

# Humber Et C



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PHOTO BY JULETTE DUFFUS

He's not a magician, but he can make a radish into a rose. Humber Hospitality student Calbert McDonald wooed a crowd of curious on-lookers with his amazing ice sculpting abilities.

# HEAT WAVE

BY LUKE MCCANN  
News Reporter

All this hot weather makes it difficult to concentrate on school, especially inside Humber College where there's no escape from the heat.

Doug Deason, head of plant services at the physical resource division, said the central air conditioning system is not ready for use. "It would take about \$25,000 and three or four days if we removed my plant staff from their jobs and had them concentrate on getting the system ready," Deason said.

Expect a change in the weather before Humber starts operating their central air conditioning system. "We're not expecting this weather to keep up," said Deason.

Humber's heating and cooling system is centralized but separate. In order to run the cooling system Humber has to shut down the heating system, which could be risky in March.

"How can you go from a snow storm last week to 27 degrees Celsius this week? This is not normal. If we started the air conditioning

system what would we do if the weather turned cold suddenly?" said Deason.

The N building and NX building are air conditioned, Deason said, because they have an independent system that was more recently built.

Humber usually has the AC system operational by May 1 and starts it up June 1. Deason said that it's more cost effective to begin the system at the start of the month. But, if the hot weather persists, Deason predicted the AC system would be ready for use by mid April and in use by May 1.

Another risk to starting the AC system too early is that the equipment could break. Deason said that the AC system is protected by antifreeze in the winter and once that is removed, cold weather could easily damage the equipment.

Meanwhile, Deason said that the ventilation system is running 100 per cent fresh air 24 hours a day. It's just too bad that on some days the fresh air is 27 degrees Celsius.

## Arrest follows threats at Lake

BY GREGORY LEE  
News Reporter

Lakeshore campus students are in the dark after a student allegedly made death threats to classmates and was thought to have a gun.

On March 11, police arrested the suspect at the college after receiving complaints of his behavior. The arrest occurred at approximately 4 p.m. in the gymnasium. Plainclothes police who had been working undercover since the day before cleared out the gym and the men's change room, then arrested him.

"They (the police) arrested him while he was in the shower and not carrying anything," said a bystander. "They cleared everyone out of the gym. They were serious about it."

The arrest involved eight police constables and failed to produce the alleged firearm. According to Detective Sergeant Gerry Hanlon of 21 Division, no gun was found after a search of his locker and car.

According to sources, the suspect had been acting hostile to some of his fellow classmates in the General Arts and Sciences program. The complaint was filed only after several other students had been threatened. One of the students threatened is still reluctant to return to school.

"The college is not interested in people who behave like this at the college," said Lakeshore Principal Pat Ferbyack when asked if the student would be re-admitted to the college.

Many of the students at the Lakeshore campus haven't heard of the incident, prompting concerns over safety.

"They should let us know what's going on at the campus. It could happen to us," said a first-year business administration.

"Well, I don't know who takes care of situations like that but since I've been here I have no idea who anyone is," said a first-year business administration student remarking on the seemingly invisible security staff and measures.

"We didn't make a campus-wide announcement," said Ferbyack. "We let the GA&S class know that he was no longer around."

The measures to be taken to assure that the student won't return to campus after the legal process were vague. Security officials wouldn't provide details on what steps will be taken.

Charged with uttering death threats is Andrew Proctor, 31. He is currently in custody and awaiting trial.

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<http://etcetera.humberc.on.ca>

## Renovations planned for library

BY TREVOR HICKEY  
News Reporter

Humber College's library will be renovated this spring to minimize the current noise problem that students have been complaining about.

Doris Owusu-Bemph, a first-year Business Administration student, said she has a hard time concentrating a lot of times because of the noise in the library.

"The floors are supposed to be quiet, and people are being noisy. People are not using the library as it should be used," she said.

She isn't the only student who finds Humber's library noisier than most libraries. Chris Parsons, a second-year Marketing student, doesn't go to the library because of the noise.

"People in there are rude and noisy. I don't go in there because it's too hard to concentrate," he said.

But what should be done about this noise? Marlene Wee, a first-year Computer Information Systems student, has a suggestion.

"They should close it in or something to reduce the noise," she said. "Maybe put up signs."

According to Bruce Bridgeford, of the Physical Resources Department, the \$50,000 soundproofing and renovation process will not begin until late April.

The sound-proofing process will involve the installation of sound absorbing tiles in the atrium area so that when the noise filters upward it will be absorbed, as opposed to bounc-

ing off the hard ceiling which it does now.

Bridgeford said that the work is not being funded from the library budget or the college budget, but from a facilities renewal grant, or part of one, that comes from the Ministry of Education and Training.

The structure of the library accounts for the majority of the noise that echoes and disturbs the studies of some students.

The open atrium area, located in the main entrance of the college, allows noise from incoming students to filter up and people can be heard from any floor in the library.

Douglas Willford, who laughingly refers to himself as 'Conan the Librarian', said that some rules are posted, but students need to learn to respect each other when they are in the library studying.

"When you come in we do have signs outside the library that suggest respecting the integrity of other students and their studying in a quiet conducive environment for study. That's the basic rule that applies to most libraries," Willford said.

According to Willford, action is being taken this spring as a result of the noise report conducted in April '95.

"Doors will be installed on the first level. A partition will block off the main study area on the first floor, it will keep the noise out of that area," he added.

Willford said that with the open atrium, it is hard to keep the noise down in the library.

"The problem is we have this open concept downstairs. When



PHOTO BY TREVOR HICKEY

### A student browsing in library.

you come in, there are no doors so the noise filters in through the hallway.

"Then you have what we call the atrium so the first three levels are noisy because even if you go around and ask the students to be quiet up here, you still have the noise filtering up through the atrium and you

have peripheral noise coming in off the hallway," Willford said.

Study carrels have been put up on the fifth floor and the telephones have recently been removed to help make it a quieter area.

Library officials are now replacing the study tables on the fourth floor with study carrels, which will make for a more concealed study area.

Willford said that they now have a schedule and the staff go around on the fourth and fifth floors and ask the students to be quiet.

The library staff has noticed that cellular phones are becoming a problem and will have to be stopped.

The changes to the library are starting in late April or early May because Humber only has approximately one third of the students attending the college during that semester.

(With files from Tammy Sedore)

## Motorcycle Program revs up

BY JENNIFER MCLAUGHLIN  
News Reporter

Engines were roaring and the sun beamed down as 87 students geared up motorcycles for the first time.

"The weather is great. Normally we still have snow for the first weekend," said Instructor, Steve Barratt. The Humber College Motorcycle Training Program had its first course of the year this past weekend.

The Friday night class consists of a theory session. Saturday and Sunday are all day practical sessions. Humber College provides the motorcycles for those who are taking the basic weekend program.

There is one instructor for every five students, but the

instructors team up to teach a group of 10. Instructor Lawrence Eubank explained that this way every student can get the attention they need.

Everyone learns at a different pace. A group setting with more than one instructor means that everyone can get personalized attention, Eubank said.

If one student needs some extra instruction, an instructor is available to help and the rest of class can continue. It works very well. The first three weekends for the course are already booked solid. Eubank said that some people come from out of town and stay with friends or family in order to take the course, but for the most part the program attracts people from in town.

Rod Guerron, a salesperson

from McBride Cycle on Dundas St. W., said he encourages his customers to take the course.

"I took it, it's a good course," Guerron said. They start you from scratch, like you've never seen a motorcycle before. It's a lot of fun, with a lot of focus on safety."

This year, the college will offer an advanced, Class-2 exit course in addition to the beginner one. Program Co-ordinator Wendy Moher said, "This way the student doesn't have to return to the Ministry (of Transportation) to get licensed. We can do everything here.

"It's a full weekend of instruction and you get to try a bike before you buy one. Everyone knows how expensive motorcycles can be," Barratt said.



PHOTO BY JENNIFER MCLAUGHLIN

Eighty-seven students of the Humber College Motorcycle Training Program taking a roaring ride.

Hey! Your exam is over. It's time to think about another 4 letter word!

JOBS.

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# Minority journalists tackle equity in the media

BY WENDY INKSTER

News Reporter

"Erasing Colonialism" was the focus of a seminar at York University on Monday night.

The mandate involved increasing awareness about the lack of women minorities in the media, both in front of and behind, the camera.

Jee-Yun Lee, a reporter from ONTV, and Pauline Chan, an anchor from CFTO, were involved in the discussion. Both are Humber College Journalism graduates.

"I work at Queen's Park and it's definitely a boys club there, basically if they are looking at you they just want to see how high your skirt is," said Lee.

It is not often that you turn on the news and see an unattractive and overweight woman. This raises a lot of concern for women in the field because it seems there is a sort of profile you have to fit in order to make it on screen. "I sort of break all the rules by having flat hair and no make up, my strength is that I am myself," said Lee.

"I think it will get better, but I doubt that there will be a day where I will see a Korean female anchor on ABC nightly news. It's up to the public, they're the ones with the real voice, not us. They're the ones who have to say, 'I want to see more of a representation with my newscast, if I don't I will turn to someone else,'" Lee said.

Pauline Chan is a very familiar face to many because of her anchor position on CFTO.

"I would be terribly hurt if someone told me I was hired because I am a visible minority. I'm sure it was a factor in why I was hired, but I think that the factor that comes into play for me is being a woman, more than being an Asian woman," said Chan.

Chan tried to shed a more positive light on a grim topic: "there are a lot more women to be seen in the media now, I don't think that the numbers are quite as many as men, but there is almost a feeling of half men and half women on air."

The panelists agreed that being a woman can at times work for you, instead of against you. However, this often involves being called a "cute little lady" and putting on a happy face in order to get some extra information on a



PHOTO BY WENDY INKSTER

Humber's own: former student Jee-Yun Lee from ONTV along with Journalism instructor Mel Tsuji and Pauline Chan from CFTO, attended a seminar at York University to discuss the lack of women minorities in the media.

story that a man may not get. Whether this is positive or negative is definitely debatable.

The objective of the seminar's discussion was to show the public that there is a lack of representation in all forms of media.

The point stressed throughout the day was "visual is vital."

"It is getting better. Slowly but surely it is improving, but it is a very slow process. If we can just keep chipping away, eventually and hopefully, we will see something bigger and better," said Chan.

"We are subjected not only to the news, but to those

who broadcast it and traditionally this role has been given to males," said Sheena Reid, one of the sociology students running the event.

"Although this is slowly changing, women are a long way from journalistic equality. As we accept that women are at a disadvantage in the world of journalism, we must then acknowledge the fact that women of different cultural backgrounds are at even more of a disadvantage," Reid said.

"I think we drove a lot of really strong points home," said Lorraine Mar, another one of the satisfied event organizers.

## Humber awards its very best

Fifteen Humber students and staff to be honored.

BY CARLY BAILLIE

News Reporter

Humber's cream of the crop has risen to the top.

Nominations for the Student's Appreciation Awards closed last Wednesday. Thirty-two candidates were deemed worthy of nominations by Humber students and staff, but only about half will be honored at the banquet on April 7 when 15 awards will be given out.

Maggie Hobbs, director of Student Activities said that last year around 28 high achievers were nominated so recognition is on the rise, which is good as it's important to recognize the people who do extra things for students.

Recipients must be students, staff or faculty of North or Lakeshore campuses who have enriched and improved the lives of students at Humber College.

Nominees are individuals who have shown excellence in social or cultural events, athletic achievement, student government, special events, fundraising or extracurricular activity.

Hobbs said nominations usually come from across the college.

"Of course there's always a SAC member nominated. It's just the nature of the beast, but it's not geared only to them," she said.

### And the nominees are....

Ryan Burton-Garland  
David Wallace  
Linda Yang  
Kaush Nantubhai  
John Conrad  
Ann Malby  
Roxanne Nicholas-Strin  
Leanne Henwood  
Stelios Kypri  
Carina Cunanan  
Lynda Hausman  
Brendan Good  
Steve Barber  
Marc Shu-Lutman  
Constance Dimesch  
Lyndsay Duangratdy  
Mathew Burttrill  
Allaina Tufts  
Rodney Fowler  
Ann Tsirgielis  
Pankaj Vaskal  
Francis Sta. Maria  
Arthur Campus  
Paul Masotti  
Slobodan Urdarevik  
Shirley Forde  
Jeremiah Tesolin  
Ken Cummings

## Banks reject OSAP revisions

BY JENNIFER MCLAUGHLIN

News Reporter

The government and the banks don't see eye to eye when it comes to student loans.

A recent proposal to reform Ontario's student loan plan has been rejected by the banks. This leaves the future of student aid in the province in a continued state of uncertainty.

"The government should learn from this that student aid cannot be reformed in isolation, without stakeholder involvement", said Executive director of the Ontario Community College Student Parliamentary Association (OCC-SPA), Cynthia Hilliard. "We hope the Minister will now keep his promise to have a regular roundtable of all key groups in Ontario to exchange views and information on student aid."

On February 20, the government had announced its intention to change the rules on student loans. It wanted the banks to take over responsibility for collecting student loans and absorbing

defaults, in exchange for a premium paid by the government. Another proposed change included giving students up to 15 years to repay their loans instead of the current nine and a half years.

The government also introduced a one-year period after graduation in which students can make interest payments, with no payments on the principal. A graduated interest relief plan, to provide help to some recent graduates unable to make their payments was also presented.

Officials at the Royal Bank of Canada, the Canadian Imperial Bank of Commerce and Scotiabank (the three institutions currently involved in providing student loans) chose not to respond to the government's request for proposals. Bank officials said that there was not enough time to implement a new plan for September.

Margaret Antonides, manager of the Financial Aid and Awards Office said the problem between the banks and the government is

an ongoing one.

"Banks don't make any money on student loans because they have to carry the default," she said.

Inadequate measures to prevent students from being responsible for more debt than they can pay is another problem between banks and the government.

"The fact that the banks are saying student debt is too high is very significant," Executive Director of the Ontario Undergraduate Student Alliance, Rick Martin said.

"Banks have a pragmatic approach to lending, tempered by long experience. They don't want students forced to take out more loans than they can pay back," he said.

Banks have argued for more generous interest relief programs for low-income graduates. They have also stressed the need for a form of grant targeted at graduates with high debts and low incomes.

## Congratulations!

Kudos go out to the Humber Et Cetera staff members who have found jobs at newspapers and magazines. The remaining staff members and faculty wish you all the best in your careers.

**Bethany Lee (Editor-in-Chief), Jeff Allen (Sports editor), Darren Leroux (Art Director), Kris Sheuer (Managing editor) and Bernice Barth (Copy editor).**

# Et Cetera Editorial

## Good luck BOG

As of April 18, RoxAnne Nicholas-Stringer will be acting as student representative on the Board of Governors, a.k.a. BOG. After talking to Nicholas-Stringer, it's evident she is an enthusiastic representative, brimming with optimism.

Her main goals deal with the allocation of student funds for things that actually benefit students.

While the programs she wants to allocate funds to are worthy, we'll see how spunky she is after dealing with the stuffy, corporate sharks that are BOG.

Best of luck to Nicholas-Stringer, and here are some things we'd like to see from her:

Actual representation of what the students want, as opposed to what she assumes the students want.

Nicholas-Stringer said she wants to be visible and available for students. We commend this, but warn her that this promise could turn into a living hell. Between students badgering her and the *Et Cetera* illuminating her every move in the spotlight, she might want to enroll into the witness protection plan.

Temperature control. Here in the newsroom, we suffer from hypothermia in the winter and heat stroke in the spring. The recent heat wave had everyone in the L wing fanning themselves with printer paper and, in general, more lethargic than usual.

As the editorial staff of the *Et Cetera* bids adieu to Humber College, we encourage Nicholas-Stringer to rest up and prepare for the upcoming year. There'll be a new lot of fresh-faced keeners in the newsroom salivating for their first opportunity to "bring down the establishment", "damn the man", *et cetera, et cetera, et cetera*.

## Bye-bye breakfast

Toronto's Board of Health is set to begin another episode of controversial economic restructuring and, yet again, students will pay the price.

This time it is elementary school students who are directly affected. Thousands of hungry Toronto children may lose their school breakfast and lunch programs this week, if the city doesn't kick in \$700,000.

Speculation is that if the city doesn't approve the allotment, these programs will have to look to parents and corporations for support.

Children are the future of this city. The municipal government wants to put the city's future and the futures of those less fortunate into the unstable hands of corporate tycoons, interested primarily in tax write offs and public relations.

These programs were created because there was a need. Many children, because of economic or social situations rely on the nutritious meals available at school. Most people are familiar with the phrase "a car can't run on empty", so how can one expect a child to learn on an empty stomach? Studies have shown that well fed children learn better than those that are hungry.

Poor children have a right to the best education possible and life is difficult enough without letting them go hungry.

If the city does not protect these programs, then monies invested in education will be wasted.

Like a pebble thrown into a pond, dropping these programs would have a ripple effect that all Torontonians will feel.



## More monkey business

BY ANTONIO TEDESCO

What is up with that monkey commercial? What is the advertiser saying? And, more importantly, who is the advertiser?

If you haven't had a chance to watch TV in the last week or so (I know exams are gaining on us, but TV is TV), let me try to explain what I'm talking about.

Filmed in cryptic black and white, in what appears to be an ancient cathedral, a strange song begins. The face of a happy monkey typing something while the maniacal music plays on, is an image that haunts my every wak-

ing moment. The camera pans to the left and right and the narrator begins his speech: "An infinite number of monkeys on an infinite number of typewriters will eventually define all that is Canada."

My point remains the same: what are they talking about???

Sure, Jean Charest has resigned as Federal Progressive Conservative leader and has agreed to run as Liberal Leader in Quebec, but I doubt that's what they're talking about. Unless, they're trying to say he's a monkey for leaving.

Sure Jean Chretien has said he will run again in the next federal

election, but is he the monkey in question?

Maybe, but... I doubt it.

Wait a minute, I think I have it!

Maybe they're calling us monkeys for not caring that much about anything.

Nothing seems to faze Canadians! And I mean NOTHING! We're just a nation of hippies that never grew out of the marijuana-soaked sixties. Somalia aside, Canadians are the world's peace-keepers, and we will never hurt a fly.

Or maybe my brother's right. In Canada every commercial that means anything is about beer.

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 Phone: (416) 675-3111 ext 4514  
 Fax: (416) 675-9730  
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## Put your money where the gun is

BY K.C. COLBY

"Janie's got a gun ... Her whole world is come undone." - '90s rockers Aerosmith.

The fists of the '50s are the knives and guns of the '90s.

According to the Metropolitan Toronto Police Youth Bureau, female teen violence is changing in "harmony" with society. Females are more likely to attack a victim as a gang, or "swarm" and are more likely to beat their victims more severely. Violence has become accepted among some girls as a means of payback and as familiar as one's favorite song lyrics.

"... Momma said knock you out." - '80s rapper L.L. Cool J.

What's as frightening as the problem, is the solution; or lack of one. The youth bureau acknowledges that violence is on the rise

and more severe. Organizations like Kids Help Hotline say reports of female teen violence are increasing, but not at the explosive pace that authorities claim.

And help agencies, like the Youthdale Treatment Centre - which offers counselling programs for abused teens, are scrambling to cover the demand for crisis response and have waiting lists of five to eight months for long term care. As a result, many victims don't come forward and, even if they did, there aren't sufficient resources available to help them.

"I'm 18 with a bullet ... Got my finger on the trigger ... Gonna pull it." - '70s rocker Alice Cooper.

The time for action was yesterday, and even yesterday was too late.

We owe it to those unfortunate

souls who died as a result of female teenage violence, those innocent individuals at the wrong place at the wrong time. And, most recently, the young Saanich, British Columbia girl, Reena Virk, who died at a swarming.

Maybe, by acting now, we can save a life.

Governments must hear the screams, see the blood and free up money for programs that have become a necessary part of a school's curriculum. The work has to start early in the educational process where it can be presented in a structured, controlled environment.

Human values must be not only discussed, but practiced.

We've got a lot of work to do.

History tells us that.

"... I'd rather see you dead little girl than to see you with another man." - '60s icons The Beatles.

## Make the student protest count

BY CATHERINE MATHEWSON

Student protests have erupted at universities and colleges across Canada. Most are over fees.

York students, who broke up a Board of Governors meeting and then held the university president captive in her car, wanted a tuition fee freeze, among other things.

At the University of Toronto (U of T), students, infuriated by the fee-hiking board, wouldn't let President Robert Pritchard give an address.

And in Alberta, two students fighting an almost nine per cent increase in fees, were arrested for painting their protest on a wall.

The trouble is that while students are trying to be heard, school boards aren't listening.

"It's just a waste of time," said York University President Lorna Marsden. "I remember the first one of these in 1968 at U of T and it was the exact same tactics."

Same tactics, different level of desperation. Things are not what they were in 1968. Students aren't

protesting the Vietnam war anymore.

With youth unemployment at around 17 per cent and the bleak prospect of carrying a massive debt load through the first few years of low-wage employment, students have their backs against the wall. Many can't afford to take out a loan, in case they become forced to declare bankruptcy.

The boards say they're sympathetic.

York Board Chair Charles Hantho, also a director of Camco, Inco, TransAlta, AGRA Industries and Imasco, said, "the board is very sympathetic to the fee increases." He adds that, "this kind of thing (protests) doesn't help students' causes."

This is the problem. How does one convince corporations that it's a whole new ball game for those of us facing this grim future? How does one organize a serious protest that won't lead to arrests and disruptions, yet prove to the boards that we're not just a bunch of hooligans?

For one thing, has anyone considered a boycott? Humber College Board of Governors has 17 members who tend to be members of the business community - bank presidents and presidents of large corporations. Students could refuse to deal with products and services that are the livelihood of board members. With the number of students affected by the fee problems, this kind of boycott would go a long way in convincing board members of the repercussions of their actions.

Another method is to organize a sympathy strike at these same corporations. The workers at most of the companies were students too. Most union leaders would seize this opportunity to flex their collective muscle. And the board members would be forced to recognize the consequences of ignoring the demands.

We can't simply deface or terrorize in order to make a point. We must hit them where it truly hurts.

Right in the pocketbook.

## wire

### campus

#### Brock University

Thirty students from Brock joined 2,500 other Canadians on the bank of the Rideau Canal in Ottawa on March 27, to protest the killing of baby seals.

[www.brocku.ca/press/](http://www.brocku.ca/press/)

#### Dalhousie University

Dalhousie University receives the fifth largest amount of money in endowment funds among Canadian universities, about \$9 million. More than a third goes to support students. The only universities getting more endowment support are University of Toronto, University of British Columbia, McGill University and University of Alberta.

[www.is2.dal.ca/](http://www.is2.dal.ca/)

#### Ryerson University

Fee hikes notwithstanding, statistics released by the Ontario Universities' Application Centre indicate that this year, the number of high school applicants for university has risen an average of nine per cent. Ryerson has had an increase in applications of 13 per cent. That means almost 14,000 high school graduates will vie for 3,600 first year places.

[www.ryerson.ca/](http://www.ryerson.ca/)

#### University of California at Berkeley

For three days, a UC Berkeley junior spent his spring break locked up in a Serbian jail cell. Along with five other Americans, he supported an Albanian student protest in which students were trying to gain the right to study their own culture and language at Kosovo University. A U.S. Diplomat negotiated their release.

[www.dailycal.org/](http://www.dailycal.org/)

#### York University

Parking rates rise again at York. Next year they will be up about 33 per cent, bringing an eight-month unreserved parking decal to \$252. By the 2001/2002 school year it will cost \$320. (Humber's was \$368 last year)

[www.yorku.ca/](http://www.yorku.ca/)

## Good Canadian



### Rosie Rowbotham

Rowbotham is a self-acclaimed marijuana kingpin who received the longest sentence ever give, for trafficking pot in Canada. Recently released and rehabilitated, Rosie is still flying high.

Figuratively speaking, of course.

In his prime, Rowbotham was a counter-culture icon, and an inspiration for the likes of Norman Mailer and Neil Young.

He still doesn't believe pot is evil. Merely that, he regrets the pain he caused his family and friends.

An intelligent man, Rowbotham has little in the way of money, but continues to live day-to-day, working for the CBC. And, while he no longer smokes pot, he said he would do it all over again in a heartbeat.

Good for Rosie.



## Bad Canadian



### Bernie and Krista Nauss

The Nausses are the new faces of evil. They are Damien and whoever Damien's wife is. Their lucky number is 666 and they have pentagram tattoos.

Okay, that's just the jealousy speaking.

This week they are the Bad Canadians simply by default. They are bad for 22 million reasons. All of them superficial and greedy, but reasons nonetheless.

The spliff-happy Nausses have a lot of money, and we at the paper do not. So by no fault of their own, and purely through issues that have yet to be dealt with, these are the Bad Canadians.

Rich Bastards!



Good Canadian, Bad Canadian is brought to you by Chris Stephenson

Et Cetera

April 2 - 8, 1998

# Et Cetera On Campus

## Best Buddies make the best friends

BY JENNIFER MCLAUGHLIN  
Campus Reporter

In September, when Kimberly Kehler started working at Best Buddies, she didn't know she'd be making a friend. She was matched with Julie, a woman with developmental disabilities.

"We go shopping a lot. We've gone to movies. She's an extremely loyal friend. She's always happy to see me and I'm happy to see her. It's no longer a volunteer position. She's my friend. She's taught me a lot," said Kehler.

Best Buddies is looking for a student to help them start a chapter at Humber this September. The non-profit organization has been creating friendships between adults with developmental disabilities and university and college students in Toronto since 1996.

"Best Buddies is really about friendship and having fun," said Best Buddies Canada Executive Director, Heather Johnston. "But it's also about breaking down barriers and changing attitudes

about people with developmental disabilities.

Students who get involved with Best Buddies are often surprised at what they learn, not only about people with developmental disabilities, but about themselves," Johnston said.

Mary Lynn Rothwell, of the Community Integration Through Cooperative Education program (CICE) at Humber College, is happy the organization is coming to Humber.

"It's a volunteer opportunity that will link students in the CICE program to the rest of the College," she said. "It's wonderful for the CICE students. It's difficult for them to get involved with others at Humber. Normally they end up just staying together."

Each of the 33 students in the CICE program could be matched up with Humber students through the Best Buddies program.

For more information call Best Buddies at 967-9215.



PHOTO BY JENNIFER MCLAUGHLIN

Heather Lackau, Fabio Tonin and Paul Smith will be the best of buddies.

## Theatre Humber Presents...

Theatre Humber will be presenting William Shakespeare's *A Midsummer Night's Dream* and *Romeo and Juliet* in rotation. *A Midsummer*

*Night's Dream* will run April 7, 9, 16 & 18, 1998 at 8:00 p.m. and on April 11 & 19, 1998 at 2:00 p.m. *Romeo and Juliet* runs April 8, 11, 15, & 17, 1998 at 8:00 p.m. and April 12 & 18, 1998 at 2:00 p.m.

Both plays are directed by Mark Schoenberg and will be running at Theatre Humber, 3199 Lakeshore Blvd. West at Kipling. For reservations call (416)675-3111 Ext. 3414

## SAC EVENTS & INFORMATION

Below are the upcoming events that SAC is holding for the month of April

**Daffodil Sale** will be held on April 2-3 in the Concourse. All proceeds will be donated towards Cancer Research.

*Congratulations*

Tracy Boyer and Ken Bell. Tracy & Ken will be stepping into office on May 1. Tracy will be the new SAC President & Ken will be Vice-President. SAC would like to wish you both the best!!!

Appointments for **FREE LEGAL AID** are being made on April 9. Come in and book your appointment.

The Disc Jockeys & Dancers Club will be holding a Jam Night of April 17 at Caps. The Jam starts at 8:00pm & donations will be given to Sick Kids Hospital.

**SAC**

## Life in the BOG

BY LUKE MCCANN  
Campus Reporter

RoxAnne Nicholas-Stringer is the newly elected student representative for Humber's Board of Governors (BOG).

Nicholas-Stringer, a second-year nursing student, will serve as a BOG member from September 1, 1998 to August 31, 1999.

In the 1997/1998 school year Nicholas-Stringer is the Health Services representative for SAC. She initiated an idea to get the library to purchase one copy of every text book used in all the programs at Humber.

"A reference copy of every book is important to students who can't afford them right away," Nicholas-Stringer said.

So far, she has managed to raise \$6,000 for the project, however, the estimated cost of buying every text book is \$72,000.

"I'm going to bring this up at the first BOG meeting. In the present tuition proposal they're giving the library \$50,000, so, I want to make sure I know where it's going," Nicholas-Stringer said.

She wants to be more visible and more available to the students.

"When we had our SAC meeting, about the tuition increase, we didn't have enough time to get student responses. SAC vice president external, Cameron Swimm, wanted immediate feedback! In one day! ... I didn't think students

were well represented because SAC didn't speak to the students," said Nicholas-Stringer.

Humber's BOG is now accepting applications for one representative from the administrative staff and one representative from the faculty.

Faculty representative Paul Pieper and administrative staff representative Lois Wilson have finished their terms.

Humber's BOG has 17 members, responsible for approving college policies, including tuition, financial statements, property issues and new program approval and cancellation of existing programs.

Twelve external members (not employed by the school) are appointed by the Council of Regents and four internal members - a student, the support staff, the academic staff and the administrative staff representatives are elected.

All members have a three-year term except for the student representative who has a one-year term.

Members are required to attend meetings on the third Monday of every month.

Applications for administrative and faculty members must be received in room D167, North Campus by 4:30 p.m. on April 17. Elections will be held April 30. For more information contact Val Hewson at extension 4102.

(With files from Laura Scriver)

## What's Up?

### RCMP Recruitment

On April 2, officers of the RCMP recruiting section will be on campus to conduct information sessions on RCMP career opportunities and the application process.

Lakeshore campus: Cottage "E" 10 a.m. to 12 p.m.

North campus: SAC Board Room, KX105, 12:30 p.m. to 2:30 p.m.

### Daffodil Sale

Daffodils will be on sale in the concourse, North campus, on April 2 and 3. Proceeds will go to the Canadian Cancer Society.

### Culture Shock '98

The Humber Indian Student's Association is presenting their second annual culture show, "Culture Shock '98", at Lakeshore campus on April 4, from 2 p.m. to 6 p.m. Tickets are \$10 in advance. Call (416) 616-2410 or (416) 790-6902 for tickets and information.

### Music School

The Community Music School is presenting a showcase of ensembles travelling to the National Music Fest in Lakeshore Auditorium, 3199 Lakeshore Blvd. West, on April 5 at 1:30 p.m. Tickets are \$8 for adults. Children are free.

The jazz ensemble is holding a fundraising benefit at The Rex Hotel on Queen Street, April 6, to raise money to perform in Vancouver, at the National Music Fest, in May. For more information call Cathy Mitro at extension 3847.

### Blood Donor Clinic

A Red Cross Blood Donor Clinic will be held in the central concourse, North campus on April 8 from 9:30 a.m. to 2:30 p.m.

### Year End Formal

This year's formal will be held on April 30 at Sila Banquet Hall. Tickets are \$55 per person, \$100 per couple, and are available at SAC Lakeshore.

# HUMBER COLLEGE OF APPLIED ARTS AND TECHNOLOGY BOARD OF GOVERNORS

## ELECTION FOR THE ADMINISTRATIVE REPRESENTATIVE ON THE BOARD OF GOVERNORS

### Election for the Administrative Representative on the Board of Governors

The date of Thursday, April 30, 1998 has been set for the election of an administrative representative to fill the administrative position which expires August 31, 1998 (term commences September 1, 1998 and expires August 31, 2001). To facilitate those who may miss the April 30th election date, an advance poll date has been set for Tuesday, April 28, 1998.

Humber's Board of Governors is represented by 17 members: 12 external members appointed by the Council of Regents, the College President (ex officio, with full voting privileges), and 4 internal members representing: 1 student, 1 support staff mem-

ber, 1 academic staff member, and 1 administrative staff member. For enquiries or further information on this election and/or the Board of Governors, please contact Val Hewson in the President's Office, room D167 North Campus, ext. 4102 or via email: hewson@admin.humberc.on.ca.

Persons seeking appointment to the Board must deliver written notice, together with the signature of five (5) nominators from the administration constituency, to Val Hewson, President's Office, room D167, North Campus, no later than 4:30 p.m. on Friday, April 17, 1998.

**Important:** nomination forms should be placed in a sealed envelope, marked "Confidential - to the attention of Val Hewson, President's Office."

### NOMINATION FORM FOR ADMINISTRATIVE REPRESENTATIVE TO THE BOARD OF GOVERNORS OF HUMBER COLLEGE

In submitting this application, nominees should understand the basic requirements of a member of the Humber College Board of Governors. These include:

1. Attend scheduled Board meetings. The member may not delegate her/his representation to any other person. Substitute representatives are not permitted.
2. Provide continual, responsible representation.
3. Attend other Board-related events, as required.
4. Respect the confidences of the Board, unless the information has been made public at an open session of the Board.
5. Receive no compensation, other than out-of-pocket and travel expenses.
6. Maintain communications and seek input from her/his constituency.

Please complete the following:

Name of Nominee: .....

School Division: .....

Campus & Room #: .....

Telephone ext.: .....

I hereby signify my willingness to stand as Administrative Representative to the Board of Governors, and agree that, if elected, I shall represent the Administrative employees according to the Board of Governors' Terms of Reference for representatives to the Board of Governors, to the best of my ability.

Signature \_\_\_\_\_  
Date: \_\_\_\_\_

Signatures of five (5) administrative staff members in support of this nomination:

1. \_\_\_\_\_ phone ext. \_\_\_\_\_
2. \_\_\_\_\_ phone ext. \_\_\_\_\_
3. \_\_\_\_\_ phone ext. \_\_\_\_\_
4. \_\_\_\_\_ phone ext. \_\_\_\_\_
5. \_\_\_\_\_ phone ext. \_\_\_\_\_

## ELECTION FOR THE FACULTY REPRESENTATIVE ON THE BOARD OF GOVERNORS

### Election for the Faculty Representative on the Board of Governors

The date of Thursday, April 30, 1998 has been set for the election of a faculty representative to fill the faculty position which expires August 31, 1998 (term commences September 1, 1998 and expires August 31, 2001). To facilitate those who may miss the April 30th election date, an advance poll date has been set for Tuesday, April 28, 1998.

Humber's Board of Governors is represented by 17 members: 12 external members appointed by the Council of Regents, the College President (ex officio, with full voting privileges), and 4 internal members representing: 1 student, 1 support staff mem-

ber, 1 academic staff member, and 1 administrative staff member. For enquiries or further information on this election and/or the Board of Governors, please contact Val Hewson in the President's Office, room D167 North Campus, ext. 4102 or via email: hewson@admin.humberc.on.ca.

Persons seeking appointment to the Board must deliver written notice, together with the signature of five (5) nominators from the faculty constituency, to Val Hewson, President's Office, room D167, North Campus, no later than 4:30 p.m. on Friday, April 17, 1998.

**Important:** nomination forms should be placed in a sealed envelope, marked "Confidential - to the attention of Val Hewson, President's Office."

### NOMINATION FORM FOR FACULTY REPRESENTATIVE TO THE BOARD OF GOVERNORS OF HUMBER COLLEGE

In submitting this application, nominees should understand the basic requirements of a member of the Humber College Board of Governors. These include:

1. Attend scheduled Board meetings. The member may not delegate her/his representation to any other person. Substitute representatives are not permitted.
2. Provide continual, responsible representation.
3. Attend other Board-related events, as required.
4. Respect the confidences of the Board, unless the information has been made public at an open session of the Board.
5. Receive no compensation, other than out-of-pocket and travel expenses.
6. Maintain communications and seek input from her/his constituency

Please complete the following:

Name of Nominee: .....

School Division: .....

Campus & Room #: .....

Telephone ext.: .....

I hereby signify my willingness to stand as Faculty Representative to the Board of Governors, and agree that, if elected, I shall represent the Faculty employees according to the Board of Governors' Terms of Reference for representatives to the Board of Governors, to the best of my ability.

Signature \_\_\_\_\_  
Date: \_\_\_\_\_

Signatures of five (5) faculty members in support of this nomination:

1. \_\_\_\_\_ phone ext. \_\_\_\_\_
2. \_\_\_\_\_ phone ext. \_\_\_\_\_
3. \_\_\_\_\_ phone ext. \_\_\_\_\_
4. \_\_\_\_\_ phone ext. \_\_\_\_\_
5. \_\_\_\_\_ phone ext. \_\_\_\_\_

## Ruling bad for economy

Employees may be taxed by Revenue Canada if they take company-paid programs

BY PATRICK BIRIKORANG  
Business Reporter

A new tax ruling that was first reported in a March 24 *Globe and Mail* article, has been called regressive, and harmful to business by a top official at the college. The decision, said the *Globe*, may affect nearly 65,000 of the province's part-time students.

Under a new federal Tax Court ruling, Ottawa can now levy taxes on company-paid training courses, making them a taxable benefit to employees who will now be forced to pay taxes for them just as if they had been paid extra by their employers.

In one instance, a man who was sent on paid training to an American university received a tax bill of almost \$30,000.

Richard Hook, vice-president Academic, is concerned about the ruling and its implications for the college.

Hook said the new tax will discourage training and development since employees will have to pay more taxes making them less likely to opt for paid training

if it carries a hefty price tag. And, he said, it may eventually put Canada further behind in the technology race.

"If government puts in place a tax that discourages the creation of knowledge, the creation of new ideas in business, it's going to undermine the Canadian knowledge industry and that is the great fear," he said.

According to the *Globe* article the ruling has already resulted in howls from business schools, and opposition MPs who have argued that Ottawa should not be taxing training.

Reaction from companies like Ipsco Inc. of Regina over a decision to force the company's employees to pay income tax on company training benefits has forced Revenue Canada to put the ruling on hold until it completes a review of its controversial policy, according to the *Globe* article.

**"... it's going to undermine the Canadian knowledge industry and that's the great fear."**

**-Richard Hook**



FILE PHOTO

Richard Hook said the new tax ruling could discourage training.

Hook said more businesses than ever consider their enterpris- es knowledge-based businesses.

"They are in the knowledge business, if they don't keep on learning, they can't stay in business. So the notion of having a knowledge business that continues to create more knowledge is very important," he said.

According to Hook, Humber is committed to creating a relationship with industry and individuals studying at the school, "so

that we can help them to continue to develop their career and that is a very positive mission."

Peter Delis, spokesperson for Revenue Canada, said the ruling is under review and a decision will not be taken on the matter until later in the year.

Revenue Canada considers company-paid training taxable when an employee takes courses on his or her own time and is deemed by tax officials to be the sole beneficiary of the training.

## Effort and sacrifice recognized

First annual Etobicoke business awards night celebrates old-time values

BY MIKE RAWN  
Business Reporter

Hard work and dedication were the themes of the first annual Etobicoke Business Awards Gala, held March 25 at the International Plaza Hotel.

The Etobicoke Chamber of Commerce hosted the event, presenting six awards for entrepreneurship, community, export, growth, and leadership and technology.

"We thought that we should get more involved in the community," said Catherine Adam, executive director of the Etobicoke



PHOTO BY MIKE RAWN

Winner of the community award, Rob McConnel, Gibson Cleaners.

Chamber of Commerce. "Recognizing business excellence in Etobicoke is a great way to do this."

The awards are open to anyone who has a business in Etobicoke.

Members of the the Chamber chose the finalists by talking to businesses, banks, and various members of the business community, eventually deciding on 30

nominees. The Chamber's selection committee then narrowed the number down to 18 finalists, three from each of the above categories.

For Rebecca DeFillipo, founder of the Bianca Group, a graphic arts firm, winning the entrepreneurship award was recognition for 10 years of hard work.

"I started the business in 1988

by myself in the basement of my home. I have a background in design and film and I tried to combine the two. I eventually expanded and hired experienced people from the industry. Now, we design brochures, annual reports, and do magazine work," said DeFillipo.

Sold out and packed with well-wishers, the awards ceremony was also attended by former Etobicoke Mayor Bruce Sinclair.

The award ceremony recognized small businessmen and women for their contributions and accomplishments, their torments and tribulations in making their businesses the successes they are.

"Winning this award will show people that we do exceptional work," said DeFillipo. "We hope to gain a lot of exposure through this, and to make new contacts. This award can only help our business continue to grow."

### Wicked Web Sites

REVENUE CANADA  
<http://www.rc.gc.ca>

Get all your questions answered by the people who make the rules. You'll find links to other government sites here.

INC. ONLINE  
<http://www.inc.com>

Graduating and still don't have a job? Try creating an online business with help from this site. Inc. Online offers plenty of business ideas and tips for marketing it. Check it out.

THE NHL  
[www.nhl.com](http://www.nhl.com)

Get all the scores, standings and stats as teams vie for playoff spots down to the wire. Compared to the NFL's dull site, the NHL's web site rocks.

FRANK MAGAZINE  
[www.achilles.net/frankmag](http://www.achilles.net/frankmag)

Find out about Leo DiCaprio's lovechild. Hey, I'll bet you didn't know that Sunshine girls pose au natural for photos? See what happens to a Sun photographer when he flashes his personal stash of pics around.

DRUDGE REPORT  
[www.drudgereport.com](http://www.drudgereport.com)

Check out why the establishment is trying to shut down Matt Drudge's web site. Filled with insider reports from the worlds of entertainment and politics as well as stop-the-presses extra-terrestrial sightings, the Drudge, as he's called, is the most exciting thing on the web since *The Et Cetera* went online

ASK BRUNO  
<http://www.al.com/technology/askbruno>

Want to place a bet on the date that Bob Hope or Frank Sinatra are going to keel over and don't know when? Ask Bruno. Want to know the best singles web site to meet fat people? Ask Bruno.

COMPILED BY PAUL BILLINGTON

# Et Cetera Health

## April is cancer month

BY JEFF HEATHERINGTON

Health Reporter

The month of April means that spring is finally here and that the warm weather isn't too far away. But more importantly, April is Cancer Awareness month. It's a time to educate each other about cancer as well as donate to cancer research.

One in three Canadians will be affected by cancer in their lifetime. The Canadian Cancer Society (CCS) is working to eradicate this disease by promoting cancer prevention and early detection, and by raising funds for cancer research.

Thousands of CCS volunteers will be knocking on doors all across Canada and organizing special events to raise vital funds for cancer control during April.

"Volunteers in the Etobicoke area will be canvassing on most streets and in most apartment buildings," said Diane Vella, a

spokesperson for the Etobicoke Cancer Society.

"Last year we raised about \$320,000 throughout Etobicoke," said Vella. "This year our goal is to achieve \$350,000."

The campaign runs from April 1 to April 30. One of the events during this time will be the annual Daffodil Campaign, which runs from April 2-5, to support cancer research. Volunteers from the Brownies, Cubs, Scouts, Beavers, Pathfinders, as well as school and church groups and adult volunteers, will be selling these cheerful spring flowers at most local malls, plazas and subway stations.

They will also be at most schools including Humber College during this time. Last year Humber College staff bought a total of \$700 worth of daffodils while the student council bought \$400 worth.

Funds raised by the Canadian Cancer Society support cancer

research, public education programs about risk reduction, early detection and prevention, services for people experiencing cancer and public health advocacy. All money raised by the CCS comes from public donations. It does not receive government aid and is not part of the United Way.

There will also be a 10 kilometer walk/run at Centennial Park in Etobicoke on May 24. Participants will raise funds through pledge forms, but it's not positive whether last year's \$25 registration fee will be implemented.

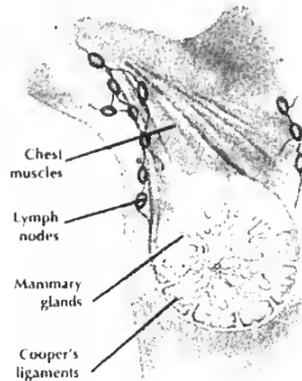
The importance of emotional support for people experiencing cancer is a vital aspect of cancer control. In recognition of this, CCS recently refined and enhanced both its Reach to Recovery (for women with breast cancer) and CanSurmont programs (for people experiencing other types of cancer) based on

input from an evaluation of these programs.

"The importance of a person newly diagnosed with cancer having the opportunity to talk to someone who has already experienced cancer, can never be underestimated," said Eleanor Nielsen, director of Public Education and Patient Services for the Canadian Cancer Society. "It offers reassurance and hope to people at a time when their world seems to be going out of control."

To find out more about emotional support programs in your area, or any other information about cancer, you can call the Canadian Cancer Society's Cancer Information Service at 1-888-939-3333. Information about cancer is provided by qualified Information Specialists and is available to all Canadians from 9 a.m. to 6 p.m. anywhere in Canada.

### How to Check Your Breasts



COURTESY PHOTO

#### • When to check:

7-10 days after you start your period. Pick a day that you will remember like your birth 'day' or a lucky number. Make sure it's the same day every month.

#### • Using a mirror:

Start by looking at your breasts in the mirror with arms by your side. Turn from side to side. Compare your breasts to the last time you saw them and note any changes in size and shape. Check for discharge, rashes or puckery skin.

Raise arms above the head while still looking in the mirror. Look at your breasts and also under your arms. Lower hands to nose level and squeeze the palms together. Note any changes from the previous BSE. If this is your first BSE, note what you see and keep it in mind for the next month.

#### • In the shower:

A good place to do a BSE is in the shower. While standing in the shower, raise one arm and place behind neck. With soapy, flat fingers, gently touch each part of the breast feeling for lumps or thickening. There are a number of search patterns, such as making small circles in straight lines across the breasts or at the outside edge of the breast. The idea is to cover as the entire breast. Use the right hand to examine the left breast and vice-versa.

#### • Lie down:

On your back on a firm surface, like a carpeted floor. Put one hand behind the head and hold the finger of your free hand close together. Using the pads of your fingers, bend the wrist and cover the curves of your breasts checking for lumps and thickening.

#### • I found a change, what do I do:

Don't panic. Call your doctor or clinic that day and schedule an appointment. This will give you peace of mind and may save your life if you require medical treatment.

(Information taken from a pamphlet distributed by the Canadian Cancer Society and the Canadian Breast Cancer Foundation)

## The lady killer: Breast cancer

### Self-exams and awareness crucial at a young age

BY LOUISE SHERIDAN

Health Reporter

In January of 1988, 34-year-old Pamela Greenaway-Kohlmeier was diagnosed with Stage II breast cancer.

Pam was married and had two young kids, survival was crucial. The breast was removed a week later and Pam suffered through aggressive chemotherapy treatment. Eventually, Pam was diagnosed as cancer free.

A year later, the cancer returned. Pam and her husband travelled across North America in search of effective treatment. She died on March 25, 1992, three days after her 38th birthday.

Lawrence Greenaway supported his daughter's struggle by forming the Breast Cancer Society of Canada, (BCSC). The BCSC received federal incorporation in September 1991 and is dedicated to funding research that emphasizes the prevention and detection of breast cancer.

"Nobody knows the cause of breast cancer," said Greenaway, BCSC founder and president. "There are many research projects like the one looking for a genetic link. We want to find a specific cause of breast cancer. To date, researchers have not come up with a cause, so research must continue."

According to Canadian Cancer Statistics for 1997, one in nine women are expected to develop breast cancer in their lifetime. One in 25 are expected to die from it.

An increased and aging population has led to a 30 per cent increase in new cases between 1987 and 1997. A decade ago, breast cancer was the leading cause of cancer death.

In 1997, lung cancer had taken the lead with more than 28,000 deaths estimated for 1997. Still, more than 18,000 new cases and 5,000 breast cancer related deaths occur in Canada each year.

"If all women would do breast self-examination, see their doctors for regular check-ups, and have mammograms as recommended, 95 per cent of all breast cancers could be halted before they become fatal," said Sue Beals, a care coordinator and educator at We Care, a home health care company.

"Unlike some cancers, breast cancer is a cancer of the more affluent societies," said Eleanor Nielson, director of patient and public education at the Canadian Cancer Society. "Breast cancer is more prevalent in North America, Sweden and the United Kingdom."

Many in the research community disagree on the root causes of breast cancer, "In some ways there's a lot known, at the same time, there's little known," said Nielson.

**Unlike some cancers, breast cancer is a cancer of the more affluent societies,"**

**— Eleanor Nielson**

The Women's Network on Health and the Environment said that government and big business are partly responsible for the increase in breast cancer incidences across North America since the 1980s.

"When you hear about diet, exercise and smoking ... that's all saying that the women are actually personally responsible for the illness. It takes the responsibility away from policy makers, government and the private sector to stop polluting," said Fredrica Mintz, project co-ordinator at the Women's Network.

Although they don't discount environ-

mental links to breast cancer, researchers said they have yet to find a conclusive link.

Nielson said the best way for young women to prevent breast cancer is to get to know your body at an early age. Monthly breast self-examinations, regular examinations with a doctor and mammograms after 50 are essential.

"You know your own body. Listen to it. If you don't feel your body is all right, you'll know," said Nielson. One of the most effective ways of detecting a lump in the breast is through a mammogram, said Nielson. At the present time, mammography (in very basic terms an x-ray) is under major scrutiny and has raised much concern across Canada. Canadian standards for mammography are strictly volunteer at present and Greenaway said this compromises the health and lives of all Canadian women.

Nielson said the Canadian Cancer Society is a strong advocate of Greenaway's BCSC which has recently submitted a petition to the federal government concerning quality standards for mammography units.

Greenaway said 37 per cent of all mammography units are certified with the Canadian Association of Radiologists (CAR). The BCSC is lobbying for the "development, implementation, and enforcement of uniform mammography standards" across Canada.

Greenaway said women should not have mammograms in a clinic unless that clinic certified by the CAR. He said young women should talk to older female family members about mammograms to ensure they know about certification and mammography units.

Researchers said women under the age of 40 are not at high risk of developing breast cancer. But, for Greenaway and his family, the memory of his daughter Pam has inspired the BCSC to ask women of all ages to take caution and get the facts before it is too late.

# Life is a carnival at Humber

BY LISA RAINFORD  
Health Reporter

Who would have thought life could be such a carnival, especially when it comes to health and sex education.

But that's what the staff and administration at Etobicoke General Hospital (EGH) wanted to show the Humber community. They made the Humber population realize

following a healthy regime in our daily life doesn't have to be a chore.

This year is the hospital's silver anniversary and to celebrate 25 years of caring for the regions of Etobicoke, Malton, Bolton, Brampton, and Vaughn, Humber's Public Relations Certificate students threw them a party. Not just a party, but a "Carnival of Life."

"We want the community to become

more aware of EGH and all the available services they offer," said Don Aronson, chairman of Health Awareness Day.

The Carnival, held March 25 in the concourse, featured a tunnel of love, a fun house, a snack booth, games, and a tai chi demonstration as well as a massage demonstration.

Students learned how to make the healthiest fast food choice as well as how to avoid sexually transmitted diseases. In doing so, students won prizes and giveaways.

"This is the first event of this nature," said Linda McCall, V.P. of Patient Services of EGH. "This will set the tone for future events."

The main attraction seemed to be a fortune teller who had students lined up all afternoon to uncover their fate to a healthy lifestyle.

"I think that they're teaching about health issues in a really fun way," said Amanda Margetson, a Humber College Public Relations student. "Which is really cool."

A visit from the Woman's Television Network's sexual health expert Sue Johanson was icing on the birthday cake that afternoon.

"We're gonna talk about it, not do it," she said about sex to an excited crowd. "Talking about it is the hard part."

EGH provides state-of-the-art surgical procedures, admits 16,000 patients per year and has contact with more than 65 languages and cultures daily. With a staff of 900, services such as obstetrical and pediatric care, psychological and ambulatory support are provided. The hospital also contributes to provincial, national, and international health care projects.

WITH FILES FROM K.C. COLBY

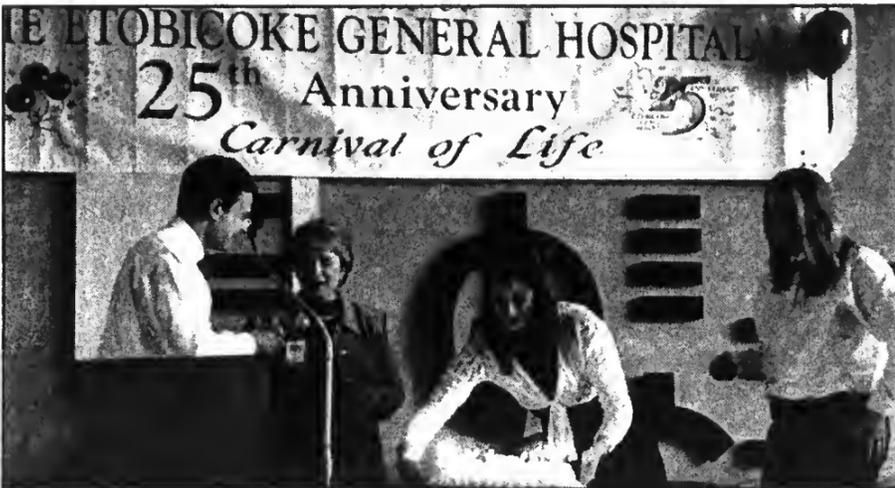


PHOTO BY LISA RAINFORD

Etobicoke General Hospital celebrates its birthday with Humber College.



PHOTO BY LISA RAINFORD

Students enjoying the carnival of life.

## The silent but deadly disease

**Tuberculosis: you could have it right now and not know.**

BY K.C. COLBY  
Health Reporter

In the high profile world of disease, tuberculosis (TB) gets no respect.

But with 2,000 new cases of TB diagnosed in Canada each year — 400 to 500 in the Toronto area alone — it deserves a little attention. Left untreated, it can kill you. (Statistics from Ontario Ministry of Health.)

"There are lots of students at Humber who came into contact with the TB bacterium in their past, but, because they've been in good health, the germ has been isolated," said MargAnne Jones, a registered nurse at the Humber College Health Centre.

Isolated TB means that the bacterium is dormant and poses no immediate health concern. This is referred to as TB infection. The bacterium can remain for years, but as long as the victim stays healthy and the immune system stays strong, TB may never develop.

"The longer the bacterium remains dormant in your body,

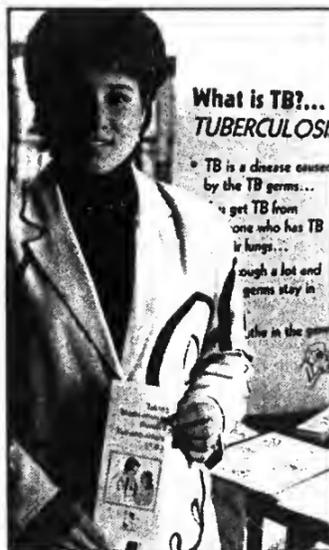


PHOTO BY K.C. COLBY

Doctors can test you for TB.

the less likely it is to develop into full-blown TB or active TB," Jones said.

If you had a TB infection and became infected with another disease, the dormant germ could develop into "full-blown", active TB.

According to the Ontario TB Control Nurses Committee, in order to get active TB, you must have been in close contact with a person who has TB for a long period of time.

"The germ can become active with infected people who've been under a lot of stress and sometimes just the aging process can trigger it," said Tina Proctor, a TB control nurse, who promotes TB awareness.

"But only 10 per cent of the people who are TB-infected will ever develop the TB disease, which can affect your heart, brain, kidneys or liver. We don't

worry as much about them because they're not communicative," said Proctor.

In many instances, the disease can remain undiagnosed for years, not being identified until the TB disease victim has died.

Ward York, a professor at Humber College, insisted that his students in the Funeral Services program stop by the Tuberculosis display booth at the college on March 24, Tuberculosis Awareness Day.

"We're trained to be very much aware of TB, almost to the point of (being) paranoid," said Debra Kusner, a first-year funeral services student at Humber College. "TB is a concern day-in and day-out."

The program involves a number of sensitive procedures that require the students to work on deceased persons.

"We're worried about TB and hepatitis. Anytime you work on someone, you just don't know. A TB (diseased) person may not have it on their documentation," Kusner said.

When diagnosed, a person with TB infection is treated with the antibiotic Isoniazid.

With active TB, a series of four medications are required to treat the disease.

"The four medications are taken for six months to a year. After two or three weeks, as long as the you take the medication correctly, you're no longer considered infectious," Proctor said.

The TB test takes about two minutes and is available to Humber students with an appointment at the Health Centre; K137, ext.1483.

### TB Symptoms

- Weakness
- Nausea
- Weight loss
- Night sweats
- Fever
- Constant cough
- Chest Pain
- Coughing up blood

### The Diagnosis

• A simple skin test known as a mantoux can tell if the TB germs are in your body. If the germs are present you're required to get a chest x-ray.

### The treatment

• A series of antibiotics prescribed to be taken over a number of months for complete recovery.

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# Homeopathic clinic makes a home at Humber

BY BILLY IKOSIPENTARCHOS

Health Reporter

If you knew there were remedies you could take that would relieve aching muscles, lift depression, end sleeplessness, increase your sex drive and sense of well being, would you try them?

If the answer to that question is yes, then you will be excited to know that your journey for all this ends at the Humber College Health Centre.

On Wednesday and Thursday nights between 5 and 9 p.m., the Health Centre is home to the practice of Homeopathy.

From the Greek word meaning "similar suffering", homeopathy has been in North America since 1826.

"Homeopathic is a part of natural medicine that works by using very diluted substances to increase the body's own healing abilities," said Ursula Klups, manager and practitioner of the homeopathic clinic.

It is the philosophy of using Hippocrates' theory of letting likes be cured by likes such as conventional medicine does with vaccinations.

Vaccinations are actual doses of a virus injected into the body in such small quantities that the body's immune system can make the body repel the virus without making the person sick.

According to the Homeopathic College of Canada, homeopathic medicine uses the same principle but in a more gentle manner to achieve a longer lasting effect.

Klups gives a more specific example of how the theory is applied.

If someone has teary eyes from an allergy or a cold, a homeopathic remedy of red onion (*Allium Cepa*) would be used. Klups said, "that onion would bring on the same symptoms as that particular ailment."

Why would anyone want to encourage their body to feel sick?

To feel better, obviously.

"We are telling the body that it has to fight harder by using the onion to make the person eye's tear. The body responds by making the immune system work stronger in a direct response to the onion while indirectly eliminating the symptoms of the allergy or cold," Klups said.

Klups' 18-year-old daughter Mareesha also incorporates homeopathic medicine into her life and believes it is part of a healthy lifestyle.

"I am not sick, but I take certain

remedies that give me more energy and I find that when I am around my friends I generally feel better than them, and I think homeopathy should not only be used to cure illnesses but to prevent them."

But, if you're already sick, Ursula Klups believes homeopathic care has a good track record.

"We have treated everything, from chronic back pain to debilitating migraine headaches, to colds and have nursed many people back to health with a success rate that I am very proud of."

This practice is not covered by OHIP but Klups does not want that to discourage anyone.

"The first visit is free and that is the most important one. In that visit we have a long consultation to ask you very specific and personal question to get an idea of your history and lifestyle habits, which will pretty much tell us what remedies you can be given to feel better."

Subsequent visits are not free but, the terms have to be discussed between the patient and the doctor.

## This is where those all-nighters really pay off.

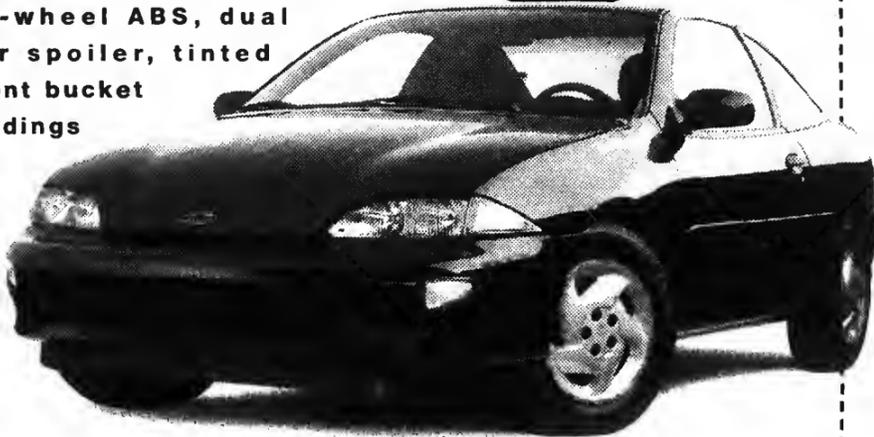
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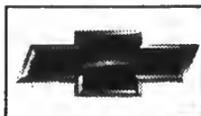
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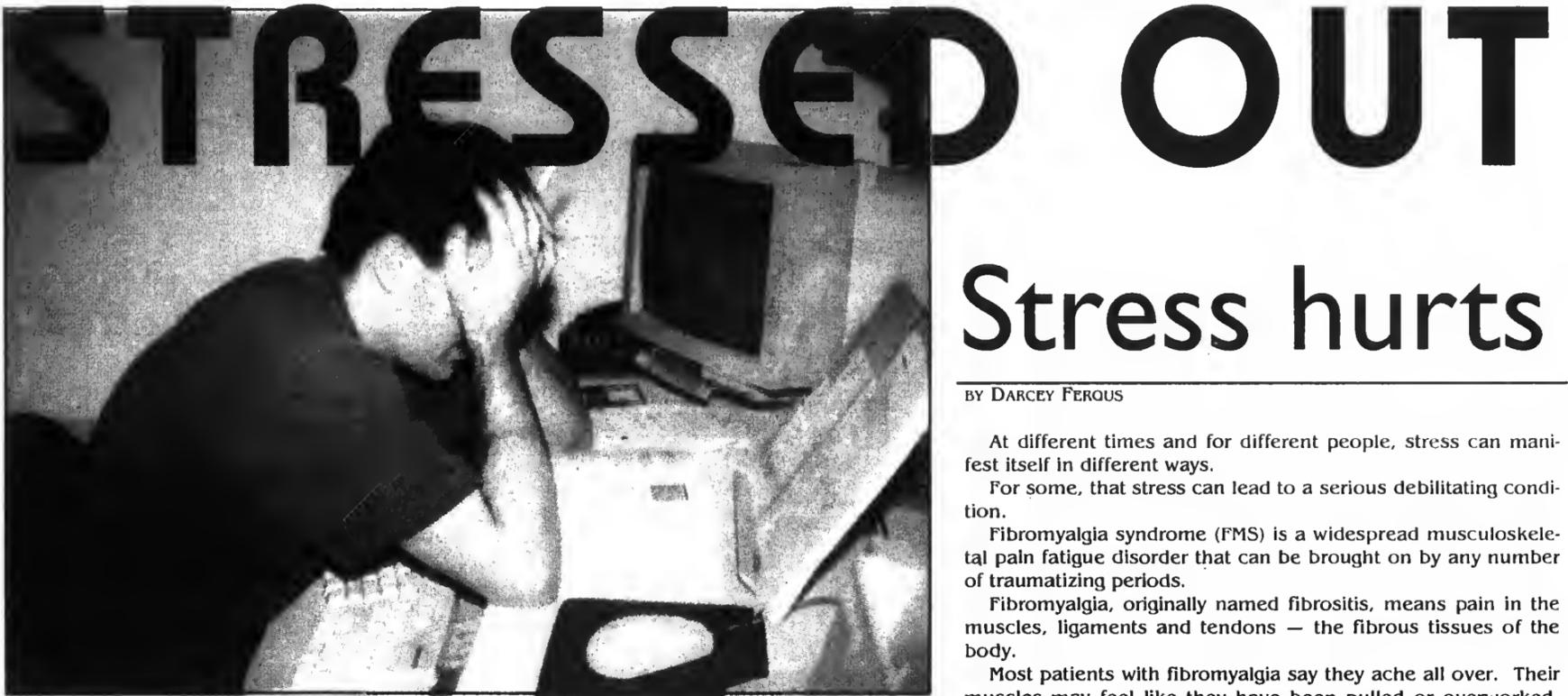


PHOTO BY DELIA CANNON

## Do you look like this guy?

Has the crunch of final assignments and exams got you pulling your hair out? You're not alone.

# Say goodbye to worries

BY JULIA KUZELJEVICH

March is a time of year which generates stress for students. Assignment deadlines and exams cause people to complain about burnout or being 'stressed out', but stress is not all bad. It is an excellent motivator if properly managed.

Dr. Lucille Peszat of Toronto's Stress Management Center, explained:

"Only dead people don't have stress. But not many people know how to generate 'good' stress. Stress is the body's physical and psychological response to a threat, and can actually be a lifesaver."

Too many students waste time and energy worrying instead of harnessing their stress and getting things done, said Peszat. In her workshops she sees too many students combatting stress by taking up harmful activities such as drinking, smoking, taking drugs or even pulling all-nighters to get things accomplished.

Students need to develop good work habits, as simple as just doing a little work each day on a given assignment.

"You also need to look after your body and get enough sleep," said Peszat.

Harnessing stress is not a modern-day idea.

According to John Tregurtha, a teacher of yoga and meditation classes, "Often people are not aware of the stresses they carry within. The simple breathing techniques of yoga permit you to find, and become attached to, the stress."

The idea is not, however, to rid your body of all stresses.

"All of us need some stress to get started. Too little stress is boredom, and that can stress you out just as much," said Dr. Peszat.

"You need to find an optimal stress level, and this can be as simple as properly managing your time so that even if you're going to worry, you worry right."

Although stress has always existed, the fast pace of modern-day society seems to have created the perception of higher stress.

"The single biggest driver of stress is uncertainty," said Richard Earle, executive director of the Canadian Institute of Stress.

"Nowadays, there is so much ambiguity about career and relationship choices that the uncertainty causes a lot of stress," he said.

If stress becomes overwhelming, you should "beat a strategic retreat," said Earle. "Ask yourself 'what am I getting back for what I'm putting in?' Learn to gear down after a stressful day. Build in pleasure with an activity you enjoy."

A major facet of stress is satisfaction. You know you're dealing with positive stress when you 'take satisfaction' from your work and activities.

"It's important to remind yourself constantly of your progress. Dwell on your success and talk about good and bad experiences with others," said Earle.

This deflates bad stress and encourages motivation.

"The most important word is 'take'," says Earle. "You take satisfaction from an activity and you take control of how much stress that activity will cause you."



PHOTO BY JULIA KUZELJEVICH

Simple breathing and stretching techniques help you unwind after a stressful day, and harness your stress to use it effectively.

## Stress hurts

BY DARCEY FEROUS

At different times and for different people, stress can manifest itself in different ways.

For some, that stress can lead to a serious debilitating condition.

Fibromyalgia syndrome (FMS) is a widespread musculoskeletal pain fatigue disorder that can be brought on by any number of traumatizing periods.

Fibromyalgia, originally named fibrositis, means pain in the muscles, ligaments and tendons — the fibrous tissues of the body.

Most patients with fibromyalgia say they ache all over. Their muscles may feel like they have been pulled or overworked, sometimes the muscles twitch and at other times they burn.

More women than men are afflicted with FMS, but it can show up in people of all ages.

Irene Bond, a registered nurse and counsellor at the Humber Health Centre, has done a lot of research on the condition.

"Those people who suffer from FMS most likely tend to suffer from chronic fatigue syndrome (CFS) and therefore, they don't ever reach that important level of deep sleep (called level four sleep). What happens as a result of this, is that your body never really has the chance to repair itself," Bond said.

A person with FMS never gets rid of the lactic acid that builds up in the muscles after exercise, and is therefore in a state of constant pain. But, it is extremely important for people with this condition to exercise in order to maintain strong muscles.

"People with FMS have to exercise in moderation, do a lot of stretching and really pace themselves when doing any fitness exercise," Bond explained. "Otherwise they can feel quite exhausted after the workout and have really sore muscles for days and days."

Long term follow-up studies on fibromyalgia syndrome have shown that it is chronic, but the symptoms may come and go. The impact FMS can have on daily living activities, including the ability to work a full-time job, differs among patients. Overall, studies have shown that fibromyalgia can be as disabling as rheumatoid arthritis.

Judith Lake has lived with the debilitating condition for eight years.

"It took doctors three years to diagnose the symptoms I was having. I had flu-like symptoms, that would only get worse with the use of antibiotics," Lake said.

"I always felt the effects of stress physically and dealt well with it on the surface. I am the 'superwoman' type of person who wants to do and take on everything."

Lake has tried many of the prescribed medications to combat the symptoms of FMS, gone through every exercise program and group therapy session available to her.

"What works for one patient, doesn't necessarily work for another with this condition," Bond said. "The severity of symptoms fluctuates from person to person."

Usually, a mild anti-depressant drug is prescribed to help induce sleep and a low impact form of exercise and stretching, like yoga or tai-chi, is recommended.

Lake works out for an hour daily in her home gym.

"You have to work through the pain of working out, to get to the other side in order to experience the results. I've never been healthier in all my life — and I'm almost 60," Lake said.

Even with all Lake does to combat the symptoms of FMS, she still regularly suffers from the pain it causes.

Winters in Canada with the cold, damp weather, can increase the severity of the symptoms.

But despite the condition, Lake is very positive.

"I hate to give in to it. It could be a lot worse," Lake said.

There are support groups in Oakville and Burlington to help patients coping with the condition. Lifestyle modifications may help you conserve your energy and minimize the pain. Learn what factors aggravate your symptoms and avoid them if possible.

If you or someone you know is feeling too much stress and you need more information about resources in your area, contact a community organization, such as the Canadian Mental Health Association, which can help you find additional support.

# Don't get irate, meditate

BY WENDY INKSTER

"The mind is like a drunken monkey..."

According to Kristin Honey, a Certified Yoga Instructor, this popular meditative analogy "is one of the greatest analogies because, like a drunken monkey, we are thinking about a million different thoughts, and meditation tries to calm and clear those thoughts."

Contrary to popular opinion, you do not have to be an expert in the field in order to benefit from meditation.

"When you think of meditation you think of stereotypes like, it takes years of practice, but there is a style for everyone, you just have to take time to find it," Honey said.

Meditation can work for everyone. It's a matter of training your mind to work for you, instead of against you.

Tracy Higgins, a student at the Hamilton Yoga Institution said that meditation is an effective way of relieving stress for students, particularly during a hard time like exams.

"You become very aware of your own breathing and what it does for you. Just concentrate solely on your breathing and bring everything to an equilibrium in order to relax your whole body." Higgins also said the conscious effort to control breathing allows you let go of the things that are bothering you.

"You don't have time to think about anything else but the exercise," she said.

Thousands of psychologists, philosophers, and metaphysicians have written books on the subject of

many of the books written on the subject are for experienced meditators.

However, *The Three Minute Meditator*, by author David Harp, is ideal for the beginning would-be meditator. It is a book about meditation, plain and simple.

The best thing about Harp's exercises are that even the busiest of people can find time to do them. Higgins agrees, "If you just take five minutes out of your day away from the computer screen to meditate by yourself and relax, you will feel refreshed."

According to Harp, it's very possible that meditation can become a lifelong practice.

In his book, Harp said: "Once you get the hang of three minute meditating, you'll find yourself doing many mini-meditations that will be amazingly effective in calming or centering you, even though they only take a few seconds."

Susan McClelland, a Certified Yoga Instructor from the International Yoga Teachers Association (IYTA), said this method of relaxation can rid you of unwanted stress.

"Meditation is becoming one with the object you meditate on, you bring the mind to a single pointedness and get rid of all the clutter in order to achieve a quiet mind," McClelland said.

Trying each of the breathing, counting, or visual meditations will allow you to choose what is most suitable for you.

According to McClelland, "what that is doing is teaching your mind, and from there, the true journey of meditation begins."



PHOTO BY WENDY INKSTER

Tracy Higgins practices her meditation. Meditation is now being used in the medical profession to reduce conditions of cancer and drug abuse by reducing stress.

meditation. Meditation is now being used in the medical profession.

"They are now doing meditation and yoga with people who have illnesses such as cancer or substance abuse, because they reduce stress and reduce the condition as a result," said Honey. Unfortunately,

## Getting into the sauce gets out of hand

BY MIKE RAWN

The signs were posted all over the Humber campus: binge drinking is the number one substance abuse problem at colleges today.

School responsibilities, financial burdens, and being away from home for the first time all contribute to the kind of stress that is easily forgotten over a few drinks with friends.

According to Greg Lawson, a first-year student at Humber College, "It becomes a routine, to get drunk every weekend. But some of my friends go overboard, and drink to the point of passing out. I think it's scary, but they don't seem to care."



PHOTO BY VICTORIA PATTISON

A student takes drinking to the extreme with the aid of a funnel.

It is not uncommon for college students to enjoy a few drinks, however, drinking to get drunk, or binge drinking, is a problem.

Statistics show that students, in general, are drinking less often than in years past. However, many students are waiting until Thursday night and the weekend to drink large quantities in a short period of time.

Binge drinking is defined as the consumption of five or more consecutive drinks for men and four or more for women.

American Professor Philip Meyer conducted a survey to find out what leads students to drink. Factors include: drinking to relax or relieve tension, to celebrate and to reward themselves for working hard. The study also found that 50 per cent of men and 39 per cent of women in college and university have participated in binge drinking.

MargAnne Jones, registered nurse and health counsellor at Humber College, said, "Most people, especially young people, don't see themselves as having a problem. They feel they are immune to the problems alcohol creates. Unfortunately, it may take a crisis for them to realize they have a problem."

We accept, and even joke about,

someone who drinks to the point of vomiting or passing out. However, this is not a laughing matter.

Alcohol deprives the brain of needed oxygen and begins to shut down involuntary functions that, for example, regulate breathing and heart rate.

This is when the horror stories occur.

An 18-year-old Massachusetts Institute of Technology freshman died recently from binge drinking at a fraternity party. Another student found him unconscious and in a pool of his own vomit. He was in an alcohol-induced coma for three days before he died.

"Drinking, and in a lot of cases drinking to excess, has become part of the college environment. It becomes

what is acceptable," said Freydeen Charles-Fridal, a therapist/program coordinator at Youth Clinical Services, Inc. in Toronto.

Drinking has become a regular activity among college students, so, when it comes to the stressful exam period, it's easy for students to rely on drinking to relieve stress.

According to Dr. S.W. Sadava, a professor of psychology at Brock University, "The largest factor of binge drinking is your peer group situation or peer pressure. However, there is a

smaller number of people who drink due to stress. It is these people who are at risk of becoming heavy drinkers or alcoholic types.

"Alcohol is the leading gateway drug. This means that a person drinking alcohol will lose some of their inhibitions and are at a higher risk of using marijuana, cocaine or other drugs," said Charles-Fridal.

The Massachusetts student is obviously an extreme case, but it shows the severity of binge drinking.

But, when a person is old enough to drink, it becomes hard to regulate how much and how often that person drinks. This puts the college in a delicate position.

"If we have to cut somebody off, and if this is more than a one-time occurrence, we can make an appointment for them to talk to a manager. Then we can warn them to slow down," says Steve Portt, manager of the campus pub, Caps.

But students should be comforted to know that these drinking patterns are often short-term.

Sadava completed a survey that measured the drinking tendencies of final year college and university students and the amount that they drank five years later. "Drinking goes down a substantial amount. This is because they have other demands and pressures in their lives. Drinking becomes less of an importance."

Adds Jones, "There is good help available if people wish to do something about it."

# Tai Chi for you and me

BY ANTONIO TEDESCO

The ancient Chinese exercise of Tai Chi isn't just for old oriental men and women. The slow, graceful movements can help anyone relax and strengthen both the body and the mind.



COURTESY PHOTO

Master Moy Lin-shin started practising Tai Chi as a child after being diagnosed with serious health problems.

Dating back to the 11th century (Sung Dynasty), Tai Chi has brought millions of men and women relief from their stressful lives, while massaging and stretching unused muscles.

With the paradoxical nature of modern society's fast-paced, yet sedentary nature, Tai Chi can bring a sense of relief from the everyday.

"There are so many things you have to concentrate on, and for me it's a way of focusing on something else other than work," 27-year-old high school teacher Susan Sakamoto said.

Brought to North America by Master Moy Lin-Shin in 1970, the Taoist form of Tai Chi combines the Taoist Internal arts, Chinese medicine, and Taoist meditation - all mixed together to cultivate a healthy life full of vitality.

Despite what appears to be many complex and interconnected moves,

Tai Chi is a relatively simple form of exercise and stress-relief once you get started.

Tai Chi's health benefits are numerous. Each move produces profound

effects on all systems of the body. The movements reduce tension, improve circulation and increase strength and flexibility.

Thousands of Tai Chi students have found the massage-like movements a cure for a wide range of health problems, including headaches, high blood pressure and back pain.

Mike Dane, a 55-year-old Tai Chi instructor, has personally benefitted from Tai Chi when he found it a great way to get his back into shape.

"Before I learned about Tai Chi, I went to the doctor and got shots, muscle relaxants and all kinds of medicines to get over it," he said, "but since I've started the Tai Chi I can fix myself."

Tai Chi not only focuses on the body, but also the mind. A harmonious interplay between body and mind is essential to both Tai Chi and the basic tenet of Taoism. Stress, anxiety and emotional upheavals are all extremely damaging to the balance Taoist Tai Chi stresses. By concentrating on the movements, Tai Chi engages your total concentration and begins to help manage your problems.

Tai Chi is, as many people have said, "mediation in motion."

Thousands of years of research have developed a system that can give anyone, who is willing to learn, a sense of physical, mental and spiritual health.

# Dr. Feelgood heals with humor

BY LOUISE SHERIDAN

Laughter really is the best medicine for stress, according to Dr. Feelgood, a Doctor of Humor from Willowdale, Ontario.

"We have to change the sour pussés to laughing pussés," said Feelgood, a humor therapist previously known as Dr. Phela Goodstein. "I'm all about attitude!"

Feelgood, as she asked to be called, said she wants to change the world by making it laugh. In 1987, she opened up the World Humour Institute, which is her forum for fun, laughter and play.

Feelgood regularly conducts intense, 60-minute stress management workshops in which she draws participants into a less complicated state of mind.

"I bring them back to their child part. People have lost it! They just know how to honk their horns," Feelgood said.

This Doctor of Humor uses an approach she developed in the eighties called the HA HA technique. HA HA represents the four steps necessary to laughing problems away: Hurt, anger, humor and acceptance. Feelgood said the HA HA technique is quite effective and people are usually laughing and feeling less stressed 10 minutes into her seminars.

She calls a higher level of consciousness the "seventh sense." She says we all have six senses, including intuition, with the seventh being the ability to laugh at oneself. Feelgood said if we tap into our seventh sense, we will be able to manage stress in our lives and create a deeper awareness of ourselves.

"The big problem in life is two things, ego and judging. When you can overcome those, you are less stressed. It's time people knew what the seventh sense is...it's laughter," Feelgood said.

Feelgood conducts her seminars wearing a court jester hat and a lab coat. She says she is the first female court jester in history and uses this character of the past to create a comical setting to get her point across.

"In medieval times, the court jester was called, on command, to humor the kings, queens and judges. The court jester had all the wisdoms and they didn't mind being called the fool," Feelgood said.

And Feelgood said she doesn't mind being called the fool either. She trained as a Doctor of Humor under Dr. Joel Goodman, director of the Humor Project in Saratoga, New York.

Goodman founded the Humor Project in 1977 and more than 800,000 people have attended his conferences worldwide.

"Laughter has no accent. If you hear people laughing, you don't hear an accent," Goodman said, "Humor is a universal language."

The Humor Project will be holding its 13th annual international conference on April 3 to 5 in Saratoga, New York. Speakers from all over the world will be attending.

Goodman said there is a growing body of physiological research claiming that laughter has healing power. But Goodman warns laugh-

ter should not be viewed as a cure-all to replace competent clinical medical care.

"Respiration and circulation are enhanced through the act of laughing. Stress related hormones in the brain are suppressed through laughter and the body's immune system is activated," Goodman said. "We can tickle stress before it tickles us."

But, back in Toronto, Dr. Feelgood says there is much negativity and "ego" still lurking. This fall, Feelgood is moving the World Humour Institute to Vancouver to spread her message out west.

Regardless of where she is based, Feelgood says her objective remains clear: to demonstrate how humor and laughter affect the total being, she said she wants to "re-humanize" people. She has been making people laugh all of her life and says it is a natural ability held close to her heart.

"I worked for a big corporation once and I humoured people into doing their job. My friends that I've known for 25 years said I should go out and do this for a living, so I did."

Feelgood says her shoulders are worn away from people crying on them. So what does a Doctor of Humor do when she is upset?

"What do I do? I have to take my whole workshop over again," Feelgood said with a belly full of laughs.

*"It's time people knew what the seventh sense is ... it's laughter."*

*-Dr. Feelgood*

## ARE YOU A FULL TIME STUDENT?

# Make It Count

### You Can Vote

NOTICE of Annual General Meeting for the Central Students Association & Special Meeting for Council of Student Affairs Members

Please attend on April 29, 1998

Time: 4:00 p.m.

Place: SAC North Quiet Lounge

### NOTICE OF C.S.A. AGM & SPECIAL MEETING

# Et Cetera Lifestyles

## Cancer's effect on family

### Canadian Cancer Society hopes to raise \$40 million

BY TAMMY SEDORE  
Lifestyles Reporter

Cancer Month has officially been launched all across Canada, promoting awareness of the disease and support for its victims.

Jackie Andrews, 17, knows first hand how cancer can affect families. At six years of age, she developed leukemia.

"In the last seven years, I've lost five close friends. It's hard to deal with," she said. Cancer killed over 22,000 people in Ontario in 1996. And, according to the Canadian Cancer Society another 50,000 were diagnosed with cancer in 1996.

Tania Dawkins, who is in her early twenties, remembers when her brother had leukemia. He was young at the time, so he doesn't remember it too well. Dawkins

will take two weeks holidays from work to volunteer at her brother's cancer camp, Camp Oochigeas, located in the Muskoka area.

"My brother has so much fun there, I just want to be a part of it," was her reason for helping out. "Just because these children have cancer, people shouldn't feel differently about them."

Dawkin's brother Nick, 19, has also had his fare share of losses. He just lost his best friend, Chris Sedore, from cancer two months ago and is still trying to deal with the pain. He said that he has started to phone his friend several times, before realizing he won't be there to pick up.

Though it's been hard for him, Dawkins has still tried to be there for Sedore's family.

Dawkins and Andrews are applying for counsellor positions at the camp. Andrews knows exactly why she wants to be counsellor at Camp Oochigeas.

"People have supported me so

much, and it helped me get through everything. Having people to talk to is very important. It makes me feel good to help other people," she said.

Andrews also said that it's important for others to help out as well.

"It hits everybody sometime in their lives. It's in every family, whether it's a grandmother, mother, father or sibling. It's easier in the end if you're prepared to deal with it," she said.

In 1998, the Canadian Cancer Society hopes to raise \$40 million in the fight against cancer.

If you would like to volunteer to help the Society raise funds in April, please call your local Canadian Cancer Society office.

Also, if you would like to donate money to Camp Oochigeas, send it to: Camp Oochigeas, Suite 404, 60 St. Clair Avenue East, Toronto, Ontario, M4T 1N5.



PHOTO BY TAMMY SEDORE

Nick Dawkins struggles with the loss of his best friend, Chris, but still tries to be there for the Sedore family and help them put their lives back together.

## Everyday heroes study at Humber

BY JULIETTE DUFFUS  
Lifestyles Reporter

Humber student James Kaloudis, 25, holds his seven-month-old daughter Aja while waiting to talk to one of his instructors.

"I was going to drop out, I just wanted to work. But I decided to stick with it because there's only five weeks left," said Kaloudis.

Aja often accompanies her father to classes when her mother is unable to watch her. Daycare costs are too high to be an option.

"You're paying a thousand bucks for day care, \$800 for rent and then diapers and formula and food. I mean, you've got to be rich," said Kaloudis.

Kaloudis is one of a number of young parents juggling the responsibilities of parenthood and full-time studies. Hard work and determination fuel each day.

Child care services are indeed high. There are three daycare service centers at Humber's North Campus. For infants (birth to 18 months), the cost of full-time care is \$978 a month; toddlers (18 months to 2 1/2 years) \$789 a month; preschoolers and kindergarten (2 1/2 to 4, 4 to 5 years) \$685 a month.

"The activity center is a service provided for the staff, students and faculty of the college," said Nancy Roscoe, supervisor for the Humber College Child Development Centre. "It's generally used on a part-time basis. We charge either \$5 per hour or a daily flat rate for six to nine hours - \$30 per day for preschoolers and \$35 per day for kindergarten."

The activity centre is a good option for students with spares or breaks in their timetable.

"If you were in school and you only

needed care from 9 to 11 am, that's your best bet because you're only paying for those two hours. If your child were to attend full-time child care, you'd be paying full fee whether they attend or not. They could be on holidays or sick for three weeks, you still have to pay because you're holding that space," said Roscoe.

Supportive teachers make the difference. Wendy O'Brien-Ewara, Liberal Arts and Science professor at Humber recalled her struggles as a parent and student.

"Families where both parents are working have a hard time, let alone being a student," said O'Brien-Ewara.

O'Brien extends support to young parents by being flexible. Students are offered

alternatives to help keep up with course workload.

A formal policy regarding children in school does exist at Humber.

"Yes we do have policies, but we try to be flexible, and every rule has exceptions. We would like to think that we're a warm and compassionate institution," said Humber College President Robert Gordon.

According to Gordon, when childcare is a temporary problem, most teachers are flexible.

"The downside is not so much that we don't want to help the individual, the problem is, we have thousands of other students who don't have to bring children to school, and who pay their tuition and don't partic-

ularly want to be in a class with a child screaming," said Gordon.

Recent cuts in funding have caused a real problem for students who desperately need it.

"If it's a real problem we can find other ways to help, but our problem is we're trying to run a college not a social service agency," said Gordon.

Managing studies and one child is hard work. Deborah Tye, 35, manages four children and first-year accounting studies. Tye is the single mother of children ages 13, 9, 8, and 3.

"I don't know how other parents do it, for me it's really hard," said Tye. "I have to be involved in a lot of things. I also have to work hard in raising my children and teaching them fundamental morals and standards of life."

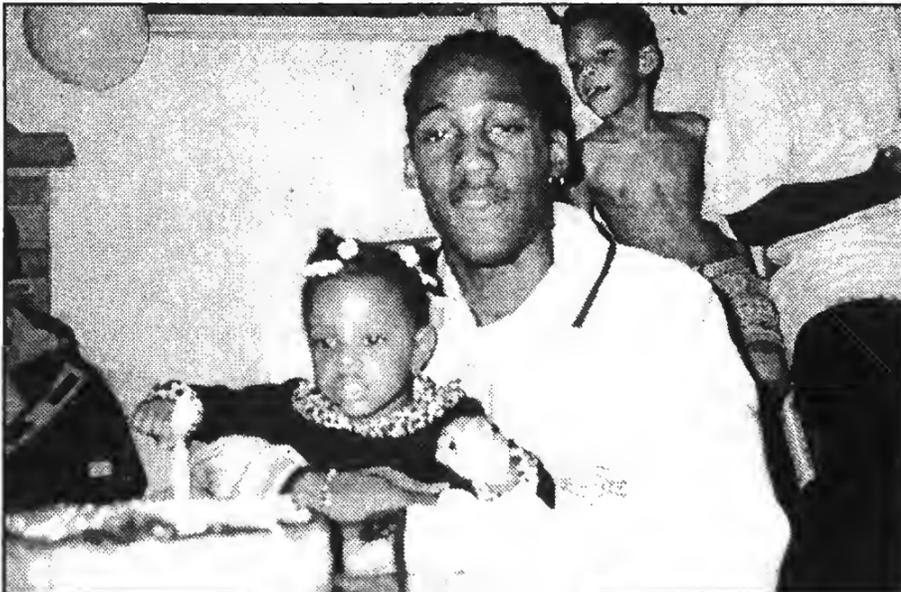
"There have been some really stressful times, but I'm still hanging in there, I'm a survivor. Even though times will get hard, I still have to keep going, I have too. In the end, I will be successful."

Humber Hawks forward Marcelle Lawrence works hard off the court to support his one-year-old daughter.

"I put her first, I always set time aside for her," said Lawrence, a first year student in Humber's Designs Foundations program who has secured a well paying part-time job with Chrysler Canada in Brampton. "Anything my daughter needs, I make sure she gets it."

His former girlfriend attends Centennial College in Scarborough.

"Her mother is doing a great job, she's doing a job that I don't think I could ever do by myself," said Lawrence. "The most respect I could give to someone, I give to her."



COURTESY PHOTO

Marcele Lawrence with his one-year old daughter, Shanice, at Marcelle's birthday.

# Spoon up some cheap eats

BY SATHYA ACHIA  
Lifestyles Reporter

Three years ago, Sean Carthew was an actor touring B.C., until the money ran out. Struggling to make ends meet, he came home to Ontario. Since eating was a necessity, he made an interesting discovery ... Cheap eats!

covery ... Cheap eats!

Before he knew it, he found himself recording and reviewing the tiny diners he entered. Breakfast under two dollars would never be the same.

A year and a half later, the idea of *Spoon Time* was born.

Carthew, 28, is now enjoying the success of his first book, which hit bookstores at the end of 1997.

*Spoon Time*, he said, is about the average person's "need for grease" and is composed of candid reviews of various diners in Toronto's downtown, where the

hungry can get breakfast grub for under \$5.

"*Spoon Time* is just another way of saying 'it's time for breakfast,'" Carthew said.

He's excited by the media reception he has received so far. CBC radio, Roger's Television, Breakfast Television, CFRB, Talk 640 and the *Sunday Sun* have all given him ink or airtime.

The publicity has promoted *Spoon Time* which has sold out in three of the four downtown bookstores which carry it.

According to Carthew, he has managed to attract a wide audience that ranges from 18 to 30 years of age.

"Everybody eats breakfast - it's a way of life," he said. "Beautiful women to older men to cab drivers! They all need a greasy spoon."

Carthew warns, however, the road travelled as a self-published author is one of hard work and dedication.

"It's been hard. Bookstores won't look at you because you're self-published," he said.

"With D.I.Y (Do It Yourself) publishing, you call the shots and you have the control. You are in charge of the writing, editing and printing. And you pay! No one pays you to write it!"

His advice for young writers is based on the experience of the production process.

Young writers looking to self-publish must devote energy and commitment to the project. They need to be confident and honest with their expectations. Cost, print companies and contacts, Carthew said, are a few aspects of publishing that must be considered.

Five hundred copies of *Spoon Time* were printed and Carthew said in the beginning he took five books to each store. Now that it has sold so well, he takes 10 at a time.

Don't forget the cost of printing a book, he said. There is a wide price range when it comes to printing books. It depends on the number of books you wish to print.

For example, the cost of printing a book is multiplied by six to

give you the retail price, he said. If it costs \$3 to print the book, then it will be sold for \$18 or if it costs \$5 to print a book then it is sold for \$30.

"Shop around for a printer and don't just stop at the first price," he said. "Be smart about it. Don't go nuts with cost ... There are ways to cheat in production."

The "cheats" he refers to include things such as not splurging for color and maintaining a simple book design. He kept his book simple and it saved him a lot of money. His friend, Richard Dirstein, an interior/industrial designer, provided the graphics. The text inside was photocopied using a laser printer.

Carthew was quick to point out that there are guidelines and stipulations to follow. These include: obtaining an ISBN number, obtaining copyright and registration with the Library of Congress, all of which are just a phone call away.

In terms of cost, Carthew said that 40 to 50 per cent of profits go to the bookstores that help promote the book and if you opt for a distributor they will take another 30 per cent (with this you will get your book into more places).

Carthew decided to hit the pavement himself, and act as his own distributor. He said having a distributor allows your book to become available to a wider audience.

Carthew warned that writers need to be prepared for frustration, because of long waiting periods for applications to arrive, or to hear from the printers or just to hear word back from contacts.

"I didn't know the business," said Carthew, "and people often speak down to you."

However, Carthew said that he gained a lot of insight and advice from the people he met.

"It's like a domino effect. You ask questions and people will answer or refer you to others. Just ask, ask, ask."

Work on Volume II is already in place and he is very eager to get on track.

Breakfast for Carthew will never be the same.

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# Working on the front line in Bosnia

BY NINA RADMAN  
Lifestyles Reporter

A Humber grad has joined the global struggle to eradicate landmines. Zizi Ivankovic is working for the United Nations Mine Action Center in Bosnia-Herzegovina.

Along with administrative work and mine awareness training, Ivankovic works directly with soldiers who are disarming anti-personnel and anti-tank landmines.

"It is so exciting," explained Ivankovic. "I am not allowed to be too close to the mines while they are being moved, but I have blown up the mines once they are gathered in a safe area and have to be destroyed."

What was first considered a contract position for four months has now turned into an 18-month position.

Since the death of Princess Diana, the Mine Center has been receiving funds from campaigns as well as the Princess Diana Memorial Fund.

Like many high school graduates, Ivankovic was wary about what kind of studies to pursue.

"After high school, I decided to go to Humber College for business administration because it was the safest thing to take and it seemed like there were jobs out there in that field," she said.

Currently, she has no plans to look for work in business administration.

Ivankovic has travelled to Croatia every summer since she was a young child, always staying with family in either Zagreb or Trebizat, Herzegovina where her parents are from.

"My parents always wanted me to know where I was from, to

appreciate my roots," she said. "They figured that by sending me there I would be able to learn the language and culture. Also, I have a lot of family in Croatia."

Ivankovic explained that ever since the war in the former Yugoslavia, it has been difficult for her to get used to the idea that Bosnia and Croatia are two different countries.

"Croats from Bosnia-Herzegovina always called themselves Croats and if people asked, they said they were from Croatia. Now, I guess it would be politically correct to say I'm from Bosnia because my parents are from Herzegovina. I'm just so used to it being considered the same thing."

When the war broke out in Bosnia in 1992, Ivankovic decided to go there and do what she could for her homeland. Although her family had mixed feelings about her decision, they supported her in every way possible.

"With Zizi, my parents have never tried to talk her out of whatever she wanted to do," said Kati, the youngest of Ivankovic's four siblings. "As scared as they were, they trusted that she would be careful in such a dangerous situation. They didn't regret letting her go, but they were scared. I found my mom sometimes crying in her room by herself."

Ivankovic spent eight months in Croatia and Bosnia volunteering for local and international organizations.

"We started off in Zagreb," she said. "We did volunteer work for Mothers For Peace, going to hospitals delivering care packages for soldiers."

When we moved down to Bosnia we worked for the Foreign

Press Bureau for one month as volunteer translators for journalists who were coming down to the front lines."

"Then we helped the Croatian Army in Bosnia with anything they needed, from administrative work, to cleaning the army barracks, to getting food to the soldiers on the front lines," said Ivankovic.

Because of the dangerous areas Ivankovic was in, there were many times that she could not contact her parents because communication lines were down.

Ivankovic explained that the only way to keep in touch was to tell someone who was crossing the border to Croatia to call her parents and let them know she was okay.

"It was really scary," said Kati. "That was when there were bombs actually falling on our village. We thought she would be in Zagreb working as a translator. When we found out that she was in Trebizat, we watched the news every night. They would show the village and it was pitch black and there were bombs falling all over the place."

Ivankovic quickly learned how to adjust to being in constant fear for her life and the lives of her co-workers, friends and family.

"For someone who has grown up in Canada, the first time you hear a bomb or gunfire, you think you are going to die," said Ivankovic. "But I think the worst part for me was not the danger but seeing the victims of the war. You have to build up a strong facade and it is so hard to see children, or anybody, hurt and accept it as a part of daily life in Bosnia."

During her eight months in Bosnia, Ivankovic spent countless hours in bomb shelters and lived for weeks at a time without power in some of the most war torn areas of Bosnia.

She said that although she will never regret the experience, she still spends a lot of time thinking of her past experiences.

"After you see all of those things, your life changes. I have a different perspective on life. I



PHOTO BY CHERI MANUEL

Zizi Ivankovic (left) and Nina Radman enjoy a night on the town away from the grim reality of life in Bosnia and Croatia.

have learned to be very appreciative of the simple things," she said.

Ivankovic returned to Canada with hopes of eventually returning to Bosnia or Croatia once the war was over.

She applied to Humber and went to school for three years while working part time and vacationing in Croatia during the summers.

In January of 1997, she began planning for her relocation. She worked full time to save money, knowing that it would be difficult to find a job right away.

"I was very optimistic," she said. "I knew that Bosnia had a very unstable economy and that it would be difficult for me to find work. I was willing to deal with the fact that I would not be making a lot of money. I just wanted to see what it had to offer me."

Ivankovic moved to Bosnia in July of 1997, planning to vacation until the end of the summer and then find work. She applied to many local and international organizations including the European Community, CARE, the Organization for Security and Cooperation in Europe (OSCE) and different branches of the United Nations.

"It was a fluke that I got the job. I met someone who knew someone, who knew someone else. That's usually the way it works," Ivankovic said.

The UN has been in Bosnia since 1992. The Mine Action Center is there to supervise local

soldiers in the disarming of both anti-personnel and anti-tank landmines.

The process begins with surrounding and marking off the danger areas, explained Ivankovic, followed by an inspection of the area by an Expert On Detonation (EOD) and then the removal of the mine.

Mines are then gathered in a 'safe area' where they are covered by explosives and simultaneously blown up.

"Although it is a dangerous job, I love it. The people I work with are great and I love the experience it gives me," Ivankovic said.

Her main responsibility is going to schools, community centers and army barracks to teach people about landmines, how to avoid them and what to do if they see one.

"The worst thing is seeing people who have been hurt by mines. Many of them are children and young men who have just begun their army training," said Ivankovic.

Ivankovic's job has taken her all over Croatia and Bosnia-Herzegovina, including Sarajevo, Tuzla and Srebrenica. She has no immediate plans to move back to Canada although she thinks she will eventually go back after spending a few years in Bosnia.

"I would like to move up in the UN. After all, I don't think that after doing this job I could go back to an office job in business administration. Who could?"

**"The worst thing is seeing people who have been hurt by mines. Many of them are children and young men who have just begun their army training."**

— Zizi Ivankovic

## Hemp products not in Canada ... yet

Reports that Body Shop Canada will sell hemp seed oil products are false

BY LOUISE E. BROWNE  
Lifestyles Reporter

Hemp has been used to make everything from paper to engine oil, and now, believe it or not, moisturizers.

Hemp seed oil contains some of the highest known levels of fatty acids in the plant kingdom including gamma-linoleic

acid.

When applied to dry skin - which lacks these fatty acids - the oil helps to condition the skin and prevent moisture loss.

On March 20, in the United Kingdom, The Body Shop UK launched a brand new hemp seed oil line featuring many different moisturizing products.

Later that day, a report from CBC Newsworld said that Body Shop Canada would be the first Canadian company to sell hemp seed oil products here. This report is untrue.

According to Fiona Bishop, a public rela-

tions representative for Body Shop Canada, the company has "no plans to launch this range in the Canadian market."

Because these products are only available in the United Kingdom, Robyn Williams, an employee of a Mississauga Body Shop, thinks many customers will be disappointed.

"I think it might be confusing to customers who might have seen the products in the U.K. They might think because it has The Body Shop name on it, that it will be available everywhere, and unfortunately it won't be.



# Entertainment

## Paranormal now normal

BY ANTONIO TEDESCO  
Entertainment Reporter

With the popularity of shows like *X-Files*, *Millennium* and *Psi Factor*, what could be more '90s than paranormal theatre? Nothing!

"As we go into the new millennium, the public is a lot more open to impossibilities," said Scott McClelland, *The Paranormal Show's* ringmaster. "People are starting to search for things outside of normal religion and science. Metaphysical ideals are starting to become a part of normal human life."

Set in the darkened theatre of The Poor Alex at 296 Brunswick, where it plays every Saturday at midnight, *The Paranormal Show* brings the audience closer to those parts of human existence that have no logical explanation.

The Oxford Dictionary defines the word "paranormal" as: "beyond the scope of normal objective investigation or expla-

nation," but, to McClelland, the paranormal is more than what cannot be explained.

"Life, to me, is paranormal," he said. "Over-and-above seances, over-and-above spontaneous human combustion, we as humans, existing, to me, is paranormal."

From piercing his skin with long steel needles, driving a hook through his tongue, reading minds and conversing with the dead (an event he involved me in), McClelland makes it hard to not believe in his ability to tap into the unexplained and all this for a mere \$8 admission.

"People are starting to believe in things just because they are, and not because they need to believe in them," he continued. "It's a nice turn of events for an age where people are so inundated with the information super-highway."

McClelland's interaction with his audience has allowed him to



Death and doom make quite a treat on *The Paranormal Show*.

observe their belief in things like ghosts, UFOs, witchcraft, astrology, and telekinesis. To him, people are starting to "believe in powers that you would think, in

this part of the century, would be completely disputed and swept under the rug," he said.

McClelland attributes his fascination with the paranormal to years spent on the road with N.P. Lewchuk's Travelling Vaudeville Shows, a circus/sideshow owned by his grandfather.

"I've been around it all my life. It was all I knew," he said. "During my formative years, I was brought up around my grandpa's carnival. I started performing professionally when I was 11 years old, and was travelling Canada by the time I was 12."

With his previous carnivals, sideshows, and circuses behind him, and years of travelling across Canada neatly tucked away, McClelland has focused his attention entirely on *The Paranormal Show*.

"Over the past 18 years, I've performed some of the routines in front of hundreds of thousands of

people all across Canada," he said. "I've extrapolated my favorite things from different shows I've produced and I've taken some of my favorite pieces of history and brought them back to life on stage."

He's the first to admit the show must evolve with the public's expectations. He said that as the millennium draws closer, the show must "become a lot more cerebrally scary. The show is going to cut a little closer to home to a lot more people," he said.

McClelland has studied both traditional psychology and the psychology of fear and sees the show's future, in part, as an attempt to convince the audience that while "they're so wrapped up in the horror story, they will leave a little more paranoid about life."

## Newton Boys: heist gone wrong

BY CRAIG JOHNSON  
Entertainment Reporter

From 1919 to 1924, the Newton brothers robbed more than 80 banks from Texas to Canada, but they never killed anyone. And they stole more money than Jesse James, Butch Cassidy, and Bonnie and Clyde.

So, why has no one ever heard of them?

Writer/director Richard Linklater and producer Anne Walker-McBay (*Slacker*, *Before Sunrise*) have taken it upon themselves to educate the world on this piece of American history in their new movie, *The Newton Boys*.

The film stars Matthew McConaughey, (*A Time to Kill*), as Willis Newton, a cotton farmer who, fed up with being poor, turns to robbing banks. He convinces his brothers Jess, played by Ethan Hawke, (*Great Expectations*), Dock, played by Vincent D'Onofrio (*Ed Wood*), and Joe, played by Skeet Ulrich, (*Scream*), to help him.

Their approach is somewhat different from other bank robbers: they see themselves as businessmen, not robbers, stealing from the biggest crooks of all — the banks.

The boys eventually decide to leave bank robbing behind to pull off one of the biggest train robberies in American history by stealing \$3 million from a mail train



COURTESY PHOTO

McConaughey stars as the infamous thief, Willis Newton.

in Chicago.

This film is definitely a change of pace for independent filmmaker, Richard Linklater whose previous films captured the thoughts and feelings of viewers in the nineties. But, fans may be a little



COURTESY PHOTO

*Newton Boys* bring back a bit of history on film.

let down by the different approach this film takes.

The director has clearly shown a talent for getting genuine performances from actors and writing dialogue that audiences can identify with. But, *The Newton Boys*, although historically accurate, is a glamorization of the old west.

Apparently, the Newton brothers were perfect gentleman at all times. They faced a lot of bizarre mishaps during their robberies, including accidentally shooting a member of their gang five times. But these are simply amusing touches that are left unexplored in the film.

The only time we feel the off-beat charm of the Newton brothers is in a clip of a television interview with Jess Newton on *The Tonight Show*, back in the '80s, unfortunately it plays over the closing credits.

Despite its faults, *The Newton Boys* is an interesting and entertaining piece of work. The picture is rich in detail and the scene with the gang's botched robbery attempt of a Toronto bank is a real hoot.

The film is worth watching, if for nothing else than to see country singer, Dwight Yoakam as the Newton gang's explosives expert, Brentwood Glasscock.

## McBay and the Boys

BY CRAIG JOHNSON  
Entertainment Reporter

Writer/director Richard Linklater, keeps a close, family-like, unit with his crew — often recruiting the same people he has learned to trust.

Since his 1991 film, *Slacker*, Linklater has worked constantly with producer Anne Walker-McBay.

She has produced almost all of Linklater's films — from the 1995 romance, *Before Sunrise*, to the most recent film, *The Newton Boys*.

Dealing with Hollywood was difficult for the pair while they worked on *Dazed and Confused* so they now make smaller films, to allow for more artistic freedom. But, with *The Newton Boys*, the film needed major studio financing.

"It was the first time we had gone into this kind of budget range," explains Walker-McBay. "Which demanded that we pay attention to it's commercial viability in ways we hadn't really been forced to in the past."

*The Newton Boys* had a budget of about \$27 million.

"By far it was the biggest budget we have ever had," said Walker-McBay. "Before that it was *Dazed and Confused*, which was about \$7 million."

Period detail such as costuming and architecture were very important to the film and had to be done properly — something

which would not have been possible on a small budget.

Even though the story travels to several different countries, the entire film was shot in Texas. Walker-McBay remembers a scene in which downtown San Antonio doubled for a street in Toronto.

"That was a big challenge because we started with this one building that looked like it could be in Toronto. We then had to use matte shots and very limited camera angles that Rick [Linklater] had to carefully plan."

Linklater and Walker-McBay had about 70 hours of recorded transcript by the Newton brothers' gang leader, Willis Newton. "But we wanted to go further than that," she said. "We spent several years doing a lot of research ... It was a pretty big research project."

As for why they chose such an intense piece, Walker-McBay had this to say.

"Richard and I just thought it was a great story and a really important piece of American history that nobody knew about," said the producer. "We wanted to create this film and hope that it would reach a wider audience."

But it's not always easy to get your art recognized.

"You try to get \$25 million to do a film," Walker-McBay laughs, "and tell them it's an art-house film."

# Grease is the word

BY HIMANI EDIRIWEERA

Entertainment Reporter

You mean John Travolta had an acting career before the '90s?

Let's take a step back 20 years — when black leather jackets meant danger and skin tight pants meant sexy.

It's the return of *Grease*.

Twenty years later, Paramount brings us the movie that once shocked the nation starring disco king John Travolta and Olivia Newton-John. The re-release on March 27, is uncut with new color and digital sound.

With songs like Greased Lightning, Summer Nights, and

We Go Together, performed by Newton-John, Travolta, Stockard Channing, and Frankie Valli, who can resist?

*Grease* originally debuted in 1978 and made \$340 million worldwide. It remains the biggest grossing musical in history.

Baby Boomers remember this

movie from the '70s and Generation X-ers know it from video stores — they seemed to have discovered it all on their own. Why not? The *Brady Bunch* and *Star Wars* came back.

It's great to see Travolta in his early days — in a film that displays his talents as a musician, dancer, and actor.

The movie takes place in a small town where bad boy Danny (Travolta) falls in love with good girl Sandy (Newton-John). The incompatible couple meet during summer vacation, and fall in love.

But, as all love stories go, they must say good-bye when Sandy gets set to return home to Australia at the end of her vacation. Yet, unbeknownst to Danny, Sandy doesn't leave and

miraculously the two end up at the same high school.

The movie revolves around the relationship of these totally different people who run into all kinds of obstacles, but in the end, fly away in a car, and live happily ever after.



Newton-John and Travolta still heating up the big screen in *Grease*.

# Rap essentials

BY JEREMY RELPH

Entertainment Reporter

Independent hip-hop labels are growing like weeds and popping up through the crevices of pop rock.

The reasons for the influx of independent labels and artists is quite simple.

"The majors aren't signing," said Mansa Trotman from the A & R Promotion and Publicity Department at independent label, Warner Chapel, in Toronto.

This simple statement has some hip-hop fans and consumers wondering why.

For Marco Bruno, an 18-year-old high-school student pursuing a career in music, it's a matter of quality beats and lyrics. His own personal mix tapes have Canadian hip-hop artists blended with prominent American artists.

"I definitely think it's (the talent) there," he said. "Judging from both Beat Factory albums, I can play them both top to bottom without fast-forwarding the songs."

But it's not that simple. "The bigger labels are looking for the sure shot money makers ... the guaranteed quick turn-around," said James Tai, hip-hop editor at the Los Angeles-based *Urb Magazine*. "They're not looking to nurture careers and actually do the artist development anymore. The prospects are kinda grim right now in the major label market."

Part of this stems from a difference in the way rock music is marketed and promoted. With rock music, an album can be pushed steadily and sales rise over a period of time. In the ever-changing world of hip-hop, time counts.

Thrust, a Toronto-based MC, works part-time at Virgin Records and has connections in the major label pool through his job.

"You shouldn't really put your record out and then be chasing it — especially for hip-hop," he said. "The initial sales are the first five to six weeks, whether you're a major or not. Everything you do

before then affects that. It's all about planning ahead."

When an artist is signed, there are sacrifices to be made.

Rappers Finesse, Spade, and Rob Blye of Citizen Kane.

"Major labels tell you what to do. They tell you what songs they like, what songs they don't like, they go ahead with promotion items and graphics without approving it with you and in most cases, that's the deal that artists get because they don't have enough clout to ask for what they want," said Day of Knee Deep Entertainment, an independent Toronto based label. "They'll (the label) just sign another kid who's not as picky and more hungry."



PHOTO BY JEREMY RELPH

Thrust sees hip-hop as business and art.

This is a shock to many artists, moving from the demands of working on their art and as an independent, to a major label where an album is simply "product".

Adrian of Treehouse Records has seen some positive signs from the majors. Treehouse handles Scarborough's Citizen Kane. At Kane's record release party, held recently at The Phoenix, the label reps actually returned his calls.

"They're actually listening now ... If I have a question or a problem, I can phone them," said

Adrian. "They'll actually sit down and talk to me for an hour and give me some contacts."

The goal of most artists is to get signed to a major label. When it comes to paying the bills, don't let videos, singles and albums fool you.

Most independent artists are working second jobs so they can pursue their passion.

Rappers like Citizen Kane are not in the studio full-time or dealing with groupies and the things dreams are made of. A lot of these MCs have to do their art in their spare time — time away from jobs or school.

Their music is driven by a love for hip-hop. Independent labels are a way of sharing their artistic vision with those who appreciate it, as well as a way to build up their resume.

"You're in control of your own destiny," said Rob Blye of Citizen Kane. "But you have to know that having your own label means you gotta pay your own bills, you gotta work harder — work doubly hard."

Indy labels also provide experience.

"You have to be organized now ... (the) Press works three or four months ahead," said Thrust. "Look at The Source, it's already working on its July issue right now. Having that kind of knowledge and knowing that you gotta send that stuff out early and package it so they'll open it ... it's little things."

If Indy labels were picked up for distribution by the major labels it would be the perfect marriage of finance and love for the art.

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# Titanic: the real thing

BY BRIAN PASCUAL  
Entertainment Reporter

The harsh reality hits you when you see the telegram. Brown and wrinkled with age, you can make out just enough of the scribbled handwriting.

"Struck iceberg ... sinking by the head ... putting women off into boats."

With James Cameron's epic having now peaked in its hype and exposure, the last thing you need is more of the T-word.

Hold that thought for a second.

With box office records laying at its feet, and 11 Oscars® collected, there's nothing more for *Titanic* to do but bid adieu and sail straight into its goldmine-in-waiting — home video.

Even *Titanic's* biggest fans have to be nearing their saturation point.

But now there is a way to visit the real *Titanic*, minus all the Cameron glitz and glamor.

*Titanic: A Voyage Through Time*

is tucked away inside the city of Brampton, about as far from Hollywood as you can get, and it won't cost you \$8.50 to have a peek.

Granted, there is no Leo or Kate there and seeing it will probably take all of half an hour, but this exhibit is just as effective at silencing a room as the film was.

Held at the Peel Heritage Complex in Brampton, *Voyage* is the private collection of Canadian collector/historian, Steve Santini. This exhibit, on display until May 4, is everything the movie is about, yet everything it's not.



PHOTO BY BRIAN PASCUAL

Titanic timepiece a reminder of the ship's tragic maiden voyage.

Haunting faces in old, tarnished pictures give you shivers, just as seeing Cameron's actors frozen in the Atlantic did, but walking through the exhibit it's clear something is different.

really was the death of something huge.

When *Titanic* sank, it brought down not only its passengers, but the hopes and beliefs of a world that had marveled at its invinci-

Sure, it's one thing to marvel at the movie's authenticity and detail, but these aren't replicas — they're the real thing.

Looking at all the display cases of chinaware and cutlery from the ship, you realize one of the saddest parts of the entire story — the pride *Titanic's* supporters had for the ship.

This is the ingredient that gives the exhibit such a sombre atmosphere. It

bility. It was supposed to be man's greatest triumph in the industrial age and its failure still rings with empathy today.

From the crumpled telegram, browning with age, to the tattered life belt removed from one of the frozen bodies, *Titanic: A Voyage Through Time* reminds you of the tragedy.

Perhaps the piece most symbolic of the exhibit's message is a simple pocket watch taken from the body of a crew member who died in the water. The smallest of anything you'll find at the exhibit, the watch stares at you with the hour and minute hands forever stuck on 2:36 a.m. The *Titanic* sank at 2:20 a.m.

Just like the many victims, the small relic hung on, waiting to be rescued before being silenced forever.

The Peel Heritage Complex can be reached at (905) 451-9051.

## Sweet voices of The Boys Choir of Harlem

BY JEFF HEATHERINGTON  
Entertainment Reporter

Trying to inspire today's youth to succeed in school and gain self-confidence is one thing. Saving lives is another.

But that's exactly what Dr. Walter J. Turnbull has done with the creation of The Boys Choir of Harlem, a group of 40 young African-Americans who ease the soul with their smooth and pure, breathtaking voices.

Founded by Turnbull in 1968 as an alternative to the despair he found in the streets and schools of Harlem, the choir has grown from a small community choir, to a major performing arts institution of international acclaim.

Turnbull, a nationally known educator, conductor and tenor, admits that it wasn't easy getting the program off the ground.

"It was hard in the beginning, and for the first few years after that, because people did not understand the depth of The Boys Choir of Harlem," he said. "It's much more than just a choir. It's a program that saves lives."

Growing up in the deep "white South" of Mississippi and teaching in New York, Turnbull could feel racial tension burning around him. He began to sense that his fellow African-Americans were losing hope. Starting the boys choir was a means of reinforcing that hope and instilling it in the youth.

"During a part of my time as a teacher in the New York City public schools, I found that kids really blossomed when they felt good about themselves, and the

success that they had in music always had a positive effect on them," said Turnbull.

The growth of the choir has been an evolving process which now serves more than 500 boys and girls.

Started in the '70s as an ensemble for church services, the choir now performs concerts and recitals in public venues all over the world.

Their hectic touring schedule, which brought them to the Ford

**"The kids are here because they want to be ... There's more going on musically than just the choir."**

— Walter J. Turnbull

Centre for the Performing Arts in North York recently, includes about 125 performances a year. Their shows combine a mixture of gospel, jazz, soul and rap music with an incredibly choreographed dance routine.

They have also played in France, Belgium and the Netherlands. This tour was captured in a 1979 WABC-TV Emmy Award-winning documentary, *From Harlem to Harlem: The Story of a Choirboy*.

In 1993, The Boy's Choir of Harlem opened The Choir Academy of Harlem, a co-educational, college preparatory school running from grades four through 12, in its own facility.

The boys are chosen based on vocal talent, but have to maintain a certain grade-point average to stay in the choir. Because the boys can start as young as eight years old, they receive support services like academic tutoring and counselling.

Turnbull, who has received his Masters in Music and his Doctorate in Musical Arts from various universities, doesn't find it hard to keep his students motivated.

"The kids are here because they want to be, whether they are in the choir and touring or whether they are just a part of the academy," he said. "There's more going on musically than just the choir."

The astounding aspect about the entire institution Turnbull has created, is the incredible success rate of The Boys Choir of Harlem.

"Ninety-eight per cent of the boys from the choir go on to college," said Turnbull. "So virtually every kid who stays in the choir and goes to school ends up going on to college."

There were many stumbling blocks along the way for Turnbull as he pieced together his project, but he prefers to speak of them simply as "little challenges".

From his accomplishments to date, it seems there will never be a challenge too big for the man who saves lives. Dr. Walter J. Turnbull has created a highly effective system for educating inner city children and motivating them to become disciplined, confident, and successful young adults.

## Help needed

BY JULIE GRECO AND  
JEN BARR

Entertainment Reporters

Two Humber College ensembles will head to Vancouver this May to showcase at Music Fest and they could use your help to get there.

On Monday, April 6, a benefit concert will be held at the Rex Hotel on Queen Street to raise money to send the Humber College Jazz Ensemble and Area 51, a jazz/funk band, on their trip.

"Some money has been funded but there's a bit of a shortfall," said Pat LaBarbera, director of the Humber College Jazz Ensemble.

The bands are hoping to raise about \$2000 at the benefit concert.

According to LaBarbera, the fact that the bands have been asked to showcase at Music Fest is not only important for the musicians, but for Humber College as well.

"We want the west coast to know what we have to offer at Humber," said LaBarbera. "Our program turns out professional musicians."

Both the Humber College Jazz Ensemble and Area 51 consist of Humber students in the Music

program who have been together since September.

Last year, about 10,000 music students from across North America gathered for Music Fest in Ottawa.

The Humber College Jazz Ensemble has played at the Beaches Jazz festival and opened the Regional Festival at Humber's Lakeshore campus. They have also played at high schools and performed at various venues, including the Rex Jazz Bar and the Montreal Bistro.

Area 51 has performed at various Ontario high schools and has already played a gig at the Rex.

"We haven't been able to travel very often so far," Griffith said. "Vancouver is going to be fun."

The concert starts at 8 p.m. and admission is \$10. For more info, call the music office at extension 3427.

**The ensembles and the young people's combos will play at the Lakeshore auditorium on Sunday, April 15 at 1:30. Humber Community Music School will be represented by nine award-winning combos from the children and teen groups.**

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# Et Cetera Sports

## Out with the shootout!

### Hawks and Team Canada: the similarities are frightening

BY NEIL BECKER  
Sports Reporter

Last Thursday's heartbreaking playoff elimination of the Humber Hawks by Ancaster Men's Program (AMP) served as a reminder that shootouts have no place in playoff hockey.

After the Hawks handed AMP a 5-0 pasting and tied the two-game series at one apiece, both teams could not settle anything during an action-packed five minute overtime period.

Instead of playing on and waiting for the series-winning goal, the referees called for three players from each team to participate in the crucial shootout. Unfortunately, the Hawks ran into the same problems as Team Canada during the Nagano Olympics - a hot goalie. The result was AMP scoring twice and advancing to the next round.

Commenting on shootouts determining a playoff series, Coach Paul Masotti said, "I don't like shootouts, I would not want to win that way, or lose that way either."

At the beginning of the game, the Hawks, knowing there was no tomorrow if they lost, came out playing frantically, dominating the play.

According to Hawks forward, Iliia Martinovich, "We knew what we had to do. We went out and did it."

Although the Hawks were not yet rewarded on the scoreboard, they played like bulldogs, refusing to get frustrated.

Finally, the ice was broken when Jeff Weicker let go a Wendel Clark wrister that sailed high over the goalie's shoulder on the stick side. The opening goal seemed to invigorate the Hawks, who continued to play like a hungry team not yet ready to trade their sticks for golf clubs.

"We came ready to play tonight," said Masotti.

Hawks goalie Duane Crocker made the save of the game halfway through the sec-



Despite their 5-0 win, the Hawks (top) are heading for the golf course, despite #77, Jeff Weicker's (right) two goals.

ond period, sliding from one end of the net to the other making a pad save on a shot that was labeled for the bottom left hand corner.

**"I don't like shootouts. I would not want to win that way, or lose that way either." - Hawks Coach, Paul Masotti**

The save seemed to spark the Hawks, who, a couple of plays later, scored an insurance goal. Martinovich took advantage of his strength and great reach when he picked up a loose puck at the enemy's blue line, rifling a bullet wrist-shot, to make the game 2-0.

"I just happened to be at the right place at the right time," Martinovich said.

Towards the conclusion of the second period, the Hawks got into penalty trouble, but managed to put the game on ice when

Weicker scored his second.

"Corbet clipped, and I deked the goalie. That's it," a modest Weicker said.

In the third period, the Hawks seemed determined to make the game a rout, and shelved the puck on the blocker side. The score now stood at 4-0.

There was a familiar pattern emerging in the third period. The Hawks attacked in waves, not wanting to just kill the clock by protecting their insurmountable lead.

In fact, the score could easily have been 7-0; however, the Hawks' shooters were missing some scoring opportunities.

The final goal was scored when Weicker, parked in front of the net, drilled home a rebound, low into the corner stick-side.

"We didn't change anything from last week, just played our game. That's all," Masotti said.

With the Hawks winning this game to tie the two-game series at one a piece, nothing was decided in overtime, which meant one thing. One of the most controversial issues in hockey was about to happen - a shootout.

"Shootouts are fun," Crocker said.

COURTESY PHOTOS



"True it makes you nervous. I just think basics, and be patient when they're coming in. If you can hold them, then he (the shooter) has to cut to the side, which is hard."

Each team chose three players to shoot in hopes of advancing to the next round. Unfortunately, the Hawks lost after two shots.

Summing up the season, Masotti said, "At the beginning of the year, no one even knew each other. We were going through growing pains in trying to gel. Once we got things going, we began to roll. We are only going to have four players leaving next year."

## Gym, Gym, everyone loves Humber's Gym

### Rental of the Humber gym will generate revenue during the summer months

BY JOE SILVA  
Sports Reporter

Busy, busy, busy is what the Humber gymnasium will be all summer long, and Humber Athletics couldn't be happier.

Sure, there will be a lot of work done over that time, but in the end, the revenue from the rental of the gym for a variety of events far outweighs the trouble of being a host.

"We try to generate \$100,000 worth of rental money that we put back into the facility. The money will be

used to offer better services," Humber Athletic Director Doug Fox said.

The revenue is used for a variety of things like buying soap for washing towels, repairing/buying machines for the weight room, and staffing for the summer events.

The first week of April will kickoff what will be a flurry of action in the gym, lasting through to the end of August.

Basketball Canada will once again come to Humber to hold men's and women's training camps. Fox is working on a relationship with the group as Basketball Canada moves their head offices closer to Humber from Ottawa.

There will also be other basketball camps coming to the gym. Courtney Betty, who ran a basketball camp last summer with former Toronto Raptor star Damon Stoudamire, will be running the same type of camp this year. Raptors'

Doug Christie is also expected to be on hand this year. Other basketball groups headed to Humber are Lithuanian Basketball and Hoop Mountain Basketball, each running their own camps.

Basketball camps are not the only events that can be seen this summer. The Wheel Chair Rugby Championships will take place in late June, as well as other events including Judo camps, badminton and a coaching clinic.

Humber Athletics will also run a summer camp for children.

"We run our own camp for kids during the last two weeks of July. The camp will run in conjunction with the pool. It will be a swim and sports camp," Fox said.

The varsity teams are going to use the facility as well to prepare themselves for yet another season.

For more information on these events, call Humber Athletics at 675-3111 ext. 4186.



ALL AROUND THE WORLD



COLOMBO, Sri Lanka (Reuters) - A Sri Lankan charged with theft threw a plastic bag filled with human feces at policemen but it hit a fan and showered the entire court, court officials said Wednesday.

They said Subhasinghe Premasiri, who had been charged with stealing gas cookers and cylinders, took the bag out of his pocket and threw it at policemen when he was asked to step into the witness box Tuesday.

"The bag struck a fan, got entangled and the entire court was showered with excreta," said an official at the court in Modera town, just south of the capital Colombo.

The accused was remanded by the chief magistrate for insulting the dignity of the court, which had to be cleaned before proceedings could continue, the official said.

LONDON (Reuters) - Fishmonger John Hogg will never feel quite the same about dead fish after being confronted by a gigantic, enraged conger eel that apparently rose from the dead.

Hogg had been quietly sorting through the boxes of catch last week when the enormous creature reared up, snapping its razor-like teeth centimetres from the terrified fishmonger's face.

"For a moment I thought I was a goner. It was so big and powerful," said Hogg, who first tried to battle the monster with a broom.

But he soon realized he had no hope of overpowering the 2.5-metre long eel, which weighed around 68 kilograms and abandoned his shop for 11 hours until he was quite sure it was dead.

"By the end of the day it will all be cut up and sold. It's like a bony cod steak but it's an acquired taste, and I'll be trying some of this one," said Hogg.

THINGS  
THAT  
MAKE  
ME  
MAD!



HEE  
HEE!  
I'M A  
EUNUCH



1. The Pillsbury Doughboy is way too happy considering he has no genitals.
2. When something is "new and improved", which is it? If it's new, then there has never been anything before it. If it's an improvement, then there must have been something before it.
3. People who are willing to get off their ass to search the room for the TV remote because they refuse to walk to the TV and change the channel manually.
4. When people say "Oh you just want to have your cake and eat it too." Of course I do. What good is cake you can't eat?
5. When people say "It's always in the last place you look." Of course it is. Why would you keep looking after you've found it. Do people do this? Who and where are they?
6. When people say, while watching a movie, "Did you see that?" No idiot, I paid \$8.50 to come to the theatre and stare at that thing over there.
7. The radio ad "Hi, I'm Jeff Healey from the Jeff Healey Band. Don't drink and drive. I don't." Well, I hope you don't drive sober either Mr. Healey. You're blind for God's sake.
8. People who ask, "Can I ask you a question?" Didn't really give me a choice, did ya there buddy?
9. People who point at their wrist while asking for the time. I know where my watch is buddy, where's yours? Do I point at my crotch when I ask where the bathroom is?



I hate to advocate drugs, alcohol, violence or insanity, but they've always worked for me.

- Hunter S. Thompson

If you can't hear me, it's because I'm in parentheses.

- Steven Wright

... people saying stuff worth repeating

In the beginning the Universe was created. This has made a lot of people very angry and been widely regarded as a bad move.

- Douglas Adams

Et Cetera online ... [etcetera.humberc.on.ca](http://etcetera.humberc.on.ca)



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