for months, I want to lose weight and look good for the summer," said Bola, a legal secretary in Brampton. In 1998, Bola tried an over-the-counter fat blocking pill that guaranteed quick results.

Within weeks, she felt lighter but she noticed her chestnut brown hair was everywhere. "I don't know what happened - I didn't go bald or anything - but it wasn't worth it," Bola said.

According to the Canada Heart Health Surveys, close to half of adult Canadians are overweight and one in six is obese.

Many people go on fad diets, which range from sophisticated low calorie meal plans to grapefruits, in order to lose the weight. The diets come with a promise of quick, easy results that sound too good to be true.

Nancy McMurray, a health centre manager said, "I went on a 500 calorie a day diet and in three

months lost 107 pounds, and I was never so sick in my life."

McMurray has been a competitive bodybuilder for ten years, and after completing a diploma in fitness and nutrition, she now works as a personal trainer at Premier Fitness in Brampton.

Clients often ask McMurray how they can lose weight really fast, or which diets work. "There's no such thing as quick results," she said. "You don't put the weight on overnight and you're not going to lose it overnight."

Barbara Webber, registered dietician, said fad diets are not all bad, a lot of them kick you in the right direction. "They get you to take in less calories. But most people can't stay on them for very long," she said.

"There's more to life than just losing that five pounds or whatever it is that you want to lose."

- Susan Mah

Webber said grapefruit and protein diets are hard on your body

and diet clinics can be expensive and ineffectual in the long run.

"Yet people find money to go to all these clinics. When all they really need to do is change their eating habits," Webber said.

Recently, herbal remedies and diets like Apple Cider Vinegar are growing in popularity. "People think herbal medicine won't hurt them, but they have to be careful," said Harvinder Takhar, a Bramalea Zellers pharmacist.

When customers inquire about herbal diet supplements, Takhar tells them, there are better ways to lose weight - like exercise. "Of course the health food stores promote the stuff, it's great for business."

Sports injury Nutritional Consultant Susan Mah agrees with Takhar. "I think it's risky to take herbs." She said herbal supplements are sort of a grey area; they are not a food or a drug, and the Ministry of Health and Long Term Care does not regulate them. Consequently, you could just get a placebo, as there have not been any tests done on the safety, purity, or dosage.

"There's more to life than just



COURTESY

Nancy McMurray knows what it takes to be successful at dieting.

losing that five pounds or whatever it is that you want to lose," Mah said. "I find that so many people are almost putting their lives on hold until they lose the weight. They think they'll be happier or more successful, and that's not right."

Webber said losing the weight is not the problem, "Most people can lose 20 to 30 pounds in two months; it's keeping it off that's the problem." People have to look five years down the road, and that's where they don't see the success in these diets. "Once people are off the diets they don't know what to eat and they gain it all back," Webber said.

Based on their research and experience, Webber and McMurray commend Weight Watcher's for setting up a reputable diet plan that teaches and encourages healthy eating habits. McMurray said the program doesn't provide special food, instead it gives people a food guide that limits portion sizes and the amount of fat the dieter consumes.

People need to realize that it's what they eat over time, and it's a whole lifestyle issue. "Dieting is a multi-billion dollar industry in North America - but are people healthier or thinner because of it? I don't think so," McMurray said.

The best of the best on display at art show

by Desmond Devoy

Five budding student artists have reached the top of Humber's art world.

The students won \$200 each for Best of Show for the recent League for Innovation Art Show, which ran from March 19 - 20 at the North campus, and continues at Lakeshore campus from March 22-23. The awards were handed out during a ceremony at the Humber Room on March 19 at the North campus.

The winners (in no particular order) were Advertising and Graphic Design student Tara Guild, who won for a digital imag-



COURTESY PHOTO

Paul-Julien Tanti & Toby Warnell

ing entry entitled *The Dance*. Her work was praised for its "technical expertise, mood and colour representation."

Arnel Javier, an Advanced Photography student won in the colour photography category for his untitled photo of a young girl.

Richard Jones, a Cabinet Making student captured a spot in the 3-D/other category for his creation of three coloured wooden boxes, called *Forms of Humanism*. Jones' artwork was described as "original, unique [with a] great sense of body."

Meanwhile, Silvia Ojeda of Creative Photography represented her program well in the black and white photography category, with a photo titled *Vines Number One*, depicting a person's face being covered by steel. Ojeda's work was praised for its "strong graphic impact, [with] shapes and contrasts, [and a] creative concept."

Finally, Scriptwriting for Film student Paul-Julien Tanti won with his *Untitled Number One* painting/drawing submission. Judges said that Tanti's piece was very "confident in execution, good colour balance, creative and highly original."

The student's work will now be sent to the League's 15th Annual Student Art Competition, being held at the Foothill-DeAnza Community College in Los Altos Hills, California.

There, their work will be judged along with many other submissions from all over America. From the League's 19 other mem-



COURTESY PHOTO

Richard Jones and Toby Warnell.

ber schools Humber is the League's only Canadian member.

Although the trip to the States represents a venture into the unknown, if the show judges comments are any indication, the students should do fine.

While some students did not make it into the Best of Show, they did win in their own categories.

HM refers to an Honorable Mention.

Humber Students Awarded for Excellence

Black and White Photography

1st - Tracey Shumate (Creative Photography)

2nd - Silvia Ojeda (Creative Photography)

3rd - Bryan Brock

(Advertising and Graphic Design)

HM - Andrew McCracken

(Advertising and Graphic Design)

HM - Shirley Pincay

(Colour Photography, Night School)

HM - Tracey Shumate (Creative Photography)

Works on Paper

1st - Jessica Wilson (Creative Photography)

2nd - Sameer Choksi (Web Production I)

3rd - Carmelle Steele (French III)

HM - Jeremy Brooking (Industrial Design)

HM - Hans Poppe

(Advertising and Graphic Design)

Painting/Drawing

1st - Paul-Julien Tanti (Scriptwriting for Film)

2nd - Paul-Julien Tanti (Scriptwriting for Film)

3rd - Salpy Kevrekian (Accounting)

HM - Regan Cooper

(Advertising and Graphic Design)

Colour Photography

1st - Arnel Javier (Advanced Photography)

2nd - Paolo Cristante (Creative Photography)

3rd - Arnel Javier (Advanced Photography)

HM - Joy O'Reilly (Income Tax)

Digital Imaging

1st - Tara Guild

(Advertising and Graphic Design)

2nd - Paolo Cristante (Creative Photography)

Other/3D

1st - Richard Jones (Cabinet Making)

2nd - Steven Klein (Industrial Design)

HM - Steven Klein (Industrial Design)

Humber's best rock the house at Battle of the Bands

Students get ready for the
Battle of the Bands

by Tara Smith

Well five bands from Humber have won the chance to be rock stars tomorrow night as Humber hosts the Battle of the

Bands competition.

The lucky five that are set to perform are *Brave Delusions*, *Stone Soup*, *The Laundry Room Quartet*, *Reason Disappears* and *Meeku*.

participate in the Battle of the Bands.

The winning band will receive \$500 and entry into the Campus Music Search regional competition.

Winners of the the regional competition, can gain membership to COCA. Member bands then have the opportunity to play at any COCA member college or university across Canada.

"Bands that started at the COCA level are bands like *BareNaked Ladies*, *Crash Test Dummies*, and *Great Big Sea*," Janssen said. Janssen remembers seeing the *BareNaked Ladies* perform at a COCA conference in Halifax in 1991. After that, everybody was booking them, she said.

"I really believe the exposure they got at that level gave them Canada-wide exposure," she said.

Janssen said she hopes students will still come out to support student talent even though it is being held on a Friday night.

"We seem to get more people out earlier during the week," she said.

Check out Humber's talent tomorrow March 23 at 8 p.m. in Caps. You might just get lucky and catch a glimpse of an up and coming rock superstar.

Do you have a great idea that will make a difference to recreational facilities in your community?

LOCAL HEROES

The Molson Local Heroes Program can help make it happen!

Local Heroes is a program where Molson provides funding to individuals of legal drinking age to repair, revamp or revitalize existing adult sport and recreational facilities in the community.

Whether it's installing basketball nets in an unused parking lot, building rink boards for an outdoor skating rink or adding fencing to a baseball field, Molson wants to be there to help out!

For an application call, 1-800-MOLSON 1.

Application Deadline:
March 30, 2001

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Arts

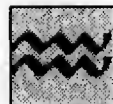
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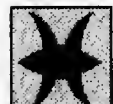
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et cetera


What's your sign?

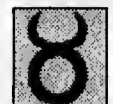
Photo of the week


 **Aquarius**
21 Jan - 18 Feb
Time for a little R&R. Unfortunately, because you lost your job, R&R is Reduce the amount of food you eat and Reuse your dirty underwear.


 **Pisces**
19 Feb - 20 March
Your sign has done well lately. Prosperous, loved and healthy, nothing more could be needed.


Unfortunately, budget cuts have forced us to downsize your symbol. Therefore, it will no longer be appearing in this publication. Please collect your things and leave quietly.


 **Aries**
21 March - 19 April
Feel the rhythm. This week the Carribean beat will get your soul hopping, your pelvis shaking, and your bowels moving. Less mexican food next time.

 **Taurus**
20 April - 20 May
You have few talents, yet you will somehow become a famous actor, and star in a series of successful films. Everyone will fawn over you, while secretly asking themselves how a lummock like yourself ever passed Grade 9 drama. Good luck, Keanu Reeves.


 **Gemini**
21 May - 20 June
Your favourite song is "Smells like teen spirit." Fortunately, you're a high school custodian, and after two hours mopping out the boys locker room, pretty much everything smells like teen spirit.

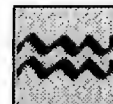
 **Cancer**
22 June - 22 July
Your rumped appearance gives you an unassuming attractiveness that appeals to others. You combine modesty and earnestness in an alluring package that makes you a person people want to be near. By the way, compliments don't count when they come from your mom.


 **Leo**
23 July - 22 August
This week, try something new. Buy yourself a nice dress. Fix yourself up, maybe get some makeup and perfume, treat yourself real good. Oh, and take back that copy of Priscilla: Queen of the Desert. You've had it out for three weeks, man!


 **Virgo**
23 August - 22 Sept
This week, you will finally have your 15 minutes of fame. Your face will stare back from millions of TV screens as friends and acquaintances will

look excitedly and point at your now famous face. Now don't forget to smile for the cameras from "Americas Greatest Porn Thieves."

 **Libra**
23 Sept - 22 Oct
Good news, a debt that has been out for years will finally be paid back. Yesirree, now that your little brother has finally outgrown you, let the revenge wedgies begin!

 **Scorpio**
23 Oct - 21 Nov
You have opinions, but are afraid to stand behind them. Your tendency to always apologize is weak and... no, I'm sorry. I don't mean it. You're fine. Really.

 **Sagittarius**
22 Nov - 21 Dec
So, like, why can't you get walls at Wal-Mart? What's the deal with that? And what's with that Cher lady? I mean, was she asleep when God was handing out last names? What's up with that?

 **Capricorn**
22 Dec - 20 Jan
A tragic case of mistaken identity will lead to a particularly brutal body cavity search at the hands of Niagara Falls customs officials. Didja know they'll check your prostate for an extra fiver?

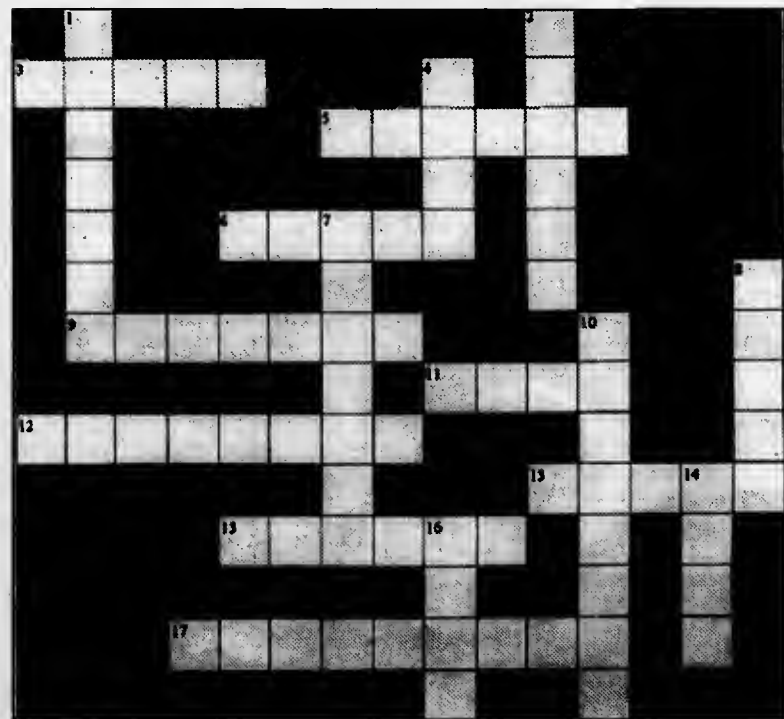


Please...kill me. Bill Wood, lead singer of Eye Eye, works on a less-than-motivated crowd at Caps in February, 1985. There are many working definitions of tragedy, but often a picture says more than words could ever convey.

Quotes from the English pen of playwright George Bernard Shaw

- "When a stupid man is doing something he is ashamed of, he always declares that it is his duty."
- "No man can be a pure specialist without being, in a strict sense, an idiot."
- "The fickleness of the women whom I love is only equalled by the infernal constancy of the women who love me."
- The power of accurate observation is commonly called cynicism by those who have not got it."
- "A government which robs Peter to pay Paul can always count on the support of Paul."
- "Life does not cease to be funny when people die any more than it ceases to be serious when people laugh."
- "England and America are two countries separated by the same language."
- "There is no satisfaction in hanging a man who does not object to it."

A Springtime Crossword (boing, boing)



Clues

1. Birds and the bees, ___ and the trees.
2. In Spring, the Sun is near the tropic of ___.
3. Fairweather romance: Spring ___.
4. What they wish the Titanic hadn't done: spring a ___.
5. Tragically Hip: Springtime in ___.
6. Road trip to Florida: Spring ___.
7. Love springs ___.
8. Geraldo's protege: ___ Springer.
9. Dog: A Springer ___.
10. Cluttering the curb: Spring ___.
11. Thai food staple: Spring ___.
12. Every year in Florida and Arizona: Spring ___.
13. Bo and Luke's cousin: ___.
14. Spring in your ___.
15. Flowers that grow between your nose and your chin: ___.
16. ___ Springs, Florida.
17. King weed of the lawn: ___.

Answers at right...

etc... etc... etc... etc... etc... etc... etc... etc... etc... etc...

Bizzartifacts

etc... etc... etc... etc... etc... etc... etc... etc... etc... etc...

Answers: 1. trees 2. Cancer 3. fling 4. leak 5. Vienna 6. break 7. eternal 8. Jerry 9. Spantel 10. cleaning 11. roll 12. training 13. Daisy 14. step 15. Tulips 16. Palm 17. Dandelion

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