

HUMBER ET CETERA



PHOTOS BY ROBERT AMOROSO

Humber Hawk Rob Pietrkiewicz directs a header towards the Medicine Hat Rattlers' goalkeeper. In the first game leading to the national championships the Hawks defeated the Rattlers 3-0. The Hawks went on to win their next two games against the Vanier Cheetahs and the Mount Royal Cougars.

Hawks gold medal champions

by Robert Amoroso

A celebration erupted on a soccer field in Alberta after the Humber Hawks defeated Mount Royal 2-0 and were crowned National College Champions.

"Going in number one, we had to come out the same," said the Hawks rookie defender Antonio DiSanto. "We are the best in Canada."

For the second year, the rivalry between Humber and Mount Royal occupied centre stage. Last year in Montreal, the Hawks lost to the Mount Royal Cougars by a score of 2-0.

Hawk players, including Rob

Ursino and Eric Ranaldo, used the phrase "Revenge is sweet," to describe the win.

"This is the best tournament I have ever participated in," said Germain Sanchez, the Hawks coach. "Very high calibre, the most successful tournament for Humber on the field."

"Once I won the Nationals, that was it. Nothing compared to winning the Nationals," said Adam Morandini the Hawks goalkeeper.

Previous to the Hawks win, a game plan was developed to gain insight into the opposition's style.

"Assistant coach Vito Colangelo

see Soccer Champs on page 13

scouted the Mount Royal team. We knew their strong points and weaknesses," said Humber coach Sanchez.

Despite pre-game planning, a minor problem arose. Early Saturday morning, Humber was dealt some bad news. Forward Steve Spizzirri was unable to play after coming down with the flu.

Goalkeeper Morandini said the other players were able to step in and do the job to make up for Spizzirri's absence.

Before the tournament, the all-Canadian awards were presented to

Phil Caporrella and Morandini, and the coaching excellence award was presented to Sanchez of the Humber Hawks.

Mount Royal clinched the silver medal and the bronze medal went to the University College of Fraser Valley.



SCENA ONLINE

Page 5



How Healthy Is Humber's Grub?

Page 7

Canadian Peacekeeping

Page 10



NEWS

EDITORS: Shellee Fitzgerald • Nada Krizmancic

675-6622 Ext. 4514

Humber may cut fees to college association

by Mascia Gori

Humber is reviewing the fees it pays to an association of colleges in a continuing attempt to trim the budget.

President Gordon told the Board of Governors, "we are faced with some very significant budgetary issues that we just never had to face before. (The Board) has to decide if we can put in the ACAATO fee which is \$60,000 for this college and about another \$60,000 plus for special projects."

The Association of Colleges of Applied Arts and Technology in Ontario works on behalf of the presidents and governors of 25 colleges in Ontario in areas of advocacy, research and planning and human resource development.

Humber is particularly looking at cutting the fee for special projects, which includes staff development programs.

Gordon questioned whether Humber was getting its money's worth and if the projects carried out by ACAATO were of interest to the board.

The board kept referring to a confidential report provided by ACAATO.

Gordon said no college has had the courage to say they won't give to the association because "no one college wants to be the spoiler who refuses to cooperate."

"We are in very dire straits and my personal view is that a lot of these things we can do ourselves. We have to take care of things at home," said BOG member John Gribben.

"We (Humber) are going to get less so ACAATO is going to get less," he said.

Gribben said a letter was sent to ACAATO (last year) saying Humber would be reconsidering payment.

Gordon suggested sending another letter.

"We should send a softish letter that basically says we are not paying."

ACAATO fees are determined by the number of people who attend a college. Humber pays one of the highest fees, while smaller colleges who pay less to ACAATO get the same services.

BOG Chair Michael Lishnak, said, "we can't do anything until (budget cut) results come in from the Harris government."

Gordon questioned whether the college should fund external things if they don't get enough back.

"It is somewhat ridiculous to pay for things when we are going to have to chop at home."

BOG will be holding a special full board meeting on Dec. 11 to discuss provincial budget cuts.

3 run for SAC VP

by Ryan-Anthony Trotman

Three Students' Association Council members have indicated they would like to be SAC vice-president.

Chris Sawyer resigned from his position as SAC vice-president October 30, during a closed door SAC meeting. He refused to give a reason for his departure.

Only people currently on SAC are eligible to fill the vacancy.

The vice-president is chosen by a committee consisting of SAC President Loreen Ramsuchit, Vice-President of Finance Shirley Forde, Activities Director Lise Janssen and a staff member from human resources.

Media Studies representative, Dave Mann; Steve Virtue, School of Architecture and Construction representative and School of Business representa-

tive Johanne Dixon submitted letters of intent.

"I would like to wish everyone good luck and I would like everyone else to wish them good luck," Ramsuchit said to council.

She said interviews would be held within the next two weeks. And, after the committee has decided, the selection must be ratified by the full council.

Santa to be Ho-Ho-Home at Humber

by Shannon Hancock

College employees and their children are in for a festive treat if they attend this year's breakfast with Santa, say Humber's public relations students.

Kate Monk of the media relations committee said the theme of this year's breakfast is 'Santa's Ho-Ho-Home.' The student centre will be transformed into a Santa's workshop, where kids can play games and make crafts. Each child will also receive a Christmas present.

Entertainment will be provided for the expected 900 people by a band from Humber called **Tailor Made**, who will sing Christmas tunes and children's songs, said Monk.

"There is a humanitarian aspect" to this year's event because everyone is encouraged to bring an item for the Daily Bread Food Bank, she said.



SHANNON HANCOCK

Public Relations students wearing Santa hats, sang jingles in the teacher's lounge promoting the Santa's breakfast.

The group raised 900 pounds of food for the food bank last year through this event, she said.

Monk said the event is held on behalf of the president's office to thank college employees. The president's office will cover any expenses that arise after the 23 students involved in organizing and running the event have used their \$250 budget, she said.

The students have been advertising the event in the teacher's Lounge in K217. Wearing Santa hats, they went in every day around lunchtime last week and sang a promotional jingle to the tune of "Deck the Halls".

Awards honor health students

by Sean McGrillen

Over 70 awards were awarded to students in the Health Sciences and Liberal Arts Divisions at an awards ceremony at the Lakeshore campus last Tuesday.

Honors ranging from President's Letters to an Academic Award of Excellence were presented to over 100 students.

"The award winners are particularly important because of their leadership and the need that Canada has right now for leaders," said Vice-President Dr. Richard Hook in his opening speech to the packed auditorium.

"There is a need to compete far more effectively in an aggressive international market place," said Hook.

Dean of Social Services Judy Harvey said the students should be proud.

"They have accomplished something significant. They (the awards) are all important and they should take pride in it," said Harvey.

The big winner of the night was Pharmacy Assistant graduate Mumtaz Hasmani, who was awarded the Academic Award of Excellence, for achieving the

highest overall honors average in a post-secondary program.

Students in the Funeral Services and Nursing programs were recognized with plaques and monetary donations.

"I'm quite honored. It's nice to receive recognition for the work I've done. It's also a nice reflection of the people outside the school who support the program," said Eddie Fortuna after winning the Central Canada Funeral Supply Association Award, which recognizes proficiency in Business Management and the technical aspect of the program.

Donors covering all aspects of Health Sciences and the Liberal Arts were on hand to offer their congratulations to the students.

"Students feel good about awards and it makes us feel good," said Ken Kite of the Metro Toronto Ambulance Department.

"From a service point of view, it shows the ability of the graduates to be efficient in all aspects of the profession," he said.

For many of the students, it was a time to reflect on what they have accomplished, and how they can use this in the future outside of the walls of Humber.

Holiday alcohol regulations promote low-risk drinking

by Cindy Line

Those who plan to host functions for the holidays on city property, have to abide by new rules.

As of November 1, the city implemented a new program known as the Municipal Alcohol Policy.

"MAP is intended to increase the safety of party-goers and reduce the city's liability for accidents or damages caused by people who attended an event," said Herb Pirk, commissioner of Parks and Recreation.

The policy requires hosts of events on Toronto property to obtain an event permit from the city and a special occasion license from a local Liquor Control Board of Ontario outlet.

The City of Toronto joined more than 100 municipalities that have similar alcohol policies in effect.

"The two main reasons for this policy are to promote low-risk or no-risk drinking and for liability coverage," said Pauline Jackson,

health promotion consultant for the Department of Public Health.

A recent study by the Addiction Research Foundation, showed under-age drinking, fights, vandalism and other alcohol-related problems are down in 44 per cent of Ontario communities that have introduced alcohol policies.

Every applicant must obtain insurance protecting the city from liability, and ensuring all alcoholic beverage servers have received 'Smart Serve' - an Ontario-approved Liquor Licensing Board training program.

Serving alcohol outdoors is acceptable in designated areas only by application to city council. It is illegal to provide or serve alcohol in a park or a parking lot from the trunk of a vehicle, according to a MAP pamphlet.

MAP requires event organizers to provide and encourage the consumption of food at their functions.

Dr. David McKeown, Acting Medical Officer of Health said,

"When guests consume food, it helps slow down the absorption of alcohol into the bloodstream to reduce the risk of intoxication. People can choose low-alcohol beverages, or non-alcohol drinks such as juice or soft drinks."

When hosting parties at home, the same conditions should be considered, said Marianne Kobus-Matthews from ARF.

Several precedents have been set concerning home hosting.

Recently, a couple hosted a barbecue at their Toronto suburb home. One guest became so drunk he tried to jump from the couple's roof into their swimming pool and fell.

Because the couple did not limit the guests' alcohol intake, he sued for his injuries and received a large cash settlement, said Kobus-Matthews.

For information about permits, call Parks and Recreation at (416) 392-7291. For information about alcohol and health, call Public Health at (416) 392-7451.

Big bills for three in Rez

Students fight billing for phone sex calls they didn't make

by Tim Duboyce

The long distance phone accounts of several Humber residence students have been used to "reach out and touch someone" in calls amounting to over \$1300.

Guyana, Colombia, Sao Tome, New York City, Los Angeles, Santo Domingo: all of these locations appeared on two students' bills this month, and all have one other feature in common.

"ACC said all the calls were to phone sex lines," said Bob Mills, a Plastics Engineering Technologies student who may be forced to pay for someone else's fetish for erotica over the phone.

ACC replaced Bell Canada this year as the phone carrier in the student residences. The company which currently operates Humber's phone system also operates in over 30 universities and colleges across Canada.

"If I'm stuck paying this bill, I plan to take further measures," said Mills of the \$220 in calls that he said he didn't make. "If it comes down to it, I'll take them to small claims court."

Fashion Arts student Tina Suchan, who also lives in residence, had the same experience. Suchan was stunned when she



TIM DUBOYCE

Residence victims of erroneous ACC telephone billing Suchan, Pickard and Mills.

received her one month phone bill for over \$1150.

"I said to myself, 'I think there's a problem here' ... I phoned ACC and told them that most of the calls weren't mine"

After speaking with a customer relations representative, and then with a manager, Suchan got the response she was looking for.

"They told me it seemed like someone had my number," she said.

ACC corrected the error.

ACC long distance operates on a system where each customer has a personal access code, or PAC number, which can be used from any telephone extension in residence. One person can easily use another person's PAC number without being discovered, once they know what it is.

"I always keep my PAC card in my wallet," said Suchan. "I think we should have Bell. I don't like

ACC's PAC numbers for security reasons, and because they're inconvenient."

"We solve these problems on a case-by-case basis," said Dean Pacey, national manager of college programs. "If you report the problem right away, you won't be held responsible for anything."

A customer relations representative for the company said "sometimes students have, in fact,

made the calls (when they claim they haven't)," but added that "it could be a computer error." In either case, "it's very rare," she said.

Pacey said false claims against ACC "are fraud" and that ACC operates a fraud control centre.

"If there are repeated cases of PAC number misuse, we can track it," said Pacey. "There haven't been law suits that I'm aware of."

Reaction to the situation is mixed. Residence Assistant Ilana Albert said she has heard no comments or complaints from students living on her floor.

Daryl Pickard, a student who also lives in residence, has had his own minor run-in with the long distance carrier.

"I had three calls to Florida on a bill that weren't mine," he said.

It was cleared up, but Pickard has been made aware of the issue, and about ACC long distance in general.

"(ACC) is not a bad company. They just need to iron out a few details in their services," he said adding, "they're not as good as Bell."

Business examines options to government cutbacks

by Karen Becker

The School of Business at Humber's North Campus is weighing several options in response to proposed government cuts.

Like the rest of the college, the division faces 20 per cent cuts to its budget next year. John Riccio, chair of the School of Business, said there are many ways to deal with the cuts.

"Like everybody else, we're using projections based on what

we've been told by our senior managers," he said. "There are a number of things that we're looking at doing, there's a whole series of strategies."

Some strategies include cutting back instruction hours, a move which Riccio said has been implemented since last spring in some business courses.

Other options are large group instruction and possible program restructuring. Alternate delivery

strategies are also being looked at, with a number of pilot programs already in place, including an Internet law course.

"We're looking at the next courses that can be put on that format and then offered to the students," said Riccio. "We're running a pilot (program) in January on business law. We're going to offer it over E-mail. We'll have one course like that so students will have an option."

Some business faculty and students are wondering how the cuts will affect them. Pat McCann-Smith, an instructor in the Legal Assistant program, said she hopes there will be enough time for reaction to the cutbacks.

"I'm concerned about how quickly the cuts are coming," she said. "I would like to see more time to assess and prepare for them."

Sabrina Fiacco, a Legal Assistant student, worries about losing required classroom hours with instructors.

"It (classtime) is the only time to be connected with our teachers," she said. "It's very hard to find them outside of class if we didn't have some questions answered (during classtime)."

SAC spending \$10K on charity concert for local food banks

by Christine Siemiernik

The Students' Association Council plans to spend over \$10,000 on a benefit concert in an effort to help local food banks and shelters.

SAC representative Steve Virtue, who has been planning the concert, said SAC will probably end up losing money from the concert but stressed, "it is for charity, that is our main concern. I think that by helping out in our community and not just being self-centered and self-serving in the College, I think that it will go over well with the community and the students."

Canadian singer Kim Mitchell has agreed to perform at the concert on Dec. 1. The concert, originally scheduled for Nov. 17, would have marked the end of SAC's food and clothing drive that runs from Nov. 14 through 17.

The concert will be held in the Student Centre and will be licensed to serve alcohol in the Pipe. SAC plans to bring in draft beer and Virtue estimates at least a \$5,000 profit from alcohol sales.

Tickets will be sold for \$10, all of which will go directly to charity, said Virtue.

But some students have a problem with SAC spending so much

on the concert.

"I resent the fact that my money is going towards it and then they want me to pay again," said first-year Marketing student Chad Edmunds. "I think we could use \$10,000 for something to help us out more rather than one little concert that's going to last a couple of hours."

Exact numbers are not known yet, but Virtue estimated between 700 and 1,500 tickets could be sold.

"It's a good idea for charity, but I don't think that it's right that we pay for it twice," said second-year Legal Assistant student Heather Hanson.

SAC plans to set bins for donations around campus, including the Concourse, the Pipe, Caps and the gym throughout the week (Nov. 14-17). SAC President Loreen Ramsuchit said donations will go to food banks and shelters around Humber, but couldn't give specifics.

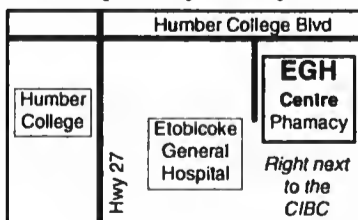
"Anything that we can get that we can give to the shelters ... (or) food banks, that we can give anywhere (will help). We'll take whatever we can get so we can help as many people as we can," said Ramsuchit.

Plans for the concert have yet to be finalized by SAC.

ATTENTION DAY STUDENTS:

EGH Centre Pharmacy is pleased to participate in the Humber College pay-direct drug plan.

To fill a prescription, simply present your prescription to our friendly pharmacist along with your student identification card. Under this plan you only pay 20% of the cost of each prescription up to a maximum of \$1000 per year.



We offer a full range of Athletic Stabilizers:

Ankle Support
Knee Stabilizer
Wrist Braces

Hours: Monday-Thursday 9am to 9pm
Friday 9am to 8pm • Saturday 9:30am to 3pm

Free delivery on prescriptions • Phone: 416/743-0404

Humber College's Student Newspaper

A publication of the Humber School of Journalism.
 Publisher: Nancy Burt Editorial Office: L231, 205 Humber College Blvd.,
 Etobicoke, Ontario M9W 5L9 Phone: (416) 675-6622 Ext. 4514
 Advertising: James Cullin Phone: (416) 675-5007

Editor: Lisa Weir

Managing Editor: Deborah Waldner • Production Editor: Chad T. Keogh

News Editors: Shellee Fitzgerald, Nada Krizmancic • Lifestyles Editors: Lisa Cartwright, Lisa Sauer
 Entertainment Editors: Sean Ballantyne, Jason Jump • Feature Editors: Michelle Matsdorf, Jason Pickup
 Opinion Editor: Michael Miller • Photo Editors: Marco Tarantino, Lorrie Kralka • Copy Editor: Maria Birmingham
 Sports Editors: Kelvin Connelly, Theo Rallis • Technology Editor: Lorrie Kralka
 Editorial Adviser: Terri Arnott • Technical Adviser: James Cullin

Homolka deal reviewed

What does it say about our justice system, if the officials within it renege on their agreements? Do agreements made with murderers or kidnapers not count? Would they do the same to us if we agreed to testify against a major crime figure in exchange for protection?

Attorney-General Charles Harnick has announced there will be an independent judicial probe into the Karla Homolka plea bargain agreement. The result could be the laying of further charges against her, contrary to the agreement made with the Crown to assure her testimony.

Legal analysts say that if the crown reneges on its deal, the likelihood of other people testifying in exchange for a plea bargain is greatly reduced and would only hurt the crown in the end.

The judicial counsel appointed by Harnick will conduct a probe privately and present a confidential report to him. The counsel will also advise Harnick as to whether Homolka fully lived up to her agreement's conditions or whether her failure to disclose information about her sex crimes voids the agreement.

If Homolka did blatantly breach the agreement she made, then yes, the agreement should be reviewed and adjusted, or voided completely. But, if this is just a case of Big Brother luring people in with candy and then serving rat poison instead, we need to review our legal system and those who control it.

If the judicial counsel wants to find a loop hole in the agreement, they have the power and resources to find or create one. This probe can only be conducted properly if everyone understands that it's setting a precedent which could cause serious damage in our justice system. It's also important to remember when this deal was made, the crown's most damning evidence – the video tapes – had not been discovered, and Homolka's testimony was necessary to convict Bernardo.

Who really benefits?

Humber's Students' Association Council is attempting to curry favor in the neighborhood by holding a benefit concert and donating the proceeds to local charities. It's admirable that our student government wants to help the poor, but this project is being executed in the most unprofessional and amateurish manner.

SAC intends to spend \$10,000 of our money on a benefit concert, which will feature singer Kim Mitchell. They will also be charging students and non-students alike a \$10 admission fee.

We'll be paying twice to facilitate this ambitious plan to gain a more prominent profile in the community.

In the event that this concert (Kim Mitchell no longer has the drawing power he had briefly in the late 80s) is less popular than SAC hopes and anticipates, the event could conceivably fall short of production costs.

Wouldn't it make more sense to just take the \$10,000 and give it directly to the charities, thus bypassing the risk of an event that loses rather than makes money? If they are intent upon tying their name to a benefit concert, why not donate \$5000 directly to the charities and use the remainder to organize a smaller event utilizing the pool of talented musicians available in our own music program instead of a high-priced headliner?

Expenses would be greatly reduced. It would give some of our own some much-welcomed exposure and showcase the quality and diversity of the program to the community. The cover charge would have to be reduced, but bar sales would still raise funds and since the charities are getting \$5000 up front, there is less chance of losing money than gambling on an aging genre-specific performer.

It seems obvious, unless this benefit is a thinly veiled PR event designed to enhance SAC's image.



LETTERS TO THE EDITOR

Thanks for the opportunity Humber

A letter to instructors in the Electronics and Computer Engineering program, from a former student

Just thought that I would send along an update as to my whereabouts and what I am doing with my college education. DIGHEM Geological Surveys offered me a position as field technician approximately 3 1/2 weeks ago. I am being trained to operate and maintain one of their airborne geological systems, at survey sites throughout the world. (A special thanks to Joe Enekes for bringing the opportunity to our attention.)

I am presently living in a tent camp at the base of the Arctic circle, the fourth location visited in the past 2 1/2 weeks. New responsibilities will include operation of airborne (helicopter) survey and guidance electronics, as well as ground/airborne electronic troubleshooting and post-flight processing.

It seems, due to the nature of this type of work, my electronics technology education was a primary factor in DIGHEM considering me for hire. Looks like all the long hours,

late nights and buckets of coffee paid off in the long run.

I was informed two days ago, that Humber College had chosen to award me with the President's Award for the School of Electronics. I am honored to be held in such high regard, but I also know that this award belongs to every student who took their college studies seriously, and felt good when they looked back on their efforts.

Again, thank you for your support and the opportunity to learn from all of your experiences.

Sincerely,
Lawrence Beck

Et Cetera welcomes letters to the editor. Letters must include names, phone numbers, signatures and positions or programs of the writers. Letters of a racist, sexist or libelous nature will not be published. Bring letters to L231 or deposit them in one of our drop boxes around campus.

Extremists must be firmly dealt with to save Middle East process

In my opinion ...
by Blair Sanderson

The assassination of Israeli Prime Minister Yitzhak Rabin marked a critical juncture in the Middle East peace process.

On the surface, it seems contradictory that a fellow Jew would kill Rabin, arguably Israel's most popular prime minister. Yet, Yigal Amir – Rabin's alleged assassin – is not merely a lunatic whose beliefs are different from the entire Jewish population of Israel.

Right-wing extremists are sacrificing Israel's future by refusing to allow the government to give up

land of religious and historical significance to them.

What they are angry about is Rabin's peace negotiations particularly with Syria and the PLO.

However, the beliefs of these extremists are not representative of the vast majority of Israelis.

For Israelis who had come to think of Rabin as their best hope for peace, there is now a lingering doubt as to whether a new prime minister can be found who they will be able to trust.

The Jews who so adamantly oppose peace say that the demands of the Arabs endanger Israel's history and safety. They see their country

crumbling before their very eyes.

The PLO demanded full autonomy in the West Bank and Gaza Strip and will undoubtedly have it in the near future. Many Israeli Jews are uncomfortable with giving up this historically and religiously significant piece of land.

However, it is Israel's virtual reality museum of sorts, Jerusalem, to which many Palestinians adamantly lay claim. Many militant members of the PLO want at least some of Jerusalem put on the bargaining table but Israeli Jews are adamantly opposed to giving up any of Jerusalem.

Jews also consider the Golan

Heights untouchable, putting them in conflict with Syria. Israelis fear that – as has occurred in the past – Syrian control of the Heights would give them the chance to shell the unprotected inhabitants below. Still, many Jews are willing to give up part of this region to Syria in exchange for peace.

Mass violence is not to be the solution to the Arab/Israeli conflict.

The Israeli government must make an example of the people and groups responsible for Rabin's assassination by handing out stiff jail terms, thus discouraging other extremists from attempting to shut down the peace process through

terrorist means.

Compromise is the only way to ensure that the mass bloodshed which has plagued the Middle East over the last 50 years will not continue.

Whether new Prime Minister Shimon Peres is the right person to carry forward the peace process is questionable.

One thing is certain: there will be peace in the Middle East. I'm hopeful that it will be achieved in my lifetime, but if not, I remain confident that a future generation will live in a world that includes peace in the Middle East.

SAACNET officially open for business

by Jason Chiles

Humber's new Internet lab, the Student and Administration Advanced Computer Network, had its grand opening on Monday, with a theme of cooperation between students and administration emerging during the ceremony.

"This facility is truly an act of SAC and an act that SAC should be truly proud of," said John Mason, president of the Council of Student Affairs.

Mason was referring to how two different years of student councils worked with Humber's administration to get 100 computers placed into the lab to allow students unlimited access to computer programs and the Internet.

He said the lab was envisioned, planned and implemented by two consecutive student governments. Their ideas were taken and they worked with college personnel to make the lab a reality.

Ruth McLean, director of Professional Development and Academic Computing, said the idea for the lab began a year ago when Humber student Joe DeCastro began looking at the computer facilities available at

Humber as part of a class project.

Through his project he found that Humber needed more facilities. He took the idea to last year's Students' Association Council, which took the idea to the Council of Student Affairs, and funding was agreed on for 50 computers.

It was suggested that if SAC was willing to fund 100 computers, the college staff would look after running the lab, saving SAC the expense.

"So we now have this lab completely funded by the students - all the hardware, all the software," said McLean. "And the college administration is supporting with the services."

Humber President Robert Gordon complimented all the students and administration who assisted in the completion of the lab.

"It doesn't matter what kind of equipment you have; if you don't have the right people, you won't make it," said Gordon.

Gordon acknowledged the need for high technology computer labs at Humber and said the current trend of technological innovation is as important to history as the

Industrial Revolution.

"We need the equipment because we are looking at a profound change in the way our society has functioned for 100 to 150 years," said Gordon. "It's also going to be difficult for some to make adjustments, not so much for younger people, who've grown up with some of this."

Mason said there were two things about the lab that impressed him when he visited it earlier this semester.

"First, the level of utilization is 100 per cent. Second, there is a sense of quiet energy and personal industry, as people were working on their projects and on research, using the latest in technology."

SAC North President Loreen Ramsuchit thanked Joe DeCastro, last year's SAC President Nino D'Avolio, and last year's Vice-President of Finance Chris Gory for their work to ensure the opening of the lab.

Ramsuchit said the lab's steering committee was setting aside funds to keep the lab up-to-date in the future.

Gordon and Ramsuchit cut the ceremonial ribbon allowing staff

and students to meet with some of the monitors who work in the new lab. The monitors demonstrated some of the lab's programs, and answered questions about programs on the lab's network.

Word processing, spreadsheets, programming languages, E-mail

The SAACNET lab is located in room H205 and is open seven days a week. Monday to Friday the hours are 8 a.m. to 10 p.m. Saturday and Sunday it is open 9 a.m. to 5 p.m. The computers in the lab run a variety of DOS and Windows-based software including:

- Worldgroup Manager which allows access to Humber's Online Learning Support System
 - Novell Perfect Office which includes WordPerfect, Quattro Pro and Novell Presentations
 - Microsoft Office which offers MS-Word, MS-Excel, PowerPoint and MS-Access
 - Internet access with Netscape Navigator
 - E-mail access with Pegasus Mail
- In order to use the computers, students must have their E-mail

and Internet access are available in the lab.

Mason summed up the reasons for the lab's success by quoting Henry Ford.

"Coming together is a beginning, staying together is progress, and working together is success."

account numbers, which can be found on their schedules. If it is not there, students are recommended to have a new schedule printed for the account number.

The lab is free to use, but a fee is charged for all laser printing. Students can purchase in advance a credit to print a number of pages. The costs are:

- 10 pages - \$3.00
- 25 pages - \$6.85
- 50 pages - \$12.50
- 75 pages - \$16.85
- 100 pages - \$20.00

Ruth McLean, director of academic computing, said there is a charge for printing to cover the costs of paper and toner. McLean said the charges are very competitive when compared to professional printing houses that can cost up to \$0.50 per page. All other services are free.

Virtua Fighter for Sega Saturn impressive

A Review

by Lorrie Kralka

Following the recent trend in video games, Sega has come out with the most impressive 3D tournament-style fighting game to date with Virtua Fighter Remix for the Sega Saturn CD game system.

Working from the hit Mortal Kombat trilogy by Midway, Sega has come up with a truly excep-

tional game that utilizes polygon graphics to its fullest, and takes fighting games to their next level.

Breaking away from the traditional formats that were used in the three Mortal Kombat games, which allowed the fighters to move only right and left on the screen, Virtua Fighter Remix also allows movement up and down the screen, with a 3D fighting arena. It takes a little time to get used to the third dimension and coordinating your fingers to accept the new depth, but it is definitely a welcome improvement.

The game itself isn't the only improvement. The Sega Saturn is light years ahead of the last CD system, Sega CD, that was released just three short years ago, and sunk into obscurity in less than two years.

The Saturn offers smoother scrolling, there are more colors that Sega CD allowed on the screen at any one time, and wicked soundtracks for each game. And, as is the case with any CD game (including those on IBM PC machines), the loading time is longer than would be expected with a car-

tridge game, but is not unreasonable considering the quality graphics that are produced.

Because of the slow CD access time, in order to keep the scrolling and movements smooth the characters and back-

ground are rough polygons, but this doesn't detract from the overall look and feel of the game. And as much as I liked the detail and realism of Mortal Kombat 3, I don't miss them at all in Virtua Fighter. The new moves and characters make up for the realism in all aspects.

Another huge jump between MK3 and Virtua Fighter is the lack of blood and fatalities. There are no more dripping blood, decapitations, skinning people alive, whirling fan blades and the like. But this could possibly be Sega bowing to the pressures from activist groups bent on removing all violence from video games.

These changes also led to the reduction in the rating. Whereas MK3 is rated 'Mature' and for

people aged 17+, Virtua Fighter has a 'Teen' rating, for people aged 13+.

But have patience, grasshopper. No blood doesn't mean no fun.

Sega has included an arsenal of new moves, from power slams, martial arts throws, and a double stomp. Having to learn all the new move combinations may take time, but it is well worth the effort. It is a welcome change from recycling favorite moves from the past.

There is also a whole new cast of characters, each of whom specialize in a different fighting style. And continuing the trend that Nintendo's Street Fighter began, the characters are of all different nationalities. I guess maybe the game companies are trying to show kids that anyone can fight well.

One of the new features I disliked was the new 'Ring Out' method of winning a fight. It takes the 'cheese' fighting style to the ultimate degree.

Among many players, 'cheese' fighting is considered not only inconsiderate but improper to use. Basically it is when one player uses patterns of moves that do not allow the opponent to counter let alone attack. One example would be to use a player that has a projectile, and they stand on the opposite side of the screen as their opponent, and throw fireball after fireball, until the opponent dies.

Being able to simply push the opponent out of the ring to win gives these people who insist on using the 'cheese' moves just one more tool in their arsenal.

Overall, I really like Virtua Fighter, and having it on the Sega Saturn saves the expense of having to play it in the arcade and fail miserably because I don't know the moves. And at one dollar a pop, it's pretty expensive to experiment there.

But considering Sega Saturn costs \$499 for the system, and games costing almost \$100 each, is the alternative really that viable?

SEGA SATURN



COURTESY GRAPHIC

Will Virtua Fighter be Sega's next video game mega-hit?

Look in next weeks Et Cetera for a review of one of Sega's new releases: Cyber Speedway for the Sega Saturn game system.



Taking it to the next level

by **Lorrie Kralka**

By the year 2049, Earth has been turned into a toxic waste dump! Humankind has fled into space leaving behind an army of mechanized "Orbots" to clean up the mess! But when the Orbot leader, WarHead, goes haywire and starts a robot revolt, only a lowly sludge barge pilot named VectorMan can pull the plug!

VectorMan, the video game touted as being Sega's most advanced title to date, has been released for the Sega Genesis game system.

You play VectorMan, whose duty is to rid Earth of WarHead so the inhabitants of Earth can return safely to a cleaner and much happier planet. Raster, the robot behind the clean-up, gets a new nuclear bomb brain when his attendants accidentally hook it up to his master circuits, and he turns into WarHead. Is it just me, or does this sound a little far-fetched even for the video game industry?

Utilizing 60-frames-per-second animation, the most that has ever been used for a 16-bit video game, VectorMan promised "silky-smooth" scrolling and movement,

and it definitely delivered. Although I did find this new animation was lost on a television with a screen any smaller than 21 inches.

Another thing that I noticed along these lines was that the game did not slow down like many of its predecessors did when too many sprites (other moving objects) were on the same screen as you.

Storylines for video games over the last few years seem to be lean-



COURTESY GRAPHIC
VectorMan, Sega's newest title character.

A Review

ing towards the evil, bad-dude who is hell bent on conquering the Earth/country/neighborhood or wherever, and 'you' have to stop/destroy/kill them. Far be it from me to say I could come up with a better idea, but I guess you could say this is getting a little dry. Sure, bad guys will always be an integral part of almost every video game, but a little more variety needs to be used in order to keep players happy.

Putting the storyline aside, this game is a lot like Sonic the Hedgehog on steroids, one of Sega's most popular game titles to date. In fact, the similarities are so blatant that if I squinted a little bit while playing, I could swear I saw the little blue furball spinning across the screen. I guess it just proves that if you give someone (or in Sonic's case, something) a gun, anything can happen.

It is almost uncanny the similarities between VectorMan and Sonic. In the various Sonic games, you have to collect rings to accumulate extra men and points, and stomp

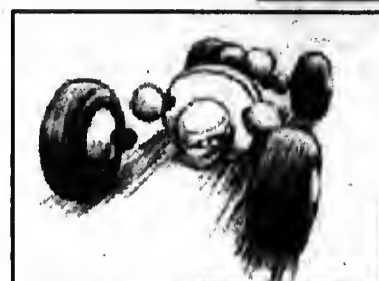
computer monitors to get power-ups. In VectorMan, you have to collect "Photons" to get extra men and points, and shoot at television monitors to get power-ups.

I guess it shouldn't come as any surprise that the two games were both made by Sega. Maybe they figure that if it ain't broke, don't fix it.

Don't get me wrong, I like the 'shoot-em up and let the counter sort it out' games, but not when they are too hard (even on the 'Lame' level), have no continues, and leave me frustrated after only five minutes of playing. I played the first level so many times that I invariably finished it with a dozen or so men every single time ... and I only had the game two days.

I can say that the new "Vector-Piece" technology that Sega used to make the animation more 3-D-ish compared to previous games, was an improvement. Not only did it make the characters look a little less flat than other games, it also helped distinguish between what was an active sprite (one that could kill you) and something in the background.

Another thing that I liked was the fact that there were no awkward, multi-button combinations that I needed to use just to make the character kick or jump in a certain way. It is also a break from the tournament-style fighting games that were made popular by Street Fighter and Mortal Kombat. But let's put it this way, if the game doesn't hook me into play-



COURTESY GRAPHIC

VectorMan can morph! Check him out as a dune buggy, a jack-hammer, and a bomb.

ing it, the interface isn't going to make much of a difference.

I didn't like the fact that Sega abandoned what I would call the most appealing feature that no self-respecting video game should be without - having the foreground scroll faster than the background, giving the surrounding scenery the same depth and dimension as the characters.

Sega is also launching a new contest along with the game itself, whereby completing the game could win you the grand prize of \$25,000 U.S., one of 90 prizes of \$10,000 U.S., or one of 90 prizes of a Sega Saturn game system with a Virtua Fighter game (retail \$399 U.S.). If "You Win" appears on the screen after finishing the game, players are supposed to call the secret number and send their cartridge (and receipt to prove purchase) to the address on the screen.

To be brutally honest about the game though, it has, dare I say it, an 'environmental' theme, which seems to be 'en vogue' nowadays. I guess this was how the rating "Kids to Adults, ages 6+" was given to VectorMan despite the violence that the game is based on - not that many six year olds would be too interested in playing VectorMan after a while because of the difficulty and frustration involved. To me, Sonic would have been a much better choice.

For more information about VectorMan or Sega, the Internet Web site is <http://www.segaa.com/vectorman/main.html>.



Humber
College

PHYSICAL RESOURCES
CAMPUS SERVICES

LOTTERY RESULTS - NOVEMBER 10, 1995 THE FOLLOWING STUDENTS HAVE UNTIL CLOSING FRIDAY NOVEMBER 24TH

TO BRING IN THEIR WOODBINE PARKING DECAL IN EXCHANGE FOR A NORTH CAMPUS PARKING DECAL (PLEASE NOTE: THOSE SELECTED FOR THE WHITE LOT EAST WILL REQUIRE A GATE CARD AND NEED TO LEAVE A \$10.00 DEPOSIT WHEN YOU DO THE EXCHANGE.)

WHITE EAST
ALIFARAH, JAMAL
ARKWELL, BRENDA
ARVIZU, JAVIER
ASARE, CHARLES
BAGNAROL, DAVID
BAKER, JEAN
BALKWILL, SHELLEY
BELLI, JENNIFER
BROWN, CAROLINE
BROWN, DELROY
BROWN, TAMMY
BURIC, SENKA
CABRAL, NELIA
CARREIRO, SANDY
CHISLETT, SCOTT
CLARKE, MEGHAN
COCOMILE, EUGENIA
COLUSSI, ANGELO
CURRY, DWIGHT
D'ALESSANDRO, LISA
DE CASTRO, JOSE
DE RYK, TONY
DEL RE, ANITA
DI MILLO, JOHN
DIPRINCIPE, GIUSEPPE

WHITE EAST
DUGUAY, SUZETTE
DUVA, SANDRA
FALLENCO, FRANCA
FARNICK, JASON
FERRARI, DIANA
FITZSIMMONS, JOHN
GARD, KEVIN
GODELIA, CAROLEE
GORHAM, SEAN
GORMAN, JENNIFER
GOUVEIA, KERWIN
HARTLEY, PATTIE
HENLEY, EDWARD
HOLDEN, LOLITA
JACKSON, GILLIAN
JUNTA, LIZIEL
KENNEWEG, MICHAEL
KIRKBY, TROY
KUIPERS, TINA
KUKOLIC, TONY
KYRIAZIS, PETER
LALONDE, ANDREA
LANGEVIN, JEANMARC
LARION, DAVID
LEHOUX, TREVOR

WHITE EAST
LINDO, OWEN
LOCKETT, STACEY
MACPHEE, JAYSON
MAIR, CHANTAL
MASON, WAYNE
MENA-GOMEZ, MARIO
MIKA, JAMES
MISTRY, HASMUKH BEN
MOSCOSO, NESTOR
MRUCK, MICHAEL
MULCAHY, JOHN
NANOS, DIANA
OBONNA, ROSE
ODOOM, JOHN
OLADEJI, STEVEN
OLIVIERI, PATRIZIA
PARASILITI, ENZA
PAREDES, LUZMILA
PARENTE, JASON
PRASAD, NADIA
RADMAN, NINA
RIOSSI, MARIO
ROAM, CARLO
SAAD, HALIMA
SANTERMO, ANNA

WHITE EAST
SAUNDERS, KIM
SAVVIDES, PANICOS
SCAINI, WALTER
SCHARENBERG, CINDY
SHURIE, SADIA
SIRACUSA, MARGARET
SMIAROWSKI, KRZYSZTOF
SMITH, MARNIE
SPRAJCAR, MARYANN
STEINBERG, MARK
STERGIOU, DINA
STOCCO, LISA
SUNDERLAND, TINA
TARNOWECKYJ, NATALIE
TRINH, LAM
TUGWELL, JODI
TURNER, JOE ROBERT
VINCENT, THOMAS
VITALI, LILIANA
WENZEL, TODD
WHITELY, JASON
WILLIAMS, SELONGE
WRIGHT, COLIN
WRIGHT, SCOTT
ZIPAGANG, KAREN

YELLOW
ABDI-DAHIR, AHMED
ALVARADO-LAZARO, ALFRED
ANDERSON, LORI
ARMAS, JULIAN
BOLANOS, DENYS
CASOLE, DAVID
CLARK, JENNIFER
CRAWSHAW, CHRISTOPHER
DAVIDSON, MAXINE
DERWAL, ROBERT

YELLOW
FAGON, MARSHA
FRANCIS, MICHAEL
GAULEY, CINDY
GONCALVES, ERICA
HIKIDA, JENNIFER
HUTAHAJAN, TANJA
KING, CHAD
KLAIR, KULWANT
KOSIC, SUSIE
LAU, KWOK

YELLOW
LEI, TONY
MACDONELL, MARTA
MASCARENHAS, DAVID
MOOIJ, JENNIFER
MORTENSON, CAROLYN
NAGY, ANDREA
OLSZANSKA, BOZENA
OSVALD, MARTINA
POINTER, MICHAEL
POLLOCK, HEATHER

YELLOW
RODRIGUEZ, JOHN
ROSENBERGER, JOHN
SARAGOSA, JULIANA
SBROCCHI, FRANCESCA
SIBLEY, JOHN
SOCHA, GREGORY
SUBAN, ALEENA
THOW, JEFFREY
VACCHER, DAVID
WONG, ELSIE

WINTER IS ALMOST HERE

DO YOU DREAD CARRYING A HEAVY COAT AND THOSE AWKWARD BOOTS AROUND?
WE AT CAMPUS SERVICE HAVE A SIMPLE SOLUTION. SAFELY SECURE THEM IN YOUR OWN PERSONAL LOCKER.

YOU CAN RENT A LOCKER UNTIL APRIL FOR \$12.00 OR
IF YOU ALREADY HAVE A LOCKER YOU CAN RENT A SECOND LOCKER UNTIL APRIL FOR \$12.00.

LOCKERS REMAIN AVAILABLE IN MOST AREAS IN THE COLLEGE.

IN ADDITION, DURING THE MONTH OF NOVEMBER
THE LOCKER RELOCATION FEE OF \$5.00 WILL BE WAIVED FOR THOSE WISHING TO CHANGE LOCKER LOCATIONS.

Cool sites on the Internet: X-Files

by **Lorrie Kralka**

<http://tvnet.com/cgi-bin/TVpost/thread/tv/66>

Are you interested in hearing what other fans have to say about the X-Files? On the 'Posting Board' there are hundreds of posts on everything you ever wanted to know (or speculate) about the X-Files.

<http://www.public.iastate.edu/~sbwright/xfiles.html>

This site is one of the best that I have found to date for information about the various episodes that have aired, or are set to air in the near future. It is also a great place to accumulate pictures of everything from the X-Files logo to Skully's and Mulder's badges.

<http://iccu6.ipswich.gli.com.au/~walcar>

This site is called 'The Complete X-Files' and it most definitely is the single most comprehensive site I have found to date. It has interviews with the stars, fan club information on a world-wide scale, cast information, episode guides, pictures, movies, newsgroups, and sound clips. And for those of you who have FBI access codes, it also has a link to the official FBI homepage.

Food and Drink

EDITORS: Michelle Matsdorf • Jason Pickup

675-6622 Ext. 4514

Humber feasts on grease

by Allison Haines

Despite an increased demand for healthier food at Humber's North campus, most students are still choosing muffins and deep fried foods.

"I don't see any kind of diminishment in the amount of coffee, muffins, danishes and all that stuff," said Don McCulloch, dining room coordinator of the Humber Room.

But John Mason, director of Ancillary Services and Customer Relations, disagreed, saying, "I think there's an increasing awareness of nutritional needs, and certainly I think there's a much stronger demand for lower fat alternatives."

The most popular meals at Humber are chicken fingers, pizza, burgers and fries and pasta entrees, said Mason.

"But I think there's certainly enough variety that people can eat healthily," he said. "There's a broad selection of fresh fruits and vegetables."

Salad plates, sandwiches, and pasta entrees are also offered at The Pipe, Java Jazz, and Kites. But they are "lower volume sales," said Mason.

"Generally speaking, there's enough choice between pasta entrees which would be high in carbohydrates and low in fat," he said. "I think there's a fair choice if one wishes to eat nutritiously."

In addition to providing more nutritious foods, Humber is ensuring the amount of wasted food is



TIM DUBOYCE

Humber's menu is partly based on customer feedback.

kept to a minimum.

Refrigerated items like sandwiches are moved from one cafeteria to another. At the end of the day, the unsold products are discarded.

"When we close one restaurant, for example the staff lounge, those

sandwiches may be relocated to Java Jazz. But they are not left unrefrigerated," said Mason.

Large quantities of leftovers are sent to help the poor.

"If there's a large amount (of food left over) we try to locate a hostel for it," said Mason.

Macrobiotic diet combats obesity

by Amy Lennie

Trying to lose weight? Sick of crash dieting and feeling unhealthy? If so, a macrobiotic diet may be what you need.

Kristina Turner writes in *The Self Healing Cookbook* that many of us are overweight even though we don't overeat. That's because in addition to not getting enough exercise, we live on a perpetual diet of devitalized, low-calorie foods that can poison our internal organs.

Our metabolism slows down, causing even small amounts of food to affect our weight. As a result, the incidence of obesity in North American children has doubled in the last 20 years.

Diane Silver, a lifestyle and nutrition counsellor in Toronto, said it's important to consume healthy foods everyday.

"Changing one meal a day and substituting healthier food can make a difference," Silver said, warning people to be wary of products claiming to be low-fat. She said the manufacturer may put sugar in some products to make

them taste better. Therefore, while they may be low-fat, they are not necessarily healthier.

Turner's cookbook recommends certain foods for weight loss. These include a variety of whole grains that are easily digestible such as brown rice, millet, barley, buckwheat, vegetables and local fruits.

A combination of grains and beans produces proteins which give people energy. Adults can also get plenty of protein from fish and seeds.

Other tips include minimizing meat, eggs, cheese, butter, milk, nuts, and mayonnaise.

Research suggests a simple change in diet can fight diseases like cancer, heart disease, and diabetes.

A macrobiotic diet is a way to lose weight, build physical and mental strength, relieve stress, and heal yourself through organic, natural food without the aid of medication.

"It's a very slow process because you're changing your whole body. It's the only real and

permanent way to make a difference in your health," said Silver.

Silver and her husband have been on a macrobiotic diet for 20 years.

"I have more energy, I'm mentally sharper, and more enthusiastic. I'm no longer getting sick," she said.

With a macrobiotic diet, if the body is working properly, all of the toxins should be discharged.

"My kids used to say I was the only mother on the block who said 'hooray' when they vomited (because it's a way of getting rid of your body's toxins)," said Silver.

If these toxins are not expelled, they may cause cysts, cancer, pimples, mucous and rashes.

Silver advised people to chew their food better and take time to breathe properly. Every time you breathe out, toxins are released from your body.

Chewing helps to digest the food and stimulate the parotid glands (just below and behind your ears) that are important for the immune system.

Exercising is also important.

Mason said the menus at Humber's cafeterias are developed by a food service management team.

"But a lot of the menu input comes from customer feedback, and what the customer wants," he said.

Fiona Irvine, a second-year student in the Community Integration through Cooperative Education program said, "The food is expensive, but it's great. It is a little greasy, but not too often."

Although Humber does not consult a dietitian on a regular basis, occasionally recipes are purchased from a dietitian and offered at the college's cafeterias.

But if cafeteria food does not appeal to you, the Humber Room offers sit-down meals, with prices ranging from five to seven dollars.

"That includes table service, and bread," said McCulloch. "We've been doing this big promotion lately, giving students 25 per cent off. We're really trying to encourage students to come and try it."

The food served at the Humber Room is healthier, said McCulloch. The freshness of the ingredients and the cooking method make the food more nutritious.

"Generally speaking you can have a pretty healthy meal," he said. "There are things on the menu, if you're interested in having lots of chocolate and lots of fat. But if you're trying to have a bit of a healthier meal you could pick and choose."

Silver said even one five-minute exercise a day can help.

Unnatural modern diet trends include a high consumption of animal fats, junk food and highly processed food.

She suggests a diet of 50 per cent whole grains, 25 per cent seasonal vegetables, eight per cent soup, eight per cent beans, and eight per cent nuts, fish, fruit, chicken and dairy.

Recent scientific research by institutions including Harvard Medical School, Tulane University and Boston University has shown the value of a macrobiotic diet.

"Harvard Med School led the way by showing, in ten years of studies, that a macrobiotic diet may be one of the best known ways to prevent heart disease," writes Turner in her book. "At the United Nations, a Macrobiotic Society with 150 members was started by Katsuhide Katatani, U.N. development director for Southeast Asia, who healed his stomach cancer on a macrobiotic diet."

Briefly

Organic orgasms

Forget about *Playboy* or *Hustler*. Try this month's *Organic Gardening*. According to an article in that magazine, researchers in Chicago tested 31 men to check blood flow to their penises as they were exposed to a variety of smells. ALL the smells the men were exposed to boosted blood flow to the penis. Some combinations of scents were more potent than others. For example, a mixture of pumpkin pie and lavender evoked a 40 per cent increase in blood flow.

Better than sex

Canadians spend \$424 million on 1.44 billion chocolate bars per year, according to an article in the *Winnipeg Free Press* in March 1993. Per capita, Canadians spend \$30.85 per year, with 30 per cent of all chocolate purchases made by teens. The top three are Neilson Crispy Crunch, Nestle Coffee Crisp and Nestle Kit Kat. All have been around for more than 20 years.

4 out of 5 dentists recommend caramel

The stickiness of certain food has nothing to do with its potential for causing cavities, according to an article by Andrea Bauman in an August 1991 issue of *McCall's*. Studies show that food like caramels or jelly beans, which are considered "sticky," actually dissolve faster and stick to teeth for a shorter time than crackers, potato chips, cereal, and other "nonsticky" foods.

Women are sensitive

Scientists say whether or not people are fussy eaters depends in part on the number of taste buds they have. According to an article in *Food and Wine* in July 1995, supertasters may have as many as 1,100 buds per square centimetres while nontasters may have as few as 11. Women are more likely to be supertasters. Some doctors suggest this ensures women won't eat food that could be harmful to a baby during pregnancy.

McEducation, Inc.

McDonald's plans to launch a "cooperative education" program in some American public schools next year, reported *Jet* magazine in May. High school sophomores and juniors in Chicago, Baltimore, Muskegon, and Portland will be able to take entry-level management positions with the multinational fast "food" corporation once they graduate. McDonald's hopes to have 4,000 students taking the program - in 102 high schools in 15 states - within two years.

compiled by
Maria Birmingham

Food allergy sufferers discover action plan

by Amy Vereggen

Upset stomachs, migraines and heartburn can be annoying conditions that could indicate a more serious problem: food allergies.

A food allergy is a hypersensitivity to a specific substance. People who are allergic to certain foods may die from eating them.

"Two million Ontarians - that's about 24 per cent - have some sort of allergy," said Bill Reynolds, executive director of the Canadian Health Food Association. "About 31 per cent have allergies nationwide."

"The top eight foods that people are usually allergic to are eggs, milk and dairy, fish, shellfish, peanuts, nuts, wheat and corn," said Megan Boyes, Ontario regional coordinator of the Allergies and Asthma Information Organization in Toronto. "These foods could trigger a mild upset or even death."

A number of symptoms including rashes, heartburn, diarrhea, vomiting, cramping and swelling could occur if a person with a certain food allergy consumes that food, said Boyes.

"The allergy will get worse if you don't listen to your body and will not stop eating that food," said Boyes. "If you stop eating it

for a couple of years, you might stop being allergic to that certain food."

According to Boyes, allergies are hereditary. If both parents are allergic, their child has an 85 per cent chance of being allergic.

If one parent is allergic, the child has a 50 to 60 per cent chance of having allergies. And even if no parent is allergic, there's still a 10 per cent chance.

Though there is no cure, Boyes has a plan to make allergic people more comfortable. The plan is called the three a's: awareness, avoidance and action.

"Be aware what food is making you sick, then avoid that food, and make an action plan," said Boyes.

People who are allergic to food don't have enough enzymes to break down the protein in certain foods, said Ann Smith, a pharmacist who specializes in allergies at Smith's Pharmacy in Toronto.

"Our body is a beautiful working machine but sometimes it goofs up," said Smith. "The body thinks that certain foods are invaders and it attacks the protein in that food. And that is what makes us sick."

Smith said a balanced diet is important when considering food



AMY VEREGGEN

Eggs, milk and peanuts are some of the more common foods people are allergic to and can cause a number of reactions. Over two million people in Ontario suffer from food allergies.

allergies.

"Only eat what you need to stay healthy: vegetables, grains, meat and eggs, but all in moderation," said Smith.

"Milk and dairy are really great tasting foods but we don't need them," said Smith. "Our body is not equipped to digest milk. Dairy is no good for your body."

But Lillian Jackson, an

employee of Ault Foods consumer relations department, disagreed.

"Milk and dairy products are one of the four food groups, so obviously it is nutritious and very much good for you," said Jackson.

"How can the Canadian health organization put something on their food guide if it's harmful to people?"

Many people who are allergic to milk and dairy products take Lactaid which helps the body digest milk. But according to Smith, it does more harm than good.

"Taking Lactaid once in a while is okay but if you take it everyday your body gets used to it and stops producing your natural enzymes," said Smith.

Milk doesn't do everybody good

Lactose intolerance affects 50 per cent of population

by Sharon James

Does milk bloat your stomach, give you cramps or diarrhea? If so, you may be lactose intolerant.

Over 50 per cent of North Americans suffer from lactose intolerance, which mainly affects people from Africa, Asia and North America.

"It runs in their races, somehow their body does not sustain the necessary enzyme to digest the lactose," said Adele Smith, a pharmacist at Shopper's Drug Mart.

Lactose is a natural milk sugar (composed of glucose and galactose), that is broken down by an enzyme known as lactase.

The galactose is broken down into glucose which then travels into the bloodstream. If the absorption is incomplete, the accumulation of lactose in the intestines can cause fermentation, abdominal cramps and diarrhea. Some may even experience skin rashes or eruptions.

"I was diagnosed with lactose intolerance when I was 13. I would get terrible stomach cramps after I drank milk or ate any dairy products. Now I take lactose-reduced milk and it has helped so much," said Cindy Gharthe, a second-year General Arts and Science student.

But not all lactose intolerance-sufferers need to completely eliminate milk from their diet. There are

ways of coping with the condition without doing away with milk and milk products.

"Milk products are fortified with vitamin D. When you live in a Northern climate, you have to have it in your diet," said Donna

hours before drinking. Both are usually available at local drug-stores.

"I find that the Lactaid milk is easier to take. When I used to take the tablets, sometimes I'd forget and I'd pay for it after. You just have to find what suits you best," said Trevor Burnett, a second-year Graphic Arts student.

For others, digesting milk may be easier and the symptoms may be less severe, if its taken while consuming other foods. Goat's milk may be more tolerable since its lactose level is less than cow's milk.

"If you drink milk in smaller amounts, the reaction is usually not that strong," said Weldon.

Cheese, ice cream, sour cream and yogurt (which contains bacteria that breaks down lactose), may also be tolerated.

"How lactose intolerant you are varies for each individual. You definitely have to adjust your eating habits to accommodate it," said Weldon.

Anyone wanting more information can contact the following places:

The Allergy Information Association at (416) 244-8585

The Ontario Milk Marketing Board at (905) 821-8970

The Lactaid hotline at 1-800-387-5711.

Weldon, registered dietitian with the Ontario Milk Marketing Board.

There are many products which can ease the pain and discomfort of lactose intolerance. Most grocery stores carry products such as Lacteeze and Lactaid. Lactaid comes in the form of tablets or drops and Lacteeze comes as tablets. The tablets are eaten before taking any milk or milk products and the drops are added to milk 24



AMY VEREGGEN

Don't do it! Don't drink the milk.

Quality not quantity attracts beer drinkers

by Ted Henley

Beer: the golden libation; an amber nectar; a fluid from the gods. This simple beverage has been pleasing civilizations throughout history. Each new crop of brewers has moulded the taste of beer into what people enjoy today.

In modern brewing practices, the fermentation process remains the same, but the taste has matured over time. The variety of flavors available to consumers is what makes beer North America's favorite alcoholic beverage.

"Beer is regarded as one of the most important drinks in our society," said Bruce Christie, a representative from the Upper Canada Brewing Company in Toronto. "Its popularity has really grown over the past two decades."

"Consumers are looking for quality beers now - not quantity," added Christie. "Brewers are adapting to this change by providing beer-drinkers with what they want."

Most North American beers stem from European brewing practices. The recipes are composed of mostly water and alcohol, with varying levels of grains, hops and molasses.

The most popular type of beer in North America is lager. Barley malt is the prime ingredient in this brew, with small amounts of hops. A light lager has less alcohol and a higher carbonation level.

Next in line is ale. An ale is produced with more hops and different yeast than the lager and can have higher alcohol levels. A dark ale is brewed with roasted barley adding a distinct taste and color.

The third most popular beer in North America is stout. A stout is brewed like an ale, but with a higher concentration of hops combined with oats and molasses. This gives stout a strong taste and creamy texture.

A person can spend a lifetime trying the different types of beer available. One alternative is to brew your own beer.

"People brew their own beer because of the freedom," said Stuart Kent, owner of The Brew Kettle, a brew-your-own beer-franchise in Mississauga. "A person can enjoy a beer to its fullest when they create their own unique recipe."

With its huge array of tastes, it's no accident that beer has become North America's most popular alcoholic treat.

"There's no telling what the next innovation will be," said Kent. "I guess every beer-drinker's dream is to have their own brewery right in their home. We're heading that way, but we're not quite there yet."

Fast Fact: the average beer drinker cannot distinguish between different brands.
Source: *Useless Beer Trivia* pamphlet.

Lifestyles

675-6622 Ext. 2514

Protect skin and hair against winter's elements

by Scott Cronkright

Most people know about winterizing their cars and homes but forget about winterizing their face and hair.

The cold winter wind makes your skin dry and flaky and leaves your hair full of static. But with a few extra steps added to your daily routine, you can protect yourself from these symptoms and enjoy the winter months ahead.

Cleansing, toning and moisturizing are the three key steps to maintaining healthy skin, especially over the winter months, said Cindy Rouillard, a second-year Cosmetic Management student at Humber College.

"You should cleanse, tone and moisturize twice a day no matter what season it is," said Rouillard. "But in the winter months a good moisturizer is the key."

But all moisturizers are not equal and, "the key is to choose the one that is right for you," said Rouillard.

Skin types can be broken down into one of five categories: dry, normal, combination, oily or sensitive.

"Moisturizers are made for

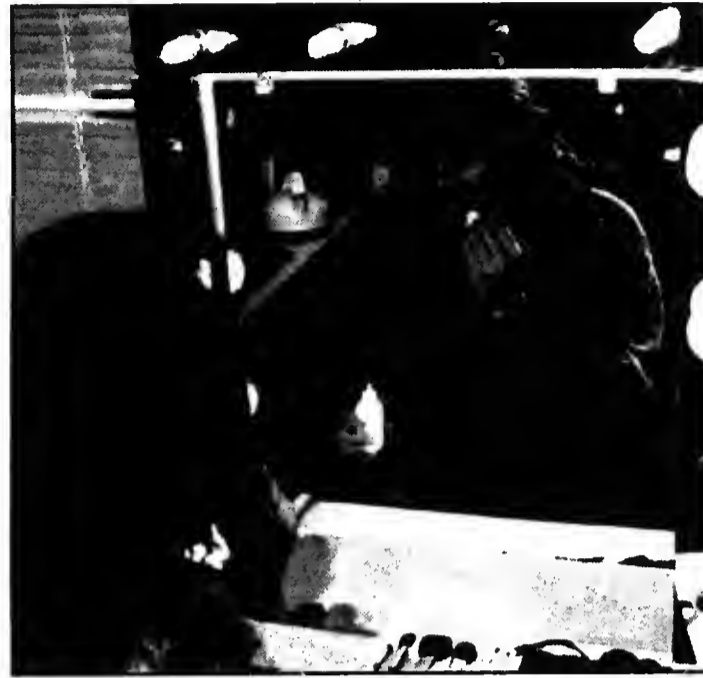
each of the skin types," said Rouillard.

Another thing to consider when choosing a moisturizer, is whether it contains sunscreen. With the scientific connection between sunlight and certain types of skin cancer confirmed, second-year Cosmetic Management student Lisa Bolvin thinks neglecting to wear sunscreen in the winter, just because it's not hot outside, is foolish.

Most moisturizers come with a

Bolvin said a good level of protection for the winter months is SPF 15, which means you can spend 15 times longer in the sun without getting burned.

Lesley Mitchell, a second-year Cosmetic Management student said it's important to make sure a moisturizer has been dermatolo-



SCOTT CRONKRIGHT

Lisa Bolvin is winterizing against the harsh elements.

gist tested and approved and contains no added fragrances.

"Definitely avoid fragrance-filled moisturizers, it's a sign of low quality" said Mitchell.

Another key to having healthy skin, is to exfoliate—which is the removal of dead skin cells—once a week no matter the season, said Mitchell.

Exfoliation is usually done with a gritty cream that removes the dead cells by abrasion or by a mask.

In the winter months, using a hydrating mask is the best way to replenish moisture while exfoliating at the same time.

"A hydrating mask is definitely the best way to go in the winter," said Mitchell. "It gets rid of the dead skin, increases blood circulation and adds moisture back into your skin."

Women who wear oil-based foundations can also use it as a protective layer between their skin and the bitter winter elements. These foundations help create a protective barrier that keeps in moisture, said Rouillard, but she warned they're not for everyone.

"Some foundations are water-

based and they make your skin dry out even faster."

The last tip for healthy skin is one that should be followed all year long and it works on the simple idea of giving your body what it's lacking.

If your skin is dry, you need to drink more water to replace what is lost. Eight to 10 glasses a day is suggested so, not only do you replace what is lost, but you can also "flush" the impurities out of your blood stream, said Bolvin.

Winter weather also plays havoc with hair. Split ends and fly away hair is caused by hair follicles being too dry. Using a good conditioner everyday is the easiest solution. For severely dry or damaged hair, a conditioner may be in order. Other alternatives to keep your hair healthy include using a spray-in conditioner that can be left in your hair all day.

If static is a problem Bolvin suggests carrying hair spray and spraying your hair with it whenever you feel the static building up.

The Studio is located between Tall Hats and The Humber Room and is adjacent to the main concourse.

Non-profit organization gives 'Voice' to victims

by Cara Graham

More than 500 people gathered for Voices Carry, the annual fundraiser in aid of Court Support and Counselling Services.

Court Support and Counselling Services is a non-profit registered charity governed by a volunteer board of directors. It was established in 1993 by Annabella Nathan, who felt there was a lack of services for people who have been victimized by violence.

It provides court preparation and trial accompaniment, individual counselling, and assistance in processing claims with the Criminal Injuries Compensation Board.

"A few things prompted (me) to put the organization together," said Nathan. "I was working at the Victim Witness Assistance Program for the Attorney General because I wanted to learn about the system ... I was taking my abusive father to court and I wanted to know how that system worked."

The fundraiser, which was held November 8 at the Phoenix Concert Theatre, included guest speakers from Kid's Help Line, police officers who deal with domestic violence and a victim of violence who received justice with the support of Nathan.

Along with host "Master T" from Much Music, the fundraiser included entertainment from the

"Roll" Models (dancers on rollerblades), the R&B soul band Jack Soul and a silent auction.

"Kids are frightened with the process of disclosure and investigation and the possible court procedures that they are often willing to stay in their abusive situations," said Shelly Levins from Kid's Help Line.

"The justice system ... it's for criminals. It should be called the criminal justice system," said Sergeant Sue McCoy.

"The Court Support and Counselling Services is a vital service to these children. In fact, children who have ... this support have the confidence necessary to handle all the questions they are asked."

One member of the police force also praised the organization's efforts.

"Annabella Nathan had a vision and a dream and she's done a lot of hard work to make sure that dream came about," said Sergeant Sue McCoy. "It's a very traumatic thing to have to go to court and rehash, relive the things that happened. The justice system is just that, it's for the criminals. It should be called the criminal justice system."

Nathan shared some of the same concerns.

"There is no support for victims, it's ridiculous. The government puts advertisements on TV saying abuse of any form is wrong and you don't have to take it and they promote you to go forward and tell the police ... Then you get revictimized by the criminal justice system."

Nathan, works out of her apartment, and has five volunteers who work on a rotating basis. She also has a paralegal who helps people process claims to the Criminal Injuries Compensation Board.

Nathan said that if you've been a victim of violence, whether or not you go to court, you are entitled to put a claim in and receive financial compensation.

"Nobody knows about that and it's sad because people are entitled to it," said Nathan. "I also understand from a very good source, that Mr. Harris' government is going to cut that. When criminals are found guilty, we reward them by giving them free room and board and when our victim is reabused by the system, we say it was really nice to have met you. So there is something really wrong here."

Last year's event raised \$13,000 and Nathan suspects they have done far better this year.

Victims of violence who need support can call Annabella Nathan at (416) 789-9793.

Models in sheep's clothing at the Royal Winter Fair

by Cori Sayer

For the fourth year in a row, Carolann Organ, a Fashion Arts teacher at Humber, is running a fashion show at the Royal Winter Fair and using her second-year fashion students as her models.

Preparation for the show began a month ago with the auditioning of the models. Models were cho-

sed based on clothing size, the way they walk, availability, reliability and ability to handle stress.

"They had to want to do the show, it is a lot of time. It's eight days of shows and then there is rehearsal," said Organ.

For the first time, a male model was used. "The client was pretty surprised. It was nice to have a guy because a lot of the clothing is menswear anyway and I couldn't use them before. It was a nice change," said Organ.

Organ said things went even better this year than in previous years.

"The hardest part, for me when I'm working with students, is rehearsal. But this year, I didn't have a problem at all. The rehearsal was like clockwork. The first show is usually hell too. However, this year the first show was phenomenal!"

"It's a great experience. I'm seeing everything that's happening and how everything runs," Sara Cutcliffe, a model in the show said.

The clothing used for the show ranged from riding wear such as helmets, boots and chaps, to sweaters, hats, long jackets, and casuals.

Most of the students involved are in Humber's



CORI SAYER

Students strut stuff on runway.

Special Events and Promotions stream of the fashion course. Organ, a graduate of Fashion Arts program, has been teaching at Humber for 13 years and has her own business.

Shows are being held at GMC Walking Ring in the West Annex at the Royal Winter Fair on November 17 and 18, at 6:30 p.m.

Peacekeeping Canadians necessary

"The kind of heroics Canadians were famous for before Somalia"

by Mike Trus

From the war-torn hills of Cypress to the halls of Humber North, Tom Browne, Public Relations professor, has seen much of the world outside Canada.

When he returned after 16 years overseas, he returned to a different Canada.

"I was out of this country from '64 until almost 1980 on foreign service and when I came back, I didn't recognize it. In those 16 years we lost some kind of ... passion about what the country is all about.

"When I left, they played O Canada in movie theatres ... (now) if they play it all, they've all got their feet up on the backs of the chairs in front of them," he said. "I don't get mad at this anymore ... I guess it's just the times, people's values change."

Although he lost his best friend and brother-at-arms, Browne said the Canadian and UN peacekeeping missions aren't a waste of life.

"It was worthwhile because it stood for something ... the world's too small a place not to get involved.

"But, it's getting harder to (feel that way) when you look at the country fragmenting ... the concept of Canada that most of us fought for, isn't the same anymore," he said.

Browne is an opponent of the way multiculturalism is structured and the decentralization of the federal government. He believes both have major roles in Canada's fragmentation and national identity crisis.

"You go down to the States ... and they will be really different. But, no matter where (the people



COURTESY PHOTO

Tom Browne in 1973.

(are) from, first and last, they're American. That's how it used to be here ... We've started to concentrate on all the things that make us different instead of all the things we have in common. Now Alberta sees itself as its own entity and so does Quebec. ... There's a fragmentation taking place," Browne said.

He served in UN missions in Vietnam, the Middle East, Tanzania and twice in Cypress.

After he was hit in the elbow by a bullet in a battle between Turkish and Greek-Cypriot soldiers in Cypress, the Canadian Armed Forces sent Browne to the School of Information (public relations) in the US. When he returned a year later, they made him Director of Information Ontario.

A few years after he retired from the military, Browne came to Humber.

While Browne said his anger has faded to sadness, the Airborne Regiment's recent disgrace was

enough to bring the feelings back.

Browne blamed the problems of the misconduct in Somalia on poor officers and the UN's lack of a clear mandate. He said the disgusting hazing rituals caught on videotape involved the unit in which he served.

"I'm ashamed of their behavior and the way it's being handled ... it's tarnished the image of an otherwise good organization.

"I'm angry that the people in charge let it happen and I'm really angry that the people getting dusted for this are all the corporals and sergeants.

Browne said there were many problems, but said the solutions are few.

"Officers are responsible for their men ... and should be severely punished when they screw up.

"It's hard for Canadians who've never been on foreign duty to understand the reality of what goes on in countries like Somalia."

"They (Canadians) should understand the nature of war and the realities of those involved in trying to stop it, before they judge them too harshly.

"I'm not advocating excesses, I'm just saying, realistically, what goes on there is, if you steal something in Somalia the people kill you. That's just the way it is. When you go into a foreign country, you have to work, to some extent, within the rules that exist in that country.

"There are some countries, for a lot of different reasons - where if you go in and reason with them, they will presume you're somebody who's weak and naive and therefore, you can be ripped off and taken advantage of," he said.

Browne was given a savage lesson in just how different the rules get outside Canada, after a young Turkish soldier bought his story and let him pass a roadblock.

At the time, they were changing the guard. The new officer was angry that Browne got through the lines.

"He starts questioning the young Turkish officer who let me pass. I tried to steer him off on that, but it soon became clear to him who was responsible He had two guys hold this guy. He took a pick-axe handle and he beat this kid to death right in front of me ... so I wouldn't try it again.

"When you talk about that sitting here at Humber it sounds, and it is, barbaric. But, there are places in the world where that is the reality and this isn't."

"I remember seeing this Canadian kid walk out in the middle of a firefight between Turks and Cypriots, shining a flashlight on the UN-blue helmet on his head to stop the fighting ... and it worked. That's the kind of heroics Canadians were famous for before Somalia," he said.



MIKE TRUS

Tom Browne in 1995.

Calendar

Eyeglasses needed

Students and faculty are urged to donate old glasses to the International Project office.

The glasses, which will be fixed before donating, are going to people in developing countries.

People can drop them off until the end of November in room C117 from 8:30 a.m. until 4:30 p.m.

Professionals dealing with patients' deaths

A second-year Nursing student is organizing a Death and Bereavement Workshop.

Mary McMahon initiated the workshop because a fellow nursing student was having a hard time dealing with the death of a patient.

McMahon also questioned her career choice because of the death.

The workshop is open to students in the nursing or ambulance courses.

It is on November 22 in room B222 from 3:30 p.m. to 5:30 p.m.

Royal Winter Fair opens its doors

The fair is opened from November 7 to 18, from 9 a.m. until 10 p.m. in the Coliseum building at the CNE.

The cost is \$11 per person or on Monday through Thursday

compiled by Lisa Cartwright



CORI SAYER

A butter sculpture at the annual Royal Winter Fair.

PowerPC Lab

NOW OPEN

Mon - Thur 8AM to 8PM • Fri 8AM to 5PM • Located in KX101 (below the SAC office)

10 PowerMac 6100/7100AV's • 3 HP Desktop Color Scanners

Latest Software: Photoshop, Illustrator, Pagemaker, QuarkXPress, Microsoft Word, PowerPoint

New Price \$3⁰⁰/Hour • 1 Hour Free + 10 b/w prints with new account set up

We specialize in resumes, letterhead, business cards, flyers and brochures. We now offer binding. Check out our wide selection of high quality paper.

We offer Desktop Publishing and Word Processing Services

GET PROFESSIONAL RESULTS WITHOUT THE PROFESSIONAL COST.

For more information call Michael Conento at 416/675-6622 EXT 4717

sac

ENTERTAINMENT

EDITORS: Sean Ballantyne • Jason B. Jump

675-6622 Ext. 4514

The Genius releases a smart CD

by Carl Mitchell

The Wu-Tang saga continues. Rapper, the Genius/GZA, comes to the forefront of the scene with his debut solo, *Liquid Swords*. The Genius has been called the lyrical head of the **Wu-Tang Clan**, and his solo debut shows why.

Each solo album from Wu-Tang members has been a different chapter in their saga. Method Man brought the pain with his dark visions of a world gone mad. Ol' Dirty Bastard took us through the zoo and brought a new energy to hip hop music. Raekwon the Chef cooked up some tasty verbal morsels for the rap world. And

Et Cetera Rating (of 5)



now the Genius pulls no punches by narrating tales of a violent world, driven by greed and corruption.

The new CD contains 13 songs served up Wu-Tang style, with beats and rhymes that connect in the proper mode to enthrall the listener. Complete with kung-fu interludes, and guest vocals from Wu-Tang members Raekwon, Killah Priest, RZA, Method Man and Masta Killa, the album does not disappoint.

The album is a journey into the

realms of the mind of the Genius, with the RZA providing the musical backdrop for the tales of harsh reality.

Songs like "Living in the World Today" and "Hell's Wind Staff", provide a survival guide for those living amongst criminals and corrupt men. On "Cold World" he denounces the violence that is seen on a daily basis in his neighbourhood, and "Investigative Reports" takes a look at drug smuggling and money laundering in a corrupt judicial system.

For those listeners who appreciate tight lyrics that connect and tell a story, this CD will definitely not disappoint. It may take a while to catch everything; the Genius puts a lot into his songs. Each word connects to the next and takes you further into the madness that is the Wu-Tang.

As the MCA press release said: "Liquid Swords is a powerful slice of realness and clever wordplay that's sure to establish the man as one of rap's premiere visionaries." The Wu-Tang saga continues.



COURTESY PHOTO

The Genius' debut CD continues the Wu-Tang Clan saga.

Sharpkid's philosophy: talent not important

by Jeremy Henatyzen

Local pop band, **Sharpkid**, have an interesting philosophy when it comes to making music. Image and attitude are everything, and as for talent ... well, who needs it?

"Look at the **Sex Pistols**," said Christian Kluszczynski, singer, songwriter, and guitarist for Sharpkid. "They didn't have any talent at all but they're one of the most renowned bands in the world."

"There is a difference between writing a good song and writing a talented song," said singer Kluszczynski.

Although Sharpkid have been together for only six months, their outlook on creating music seems to be paying off.

On November 8, Sharpkid played their first live show at Brampton's The London Bridge pub.

After much confusion and mayhem over missing drum kits and lack of amplifiers, Sharpkid eventually took to the stage with their opening number, "Theme from Sharpkid", which is an upbeat, grinding, punkish introduction that was reminiscent of Sergeant Pepper by the Beatles.

Their next song, "Hanger 18", rocked the house with dark cryp-

tic lyrics crooned by bassist and rhythm guitarist, Jay Abraham, and riveting solos belted out by Kluszczynski on lead guitar.

The band did fall into a song that sounded like a lot of unnecessary noise in the form of a heavy handed love ballad by the name of "Benny" and it seemed to take a while for them to recover.

One thing that saved Sharpkid from dying on stage was their tremendous amount of energy. This is a band that thrives on playing to a live audience. From pogo hops, to Pete Townsend jumps, to a continuous conversation with the crowd, Sharpkid puts out in a big way.

"We love to play live," said vocalist/bassist Ben Sawkins. "It's where it's at. Besides, the groupies don't come to the studio."

In Sharpkid's written manifesto, there is a line that reads: "Always remember that we are here to show the world what real music is about."

It was real, raw, musical energy that Sharpkid delivered during their performance last week. Although, Sharpkid's philosophy decries the merits of talent, there was some glimpse of that shining through.

The Stones unplug yesterday's hits in new CD

by Cliff Boodoosingh

From the clubs and rehearsal rooms in Europe and Japan comes the sixth live **Rolling Stones** album. This 14-song effort is recorded in the acoustic fashion of an MTV Unplugged album, to give that up close and personal feel.

This is a direct contrast to the previous two live albums *Flashpoint* and *Still Life* which

brought the stadium show to life. *Stripped* follows the recent highly successful *Voodoo Lounge* tour which logged over 120 million dollars in ticket sales in North America alone.

The Stones dig deep and unearth gems like "Not Fade Away", a Buddy Holly song which was their first top ten hit in 1964. The 1995 version is just as inspired, along with treasures such

as "The Spider and the Fly" and "I'm Free".

On their backtrax journey, they revisit "Shine a Light" and "Sweet Virginia" from the perennial favourite *Exile on Main Street* album. They scoop "Dead Flowers" and "Wild Horses" from *Sticky Fingers*, and show their true roots with gut-wrenching renditions of standard blues tracks "Love in Vain" and Willie

Dixon's "Little Baby".

The Stones reward their fans finally with a spirited version of the ballad "Angie" and the Beggar's Banquet classic "Street Fighting Man". They even pay tribute to Bob Dylan with a respectable cover of "Like a Rolling Stone", the newest single.

Questions continue about the band's longevity, but the record shows that Mick Jagger is singing

better than ever. Keith Richards remains mystical on guitar, handling lead vocals on "Slipping Away". Guitarist Ron Wood and drummer Charlie Watts are playing as good as they ever have.

The diehard fan will be tempted to reach for the wallet for this one.

Et Cetera Rating (of 5)



Le Confessional receives 12 nominations at Genie awards

by Shannon Hancock

The nominees for the 16th annual Genie Awards were announced on November 7, and Robert Lepage, director of *Le Confessional*, was nominated for 12 awards including Best Picture and Achievement in Direction.

Le Confessional is the story of a son attempting to solve the mystery of his family's puzzling past. The film has already been named as Canada's submission to the Oscars for Best Foreign Film.

Other films such as Mort Ransen's *Margaret's Museum* was nominated for 11 awards; Jean-Marc Vallée's *Liste Noire* received nine, and Clement Virgo's *Rude* and Charled Biname's *Eldorado* got eight nominations each.

All the nominees for Best Director are first-time filmmakers, except Ransen for *Margaret's Museum*.

Karen King, who produced *Rude* along with Damon D'Oliveira, said she could hardly contain her excitement at *Rude's* nomination for Best Picture.

"It's nice for a small film like *Rude* to be recognized as one of the best pictures. It's wonderful," said King.

The nominees were decided by 160 of Canada's film professionals. The group was sequestered for three days in October to view over 50 films entered for consideration.

Viewers of the Genie Awards will have the opportunity to learn

something about the nominees and their works this year. The Academy is calling it "a whole new frame of mind," and it means that the shows will take viewers on a behind-the-scenes look at film clips, interviews with nominees and profiles of the filmmakers.

There will be two separately-hosted French and English shows which will air on the SRC and CBC Television Networks. After a profile of the nominees, the shows will pick up the awards ceremony live from Montreal to broadcast the winners.

The entire ceremony will not be broadcast, but viewers will have a better idea of who the nominees are and what the films are about,

said Kelly Lettner, the Academy's Communications Manager.

The Academy's Chief Executive Officer, Maria Topalovich said at a media conference November 7, that David Kitching will produce the English show for CBC, while Jocelyn Barnabe will produce the French SRC special.

Topalovich said this year's awards are "redefining the stereotypical awards show by giving our television audience a passport to the creatively charged world of Canadian film."

The awards are being held at Radio Canada's Studio 42 in Montreal, and the 90-minute special will air on CBC (and SRC) on January 14, at 9 p.m.



MARYAN FLORIO

CBC reporter Pamela Wallin.



Shed Seven are (from left-right) Tom Gladwin, Alan Leach, Rick Witter, and Paul Banks

Rivoli rocks to Shed Seven

by Christian Kluszczynski

After being pasted by the British press as part of the Brit-pop scene, England's **Shed Seven**, finally made a stop in Toronto playing to a sold-out Rivoli crowd last Friday.

"This tour is just saying we exist," said lead singer Rick Witter. "We're playing six dates in total, three in Canada and three in America. We'll come back (after the release of our second album) and do it properly."

Shed began their set with "Dirty Soul," as the crowd sang along while jumping up and down. Witter walked around in circles, with his head down, during the instrumental breaks in the song.

With guitar-driven songs worthy of the **Buzzcocks**, Shed Seven have freshly re-energized 70s rock and mixed it with youthful excitement while adding a dash of arrogance.

Due to be released by the new year, their second album *A Maximum High* will be quite a change in sound from their debut. Working with producer Chris

Sheldon of **Therapy?**, **Terrorvision**, and **Wildhearts** fame, Shed Seven have captured the sound they've always wanted.

"I think we failed with (debut LP) *Change Giver*," said Witter. "We always wanted to make our album sound live. Sometimes I'll be listening to the radio and I hear 'Rocks' by **Primal Scream**, and then to hear 'Dolphin' (Shed's second single) come on after it, it just sounds shit. 'Dolphin' is a great song but it just sounds shit..."

"Our new album (is going to be one of the best this year). I find myself masturbating often. I'm really excited about it."

The band played the opener with an energy not found on the album. And the crowd applauded excessively at its close.

"This next song is called 'Speakeasy'," Witter said calmly, as cheers echoed throughout the venue. The guitar, bass, and drums of the song's intro drove the crowd into hysteria, while Witter stood staring with an expressionless face.

Joining Witter in Shed Seven are: guitarist Paul Banks, bassist

Tom Gladwin, and drummer Alan Leach.

Shed put the crowd into a relaxing mood when Banks began to hit the opening notes of the over-dramatic "Missing Out".

"It's the type of song that makes you depressed," explained Witter from his hotel room. "But it's real. Missing out is something that everyone does. You have two doors to choose from, and then you choose the wrong door, and end up being bored at home."

This song would definitely exemplify the feelings of any person who didn't make it out to see this show. It was well worth the wait, even if Shed Seven didn't do any of their touring shenanigans.

"We were doing a European tour a while ago and the last gig was in Switzerland. So for a bet we said to Alan, 'walk across the stage naked and come back again'," Witter said, laughing. "And he did, so we gave him 60 quid."

The crowd left the Rivoli smiling, never once let down from their expectations.

Film Junkie

by Sean Ballantyne

Isn't it interesting how popular old TV shows are being made into big-screen outings?

As the people in Hollywood begin to run out of ideas, they look to other sources for films. TV translations are a growing trend, and like any other filmmaking trend, can be good, if those in charge don't botch it.

Judging by recent examples, I would say they are off to a good start. Some TV-to-movie translations have bombed big time, but a few have held their own, and it's these few that people remember.

The Fugitive was simply amazing, and probably the best TV-to-film translation yet. The two *Addams Family* films are also a lot of fun, but you have to have a certain warped mind to enjoy these ones.

On the other hand, the abysmal *Beverly Hillbillies*, and the lesser known *Car 54, Where are you?* should be listed in film textbooks under 'What NOT to do.'

We can't forget the *Brady Bunch*. I was dragged kicking and screaming to see it, but all in all, I laughed more than I thought I would. It is worth a viewing.

Taking what, in most cases, is a half-hour television show, and turning it into a two-hour feature film can't be the easiest job to do, but with a little careful planning, it can be done successfully.

Take *The Addams Family* for example. The writers not only used some of the sight gags from the old series, but managed to include a few one liners and gags from the Charles Addams comic strip. They tied in a few sub-plots, a lot of sick humor, and presto,

The Addams Family was ready for the big screen.

The same holds true in reverse, movies that have been made into television series. *M.A.S.H.* is the best known example. They made the movie into a long-running television series, 11 years to be precise. (Yes, an 11 year TV series about the Korean war, which only lasted for three!)

Others include *Indiana Jones*, which provided the momentum for *The Young Indiana Jones Chronicles*. Apparently, the momentum wasn't enough and the series soon died out.

What would this topic be without referring to the ever popular *Star Trek* series?

It all started with the original series. A cheesy little sci-fi series that didn't even make its full run. Fifteen years later, they made a motion picture with the same cast. A few years, and some several sequels later, another *Star Trek* series debuted. This time, it stayed. Several more sequels and two more spin-off series later, we have a franchise of movies and a total of four *Star Trek* TV series. All because of a decision to make a movie based on a TV show.

Unlike movies based on video games, television cross-overs are given the benefit of the doubt. And why not, many popular series make for interesting movies.

All we can do is hope those in charge keep the fans in mind.

In the meantime, you can look forward to the upcoming *Mission: Impossible* with Tom Cruise, and the first *X-Files* motion picture.

As for me, I'm still waiting for them to remake *Gilligan's Island*.

Ace Ventura wild as ever in funny new sequel

Jim Carrey's elastic talents bring the usual wackiness to the role of the infamous pet detective

by Rosanna D'Souza

In a movie set in the jungles of Africa among lions, alligators, gorillas, and elephants, only Jim Carrey could manage to be the wildest animal of all.

Carrey once again brings his extraordinary wit and physicality to the big screen portraying that zany and irreverent character Ace Ventura in *Ace Ventura: When Nature Calls*.

The movie is not only filled with Carrey's famous elastic faces but it delivers a very original script leaving you cheering good guy Ace on by the end of the movie.

The sacred white bat Shikaka, has gone missing from the Wachati tribe in the province of Bonai, Africa. At the request of the English Counsel General, Vincent Cadby (Simon Callow), Ace and his companion Spike the monkey, are sent to find the bat.

Without Shikaka, the chief's

daughter cannot marry the first son of the sinister Wachootoo tribe. If the bat is not returned, a tribal war will take place between both tribes.

During his adventures, he encounters some wild animals in the jungle which he is unfamiliar with. These scenes give Carrey a chance to show off his strength: physical comedy. In one scene, when he encounters a very unfriendly alligator, Ace manages to leave the audience laughing and weasel his way out of the sticky situation.

The movie was directed and written by Steve Oedekerk, an old friend of Carrey's. They met on the set of the television show *In Living Color*, when Oedekerk was a staff writer and Carrey was an up-and-coming actor.

The movie serves up some very well known classically trained British actors to add the international feeling. Ian McNeice plays Ace's other sidekick Fulton Greenwall. A

former member of the Royal Shakespeare Company, Sophie Okonedo plays the distressed Princess. Bob Gunton, known best for his role as the corrupt warden in the *Shawshank Redemption*, once again does an excellent job of portraying an evil character. This time he is Burton Quinn, owner of the Quinland Safari Park.

The movie was filmed from the Himalayan Mountains to Tibet, and all the way to the jungles of Africa, displaying breathtaking scenery and exotic land sites.

With his goofy saunter, his thousand-watt smile, and his ski slope hair style, *Ace Ventura: When Nature Calls* is one of the best comedies that has hit the big screen in a long time.

Et Cetera Rating: (of 5)



Jim Carrey is back as the wiley Ace Ventura.

COURTESY PHOTO

SPORTS

EDITORS: Kelvin Connelly • Theo Rallis

675-6622 Ext. 4514

Hawks get redemption in second game

by Derek Lacroix

The Men's volleyball team limped into their second game of the regular season but still came out with a three sets to nothing victory over the Redeemer College Royals.

The Hawks went into the game without starting power Chad Reid, who was out with a back injury, and without rookie middle Matt Cunliffe, who is nursing a sore ankle. Both are expected to be back in the lineup this week. Jody Brown started in the place of Reid on Thursday as the Hawks improved their record to 2-0. In the first set, Jamal Thomas served up four consecutive points including two aces and the Hawks won 15-7.

In set number two, the Hawks got some help from the bench as Bobby Schmitt started the set serving up seven straight points and Humber cruised to a 15-4 win.

The Hawks received more help

from the bench in the third set, when Shaun Doyle served up seven points in a row to start the set. But the lead didn't last long. The Hawks seemed to let up after that and the Royals pecked away at the lead, until the Hawks found themselves down 14-9. That was when coach Wayne Wilkins called a time-out to try to get his team refocused.

Hawks 3, Royals 0
(Best of five)

"I told them in the time-out that it was just concentration, they weren't playing smart. I told them they had to get the momentum back. It's all momentum," Wilkins said.

The time-out worked as the Hawks scored the next seven points and won the third set 16-14, to take the match in dramatic fashion.

Wilkins said he wasn't con-

cerned after his team blew the 7-0 lead, and he wasn't going to start making changes.

"I told them before the third set that this rotation was going to win it or lose it. I made one change to buy me a little time and let them get their concentration. I had to take off Jamal (Thomas) because he was losing his concentration too much, so I gave him a little rest and he was right back in there. I would have went to a fourth set if I had to."

The Hawks play two games this week on the road in Brantford against Mohawk College and at home Thursday against the Niagara College Knights.

The Hawks should have their starting six back for the game against Niagara.

"I don't want to come back too fast, I don't want to risk anything. Hopefully I'll be able to play next week," said Reid, who is nursing a bad back.



PAM FAWCETT

The Hawks slammed the Royals in a three-game sweep.



The Hawks beat the Cougars 2-0 for the national title. R. AMOROSO

Soccer Hawks national champs

by Robert Amoroso

The Hawks road to victory at the nationals started in the B pool where they battled Vanier College from Montreal, and the host Medicine Hat College.

In pool A, the defending national champions Mount Royal Cougars from Calgary faced Fraser Valley from British Columbia and Mohawk College.

FINALS
Hawks 2, Cougars 0

The Hawks defeated the Medicine Hat Rattlers 3-0 in their first game. Scorers were Steve Spizzirri, Frank Spadafina, and Adam Morandini from a penalty kick.

Next the Hawks battled with the young and inexperienced Montreal team. In a one-sided affair, the Hawks triumphed 3-1 with goals from Andrew D'Amico, Steve Spizzirri and Eric Ranaldo.

Finally, the Hawks faced the Mount Royal Cougars for the championship.

Early in the game, both sides had their share of scoring chances. Humber continued to press and were continually putting pressure on the Mount Royal team.

In the first half, Humber had a free kick opportunity. On that play, Frank Spadafina crossed the

ball into the Cougar goalkeepers' box. It was flicked on by Rob Ursino and the ball sailed on to Rob Pietrkiewicz who finished the play with a header past the Cougar goaltender. Humber led 1-0.

Later in the first half, the Hawks Frank Spadafina scored on a similar play.

"It was a free kick taken by Tony Donia," said Hawk midfielder Spadafina. "I jumped over my defender and headed towards the net."

At the beginning of the second half, the Mount Royal Cougars had their offensive threats but they couldn't capitalize.

Later on, Hawks Marco Frasca and Donia were ejected with red cards.

Now down to eight players and the goalie, Humber would have to play shorthanded for more than 25 minutes.

With gritty defensive play, the Hawks held on to their two goal lead to clinch the championship.

"We were up two goals. The steel curtain defense was up," said Humber defender Antonio DiSanto.

Hawk defender Franco Vaiano summed up the emotional season and victory.

"This was the best 4 months together. All the guys were great," said Vaiano "We act like a family on and off the field."

Basketball**Royal slaughter in season opener**

by Joe Mercer

The women's basketball team opened their 1995-96 season with an impressive 106-48 victory over Redeemer College Royals from Lancaster.

Although the Hawks reached the century mark, the first five minutes of the game were sloppy, with both teams turning the ball over several times, resulting in Redeemer scoring only two points in the first six minutes.

"It was brutal," Humber Head Coach Jim Henderson said. "It was like a greased ball or something."

Hawks 106, Royals 48

Humber started the game showing the full-court press, with guards Mireille Bollianne, Kim Poulin, Donna Cameron and Janetta Paris applying great pressure on the Redeemer guards, forcing the Royals to call two critical time-outs early in the first half.

But this doesn't come as a surprise.

"The last three weeks in practice our main focus has been our defense," Henderson said. "And we talked about it in our pre-game, that we want to see some of the things we've been working on in practice put into a game situation."

And the Hawks defense did just that, holding Redeemer to only 31 points in the first half, and a miniscule 17 points in the second. They forced Redeemer to focus not on a win, but just reaching the 50-point mark.

Heather Curran led the way for the Hawks, pouring in 18, and captain Janetta Paris had 16, pulling in the player of the game. Donna Cameron also piled on 16 points in the victory.

As she showed in the pre-season, Cameron wowed the few fans that showed for the game by pop-

ping two three-pointers, snapping no-look passes to her teammates, and playing menacing defense that terrorized Redeemer point guard Crystal Hielema.

The Hawks entered the game with two key players missing. Karine Croteau and Lisa Hogan were sidelined with injuries suffered in the Durham Tournament, where they finished with the consolation, losing out to the eventual tournament winner.

But the injuries didn't matter against a Redeemer team that played as though it didn't belong on the same floor with the Hawks at times.

Six out of the nine players dressed for the Hawks finished with double-digits in scoring, and a seventh had nine points.

"We've shown we have the capabilities to score a lot of points," Henderson said. "And

that makes it really hard to defend us."

The Seneca Scouts are next to face the Hawks at Humber next week, and the game promises to be the toughest of the young season.

"They have a returning all-Canadian, they have another returning league all-star, both didn't play last year," Henderson said. "They have a lot of size, a lot of depth, and a lot of scoring potential as well. So in other words we are two very similar teams."

Henderson hopes his team can play with the type of intensity against the Scouts as they did against the Royals.

"That's what we did last year, with the pressure defense, it wore them down," he said. "We would have real close games with them, and then in the last five minutes pull away. This is the type of game that we want to play."

NEW YEAR'S PARTY TRIPS!

Temple and Temple Tours Inc. ("TNT") has been the official party trip organizer at Humber College for the past six years! If you have heard about these traditional party trips you know what a blast they are! Don't be fooled by other ads or flyers! This is the trip that you have been waiting to go on - REMEMBER TEMPLE AND TEMPLE TOURS INC. ("TNT") IS THE TRIP THAT YOU WANT AND YOU NEED!!

Call (416) 928-3227 or 1-800-465-1532 to learn about

FREE TRIPS FOR GROUP ORGANIZERS

or to book your spot for:

MONTREAL NEW YEAR'S BASH!

NEW YORK CITY NEW YEAR'S BASH!

QUEBEC CITY NEW YEAR'S SKI BASH!

NEW ORLEANS SPRING BREAK PARTY!

Temple and Temple Tours Inc. ("TNT") 402 Eglinton Street West Suite 320 Toronto, Ontario, Canada M5S 1M8
(416) 928-3227 / 1-800-465-1532 Ontario Registration #2976274

Katz remains optimistic despite tourney loss

by Eric Smith

The Humber men's basketball team closed out their exhibition-season last weekend, losing both of their games at the Raider Round-Up tournament in Rochester, N.Y.

But Hawks Head Coach Mike Katz said despite the losses his team is improving, and they are heading in the right direction.

"In terms of wins and losses, our exhibition season was not that successful," he said. "But I think it strengthens us for the league. Based on the tournaments over the past two weekends, I know we're equal to the competition out there."

In their first tournament game, Humber lost to New York City's St. Thomas Aquinas College, 67-55. Forward Jason Daley led all Hawk scorers with 16 points, and forward Everton Webb had a trio of three-pointers, contributing to his 11 point performance.

If not for some clutch shooting towards the end, Katz said Humber would have lost by more than 12 points to Aquinas, the eventual tournament winner.

"We have the makings of a good team, but the veterans aren't used to losing and the rookies are still developing," he said. "It's all a process you have to go through."

In their second game, against

New York City's Dominican College, the Hawks led by six points at the half. But with 10 minutes left in the game, the stronger American team tied the score and pulled away, winning 70-58.

St. Thomas 67, Hawks 55
HAWK RESULTS
Dominican 70, Hawks 58

"Sometimes you can win and play poorly, and still think you're doing well," said Katz. "Other times you can lose and play well, and see that almost as more of a positive."

Webb fired a game-high five

three-pointers, and his 17 points helped earn him a spot on the tournament all-star team.

"Humber was very competitive and very athletic," said George Sisson, head coach of Roberts Wesleyan College, the tournament host. "They were, however, a little bit young and they had no real inside threat."

Kevin Shand, the Hawks starting centre, was not with the team last weekend, and forward Wes Giles is still sidelined with a concussion.

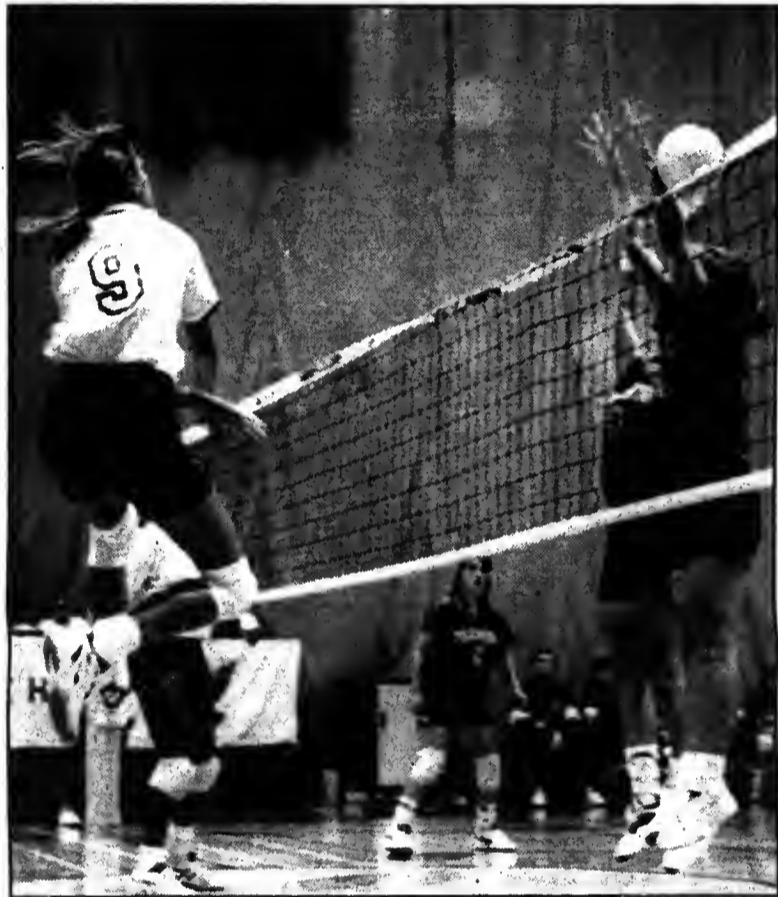
Katz said last week's suspension of veteran forward Mark Croft, and the probable departure of rookie Craig Rose, will drop his

roster down to 13 men, seven of whom are first-year players.

"Oneil Henry, Mark Croft, and Steve McGregor have been the heart and soul of this team for the past three years, and their loss has an obvious impact on this team," said Katz. "But I can't worry about that. I've got to take what I've got and try to make it better."

Humber plays their first two regular season games this week, at George Brown on Nov. 15, and at home on Nov. 18 against Lambton.

"I'm still encouraged," said Katz. "I mean, we're 0-0 in the league and hopefully we're 2-0 at the end of this week."



PAM FAWCETT

Christine Rudics (9) powers the ball past Knight defence.

Knights overpowered by Hawks

Women's volleyball team slightly affected by 'slow paced' opponent

by Pam Fawcett

The women's volleyball team battled the Sir Sanford Fleming Knights last Thursday and won in four games.

Coming off their huge victory at the Humber Cup, the Hawks were sure-fire favourites in the match against Fleming.

The Hawks jumped off to a quick start in game one with a 15-3 win. Kathy Daigle served up four points before the Knights, down 6-3, called a time-out.

The Hawks lost serve when play resumed but had a quick side-out off a push deep to the corner of Knight territory by Daigle.

Andrex-Claudia Davis was subbed in for Nicole Nightingale and served up four points off a kill and huge cross-court hit by Christine Rudics.

The Hawks served out the rest of the game with game point com-

ing off another kill by Rudics.

The Hawks took the first point of the second game when Rudics once again had a huge hit.

Nightingale had two big kills and a block to help in three of the six points served up by Amanda Roberts. Daigle served up the final six points of the game.

Hawks 3, Knights 1
(Best of five)

Nightingale scored two more kills off Daigle's serves and teamed up with Leslie Rivas on a big block that denied a Knight hit. The Hawks won game two 15-5.

The Hawks fell short in game three losing to the Knights 16-14.

Coach Dave Hood said the girls just hit a bit of a down cycle and the team they were playing had a tendency to slow the game down.

"We play very upbeat and at a

faster pace than what they (Fleming) do. When they slow the ball down, they're not hitting the ball and they're tipping it all the time, it's very tough for us to get into our offensive patterns and our defence positioning. They're not playing the more traditional, more powerful game like we play," said Hood.

The Hawks fought back to win the match with a 15-7 result in game four. Rudics served up three points with Roberts tipping the ball twice into empty holes on the Knights' court.

Roberts later served up three points of her own with help from a tip by Daigle. Rudics helped the Hawks pull within game point off Joan Walters' serve. She made a huge cross-court hit the Knights were able to save, sending the ball right back to Rudics for the kill.

\$ WIN FREE TUITION \$

1. APPLY AND MOVE INTO REZ IN JANUARY 1996.

2 EXCITING WAYS TO WIN!

Safe, convenient housing, right on campus!
Take advantage of the benefits of community living in the Residence!



2. REZ STUDENTS: REFER A FRIEND TO MOVE INTO REZ IN JANUARY.

FIRST PRIZE:
Free Tuition!

Second Prize
\$200.00 Gift Certificate from Sears.

THIRD PRIZE:
\$100.00 Grandma Leo's/Alibi Bar & Grill Gift Certificate.
For a dinner party for you and several friends.

FOURTH PRIZE: 1 of 5 Humber College Sweatshirts.

Contest Sponsored By:
SEARS
Expect more from Sears



SEE THE RESIDENCE FRONT DESK FOR CONTEST DETAILS AND APPLICATION INFORMATION.

*Ontario Tuition of \$673.30. You will receive your ballot when you move in and sign your Residence agreement. If you're already in Residence, you will receive your ballot when your friend, whom you referred to Residence, moves in and signs their Residence agreement. You must meet eligibility requirements to enter the draw. Students must move in by January 8, 1996, complying with all Residence payment guidelines. Contest not available to students with Humber College or Residence discipline records. Ballots must be submitted by 12:00 noon, January 8, 1996. Draw to be held at 3:00 p.m., January 15, 1996, in the Residence lobby.

CLASSIFIEDS

EDITOR: Chad T. Keogh

675-6622 Ext. 4514

COMPUTERS

COMPUTER FOR SALE

386 SX - 20 MHZ, 140 MB hard drive, 4 MB RAM, 3.5" & 5.25" floppies, modem, SVGA card, monitor. \$500.00 O.B.O. Also, printer, CD ROM and Sound Blaster for sale.
CALL KURT AT:
 (416) 675-6622 EXT. X4207
 OR
 COME TO LB 139

EMPLOYMENT

EARN FREE TRIPS & CASH!!!

BREAKAWAY TOURS is looking for motivated students, organizations & clubs to promote Spring Break & New Year's Tours to Mexico, Daytona, Montreal & Quebec! Leader in students tours for the past 12 years. Member of the BBB.
BEST COMMISSIONS!
CALL T.J. AT (416) 974-9774

SKIERS WANTED

Collingwood private ski club requires volunteers to assist in "Race Crew" program in exchange for FREE ski privileges. Beginners welcome. For information call (and leave a number):
 (416) 762-1796

EARN FREE NEW YEAR'S AND SPRING BREAK PARTY TRIPS WITH RESPECTABLE COMPANY

Easy gameplan. Successful team in its eighth year! Call:
 (416) 928-3227
 or
 1-800-465-1532

SERVICES

PHOTOGRAPHER:

Fantastic photos at student prices! Weddings, Fashion, Albums, Personal Portraits for XMAS, Events. PRO-Experience, PRO-Equipment! Save \$.
 References.
 Jim (905) 727-6468

NEED YOUR WORK TYPED NEATLY AND ACCURATELY?

Let Hands-On Typing provide quality work for you at low rates.
CALL TERESA AT:
 (416) 235-1638

WEDDING PHOTOGRAPHY

Creative, custom coverage. 14 years experience.
PLEASE CALL ROB MCKINNON:
 (905) 713-5244

\$\$\$CASH FOR BOOKS\$\$\$ TEXTBOOKS WANTED!

CALL: (416) 234-6806
 OR
PAGER: 760-1533

SECRETARIAL SERVICES

Reports, essays, resumes, cover letters and general correspondence. **Quick turn around time. Reasonable rates. Pick up and delivery available for students in residence. Ten minutes from North Campus.**

CALL KAREN AT:
 (416) 742-8229

ANNOUNCEMENTS

SILENT AUCTION T.E.O.F.

(Toronto Educational Opportunity Fund)

The Recreation leadership students are holding a silent auction that includes many fabulous items. This event will take place in the concourse in Humber College on Tuesday, November 21, between 9:00 a.m. and 2:00 p.m.

TOP FIVE LIST

LORRIE'S TOP FIVE:

"THINGS I REALLY HATE!"

- 5/ Those Monostat commercials - 'nuf said.
- 4/ People with closed minds who don't keep their mouths the same way.
- 3/ Jehovah's Witnesses that come to your door at 7 a.m. on Sunday. Shouldn't they be in church or something?
- 2/ People who believe they know everything, and are really annoying to those of us who actually do.
- 1/ People who leave the toilet seat up.

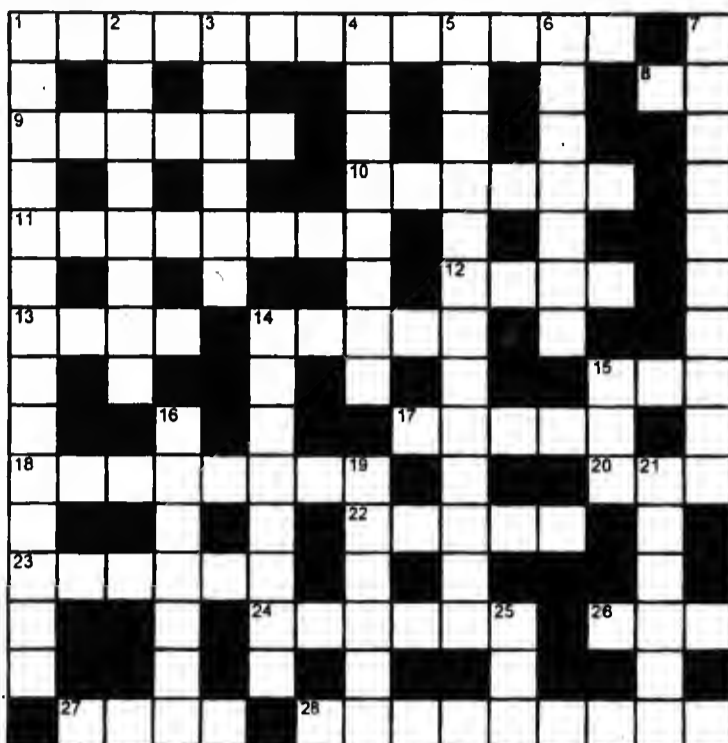
Crossword Puzzle

ACROSS

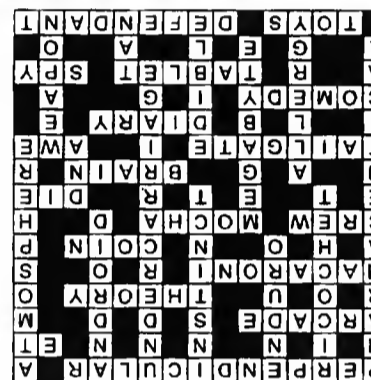
- 1/ At a right angle to a given line or surface (13)
- 8/ Extraterrestrial (abv.) (2)
- 9/ A covered passageway lined with shops (6)
- 10/ Reasoned expectation as opposed to practice (6)
- 11/ Pasta in the form of tubes (8)
- 12/ A piece of metal legally stamped and used as money (4)
- 13/ A group of people working together (4)
- 14/ A flavoring combining coffee and chocolate (5)
- 15/ A small cube with one to six spots on each side (3)
- 17/ The part of the central nervous system which is contained within the skull (5)
- 18/ To follow another motorist too closely (4,4)
- 20/ A mixed feeling of reverential fear, wonder and dread (3)
- 22/ A daily record (5)
- 23/ A play with a pleasant or humorous character (6)
- 24/ A small mass of medicated material (6)
- 26/ An agent employed to watch others secretly or to collect information (3)
- 27/ A child's playthings (4)
- 28/ A person being accused or sued (9)

DOWN

- 1/ Pertaining to the knowledge of pharmacy or drugs (14)
- 2/ A glancing rebound or skip (8)
- 3/ A long race stressing endurance rather than speed (6)
- 4/ An inborn tendency to behave in a characteristic way (8)

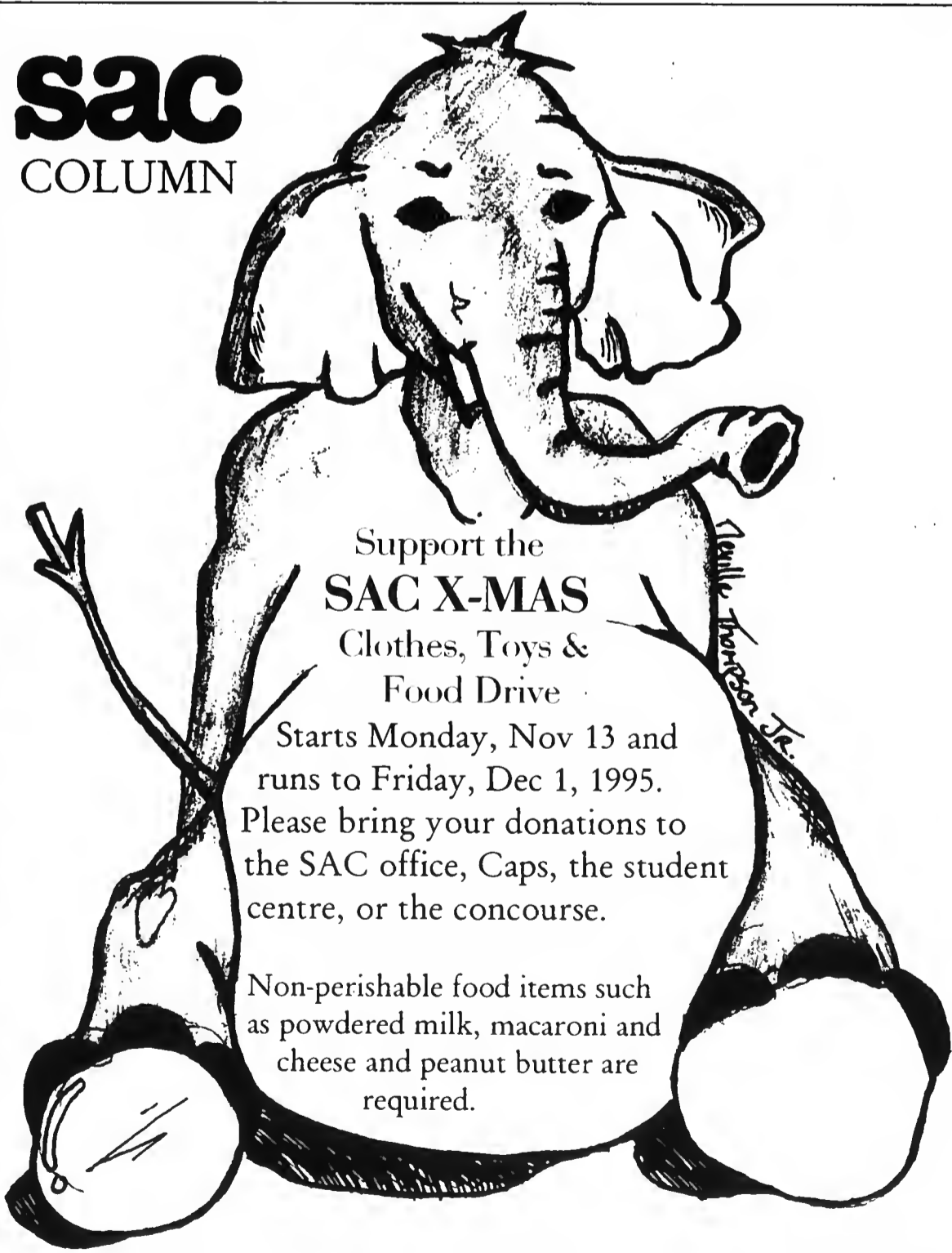


- 5/ The supporting framework of an automobile (5,8)
- 6/ An automaton made to look like a man (7)
- 7/ The gaseous envelope that surrounds the earth (10)
- 14/ One million bytes (8)
- 15/ Deoxyribonucleic acid (abv.) (3)
- 16/ An altered or acquired state of sensitivity (7)
- 19/ Fit or safe to eat (6)
- 21/ An instrument of offense or defense (6)
- 25/ To brown the skin (3)



sac

COLUMN



Support the
SAC X-MAS
 Clothes, Toys &
 Food Drive

Starts Monday, Nov 13 and runs to Friday, Dec 1, 1995. Please bring your donations to the SAC office, Caps, the student centre, or the concourse.

Non-perishable food items such as powdered milk, macaroni and cheese and peanut butter are required.

WORKSHOP ON

Death and Bereavement

Led by Don Foster, Co-ordinator Funeral Services

Topics Include:

- How do health professionals cope with death?
- How can health professionals best assist the dying and their families?

When: Wednesday, November 22, 1995
Where: Room B222
Time: 3:30 p.m. - 5:30 p.m.

Sponsored by the School of Health Science and Counselling Services

EMC ...

Hot Off The Wire Please – I hardly know you

(CP) Two Chinese women managed to avoid going "snakey" while setting a world record for living with snakes. Qian Linping and Ni Junfang, both 22, spent 12 days in a room with 888 snakes.

The number 888 is a lucky number for wealth seekers in China.

The two women left behind 666 cobras and 222 other snakes after they set the record Monday, November 13, in Beijing.

One of the women was bitten by a small cobra on the first day, but she removed the poison and took Chinese herbal medicine as an antedote. The women said the snakes often crawled across their heads and touched their faces and the bottoms of their feet with their tongues.

The time was witnessed by representatives of the Guinness Book of World Records. The previous record for living with snakes was 10 days, set by a Singaporean who lived with 200 snakes in 1987.

Scientists stunned by old logs

(CP) Old logs found floating in a lake in northern Ontario have scientists in a flutter.

The pine logs have apparently been floating undisturbed since Da Vinci was putting the final brush strokes on the Mona Lisa.

Researchers were stunned to learn the logs in Swan Lake are from White Pine and Hemlock trees that first took root in the late 1100s.

The trees died and fell in the lake in the early 1500s and have remained intact ever since.

Japan's police keep up with politics

(CP) Police in Japan are putting one of their Union's rugby teams on call to keep up with U.S. President Bill Clinton and South Korean leader Kim Young-Sam when they go jogging.

About 30 members of the Osaka Police Rugby Club will accompany the two leaders on their morning run during this weekend's summit.

Until they hit upon the rugby team idea, Japanese security officials were in a quandary over how to protect the two presidents.

Blast from the Past

Thursday, February 12, 1987



ROBIN FARLEY

A student of the Funeral Services program shows exactly what has to be worn to protect themselves from infection while on the job.

PICK-A-FLICK



Can you name the movie this clip is from?

The first four people to come to the Newsroom (L231) on Monday with the correct answer will win a prize.

Last Week's Winners: Rann Sharma, first-year Radio Broadcasting; Jenn Quirk, second-year Business Administration.

Last Week's Answer: A Few Good Men

Donations turned down

by Robin Farley

In the past two years, the bodies of two AIDS victims were offered to Humber College's Funeral Services for embalming. They were turned down.

Paul Faris, a teaching master for Funeral Services, explains why. "AIDS is transmitted by bodily fluids. The worry about blood and semen is top priority. Embalmers must replace the blood in the body with solutions that disinfect and preserve. They are faced with three ways of becoming infected," he explained.

• Direct contact – The embalmer cuts himself, and his blood is exposed to the blood of the body he's working on.

• Ingestion – An embalmer may inadvertently contaminate a pen and later put it in his mouth.

• Breathing in the virus – As the blood dries, the virus may escape into the air.

Before AIDS-contaminated blood is disposed of it must be chemically treated. Sodium hypochlorite (Javex) is mixed with the hypochlorite (Javex) is mixed with the hypochlorite to kill the virus. However, Javex cannot be mixed with embalming fluid. The combination of the two creates harmful fumes.

Students tend to cut themselves more often than experienced embalmers, said

Faris. There is a greater chance of contamination.

"Students in funeral services, like embalmers in the work place, must always be careful, because they could unknowingly have worked on bodies carrying the virus," he explained.

"Many people don't know they have the disease, because it takes several months or sometimes years to become sick."

In the guidelines for funeral directors, it says you should not handle the phone with contaminated gloves. Before going to work, you should arrange for someone else to always answer the phone.

Companies that sell equipment to funeral directors sell special AIDS kits. The kits have plastic gloves, aprons and covers for shoes and the head. Goggles and a nose and mouth mask are also included.

Scott Doney, a Humber graduate from 1983, works at Humphrey Funeral Home which has worked with AIDS contaminated remains. He said they have worked on approximately 25 such bodies out of almost 1,000 in the last year. According to Doney, other funeral homes are willing to accept AIDS remains, however there can be a variety of conditions attached.

"Sometimes the funeral home may ask that the casket not be opened," he said.