

# Humber Et Cetera

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January 29 - February 4, 1998

vol. 26 issue 16

### INSIDE NEWS

# Debt sentence

## Protesters make angry deposit at CIBC sit-in

BY TERRY BAAK, ANDREW MCKAY AND BETHANY LEE  
News Reporters

"Education is our right, we won't give up the fight!"

And the students didn't give up their fight, as they took the National Day of Student protest from Queen's Park on to the financial district at King and Bay Streets where they eventually burst into downtown CIBC offices.

"Why should I have to be \$25,000 in debt? I'm paying the bank to learn so I can get a job with them. Something is screwed up there," said Samee Ratayan, a political science student from University of Toronto.

The last speaker of the demonstration at King and Bay Streets was Joel Harden, president of the grad student's association at York. He targeted the CIBC building as the finale for the protest.

But that's where things just got started.

Students walked freely into the building for about 20 minutes, until the police closed the doors, locking the rest out. About 300 students occupied the CIBC, initially, and presented a list of demands:

- get the CEOs of banks off the board of governors at schools
- roll tuition back to 1994 levels
- institute a national grant system

Remaining students circled the building, supporting their colleagues inside. By 8 p.m., 130 students said they planned to spend the night.

Amanda Dorter, a Guelph University economics and philosophy student, was arrested trying to prevent a fellow protester from being thrown out. She was released by police, but may be charged with trespassing and assaulting a police officer.

"They're going to investigate

whether I was trespassing in a building that stays in business because of my loans," she said.

Students on the outside used the wooden handles from their placards to bash on the windows. Police asked protesters to stop, but tempers flared.

"The president makes 3.2 million dollars a year - he can afford to buy new windows," one protester said.

All day, students flailed signs and banners as they chanted in vain, attempting to get Mike Harris and business leaders to listen.

Students pled for better educational funding, and the chance to get a proper education without "sentencing themselves to a death brought on by massive debt load."

Sandy Bergel, a second-year student at Trent University said, "If they raise the fees next year I'm not going to be able to come back to school. I'm already \$18,000 in debt now from just these two years."

Reports estimated that 5,000 to 6,000 students were out in full force in the mega city.

Around Canada, an estimated 7,000 walked out, including students who occupied the Premier's office in Winnipeg. Six hundred student protesters took over the Newfoundland legislature.

Brad Levigne, national chairperson of the Canadian Federation of Students (CFS), was pleased with the student support. Almost all of CFS's 55 member institutions participated.

"Today is a complete success, because it is national this time, and we're seeing students getting involved that didn't used to get involved."

However, more could have been done to represent Humber at the protest.

"I'm not impressed with Humber's SAC at all," Levigne said. "They've been asleep at the wheel on this one."

In the days leading up to the event, Ontario chair of CFS,



(Top) Early in the day, protesters took it to the streets, expressing their views on the Harris government. (Right) Then they took it to the banks, vowing to spend the night sitting in at CIBC downtown offices.



Wayne Poirier, said that the protest would accomplish a number of things.

"It gives students a chance to voice their frustrations. It sends a message to the government that students are frustrated, and that they are willing to take it to the streets. It raises awareness," said Poirier.

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On Campus

# Taxi drivers vote to go on strike

Co-op cabbies may be on picket lines as the negotiations fail

BY JORDAN H. GREEN  
News Reporter

Taxi drivers at one of the city's largest cab companies have voted to go on strike, if the company doesn't meet the union's demands.

A vote by the 360 cabbies from Co-op Cabs earlier this month ended in a 70 per cent majority strike call.

The taxi drivers - represented by the United Steelworkers' local 1688 - could be out on the picket lines at a moment's notice, as negotiations between the union and management have broken down. The two issues causing the ruckus are pay and job security.

Taxi license plates in the city cost between \$10,000 and \$15,000



Photo By Jordan H. Green

Cabs will remain parked during strike, hitting the company business and inconveniencing the people in the winter season.

per year for use with Co-op Cabs and can be revoked by the company with only a week's notice, according to Nabil Charbel, a union staffer who's been driving cabs since 1974.

"I know a lot of people say job security doesn't mean much anymore, but in our industry we pay for our own jobs," said Charbel. "We (often) pay for our cars, and a plate."

The union, which has over 4,000 members across Canada and also represents Diamond and Metro cab drivers, said the average Toronto driver's take home pay is between \$10,000 and \$12,000 per year.

"To make that kind of money you have to work 12 hours a day, six days a week," said Charbel. "People think we make good money. All they care about is whether they get a nice driver and a clean cab. They don't consider what it costs to keep that cab."

The union is also upset with the rates Co-op Cabs charges its drivers so they can use the Co-op name.

"The company is asking for a five per cent increase on their shift rates, which translates into ten per cent less for us," said Charbel.

When contacted by Et Cetera, officials at Co-op Cabs refused to comment.

"The company isn't in a posi-

tion to comment about the collective agreement at the moment," said Co-op spokesperson Richard Huges. "We feel we've got to deal with the union one-on-one, instead of through the media."

**"I know a lot of people say job security doesn't mean much anymore, but in our industry we pay for our own jobs."**

**-Nabil Charbel  
A union staffer**

"This is the busiest season", said Charbel. "It's winter and people do take taxis, in summertime, they usually walk or take the bus."

## Apathy: a challenge for SAC

The remedy lies in creating confidence and showing sympathy

BY K.C. COLBY  
News Reporter

The lack of effort put forth by some members of SAC doesn't go unnoticed, even in the SAC office.

"I think the biggest challenge out there is student apathy. Not just with students as a whole but also with council," said Shirley Forde.

This indifferent approach by some members of council is an issue many who serve on SAC agree exists.

"You see it when they don't follow through on obligations. They sign on and they don't fulfill their duties. It's disappointing," said SAC External Vice President Cameron Swimm.

Although she agreed that apathy exists with some on council, SAC Vice President Nikki Dhaliwal has a different perspective.

"For some it's just a new experience, kind of shy experience. It's overwhelming," said Dhaliwal.

Recently, the winter budget meeting was cancelled because representatives Mary Sclafani, Lisa Soltermann, Peri Kolivaris and Ken Bell didn't show up and failed to notify SAC that they wouldn't be attending. Messages left by the Et Cetera to the four representatives were not returned by anyone except Sclafani. According to the constitution, eight people, consisting of executive and council representatives must be present for a quorum.

The Collins Cobuild English dictionary defines the

word apathy as: "A state of mind in which someone is not interested or enthusiastic about anything; often used showing disapproval."

The solutions to combat apathy are many and varied.

"I don't know. They need to get in touch more," said Second-year Legal Assistant student, Ilena Corda.

"I think it's something that can be done, they just have to try hard...if their heart is in it they can make some effect," said Corda.

First-year Horticultural Studies student, Marco Carnevale, believes in a tougher approach for those who show strong signs of indifference.

"If they're not getting it done, get them out of there!" he said. "They need to know what the students want and need, then respond to it. If not, play hardball more than anything else."

Others, like Fashion Arts student Mary Downes, think they might need to know some information to start with.

"Maybe a bit more publicity," said Downes. "Sometimes you don't know they're there."

Swimm said one possible remedy is "to involve" those who seem apathetic or indifferent.

"To provide them with responsibility. If they don't feel their contributions are valuable they'll lose interest," said the External VP.

SAC President Forde sees a more accentuate-the-positive approach to battling the problem.

"I think if all the students, including student council, would just forget about what we can't do and see if we can work on things that we know we can do for sure, then over all everything would be fine," said Forde.



Photo By Jordan H. Green

Now riders will know exactly when the next TTC bus is scheduled to arrive

## TTC launches useful web site

About 4,000 TTC bus stops will provide route maps and fare-list

BY JORDAN H. GREEN  
News Reporter

Making a dash to catch the bus just got a whole lot easier for those on the Internet.

The Toronto Transit Commission (TTC) has just launched a new web site on the World Wide Web, providing route and fare information.

Route maps for over 4,000 bus stops will eventually be on-line, allowing riders to know exactly when the next bus is scheduled to arrive.

Currently, there are subway maps, contact phone numbers, information about fares, security.

Conducting business with the country's largest transit system will now be quite smooth with the help of its web site.

The web address is available through the city's web site at [www.city.toronto.on.ca](http://www.city.toronto.on.ca).

## Happy Chinese New Year!



from all of the Humber Et Cetera staff



Humility is a sign of greatness



# Sexual healing no longer free

Sexual health programs feel the crunch of provincial cutbacks

BY IVAN LANGRISH  
News Reporter

The province has pulled the plug on funding for sexual health programs as a part of their down-loading scheme under Bill C-157.

Several community programs that prevent and control communicable diseases, such as gonorrhoea, AIDS and HIV, may be cut back with the loss of funding from Queen's Park, said Darien Taylor, a representative from the AIDS Committee of Toronto.

"We will no longer receive free condoms to distribute to the public. The Hassle Free Clinic possibly will get reduced funding, and the needle exchange program will also be affected by the cutbacks," said Taylor.

The administration of sexual health programs falls under the umbrella of public health, which, as a whole, is facing the money crunch from Ontario's download-

ing of services.

The amalgamated city of Toronto will be particularly hard hit from the cut in provincial funding.

"Sexual health was 100 per cent funded by the province," said Jackie Smith, communications director for the Toronto Health Department, "but now the funding is gone."

**"We will no longer receive free condoms to distribute to the public, ... the needle exchange program will also be affected by the cutbacks."**

**- Darien Taylor,  
AIDS Committee**

In terms of sexual health, while Toronto makes up one quarter of Ontario's population, it lays claim to two thirds of the cases of gon-

orrhoea, AIDS and HIV.

The cuts in provincial funding towards public health put more pressure on municipal governments to pick up the funding slack.

At a recent Neighborhood and Community Services standing committee meeting, Toronto's acting Medical Health Officer, Dr. Sheela Basur, defended the \$96 million budgeted for public health in 1997, in an effort to secure funding for the 1998 fiscal year.

"We do all of our work on less than two per cent of the total municipal budget. In fact, one could say the city gets remarkably good bang for its buck."

Basur had a strong message for the council members in attendance that despite financial pressures, public health must be a priority for the city of Toronto.

"We hear the political statements from the province saying, we're downloading the finance, we're not downloading the expectations. We (public health department) understand the situation you (council) are in. You're going to have to rise to the challenge somehow."



PHOTO BY IVAN LANGRISH

Sexual health programs may lose priority due to provincial cutbacks.

## New direction for Media Studies



PHOTO BY WYLIE ROGERS

William Hanna, the new Director of the School of Media Studies, plans to begin working on new ideas immediately.

New director plans to take media studies into the next millennium

BY WYLIE ROGERS  
News Reporter

William Hanna has been named Director of the School of Media Studies (SMS).

In a unanimous decision, Richard Hook, Academic Vice-President, and ten members of a search committee voted Hanna as being, "most representative of Humber College."

The introduction of Hanna comes on the heels of two weeks of interviews and much speculation.

"I will take over immediately and because of the gap of four to six weeks between Hatton's departure and my hiring, I intend to get going immediately," said Hanna.

"The advisory committees are very satisfied with the direction of the School of Media Studies," said Hook during his introduction of the new director. "We didn't need to have a media guru."

Michael Hatton's departure as

Director of SMS to become the Dean of Business left a gaping hole in a tightly knit structure of command.

"Hatton had incredible vision. The director does an awful lot, from strategic planning and budgeting to making sure that the area makes money," said Nancy Burt, Program Co-ordinator for the School of Journalism.

Appointed by President Robert A. Gordon, Hook and the committee members were responsible for choosing a candidate that can meet demanding criteria and match the successful approach of Michael Hatton.

The new director must continue to raise the standards of the department and oversee the requests put forth for equipment and funds.

The SMS is allotted a budget of \$4.297 million this year to be shared between nine diploma programs, six advanced programs and five fast-track programs.

Hook noted that the committee was especially pleased with Hanna's willingness to continue working closely with Michael Hatton.

"You end up with a person who can build on what you have and also build on the marketing

that has been done," said Hook.

Continued growth in the SMS and constantly changing equipment demands a disciplined and creative leader to maintain industry standards.

"A promotional angle has allowed for growth in student numbers and expansion in other areas," said Burt.

"I am very excited about this move," said Hanna. "I've always admired this school as it is the most dynamic of the schools at Humber."

Hanna has made it clear that continuity and stability are two of his main objectives to ensure a smooth transition period.

"I've been working with the president and vice-president... ultimately looking at applied degrees in colleges," said Hanna. "This is one of the biggest growth areas on the global market."

The precedent set by Ryerson Polytechnic University came about as a result of being one of the only schools to offer applied degrees.

"The buzzword in media areas is 'convergence'," said Hanna. "As job markets evolve, we need to see the skills required ahead of time."

## Empty chair of general education

BY COREY KEEGAN  
News Reporter

The shuffle among administrative jobs at Humber continues.

The question now is who will fill the shoes of outgoing chair of general education, William Hanna?

Hanna leaves liberal arts to take a new position as Director of Media Studies.

Pam Hanft, dean of Liberal Arts, said the department will miss Hanna both on a personal and a professional level.

Included in that group is Clive Cockerton, program co-ordinator of general education.

"It's hard to overstate what William (Hanna) has done... He will be sorely missed," said Cockerton. "We have worked very closely for 12 years and have developed the kind of close relationship where we can finish each other's sentences."

Richard Hook, vice president academic, said no plans have been made on when or how a replacement will be found, but specifics will be available late in the week.

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# Et Cetera Editorial

## Student day of inaction

There has been yet another student protest against tuition increases. Each year since 1992, tuition has increased steadily in 10 per cent increments. Each time students have rallied together to voice their anger and dissatisfaction with the government's plans.

And yet, it all seems to be for naught. Our yelling and pleading is ignored.

We're expected to miraculously dish out whatever amount of money the government sees fit to charge us, with less financial assistance, fewer jobs, and higher costs of living.

We curse and scream and tell the government exactly what they can do with their plans, but they never pay attention. At least, not until we reach the peak of our frustrations and proceed to sling uncooked pasta at our so-called esteemed leaders.

When the noodles hit their noggins they realize we are actually there in body and not just voices in the wind.

Even with all our actions, it can seem pointless to speak out sometimes.

Nothing is done to meet our needs. The government doesn't even try to see our point of view. It's a dismal outlook.

Still, it doesn't mean that protesting for a cause we believe in should go the way of the dinosaur. A more effective method of getting our point across needs to be established.

We've petitioned and protested, stomped, sworn, and flung food. Our only other recourse is the power of our vote; the one thing politicians pay attention to.

## Sleaze sells, but costs

Who cares if Monica Lewinsky had oral sex with President Clinton inside the White House? Who cares whether they had an affair or just "telephone sex" late at night?

The American public cares and so, it would seem, does the Canadian public.

Ever since the scandal broke, Canadian media can speak of nothing else. Reporters from both sides of the border are circling like vultures to see who will be torn down by the American public first — Clinton or Lewinsky.

But while North America's attention is on the scandal, aren't they forgetting a few rather important things?

Remember the impasse with Iraq over UN weapons inspections? The United States may very well issue a military strike against Iraq. And instead of worrying that we might have another Gulf War on our hands, the North American public would rather know if Lewinsky saw the identifying penis mole too.

And what about America's old enemy Cuba and the Pope's visit there? A history-making event took place on Sunday, January 25. Right in front of Fidel Castro himself, the Pope, or the "exterminating angel of communism" as some call him, preached to hundreds of thousands of Cubans about ending communism and freeing Cuba.

Unfortunately this historic event coincided with President Clinton's first television appearance since the allegations. It was also Super Bowl night. How could the Pope compete? Most major news agencies pulled their reporters out of Cuba and dumped them directly into the tabloidesque fray at the White House.

Few reporters were there to hear the Pope give his harshest condemnation of the U.S. yet, calling the American trade embargo against Cuba unjust and unethical.

Justice and ethics are the farthest things from American's and, yes, Canadian's minds. Sleaze does lead. We just hope Chretien doesn't decide to punch out Clinton for looking at a House of Commons intern the wrong way. Then we'd probably miss a revolution in Cuba and a war in Iraq altogether.



## Students protest again and again and again and ...

By JORDAN H. GREEN

Historically, thousands of post-secondary students have stomped on your behalf. And they will stomp again January 28.

Out of the estimated 400,000 college and university students in Canada, thousands march in, the almost annual, 'days of action' protests.

However, this annual student protest by the Canadian Federation of Students (CFS), has never been much more than a day of inaction.

Back in 1992, the CFS released its 'Cut to the Bone' report, which showed how increased tuition

fees coupled with decreased government funding has crippled our post-secondary system.

Thousands of students eager to skip classes, hustled to their local political arena and tossed in, to yell bloody blue murder over the rising costs of school.

The following year, tuition rose in Ontario's colleges and universities by 10 per cent.

Flattened, the CFS pumped up the fight again, releasing — you guessed it — 'Cut to the Bone Two' in 1993.

Another 'day of action' was held and in the following fall tuition went up again, by about 10 per cent in Ontario.

Every year the CFS releases a

press kit, quoting students with \$100,000 debts caused by student loans and high tuition.

And, every year the CFS holds a day of action, to protest the rising costs of post-secondary education.

So far, every year tuition goes up.

Although their hearts are in the right place, you'd think after failure upon failure the CFS would get the message.

Isn't the point of being a student — which includes those wannabee-politicians running CFS — to learn?

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# Remember me, Mssrs. Barrett and Cleghorn?

BY NANCY LARIN

There have been a lot of words on the front pages of Canadian newspapers about the merger of the Royal Bank and the Bank of Montreal, forming the 10th-largest bank in North America. Matthew Barrett, CEO of the Royal Bank and John Cleghorn of the Bank of Montreal talk about competing for business in the global market place. They talk about spending billions of dollars and being worth billions of dollars. If the advantage to Canadians is so great, why don't all the banks amalgamate and form the biggest bank in the world?

However, this doesn't affect me. I can't even picture a billion dollars.

The bank's prestige is wrapped

up in billion dollar deals and they neglect Joe Depositor, who does business with the bank every day.

For example: as a real estate conveyancer I often, on a Friday evening, I deposit people's life savings (the proceeds of the sale of their homes) in the various banks. A few months ago, the Bank of Montreal took tellers off the counter at 4 p.m. Now I leave hundreds of thousands of dollars in an envelope and the only receipt issued is the one I write out.

The Royal Bank will only send the deposit through their inter-office mail to be credited on Monday. Fortunately, they give me a receipt, but interest is not paid until the Monday. Is the mega bank, in going after billion dollar business, going to continue neglecting depositors whose life

savings are entrusted to their care?

Policies like these do affect the majority of banks' customers.

What I am concerned about is line-ups at tellers' wickets, or whether there will even be a teller at all. I am concerned about what it will cost me to pay my bills and I am concerned about whether the small business man next door can get a loan. Items like these are not being mentioned when the captains of business discuss the bank merger.

Paul Martin, the minister of finance, promised he will not consent to the merger until the public is consulted. He will set up his task force and maybe by next fall a decision will be made.

Please, don't forget the Canadians who need the banks too.

# Bank merger is not bad

BY PAUL BILLINGTON

Politicians have lined up to denounce the merger of Canada's largest and third largest banks. They say the merger should be approved only if it's in the public interest. No one will argue with that platitude, except when one considers what they mean by public interest.

The Royal Bank and The Bank of Montreal today employ 92,000 people across Canada, down from 110,000 in 1988. Politicians frightened at the prospect of job losses in their ridings, want assurances there will be no staff reductions.

The trend before the merger was to reduce the number of human tellers in favor of automated tellers and that trend will likely continue. To demand the

merged bank keep present staffing levels is unrealistic given that as individual corporations they would have continued to reduce staff. So why demand something of them when they are one company, and not demand it of them when they were two companies?

The other complaint is that less competition will mean poorer service. The reason for the merger in the first place, according to Matthew Barrett, CEO of the Bank of Montreal, is to prepare for increased competition. ING Direct, one of the world's largest banks is now in Canada using a completely electronic service, and Wells Fargo has over 1,000 operators calling small to medium-sized businesses across North America to get them to switch their business accounts. Chase Manhattan, North America's

largest bank, is also rumored to be coming to Canada.

With increased competition, Canadians will have more choices not fewer choices. The only question is, are we going to prohibit domestic banks from getting larger and therefore deny them the opportunity to defend themselves against their foreign mega-rivals? If Paul Martin doesn't allow the merger, Canadian banks could be swallowed up or become unprofitable, in the face of competition from foreign banks five times their size. Chase Manhattan alone is bigger than all five Canadian banks put together.

The banks pay billions of dollars in tax to Ottawa and generate thousands of spin off jobs. All that is in jeopardy if Martin disallows the deal. Surely, that can't be in the public interest.

CAMPUS

## wire

### Queen's University

The Queen's University Senate's Budget Review Committee recommended a tuition freeze for next year to the Board of Trustees, even though the Ontario government has give the university a tentative two-year plan for tuition hikes. Maybe the complaints of students are finally being heard. ([www.journal.queensu.ca/](http://www.journal.queensu.ca/))

### University of Victoria

British Columbia's University of Victoria now offers a multimedia course called The Beatles. The professor said students should be educated on The Beatles because of the band's enormous cultural impact on society. The program co-ordinator said the course is popular among young people who weren't even alive when the fab four were around. ([www.gazette.uwo.ca](http://www.gazette.uwo.ca))

### Algonquin College

Kate Chappell, a regular columnist for the Algonquin Times spent her holidays at Harbour Island in the Bahamas. Who else should be on the beach, but Harrison Ford. Did Chappell run up to him and get an interview? No. In true Canadian spirit, Chappell oogled him from a distance and watched as his daughter ran up to him and wailed "Daddy, everyone's being mean to me, they all hate me." He scoops his daughter up in his arms and carries her away, the earring in his left lobe, about which he talked at length with Oprah, glints in the sun.

### University of Arizona

The results of a six-year government health study suggest people who start drinking at an early age are more likely to become addicted to alcohol. The American National Institute of Health reported that 40 per cent of the 28,000 people studied, who took their first drink before age 15 developed symptoms of alcoholism later in life. But, says Dr. Enoch Gordis, director of the National Institute on Alcohol Abuse and Alcoholism, it remains to be seen whether it is the delay in alcohol or other factors that explain these results.

## Good Canadian



Mel Lastman



Yes, that's right, nobody's better than Mel, noooooobody! Well, kinda.

Mayor Mel has decided Toronto will celebrate Canada's birthday in grand fashion. The Mega Mayor says he will close down Yonge Street this coming July first and have a four day "pride-boasting" party that will also celebrate the new Toronto.

This is one of the best ideas Mel has had so far. One day, let alone four, of parades, bands, cafes, street dancing and more is a great way to celebrate our country's birthday.

This is something every city in Canada should do, especially Montreal and Quebec City. Stretching it into a four day event is something that should've been done a long time ago.

## Bad Canadian



Michel Petit



It's not too hard to bash someone in the face when a friend is holding the opponent's arms down. That's what Petit, of the Phoenix Coyotes, did to Scott Walker of the Vancouver Canucks. When Petit and Walker decided to go toe to toe, they dropped the gloves and Walker was held by Petit's comrade in arms. Walker got 24 stitches in his face and was really pissed off and rightly so.

The former Leaf - who has bounced around to more teams, in the past few years, that a hot potato - is an opportunist who likes to cash in on defenseless people's faces. Hockey fights are supposed to be one on one, not two on one, and Petit apparently doesn't understand that.

Actions like that don't earn anyone's respect, especially in the NHL, and there's no place for it. He's a coward and a bad Canadian.

Good Canadian, bad Canadian is brought to you by Darren Leroux

Et Cetera

January 28 - February 4, 1998



# On Campus

## Card sharks play to win on campus

By DYLAN BENITE  
Campus Reporter

It was no Casino Rama, but a lot of people had a good time and many prizes were won.

Card sharks came out as SAC held their first "Wits and Wisdom" tournament at the Student Centre on January 22. Players competed in games of Speed, Euchre and Briscola.

Stelios Kypri, one of SAC's Programming Team Leaders, organized the event and said the "turnout was fair and the games were intense and challenging."

Kypri had expected at least 50 people but only 24 participated. During last semester's Multi-Cultural Week, Kypri conducted a survey asking what card games students enjoyed. The feedback from that survey resulted in this tournament. Kypri said more would have participated if the timing was better. He anticipates more competitors next year.

Only four players played Euchre. As each team consisted of two players they all got prizes. Playing the best out of three, a very relaxed Steve Nutbean, a Mechanical Engineering student, and Rhonda Shaw of Landscaping Technicians beat their opponents 2-0. They took first prize, splitting \$50 and two Harvey's lunches. Just for showing up, Frank Holovaci and Jay Back, both students of Funeral Services, who didn't win a single game, still left splitting \$20 and two \$5 phone cards.

No one hurried over to the Speed table as they, too, only had four competitors. But since they were in single competition only one would not receive a prize. The single elimination style tournament created intense games. Tania Mandarelli, a Travel and Tourism student, took first place and won \$20 and a \$10 food credit. Serena Viti, a Business

Administration student, walked off with \$10 and two Harvey's lunches. Third place went to Nadia Miglino who took home \$5 and a \$2 phone card.

Briscola or Brisc, as it is better known, attracted 16 of the 24 participants. Its strategies are similar to Euchre but play is more intense.

First place Brisc winners were Angelo Nero, a Business-Management student, and Jason Rodrigues, a Business Administration student. They took the game 134-106 from second place winners Luca Alberga and Meylin Castaneda, both General Arts and Sciences, Pre- University students. Nero and Rodrigues split \$50 and two Harvey's lunches while Alberga and Castaneda split \$20 and two \$5 phone cards. Third place went to Robert Rice and Nick Karavas, \$10 and two \$2 phone cards.



PHOTO BY DYLAN BENITE

Face cards are always welcome, especially in the fiercely competitive, and wildly entertaining, play at SAC's first annual *Wits and Wisdom* card tournament.

## English is where it's at

By GREGORY DI CRESCA  
Campus Reporter

Foreign students are finding the English programs they need to prepare for a post-secondary education at Humber College.

For the past four years 300 foreign and Canadian students took the English for Academic Purposes (EAP) Program.

Foreign students comprise 60 per cent of the class and these numbers are expected to grow, said Annie Ico, International Students Admissions Officer.

Graduates credit the success of the program to those who run it.

"I tried York University and wasn't pleased with the way they teach," said Rawan Khoury, 18,

from Aman, Jordan and a student in EAP. "Here the teachers are more friendly. They don't make the class just like a class. They laugh. They joke sometimes."

But the teachers aren't the only reason for the strong appeal of this Humber program. Much has to do with Martha Casson, Dean of Registrarial Services and International Development.

"I knew about Humber College because of Martha Casson," said Tatiana Baquero, 19, from Bogota, Columbia. "Last year I met her in Columbia. She's the reason I'm here."

Casson bases the strength of the course on the professors and the quality of the program.

"It's really the quality of the program and the services the college offers that appeal to both parents and students," said Casson. "And it's important to appeal to their [foreign students] parents, since they are the ones usually paying."

The EAP program, taught at three different levels of difficulty, is divided up into grammar and academic writing, listening and speaking as well as reading and vocabulary development.

With such a broad curriculum, the EAP program appeals not just to students who want a post-secondary

diploma, but also to foreign students who want to refine the English they've learned at home.

"I'm just here to sharpen my English skills," said Baquero. "Then it's back to university in Bogota."

The program is assisted by in-college services such as peer tutoring, the International Students Association, and Humber Friends Program, a "buddy" system for new students.

"If you want to enter post-secondary here [Humber], you have to pass the level [the EAP program]. The teachers know we need it and that's why they want our attention," said Khoury. "You can't afford to fall asleep in class."

Currently, students from more than 60 different countries are studying in this program. And they pay just under \$10,000 in tuition to do it.

"North American diplomas are better than European," said Gabor Bagdany, 21, from Budapest, Hungary. "In fact if I say that I took, say, Hotel Management in Canada I can work in the best hotels in Hungary."

Economic reasons, like Gabor's, might help draw students here, but it is the multiculturalism they see in Humber's halls that keeps them coming back, said Casson.

"Our classes are all like little United Nations," said Program Co-ordinator Diane Hall, "and you know, they just work great."



PHOTO BY GREG DI CRESCA

The English for Academic Purposes Program makes a difference for students whose English is not their first language.

## What's Up?

### Study Help

Dr. Randy Gallaway is giving a "Study Smarter, Not Harder Seminar" on January 29 from 11:45 a.m. to 1:30 p.m. in the SAC Conference Room, North campus. Cost is \$1.

### Model Auditions

Men 5'11" and up and women between 5'8" and 5'10" are invited to audition for the Humber College Fashion Arts' Fashion Show '98. Tryouts are in room H-318 Humber North, on January 29 and February 5 from 2 p.m. to 4 p.m. The show will be held on April 16 in the Humber Gym.

### Chef's Table

The 2nd year culinary students are hosting an Evening of Elegance in the Humber Room February 2 at 6 p.m. Tickets are \$25.00 and seating is limited.

### Volleyball

The Women's Volleyball team will play at Georgian College February 4 at 6 p.m. The Men's team plays away at Georgian College at 8 p.m. on February 4.

### Sweet Sensations

The Sweet Sensations band is playing at Caps North on February 4, from 9:30 p.m.

### Men's Ice Hockey

Humber is hosting 12 college and university teams for the Peter Maybury Cup competition at the Westwood Arena on February 5 at 3 p.m. and February 6 starting at 8 a.m. The Gold Medal game will take place on February 5 at 2:15 p.m.

### Winter Blues Fest

Humber College Radio, CKHC, presents Winter Blues Fest on Wednesday February 4 from 11 a.m. to 2 p.m. Lots of games and prizes. Beat the Winter Blues and have fun!

### Union Fair

On February 5, North Campus, and on February 6, Lakeshore Campus, is sponsoring the Humber College Union Fair, focusing on youth in organized labor. It features presentations by Linda Torney, the President of Metro Toronto Labor Council and Debora DeAngelis from the OFL youth caucus. In addition look for job tips and contests.

### Winterfest '98

Blow away winter blahs at SAC Lakeshore's Winterfest '98, from February 9 - 13. Events will include Tony T, XXX rated hypnotist, a barbeque and palm reader.



# The Beetle's big comeback

Feel of new Beetle like the old except this one has heat

BY LAURA SCRIVER  
News Reporter

In a past life it was the car of choice for hippies. Walt Disney made it a movie star. And now, more than two decades since the last new model was introduced, it is back to take the world by storm.

It is the new Volkswagen Beetle.

Set to hit showrooms in March, many dealerships are on their way to selling out this year's stock before the car even reaches the dealership.

"We've already pre-sold 60 of our yearly allotment of 105 Beetles," said Ken Laird, general sales manager at Agincourt Autohaus Inc.

It is moderately priced at just under \$20,000 for a 2.0 L, 115 hp gasoline engine, or just under \$22,000 for a 1.9 L, 90 hp diesel engine.

The new Beetle made its worldwide debut on Jan. 5 at Detroit's North American International Auto Show. The next day, 10 per cent of the New Beetles made for the year had already been sold.

With the car being released in only three countries worldwide (Germany, U.S.A., and Canada), it could turn out to be the sales success story of the decade, he explained. Especially since a large number of the 8,000 to be released in Canada this year have already been sold - without the customer having ever seen the actual car.

"I'm completely caught by surprise at the emotions it brings out in people. It could be a 16-year-old or a 65-year-old, and they'd have the same reaction. I've never seen this in my 15 years in this business," Laird said.

Like the original, the new Beetle is designed to be affordable and appealing to everyone, no matter what their age or income level.

**"I'm completely caught by surprise at the emotions it brings out in people."**

**-Ken Laird**

"Some may have predicted a retro car, but the new Beetle is a completely modern design, almost futuristic," said Clive Warrilow, president and CEO,



PHOTO BY LAURA SCRIVER

The new Beetle is as fun as the old model, but nearly as affordable.

Volkswagen America Inc., in a press release. "It is designed to appeal to people who fondly recall the past, as well as young people who have no connection at all to the original."

Its body allows for a 12-year warranty against corrosion and rust. Its bumpers and fenders are built with a special dent resistant plastic. It has a 12 cubic foot trunk, which can be expanded by using the new Beetle's folding rear seat.

The roof-mounted antenna is also a nice touch. There is even a bud vase mounted on the dash for a flower in case you're feeling blue.

"This is probably the most written about car launch I can remember," said Laird.

The day after its launch in

Detroit it made the front page of almost every American newspaper. "You can't buy that kind of publicity," said Laird.

Even Walt Disney is getting into it. "They have a soft spot because of all the 'Herbie the Lovebug' movies," said Laird.

Though it looks to be a success, some are still skeptical. Sigmar von Einsiedel, in sales at Agincourt Autohaus Inc., has been selling Volkswagens since 1959.

"Beetles at that time cost \$1,465.... Those times will never come back," he said, are selling fast, with dealers expecting to be sold out by March.

Either way, the new Beetles, are selling fast, with dealers expected to be sold out by March.

## Strong relationships key to success: Ford prez

Environment and community concerns to Ford

BY CATHERINE MATHEWSON  
News Reporter

Serving the society in which Ford operates is a key concern to Ford, said the president of Ford Canada at a gathering of 200 people before Aurora's Chamber of Commerce.

"I am determined to be judged by my performance as a president who happens to be a woman, rather than as a woman who happens to be president," said Bobbie Gaunt, the first female president of Ford Canada.

Gaunt emphasized that she was not speaking about becoming the first woman president of Ford Canada, dismissing that as "old news". Instead, she spoke about the importance of business relationships and the responsibilities of business to society.



PHOTO

**Bobbie Gaunt**

"My personal philosophy of business is that success is not just the result of individual initiative ... we are dependent on the strength of our relationships, both in our personal and business lives, for the measure of success we achieve," said Gaunt.

No one was more delighted by Gaunt's visit than Jim McAlpine, president of Aurora's Chamber of Commerce and owner of a local Ford dealership.

"She[Gaunt] is a positive change agent," he said. At the luncheon, Gaunt also addressed the conflict between cars and the environment.

"In today's society, corporate reputation depends on one's contribution to creating an improved quality of life in the markets you serve ... the applause, though, would be short-lived if we as a company fail to step up to our environmental obligations," she said.

## Even stars caught in net Web helps some see cosmos

BY ANDY GEORGIADIS  
News Reporter

The internet is changing the way we look at the cosmos.

There's nothing in the galaxy your eye can't find on the net today as websites replace telescopes for viewing comets, meteor showers and supernovas.

"I'm interested in astronomy, but not enough to invest in a telescope at this point," said 24-year-old James Marchese, a human resources student at Humber College. "When NASA's [www.antwrp.gsfc.nasa.gov] rover landed on Mars, I was checking for updates a couple of times a day," he said.

For people like Marchese, a web site like the "astronomy picture of the day" means less fiddling with lenses and no standing in the cold waiting for that "cosmic" occurrence of a lifetime.

Dr. Sten Odenwald, astronomer and chief scientist at Raytheon STX, maintains he receives about 150 questions per week.

"My site enhances the experi-

ence ... by letting you see what the whole 'shebang' looks like in detail, far better than your eye can appreciate," he said.

Always interested in public education, Odenwald said he created his own web site to teach and talk about astronomy without waiting for invitations from planetarium directors or from academia.

Michael Boschat, observing chairman of the Royal Astronomical Society of Canada, runs his own astronomy web page (www.atm.dal.ca/~andromed). But, he doesn't believe anything on a computer screen can compare to the beauty of the cosmos.

"People want to look at the universe with their own eyes and imagine what is out there with their minds rather than look at a digital image."

The internet won't make telescopes obsolete, but it will just make finding the images a little easier. For purists, the effort is part of the fun.

## Wicked Web Sites

**MONEY**

<http://www.imoney.com/>

This site provides a competitive forum for comparing the year-to-year performance of hundreds of mutual funds. It also features up-to-the-minute news.

**GLOBEFUND**

<http://www.globefund.com>

What's unique about this site is that it provides users with research about most mutual funds.

**FUNDWATCH**

<http://www.fundwatch.ca/>

This site supplies articles and features on various mutual funds along with current unit prices for hundreds of funds.

**FIRST CANADIAN FUNDS**

<http://www.bmo.com/fcfunds>

This site provides online investment information with such things as the week in review and daily prices. It also has saving strategies and answers to all the questions you might have, along with retirement plans, facts, and up to date news.

**WALLSTREET CITY**

<http://www.wallstreetcity.com>

This is the ultimate site for investors. It has Zack's consensus estimate data and research info on over 4,000 stocks. You can also design a portfolio given 19 different criteria such as five-year growth rates, return on equity, etc. Truly, an awesome site. However, City is a pay site charging \$19.95 a month U.S.

**MICROSOFT INVESTOR**

<http://investor.msn.com>

Neck and neck with Wall Street City for the best investment site, Investor charges only \$9.95 a month U.S. and includes more articles on companies in the news than City.

**CORRECTION:**

Humber Etc. would like to apologize to Mark Molley for misspelling his last name in a January 15th Biz/Tech story entitled, "Tech prices falling but not making a difference."

# Chat rooms can be addictive

SAACNET discourages web addicts

BY DAVID ACETO  
News Reporter

Addiction to chat rooms is ruining people's lives and has even resulted in a student at Humber being suspended from the College.

Internet Addiction Syndrome (IAD) was first identified two years ago and has become an increasing problem according to a psychotherapist who treats internet addicts.

"I have treated dozens of patients who have been addicted. The Internet provides an immense opportunity for self-expression without the same risks and responsibilities that may occur in face-to-face relationships," said Glen Ladner, a psychotherapist, in an e-mail interview.

Ladner said there are many reasons why a person becomes addicted to the chat rooms. He says they're most commonly used as an outlet for self-expression.

If regular chat rooms weren't enough, now, chat rooms are starting to add virtual-reality graphics. This will allow people to "VIRTUALLY" escape from the real world by fantasizing and



PHOTO BY DAVID ACETO

Some skip classes to log on to chat rooms, say SAACNET monitors.

becoming something else like a movie star, for example.

"In the past I've seen a student on the net, not doing homework, for the whole eight hours that I was in the lab. He often didn't go to classes," said Valerie Sprenger, Lab Coordinator.

Humber has three to five monitors who are always on hand to help students with problems in the lab. The monitors are also instructed to prevent students from tying up any of the 70 computers by accessing Internet chat rooms during peak hours.

"Chat rooms seem to be the biggest problem. These computers are here for academic purposes and we [the school] don't think students should be using them to chat," said Sprenger, lab coordi-

nator.

"Students' hanging around has been reduced in the labs since we don't encourage students to access the chat rooms on the computers, but some students will still skip class [and return to SAACNET to access chat rooms]," said Derec Davies, SAACNet Lab Monitor.

According to lab monitors, some students spend on average 3-5 hours a day surfing the net, most of it for non-educational purposes.

Ladner said if someone is constantly logging onto chat rooms or the Net and it's interfering with his life, he may be addicted, just as if they were to addicted to cigarettes or alcohol.

# Give your computer a theme to work by

BY NATHIAN GORMLEY  
News Reporter

Computers are easily personalized with the help of the internet, allowing to come to life in ways never expected before.

To most PC owners, their computer is an important part of their life, whether for school, business, pornography or personal use. But most computers are drab hunks of plastic, lacking any sort of personality or character. But if you have the internet and Windows 95, your PC can become a reflection of your tastes and personality, all for free.

Windows 95 allows for a complete overhaul of all of its bells and whistles, giving the user the power to change the normally repetitive and boring default Windows scheme to ... well... anything you can dream up.

The first thing you need is, of course, Windows 95 and access to the internet. Windows Plus! is also good to have, but not necessary. There are literally hundreds of websites dedicated to screensavers and desktop themes. A single topic, from the Toronto Raptors, to the X-Files, the Tragically Hip, and South Park, becomes the "theme" of your computer with Desktop Themes. All icons, cursors, sounds, and

backgrounds will reflect this theme, allowing for some intense personalization. This requires a special program that is included on any webpage offering themes, and comes packed with Windows Plus!

Screensavers are another cheap, easy way to personalize your computer. They range from the Green Bay Packers to the World Wrestling Federation.

Also there are "make-your-own-screensavers", which allow you to put pictures you own in a screensaver collage. Many stores will sell the same screensavers you can get free off the internet, and most are highly over-priced. The Coca-Cola Bear screensaver is free on Galttech's webpage, but costs \$10 at some computer stores.

Your background "wallpaper" is the easiest to personalize. All major web browsers, such as Internet Explorer or Netscape Navigator, have the ability to pluck any image from the internet and place it as your wallpaper, all with the click of a button. When you see a picture on the net you want, simply click the right mouse button, go to "Set as wallpaper", and presto: that image will now be your wallpaper.

**C.R.O. & D.R.O.**  
**WANTED**  
Applications Now Open  
**Humber College** 1998

**SUBMIT resume to SAC North OR Lakeshore CAMPUS**

NOTES: Applications close for C.R.O. & D.R.O. on Friday, February 1, 1998.

These positions receive an honorarium.

1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18
19	20	21
22	23	24
25	26	27
28	29	30

Applications open for C.R.O. and D.R.O.

Applications close for C.R.O. and D.R.O.

## SAC Notice of Co-options

Make the most of your time at Humber! Get involved in the Students' Association Council by planning events, voting on important student issues, meeting new friends and having lots of fun. Co-option is a process that entitles members of the student body to join SAC. You must have and maintain a 65 per cent grade point average and be nominated by classmates. For more information, please visit the SAC office.

### North Campus

### Reps Required

School of Liberal Arts & Sciences	0
School of Business	2
School of Horticulture, Fashion & Design	0
School of Architecture & Construction	1
School of Health Sciences	2
School of Media Studies	0
School of Manufacturing	0
School of Information, Technology, Accounting & Electronics	4
School of Hospitality, Recreation & Tourism	2

### Lakeshore Campus

### Reps Required

School of Liberal Arts & Sciences	1
School of Business	1
School of Performing Arts	3
School of Social & Community Services	3



# Et Cetera Health

## Eating disorder awareness week

BY ANDREA CLENNON

Health Reporter

January is a time when many people resolve to lose the weight they gained throughout the year, particularly from the recent holiday season.

The diet industry takes full advantage of this fact, by offering a new slew of bargains and gimmicks to the public, specifically targeting women.

Unfortunately, dieting is never a one month deal.

In her book *The Beauty Myth*, Naomi Wolf's estimated that on any given day in North America, 25 per cent of the population is on a diet, while another 50 per cent is finishing, breaking, or starting a diet.

Amy Cook, a student teacher, went on a diet plan after years of being "fed up and frustrated".

"I decided to do it for myself, because I knew I wasn't eating properly. But wanting to look better was a very big part of it as well," said Cook.

Cook attended Weight Watchers, a diet program that contributes to the \$40 billion a year industry in the United States, and \$3 billion here in Canada. She, like many others, felt that she was overweight. The problem is Cook was not overweight. She was merely at the top range her weight category.

According to a spokesperson at Weight Watchers, they are only

providing a service that is in demand.

"We don't tell anyone what they should and shouldn't be. We encourage our clients to be within a healthy weight range, which is set by Health Canada," said the spokesperson.

For many women, the desire to be a certain weight is a constant battle with their bodies and food.

Margaret Beck is a co-ordinator at the National Eating Disorders Information Centre located in Toronto. She said dieting and any kind of weight preoccupation contributes to body image problems, which can lead to more serious eating disorders.

"Ninety per cent of women in our society struggle with food and weight issues, while ninety-five per cent are dissatisfied with some aspect of their bodies. We want to advocate identifying women's personalities rather than external appearances," said Beck.

The Centre provides information on eating disorders, food and weight issues. They also have access to nation wide resources on their data base. The majority of support given is over the phone and refers people to services that can help them. Each year, they sponsor Eating Disorder Awareness Week, (EDAW), where they try to promote the celebration of everyone's natural body size.

According to bulletins put out by the Centre, we have a very

narrow view of what a female body should look like. The media influences how we see ourselves, and the women we see the most are thin, thin, thin.

"The ideal of beauty in our society is that of being extremely young and thin, but this ideal is extremely unhealthy, and has such a negative impact on us," Linda Hawke said.

Hawke is a member of Media Watch, a feminist consumer advocacy group based in Toronto. She said there is a close connection between eating disorders and the media.

"Only one to five per cent of the population naturally have the body type you often see in the media. It is beyond the vast majority to ever attain such weights. We just set ourselves up for failure each time we try," explained Hawke.

The Weight Watchers spokesperson agreed that there is no perfect women's size and that the dream of maintaining a supermodel "thin" is ridiculous.

"We encourage people to be the best they are, not someone else's standards," said the spokesperson.

Marinella Arduini, an Etobicoke Public Health nutritionist, said that no one should be consistently dieting. While there are some programs that are better than others, Arduini said that programs need to address lifestyle changes and not be



PHOTO BY VICTORIA PATTISON

focused on weight. She said dieting can be harmful rather than good for one's health.

"Restricting your daily intake is not healthy. You can't do this on a long term basis either, so you end up losing some weight, but not keeping it off," Arduini said.

Arduini explained that while weight is an important health factor, if you are eating properly your body will be at its natural size. This means following the Canada Food Guide and making sure your snacks and meals have a variety of food groups.

She also said that instead of dieting people should try to balance the foods that are high in fat with some choices that are lower in fat.

"We can't control our weight. For the most part it is genetic. If you find yourself struggling to

maintain a weight then it probably is not a healthy weight for your lifestyle," said Arduini.

### Eating Disorder Awareness Events

**WEEK (FEB. 1ST - FEB. 7TH)**

Forums and workshops will be held on selective days to discuss issues and educate the public on the dangers of eating disorders, preoccupation with weight and negative body images. For more info contact The National Eating Disorder Information Centre at (416) 340-4156.

**Monday Feb. 2 at 7:30 pm FREE!!!**

The Residence (Toronto Hospital) (Gerrard and Elizabeth Sts.) A forum entitled 'Dieting' to discuss the issues surrounding diet myths, dieting behaviour, etc.

**FRIDAY FEB. 6**

**FEARLESS FRIDAY**

All day and night A day where people, particularly women, are encouraged to eat what they want, when they want without guilt, apprehension, or remorse.

Also, a night of entertainment at the Toronto YMCA has been planned by several local entertainers. There will be a reception at 6 p.m. to begin the festivities. The admission is pay-what-you-can.

## It's not just a female thing anymore

Men who suffer from eating disorders don't have to be ashamed anymore

BY KELLIE LEMOS

Health Reporter

Although in the past the idea of eating disorders has been predominantly female, more and more men of all ages are coming forward with their problems.

According to the National Eating Disorder Information Centre, there is a 1:10 ratio of men with Bulimia and 1:20 ratio of men with Anorexia Nervosa.

Bulimia is a disorder which involves bingeing on food then vomiting, often up to three times a day.

"This constant and reoccurring act can cause the stomach lining to become weakened and thin which may cause serious problems if continued", said Marg Hulin, Public Health Nurse.

Anorexia Nervosa is a disorder where eating is discontinued altogether.

"There is an assumption that eating disorders are solely a female illness, and that men who suffer from it, are somehow



PHOTO BY VICTORIA PATTISON

All men aren't that confident about their reflection.

unusual simply because many male sufferers are reluctant to come forward and seek treatment due to the harsh reactions and the torment many of them suffer.

"There is a growing number of young men with eating disorders," said Hulin. "It's very psychological. For many men it is often a power issue. Having control over their weight when they feel they have lost control over other things in their life."

The Toronto Health Department has been a major player in helping young men with these problems.

"We are now trying to incorporate men with body image problems. Helping them to learn to accept how their body is shaped. Whether it be smaller muscles or overweight. Often these shapes can be genetic," Hulin said.

Between the ages of 16 and 19, while Keith was attending high school, he thought he was overweight. Every day he had to deal with his own personal feelings

on the subject and was forced to face the ridicule by those around him.

At 19 he developed bulimia.

"It was really hard for me to admit my problem. I was embarrassed to have an eating disorder," Keith said. "It started when I was about 19, I was really overweight, or at least I thought I was and after failed dieting and exercising I resorted to this."

This disorder continued for two years before he took action. Keith joined a peer group which helped him to get through his bulimia and recover in a healthy way.

"I just want others to know that they're not alone," says Keith. "There is help and there are others out there with these problems."

According to the Health Department's guide on body image, there is no "right" body shape. "We are all different. It's okay to be different. Try accepting a wider variety of body shapes and sizes, for you and those around you. In this life there is only one body per customer. Begin by giving up the attempt to change your body into a shape it was never meant to be."

Through awareness people will begin to realize that the focus on physical appearance and the problems that it can cause for many, is both unisex and world wide.

Et Cetera

January 29 - February 4, 1998

# Creatine: the magic muscle magnifier

## The safe alternative to steroids?

BY LESLIE GORDON  
Health Reporter

Before Mitchell Beausoliel came to Humber College, he was in very good physical condition.

He played a lot of sports, worked out religiously, and had achieved a body size he was happy with.

But then Beausoliel quit playing hockey, stopped working out and lost everything. His motivational level dropped and he no longer felt good about himself.

Like so many in the same situation, Mitchell was looking for an edge, something to help him gain back what he lost. After hearing about creatine phosphate from a friend who played hockey in London, he gave it a try and started to notice results almost immediately.

"Within a month I already started to gain weight. I could workout longer and had more stamina," Beausoliel said.

Beausoliel, a former Humber Public Relations student, started taking the food supplement in September and has gained about eight kilograms since. He said his strength has improved, he has a lot more energy and he's increased his muscle size. Beausoliel swears by creatine and thinks it's an amazing thing.

And he's not alone.

Creatine, an organic compound found naturally in muscle tissue, has become the hottest selling food supplement in the fit-



PHOTO BY LESLIE GORDON

ness industry say experts. It's everywhere, the high school football field, college basketball courts, track and field meets and workout gyms.

But in November, the death of three U.S. college wrestlers who died during weight-loss workouts to meet weight-class restrictions, raised suspicion about the use of creatine. The Food and Drug Administration had unconfirmed reports that at least one of the wrestlers was using the food supplement, to date, no official connection has been made.

Dr. Ira Jacobs, Chief scientist at the Defence and Civil Institute of Environmental Medicine, who's done research on creatine, said the supplement is perfectly safe. He said the wrestler's autopsy reports indicated that heat stroke and dehydration caused their deaths, not creatine.

"There is nothing in viable literature that suggest creatine is dangerous to people," Jacobs said.

According to Jacobs creatine helps replenish energy for short, intense, muscle exertion.

Jacobs said the synthetic supplement's been around for years, but started to get popular after the '92 Olympics.

"The research available says you will notice an improvement on exercise performance after about four or five days," said Jacobs.

Yet this improvement doesn't happen for everybody, he said. Each person is different and has their own "creatine ceiling" inside of their muscles. Any excess creatine the body doesn't use will only be urinated out.

Jacobs said if your muscles do absorb the creatine, you will start to gain weight within the first week. A 1 kg to 1.5 kg increase, depending on your weight, is common.

Manno Katsavos, a 23-year-old metro body builder, started taking creatine to increase his muscle mass. Within days he was stronger and bigger.

But this new size didn't last. Within the one week Katsavos stopped taking creatine, he started to lose weight and muscle size.

Renzo Masiano, a sales repre-

sentative for Body Plus in Toronto, said this does happen when you go off creatine.

"When you stop taking the creatine within two or three weeks you'll lose the muscle volume," said Masiano.

Dr. Jacobs said this initial size increase is usually water retention. He said a significant amount of water is bound to creatine when it goes into the muscle cells.

"The muscle looks bigger because there's water in them," said Jacobs.

Jacobs said, however, that muscle growth does happen because creatine allows the athlete to train longer and harder.

While studies on the long term effects of creatine on the body haven't be done, Jacobs said that aside from water retention, there are no side effects.

But Chris Gravill, a 23-year-old university police officer in Waterloo, did have side effects. He started taking creatine to increase his muscle mass, but within the first few weeks he became uncomfortable and stopped using creatine a month later.

"I was going to the washroom all the time," said Gravill. "I also was retaining a lot of water and got bad gas. I went off it because it made me feel fat."

Katsavos also experienced side effects. He found that creatine bothered his stomach, made him go to the bathroom a lot, and his doctor told him that his liver was basically shutting down.

According to Jacobs, these could be anecdotal cases. These symptoms could be associated

with other health problems that have nothing to do with creatine.

"If you want to start taking creatine, it's important that you read a lot about it and know what you're getting into," said Trevor Burnett, an employee at a General Nutrition Centre store in the Woodbine Centre.

"The biggest problem is people come in and they don't know what they're doing," he said. Burnett said creatine sales are becoming a multimillion dollar industry, and the market is flooded with different brands, forms, and price ranges.

The long term effects of creatine are unknown, and creatine doesn't work on everybody. Creatine supplements aren't cheap. At health food stores a 600 gram tub costs between \$70 and \$80 and would probably last about 6 to 8 weeks, (depending on your weight).

Burnett said the correct way to take creatine is in two phases. In the loading phase, the recommended dosage is 20-30 grams a day split into four to five doses for up to 14 days. Then, in the maintenance phase, 2-3 grams per day should be consumed.

Burnett said the best time to use creatine is before and after workouts. Creatine mixed with carbohydrates, such as juice, may maximize absorption. Remember, your body can only absorb a certain amount of creatine. That means if you take in too much for your body weight thinking it will give you more advantage, you're only flushing your money down the toilet!

## Veg out – live longer and prosper

### Vegetables may be key in warding off disease.

BY HEATHER AVERY  
Health Reporter

Eat your vegetables!

Half of all Canadians are reported to be overweight according to the U.S. Food and Drug Administration (FDA). However, the most important reason to eat those leafy greens may not be weight loss after all.

Researchers have found evidence linking food habits with the risk of developing diseases. This is just one reason that nutrition trends should be taking a turn for the better.

The National Cancer Institute estimates that at least 35 per cent of all cancers have a nutritional connection. The world's top nutritional scientists agree that people who eat plenty of fruits and vegetables live longer, healthier lives.

"If eating healthy will make me healthy, it doesn't take a rocket scientist to figure out that it is a good thing to do," said Spencer Walsh, a Humber College Radio Broadcast student. "People are scared of getting sick, I know I am. I think that eating healthy is such an easy, almost quick-fix way of being healthy that works. We have to eat anyway, so why not eat healthy?"

People who consume five or more servings a day of fruit or vegetables help protect themselves against lung, colon and breast cancer.

"I don't eat five or more vegetables a day," admitted Julie Crozier, a youth worker at the



PHOTO BY HEATHER AVERY

Smart Canadians, who want to live longer, will spend more time at markets like this one

YMCA. "I'll definitely try to, but that is a lot of vegetables."

According to a 1994 poll conducted by the National Restaurant Association, nearly 15 per cent of the nation's college students select a vegetarian option at their dining hall.

Scientists have discovered that onions contain complex chemicals that have the potential to help protect us from heart disease and cancer.

Broccoli has been put into a vegetable group called cruciferous. Also in this group are cabbage, cauliflower, swiss chard, kale and brussel sprouts. Scientists say these vegetables contain isothiocyanates that protect against carcinogenesis in laboratory studies.

"I don't like cough medicine, but I take it when I have a cough because I know it will

make me feel better," said Walsh. "Knowing that if I eat an onion, which I don't like, I can protect from certain diseases, why not?"

### Stupid, useless veggie facts:

- Lettuce is a member of the sunflower family.
- American people are eating 900 per cent more broccoli than 20 years ago.
- 90 per cent of all heart attack victims have consumed a pickle within a year of their attack.

### Vegetarian types

- **Ovo-lacto vegetarian**  
Eats no meat or fish, but does eat eggs and milk products.
- **Ovo vegetarian**  
Eats no meat, fish or poultry, but consumes eggs.
- **Lacto vegetarian**  
Eats no meat, fish or poultry, but consumes dairy products.
- **Vegan vegetarian**  
Eats no meat, fish or poultry and does not consume any products that come from animals



Photo by Heather Avery



## Mirror, mirror on the wall

BY CHRISTINA HERANCOURT

Health Reporter

Most people have some problem with the image that is reflected in the mirror. But what we see in the mirror is not always the reality.

In the book *The Body Image Workbook*, Thomas Cash writes body image is "not the same as your physical body. It is the way you see and experience your body, not necessarily how the world sees it."

Durham College student Christine Mitchell, 22, feels she has a healthy body image.

"For the most part, I like my body. I mean, sure, I could maybe lose a few pounds, tone a little here and there, but I'm not too worried about it," said Mitchell.

But some people are. The essential feature of anorexia nervosa is a distorted body image. Women and men who suffer from this disorder never see themselves as being too thin, despite protruding bones, an emaciated face and drooping clothes. The image they have of themselves is nothing close to what is in the mirror.

Sharlene\* is a recovering anorexic. After her friends confronted her about her problem she decided to get help. She was referred by her doctor to the local hospital's eating disorder clinic, where she was assessed and placed in an out-patient program which was covered by OHIP.

Sharlene remembers when a piece of toast and a few cups of coffee were a day's meal.

"I really never thought I was too skinny. I lost 25 pounds between first and third year. My

ribs stuck out, my pelvic bone, my shoulder blades - I used to laugh about it. I started buying children's clothing because it fit better than my old clothes. But I never saw myself as being too thin."

For most people, an eating disorder is a symptom of something else. Some people have a need to control an aspect of their lives. What all of them share is an unhappiness about their body.

If you're trying to support someone with an eating disorder, it is important that you examine your own attitudes about body image and size, so that you do not convey any fat prejudice to them, or reinforce their desire to be thin.

Treatment for those that suffer from this disorder usually has both short and long-term goals. Whether a person gets help in a hospital or with an out-patient program, a private clinic or by seeing a therapist, it is important to start to gain weight immediately. In the long run, a person must learn how to maintain that weight.

That involves changing their attitudes. Kate Winfield works for York Region's Mental Health Services. They run a program called "Turning Point" which helps youth 16 and older overcome eating disorders. The program is paid for by OHIP.

Winfield says that the program "tries to change their thinking patterns, and the way people think about themselves."

The centre uses behaviour-cognitive therapy which tries to change how people view themselves and their bodies.

\*Name changed to protect identity.

## Super stupid fad diets

COMPILED BY LISA RAINFORD

Health Reporter

Crash diets only have a two-year success rate of two to five per cent according to the American Dietetic Association.

### THE ORANGE JUICE DIET:

"A couple of years ago I tried an all orange juice diet," said Elly Macdonald, a part-time Fashion Arts student at Humber College. "But I got really sick because the acid in the orange juice burned the insides of my stomach."

### THE CABBAGE SOUP DIET:

It's a one week do-it-yourself diet that requires a soup made of cabbage, green peppers, onions, tomatoes, celery and V-8 juice. The soup is eaten along with other fruits and vegetables, but nothing else.

According to the Obesity research Center in New York, cabbage packs no fat burning powers, but the soup does fill you up and act as an appetite suppressant. The weight lost is primarily water. These type of diets also elevate blood and cholesterol levels.

### THE LIQUID PROTIEN DIET:

This diet is supposed to burn fat while sparing muscle, but it is nutritionally incomplete. With only 300 to 500 calories a day, the muscles will break down. Side effects include nausea, diarrhea,

constipation, muscle cramps and fatigue. Some deaths have been attributed to these diets.

### FASTING:

By not eating, fat is burned, but so is lean body tissue and muscle. Fasting can cause many deficiencies because it is lacking in all nutrients. The body has mechanisms to adapt to fasting or starvation so it will begin to conserve energy. This will cause your metabolism rate to slow down thus making weight loss more difficult.

### DIET PILLS:

These are a very popular way to reduce weight. Even though they curb appetite, they only work for a few weeks at best. A person who takes pills for appetite suppressants is prone to drug addiction.

### THE "HOLLYWOOD" OR GRAPEFRUIT DIET:

This one is popular because it is a no-brainer and weight loss is dramatic. For three weeks breakfast consists of half a grapefruit and black coffee. Lunch is half a grapefruit, eggs, cucumber, a piece of melba toast and tea of black coffee. Dinner is two eggs, half a head of lettuce, tomato, grapefruit, tea or black coffee. The biggest problem with this diet is it is too restrictive to be healthy.

## Big body, bad attitude

Steroid users may get a lot more than that big, buff body

BY TAMMY SEDORE

Health Reporter

When you think steroids, what comes to mind is usually big huge men or women, with huge muscles and bad attitudes?

You may be on the right track. But, according to Raj Sohi, a councillor at the Peel Addiction Assessment and Referral Center in Brampton, there are a lot of changes that go on in the body that aren't always discussed.

"It is not uncommon for women on steroids to start developing more hair on their bodies. There's also research that suggests that for men, sterility can result from using steroids," said Sohi.

Women and men have different changes that go on in their bodies.

"It definitely depends on the sex of the person. However, both sexes may develop acne, behavioral problems, steroid rage, poor impulse control and get raged

and irritable very easily," Sohi said.

Rachel Rose, a 21-year-old receptionist from Toronto, remembers what it was like when her boyfriend would get mad. Her boyfriend started taking

*"He would be in a fine mood, then wham. All of sudden he would be yelling and screaming, insulting me."*

-Rachel Rose

steroids to help him gain weight for his wrestling team.

"He would be in a fine mood, then wham. All of a sudden he'd be yelling and screaming, insulting me," Rose said.

Rose stayed with her boyfriend for a year and a half, hoping he'd stop using the drug and become the person he was when they met. When things only got worse, she ended the relationship.

"I couldn't handle it. He was

starting to really scare me. I figured, if I'm scared of him, why should I be with him?" she said.

Steroids can also cause headaches, nose bleeds, stomach aches, and acne.

Acne is caused when steroids excrete through the skin. The result, high levels of bacteria in the skin leading to severe acne, mainly on the chest and back. Your blood pressure may rise due to the steroid use, and prolonged steroid use can cause liver damage and hardening of the arteries. This may lead to heart attacks or even strokes.

Adolescents taking steroids run the risk of stunting their growth. It can also lead to depression, fatigue, decreased sex drive, insomnia, loss of appetite, and the list goes on and on.

With all these negative effects steroids have on the body, you wonder why anyone would want to take them.

"Muscle gain. That's all. Some of the negative side effects people tend not to be fully aware of. They tend to believe it's going to make them totally muscular and everything is going to be really nice and great," Sohi said.

# Sixth Annual Humber College Union Fair



**NORTH CAMPUS**  
FEBRUARY 5  
1998



**THERE'S A UNION IN YOUR FUTURE**



**LAKESHORE CAMPUS**  
FEBRUARY 6  
1998

**9:30 a.m.**  
**Fair opens in the Concourse**  
**12:00 p.m.**  
**Play "Right or Wrong" for great prizes**  
**1:00 p.m. - In the Community Room**  
**Linda Torney speaks on the "Role of Unions."**  
**2:00p.m. -In the Community Room**  
**Debora DeAngelis speaks on "The New Unionism."**  
**2:30 p.m.**  
**Fair Closes**

**9:30 a.m.**  
**Fair opens in the Cafeteria Foyer**  
**1:00 p.m.**  
**Debora DeAngelis speaks on "The New Unionism."**  
**Student Lounge**  
**2:30 p.m.**  
**Fair Closes**

Get the facts on your future at the Humber College Union Fair. Representatives of local unions and community organizations will be on campus to answer your questions, give you the facts and introduce you to the unions that you may become involved with in the future.

**Don't Miss It!**

Et Cetera

January 29 - February 4, 1998

# Et Cetera Lifestyles

## Indigo Books first chapter

### Indigo Books and Music giving Chapters a run for their money

BY AMY TYSON  
Lifestyles Reporter

Watch out Chapters; a new breed of mega bookstores is invading Ontario.

Indigo Books and Music has opened three superstores – one in Toronto, Burlington and Kingston.

Last fall Indigo opened the first of their three stores – a 20,000 sq. ft. megastore in Burlington. By the year 2001, there could be as many as 30 stores in Canada. This fall, Indigo plans to open about 10 new stores across the country.

There is one minor obstacle, however. Chapters – the megachain that currently controls around 22 per cent of Canada's \$1.8 billion retail book market. By the year 2000, Chapters projects there will be about 75 Chapters superstores operating across Canada.

Helena Aalto, director of marketing for Chapters, said that Chapters welcomes the competition.

"We have lost a fair amount of business to non-traditional book-

sellers – stores like Walmart. But we offer a terrific selection," said Aalto.

Carolyn Gibson, manager of the Yonge and Eglinton branch of Indigo said that since opening in November, reception has been good.

"We're doing great. We've had a lot of positive customer feedback," said Gibson.

The reason is simple, Gibson said. "We have a great environment and staff, and a comfortable atmosphere. We're more than a bookstore – we're a destination."

Indigo is Canadian owned and

operated, with about 30 per cent of the some 100,000 titles being Canadian.

The store at Yonge and Eglinton is a two-story structure housing close to 25 different sections of books, magazines and media products. It also boasts a CD section (Blues, Jazz, R&B, Pop, etc...) the size of a small record store.

On the upper level of the store, tucked neatly into a corner overlooking Yonge Street, sits the Indigo Cafe. Here, customers can relax and enjoy a cup of latte and read their purchases.

Like Chapters, Indigo provides large armchairs for those who wish to browse through a book or magazine. However, the furniture (which includes kitchen tables, desks and other ornate tables) is all for sale.

Indigo is not all books and music. Besides furniture, the stores also sell bookends, candles, pillows, gift cards, wrapping paper, and other decorative accessories, all of which are reasonably priced.

The company has also implemented a discount program called "The Indigo Circle." For \$25 (single or family membership), customers will receive 10 per cent off regularly priced books and audio cassettes. Bestsellers are always 30 per cent off (you don't

have to be a member to receive this discount).

One interesting difference between Chapters and Indigo is Indigo's creative section names: "Fictional Woods", "Antiquarian", and "Wrapture." For two dollars, customers can have their purchases gift wrapped.

People interested in multimedia programs can sample certain programs using the computers provided by Indigo.

A special children's section provides educational computer games for eager little minds.

There is no shortage of staff at



PHOTO BY AMY TYSON

Indigo Books and Music offers a warm haven from the cold.

### Upcoming events at Indigo

(Yonge and Eglinton 416-544-0049)

- Thursday, January 29, 7:30 p.m.  
Indigo Book Club  
this month's selection is *The Cure for Death by Lightning* by Gail Anderson-Dargatz
- Friday, January 30, 8:30 p.m.  
Live Jazz Event with Michael Brown
- Saturday, January 31, 11:30 a.m.  
Indigo Kids - Who Needs Cartoons?  
exciting activities and stories for children

Indigo. You can be guaranteed that there will be at least one customer service representative in each section.

Overall, Indigo is both esthetically pleasing to the eye as well as well organized and well laid out.

Only time will tell if this new super chain will be able to take a chunk out of Chapter's market.

Indigo is open seven days a week, 9 a.m. to midnight.

## Stop Racism Campaign in full swing

### Video competition helps promote campaign to end racial discrimination in Canada

BY ANDREA FRIEDLI  
Lifestyles Reporter

There are about 40 identified hate organizations operating in Canada.

Over the past ten years, the Stop Racism Campaign has been trying to combat this problem.

In order to eliminate racial discrimination and hate crimes, Canada has been working internationally with other nations to understand and prevent the use and distribution of hate literature in print and on the internet, according to the Department of Canadian Heritage.

Two years ago, the Department of Canadian Heritage, along with CBC/Radio-Canada and MuchMusic/MusiquePlus, launched the Stop Racism National Video Competition.

"The video competition was the first contest to help promote the campaign," said Anthony Sherwood, co-chair of the March 21 Campaign.

"We were always talking to the youth, but it was mainly with posters and flyers that went out to schools," Sherwood said.

Sherwood also said that high school students are the target audience.

"There is a system in place from which we can distribute to schools. There is not a system where we can distribute to the universities. The setting in a high school is a lot easier for which to gather and circulate and get the kids together.

Kids can also plan with each other better in a high school environment."

The contest is open to any student in grades seven through 13. It started on December 10, 1997, and will end on February 27, 1998.

The theme of the competition is The Elimination of Racial Discrimination.

The video should be one to two minutes long, written, produced, directed and performed by a team of five students or less. The schools with winning entries receive a Panasonic Palmcorder.

Last year, over 100 entries went in from all over Canada. Among the winning entries was a video made by media production students of West Humber Junior Middle School, in Etobicoke.

Wayne Wheeler, a teacher at West Humber says the winning entry last year has instilled a low-key pride in the school. Students no longer speak of racial discrimination, they speak of racial harmony.

"The idea of March 21, is always an ongoing issue in homeroom classes," said Wheeler.

In 1947, for the first time, whoever was born in Canada was considered Canadian under the Canadian Citizenship Act. Our country is still multicultural whether some of us like it or not. It is a land of all colors, and everyone has the right to equality and respect.

When the Department of Canadian Heritage started the Stop Racism Campaign in 1989, Canada was the first country ever to run an anti-racism campaign.

The whole idea was born from an event that happened on March 21, 1960, in Sharpeville, South Africa. Seventy anti-apartheid demonstrators, conducting a peaceful demonstration, were shot and killed ruthlessly by police officers.

March 21, 1966 was declared the International Day for the Elimination of Racial Discrimination by the United Nations.

Not only is this the tenth year of the Stop Racism Campaign, it is also the fiftieth anniversary of the Universal Declaration of Human Rights for the countries of the UN.

For more information on the contest, as well as further events in celebration of the fiftieth anniversary of the Universal Declaration of Human Rights, Sherwood suggests checking out the website at [www.march21.com](http://www.march21.com), or calling 1-888 March 21 (1-888-627-2421).

### What you can do about hate crimes:

- participate in the March 21 Campaign;
- promote anti-racist attitudes and activities;
- educate yourself about racial discrimination and hate crime;
- speak out against hate crime;
- promote zero tolerance for racist and discriminatory jokes, slurs and harassment;
- report recruitment activities of hate organizations to local school and police authorities;
- warn friends and family about hate propaganda on the Internet; and
- contact your local police station if you are a victim or a witness to a hate crime.

(Source: Department of Canadian Heritage)



# Canadian volunteer travellers vacation in exotic destinations

Gain cultural experiences while working within a community

By KATHERINE PARSONS  
Lifestyles Reporter

Instead of vacationing in Florida this year why not spend three weeks in a Kenyan village volunteering within a community, or take part in an environmental project in the Serengeti.

To accommodate a growing interest in exotic travel to overseas destinations, volunteer organizations are offering trips that include cultural experiences.

The options are endless. You can volunteer for three weeks or two years. You can join an organization that has a religious affiliation, or you can choose one that doesn't. You can be physically active in a forest, or stationary in a classroom. You can spend \$500 or \$4,000.

Imagine for a moment that you are hiking through the tropical evergreen forest of the Guangxi Province in southern China. Your mission is to find the endangered black-and-white langur monkey, and take notes on its behavior. Your findings will help forest managers determine where to put their limited conservation resources.

This is an example of an Earthwatch program. Earthwatch puts together teams of volunteers to join a research project in one of 51 countries, for a period of one to three weeks.

"Our programs are very popular, 4,000 people will go this year alone," boasted Blue Magruder,

the public affairs director of Earthwatch.

Although most of the Earthwatch participants are American, Magruder estimates that 50 to 60 Canadians participate in these adventures each year.

Carrie Kuntz was seventeen years old when she travelled to Tanzania with Global Volunteers in July of 1996.

"The living conditions were not great, but you put that aside. We helped to build a dormitory and some of us taught at the high school," she said.

People of all ages can volunteer overseas. Adelaide Chipman is 75 years old, and has participated in Global Volunteers trips to Indonesia, Greece, and Turkey.

*"To me, it has always been a dream. I want to get to know people in a different culture in the context of that culture."*

— Joanne Martin

"Service learning means that you do what you are asked to do. In Indonesia we helped paint furniture for a school. Some people objected to that," said Chipman, "but what did they expect?"

Margaret Johnson of Chatham, Ontario journeyed to Jamaica for three weeks with Global Volunteers in February 1997.

"The Jamaicans welcomed us with open arms. We did what they asked us to do and the people

were marvelous," she said.

Johnson's experience included teaching in a local primary school.

Many options exist for people who wish to travel longer than two or three weeks or who do not wish to invest \$2,000 in a short trip.

Alexandra Marie, a 26-year-old university graduate, is preparing to volunteer in India for four months with Canadian Crossroads International (CCI). The four month trip to India will cost Alexandra only \$2,250. The remaining 80 per cent of the trip cost is covered by the fund-raising efforts of Crossroads volunteers.

Joanne Martin, a 49-year-old grandmother and social worker, is preparing to volunteer in Kenya for four months. Joanne wanted to avoid artificial travel so she joined CCI. CCI promotes cross-cultural understanding. They have over 30 partner countries around the world.

The host country decides what placement a volunteer will take. Martin will work within the community to help promote better health or she will teach children English.

"To me, it has always been a dream. I want to get to know people in a different culture in the context of that culture," said Martin.

If you decide to explore the new frontiers of volunteer service overseas, the first thing you must do is check out all of your options. Great reference books are available that describe volunteer organizations.

In addition, it is useful to talk to people who have gone on these trips to ensure that you know exactly what to expect.

## Resources to help you find your way to an exotic destination:

### Books

*What in the World is Going on? A Guide for Canadians Wishing to Work, Volunteer or Study in Other Countries.*

Canadian Bureau for International Education.  
Ottawa: Rung Press Limited, 1991.

*Volunteer Vacations: Short-Term Adventures That Will Benefit You and Others.*

Bill McMillon.  
Chicago: Chicago Review Press, 1997.

**Short-term service: one to three weeks**

Earthwatch  
Watertown, Massachusetts  
tel: (800) 776 0188  
<http://www.earthwatch.org/x/Xli.html>

Global Volunteers  
St. Paul, MN  
tel: (800) 487 1974  
<http://www.globalvolnts.org/index.htm>

**Short to long-term service: four months to one year**

Canadian Crossroads International  
Toronto: (416) 967 0801  
Edmonton: (403) 433 8015  
Halifax: (902) 422 2933  
Montreal (514) 251 0685

Lisle Incorporated Fellowship Program  
Temperance, Michigan  
tel: (800) 477 1538  
<http://www.lisle.utoledo.edu>

**Long-term service: at least two years**  
VSO - Volunteer Service Overseas  
Ottawa, Ontario  
(613) 234 1364 or (604) 662 3656

Visions in Action  
Washington, DC  
tel: (202) 625 7402  
E-Mail: [visions@igc.org](mailto:visions@igc.org)

**Religious Affiliation**  
One World - Global Education  
Toronto, Ontario  
tel: (416) 516 4877  
E-Mail: [rhomes@basilian.org](mailto:rhomes@basilian.org)

Hope International  
New Westminster, B.C.  
tel: (604) 525 5481  
E-Mail: [hope@web.apc.org](mailto:hope@web.apc.org)

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**TEMPTATION FRIDAYS**

The Hottest Dance Party on the West Side with M.C. Jay T. and D.J. Manzone.  
Ladies FREE B-4 12!

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DANCE

1325 Eglinton Ave. Northwest corner of Dixie & Eglinton, Mississauga

FOR PARTY RESERVATIONS CALL: 905-625-1078

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Q 107 ROCK Music all night with Andy Frost & D.J. Massimo.  
Ladies FREE B-4 10:30!

**X-RATED SATURDAYS**

The BEST in Club Anthems & Dance music with M.C. Jay T. & D.J. Manzone. Cum & C how NOT T we get! Ladies FREE B4 10:30!



# Beware when choosing a roomie

Start looking early to ensure that you find the 'house of your dreams'

By AMY TYSON  
Lifestyles Reporter

Looking for a new place to live? Each day, Toronto newspapers offer hundreds of possibilities. *The Renter's News* magazine can be found in most grocery stores and on many street corners.

But knowing where to find this information isn't as important as knowing what to do with it.

There are many important questions to ask a potential landlord, as well as family and friends who have rented apartments and houses in the Toronto area.

Actor Richard Denison, 43, speaks from personal experience when he says that it's important to know what kind of a place you will be living in, and that it's even more important to know what kind of person you could be living with.

"There was a roommate I had once that was an outpatient from (the psychiatric hospital on) Queen St. West. The medication he was taking made him appear totally normal until he went off his medication and starting making calls to Baghdad," said Denison.

Having a roommate that has the same interests as you is also very important.

Marie Bodine has had her fair share of roommates. The 30-year-old singer makes some sugges-

tions for a compatible roommate.

"I know it doesn't seem important, but it's really good to find someone that has a regular job. It's also important to know if the other person drinks or smokes. They should also be as tidy as you are," said Bodine.

Humber College's Housing Office provides a bulletin board at its location in the residence building. Here, landlords can put up postings for apartments and houses for rent. Front desk clerk Sara Bishop said that there are usually quite a few notices on the board.

"We also have an internet web site that tells you what apartments and houses are available for rent," added Bishop. The address is: [www.acad.humberc.on.ca](http://www.acad.humberc.on.ca)

*"There was a roommate I had once that was an outpatient from (the psychiatric hospital on) Queen St. West ..."*

— Richard Denison

A color coded map indicates areas around the college. It also indicates whether a certain area is a 10, 20 or 30 minute bus ride from the college. This is ideal for students who aren't familiar with the Toronto area.

There are certain areas of Toronto that have bad reputa-



PHOTO BY AMY TYSON

By June or July most apartments and houses are already rented for the upcoming school year. Check out the bulletin board at the Humber College Housing Office located in residence.

tions. Students are sometimes lured into these areas because the rent is generally less than other areas.

If you're having trouble finding an apartment or a house to rent, consider talking to a real estate agent. Agents usually have listings of places available for areas in Toronto. They will be able to tell you which areas are good and which are bad.

Finally, don't wait too long before looking for a place to live. It's never too early to start looking for next September. By June or July, most of the good apartments and houses are already rented for the start of school.

When it comes time to sign the lease, read it carefully. Also, make

sure you have a book that covers tenant's rights, as well as landlord's rights. You should have this in case any legal problems come up while you are still locked

into your lease.

It will take some major research and lots of walking around, but in the end, you will end up with a safe, comfortable place to live.



PHOTO BY AMY TYSON

Apartment buildings near the college fill up fast, so start looking.

## Artist Wanted

We are interested in finding an **artist** to **paint** the new **gamesroom** (The Corner Cue).

We are **looking** for **original ideas** and **artwork** to make the gamesroom **unique**.

**Entries** may be **submitted** to the **Lakeshore Student Council** by fax or in person.

Final selection to be made by Council Members. **Winning entry** to receive prize valued up to **\$200**.

Entries must be received by **February 13, 1998**.

**sac**

Lakeshore Campus

## Helpful hints to take with you

- Figure out which area is the best for you – proximity and safety
- Highlight all potential ads in the classifieds or renter's guide
- Call ahead to see if the apartment is still available
- Make an appointment to view the apartment. Once you have done that, compile a list of questions to ask the landlord or rental agent.
- Thoroughly inspect the building and the apartment or house. Look for bugs, crumbling walls, check the water pressure, and the lights – inside and out (parking spaces should be well lit)
- Find out up front what the rent will be, if there are any extra utility costs, when the rent will increase, and, most importantly, when the lease runs out
- Ask how long it usually takes to get things fixed
- Ask what the landlord is like



# Fashion gets a blast from the past this season

Retro clothing is staying alive on the '90s runways

By KELLIE LEMOS  
Lifestyles Reporter

The nineties generation of fashion trend seems to take its inspiration from fads we had thrown out decades ago.

The decade has seen the return of the micro-mini, knee boots and all those flashy colors and patterns that our parents were sporting in the family albums. Flashes from the past such as big hair hardened to perfection with Aquanet, and jeans pinned strategically down to the Treetorns, to 14-inch cuffed bellbottoms tailor made with fabric have become admirable choices for today's fashion conscious.

Many designers have recognized the renewed interest in past styles and have incorporated these ideas into their latest lines.

"Designers often draw from inspirations of the past," says Amanda Luttrell, Fashion Associate at Toronto Life Fashion. "There's always some kind of

twist on the designs."

Looking back on designs of the 60s, 70s and 80s, we see many familiar ideas on the clothing racks of today. Of course new and improved choices in fabrics and cuts have been introduced over the years, but how original are they?

"Little trade marks from each decade is what I think makes up the '90s style," said Danielle

**"Designers often draw from inspirations of the past."**

**— Amanda Luttrell  
Toronto Life Fashion**

Macri, a York University student. "The best clothing is the true vintage."

Remember glaring in denial and giggling under our breath at the outfits our parents conjured up in their teen years? My, how quickly we forget. Now most of us have gone digging through family closets hoping to stumble

across an original piece of vintage heritage.

Hippie days are here again. Hip hugging bellbottoms and those flashy mini dresses are as common today as they were at Woodstock and the peace rallies of '67. Young girls in belly chains and Birkenstocks wander the halls of our schools in the same fashion as a generation before.

Big hair, big shoes and disco theme nights have become best sellers. The '70s influence can be seen just about everywhere. In a small twist of fate, platform shoes have kicked their way back into our hearts. Ankle-length beaten leather jackets and butterfly collars are a man's new and old best friend.

"With such a wide variety of style today, we have so much choice. It's really whatever you like best on you," said Mike Powell, a model/actor with Sutherland.

Designers across North America have been taking notes from their own childhood and flaunting retro in full force on the runways, but with an updated



PHOTO BY KELLIE LEMOS

Fashion trends from the '60s, '70s and '80s are admirable choices.

twist.

"Things are always a little different," said Luttrell. "For example, when people saw things from the '80's coming back, we didn't see the same big shoulder pads."

If recent trends have been any indication of the future, where would that leave us? Looking back on all the styles of decades before that have made a comeback with us, what do we have to give the next generation?

### Trendy web sites to update your wardrobe

- [www.flare.com](http://www.flare.com)
- [www.clinique.com](http://www.clinique.com)
- [www.revlon.com](http://www.revlon.com)
- [www.womenslink.bristol-myers.com](http://www.womenslink.bristol-myers.com)
- [www.covergirl.com](http://www.covergirl.com)
- [www.lorealcosmetics.com](http://www.lorealcosmetics.com)

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# Entertainment

## A smack in the face

Cult phenomenon  
*Trainspotting* hits  
the stage in  
Toronto after  
European success

BY DUSTIN DINOFF

Entertainment Reporter

*Trainspotting* is a vein-pumping, smack-shooting good time.

After becoming a cult phenomenon in Europe, *Trainspotting*, the play, directed and adapted by Harry Gibson, made its North American debut at the Canadian Stage Theatre, in Toronto.

Needless to say, the stage adaptation of Irvine Welsh's *Trainspotting* isn't for the faint of heart. It's vulgar, explicit and shocking — all the elements of good theatre in the '90s.

If you haven't read the book or seen the incredibly popular film, *Trainspotting* is about a group of heroin addicts living in Scotland. The narrator Mark Renton (Shaun Smyth) takes you through a portion of his life, and it's a portion you probably don't want to see. You're probably not going to want to meet his friends either. They're your guide through the most uncomfortable two hours of your life.

First — if you don't like needles, avoid this show. It's based around needles. Having said

that, if you enjoy needles and good acting from Canadian talent, *Trainspotting* will captivate you.

The cast headed by Smyth, and featuring Paulino Nunes (Franco), Josh Peace (Tommy) and Deborah Pollitt (Alison) are exceptional. Their thick Scottish accents fade at times (and disappear at others), but their acting definitely keeps you interested. Josh Peace is featured in the play's 'climax' and he'll instantly earn the respect of anyone in attendance — respect for his talent, and his willingness to take an incredible acting risk. He pulls off this scene with a lot of dignity, but oh, what his mother must think...

If you're worried about not being able to understand the actors' accents and some of the Scottish slang, fear not. The producers have graciously included a Scottish/English dictionary in the program so you can follow along.

*Trainspotting* is recommended to those that have seen the movie, but preferred Irvine Welsh's novel. The stage adaptation reportedly is truer to Welsh's story, and it explores every facet of being a junkie. It dwells in the highs for only seconds before it offers up the gut wrenching lows.

It is also recommended to people who haven't gotten around to seeing the movie, but always wanted to. With the play you will receive the full *Trainspotting* experience, at only ten times the price of what it would cost to rent it.



PHOTO BY CYLLA VON TIEDEHANN

Paulino Nunes plays psychotic Scotsman Franco Begbie in the stage adaptation of Irvine Welsh's *Trainspotting*. The play is running at The Canadian Stage Theatre in Toronto until March 14, 1998.

But, you know, through the blackouts, dizzy spells and nausea that you may or may not feel as a result of what is happening on stage, it's almost worth it.

*Trainspotting* includes many elements and scenes that you

probably never would have dreamed about seeing on stage. When it's over you will be immune to certain phrases and words you thought you could never get used to. You may even leave feeling like you've just

watched a snuff film. But you realize it was all in good fun.

*Trainspotting* runs at Toronto's Canadian Stage Theatre until March 14, 1998. For ticket information call 416-368-3110, or Ticketmaster.

## Good Will Hunting bags a real winner

BY LESLIE GORDON

Entertainment Reporter

*Good Will Hunting* is a powerful drama that will have you on an emotional roller coaster.

The film is directed by Gus Van Sant (*Drugstore Cowboy*, *My Own Private Idaho*) and is produced by Lawrence Bender (*Pulp Fiction*). The screenplay, written by the two young actors and old friends who star in the movie, Matt Damon and Ben Affleck, is a touching story that is a strong portrayal of life's good and bad, without getting cheesy and unrealistic. The comedy scenes and tiny sub-plots, are true to life and a good break from the serious and emotional story line.

Will Hunting (Matt Damon), is a 20-year-old, tough orphan from South Boston. Like the rest of his

friends, Will divides his time between battling cages and bars. The boy has never been to college, lives in a one-room apartment and works menial jobs around town.

But Will is a genius. He can recite historical passages from his photographic memory and figure out problems that have baffled the world's most intelligent mathematic minds.

Even though Will is amazingly smart, there are a few important things he doesn't know.

That is until he meets Professor Lambeau (Stellan Skarsgard), a medal winning mathematician at the prestigious university. Will was once a janitor at the professor's university. Lambeau agrees to rescue him from jail on the conditions that he will work on math with him and see a counsellor.

This is how Will meets Sean McGuire (Robin Williams), a college professor turned therapist.

This serious side to Williams is rare, but he takes full advantage of his acting talents. In one particularly moving scene, Williams, as the middle-aged widower Sean, shows us what it truly means to live and be happy.

Sean, along with Skylar (Minnie Driver), a young Harvard girl who catches Will's eye, helps Will along a journey of self-realization.

This compelling, emotional drama shows that chances and experiences are life's treasures. Without them you'll only have regret.

The movie pokes fun at higher academia and shows that happiness and understanding comes without a \$50,000 education.

## ON DISC



### Various Artists *Good Will Hunting* Soundtrack

BY VICTORIA PATTISON

The *Good Will Hunting* soundtrack is not your modern-day compilation. It does not contain a lot of big names and catchy tunes, but it's a good listen just the same.

It's mainly a folksy sound, with four tracks by Elliot Smith that are reminiscent of the

Grateful Dead, the Allman Brothers and other American classics. The songs are ethereal and calming.

A pleasant surprise for former disco-heads and retro lovers is the three tunes from the 70s; Baker Street, by Gerry Rafferty, How Can You Mend a Broken Heart, by Al Green and a redone version of the classic Somebody's Baby, performed by Andru Donalds.

The low point of the album, amazingly, is the only recognizable name, Luscious Jackson. Their tune is borderline punk, which makes it hard to fit in with the rest of the album.

The high point is track nine, Say Yes, by Elliott Smith, which is a catchy tune that's really descriptive of Will's feelings throughout the film. The other must-listen-to-tune, is the instrumental Weepy Donuts (track 15), which makes ample use of flutes to give it a real Irish feeling that is synonymous with Boston, where *Good Will Hunting* is based.



# Caps all fired up

Former teacher Johnny Toronto brought his unique comedy act to Humber

BY ANDREA HOUSTON

Entertainment Reporter

Caps was ablaze on Wednesday after Johnny Toronto opened his bag of tricks.

With audience participation, a unicycle, and an assortment of balls and torches, Toronto combined comedy and juggling in his famous show.

The spectacle began with rubber ball juggling and funny one-liners, then proceeded into a brilliant fire show. At one point Toronto had a lit torch, a razor-sharp machete and an apple flying through the air; each time biting the apple while objects brushed past his face.

The best part of the show was the unicycle act. To do this trick he needed four lucky audience members — one to help him get on the unicycle, and three to hold the lit torches.

Toronto seemed to have a real hard time getting on the unicycle; he used the head of some poor soul to give himself a boost. Once on top of the thing he circled the bar, nearly bumping his head on the many speakers and television monitors that hang from the ceiling.

The three ladies who had the privilege of holding the torches had to throw them at Toronto where he would catch them and begin juggling. This was really quite amazing; just to watch him ride one of those unicycles alone floored people.

## Eve's Bayou boasts box office brilliance

Stars fill tender new movie with great acting and positive images of black people

BY TRICIA DOUGLAS

Entertainment Reporter

*Eve's Bayou*, written and directed by Kasi Lemmons, was shown at a benefit screening presented by Each One Teach One and the Black Film and Video Network, Monday evening.

The film which stars Samuel L. Jackson (*Pulp Fiction*) Lynn Whitfield (*The Josephine Baker Story*) Debbie Morgan (*All My Children*), and newcomer Junee Smollett as Eve, weaves an intensely intriguing tale set in the Louisiana Bayou.

"The summer I killed my father ...," is the opening line in the story which presents a family

Toronto would have liked to include more current event comedy, but silence fell upon the audience when he tried so he stuck to juggling.

"Colleges, I find don't keep up with the current news," Toronto said. "They know history, they know what they're studying but nobody keeps up with the news. There are people always looking for something politically incorrect, you would think a college audience would be more liberal but that's not so."

Toronto said many comedians have to be careful what they say to college audiences in fear of being banned from the circuit.

A native of Ottawa, he has lived out west, and in Miami. While out west he taught high school english and drama.

Juggling seems to be a family tradition. It was actually one of his students who asked him if he wanted to learn how to juggle. He realized he already knew how to do it because his father had taught him when he was eight.

"Teaching at the time was not much fun," Toronto said. "My dad could juggle, he was like the life of the party. In the army he would be the entertainment of the picnics and events. I put a lot of time into it for a couple years, riding the unicycle around. Then I taught every student at the high school to juggle and ran away to Toronto to seek my fortune. Like I ran away to join the circus."

Johnny Toronto is not his real name; he re-named himself after the cultural mecca that made him famous.

"I lived in Miami for a couple years, but I don't like the states at all, it's a bit of a wasteland. I love Canada and Toronto, that's why I named myself Johnny Toronto. But now I have to call myself



PHOTO BY ANDREA HOUSTON

Toronto attempts to balance himself with the help of the audience.

Johnny GTA."

Toronto mainly tours college and university campuses, but has opened for such acts as John Mellencamp and Gloria Estefan.

"I opened for John Mellencamp, 30,000 people, but I wasn't allowed to speak," said Toronto. "I had to do the act to music. It was quite a surreal experience."

The strong cast and captivating scenery makes *Bayou* a definite winner, not only for the moving performances but also because of its positive portrayals of black people.

This makes it a natural choice for a benefit screening in support of Each One Teach One, a one-on-one mentoring program which puts together black students with mentors in the black community.

"It's a profession-based program that provides networking, resume writing and job shadowing," said Ebonnie Rowe, founding director of Each One Teach One. "We also have speakers, tours, and trips as well as a youth day and book drive where we collect new and used black literature."

To get the films for the benefits that Each One presents, film companies first need to be approached. But, "I won't be attached to just any film," said Rowe. "Each One Teach One is

about showing positive role models, and the Black Film and Video Network (partners in the benefit) is about showing positive images of black people."

"Getting screenings can be difficult," said Hazel Da Breo, executive director of the Black Film and Video Network. But, with feature films as opposed to homegrown films, "this showing was very successful."

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# No experience necessary

Elspeth Cameron reads from her memoirs recently at Toronto Public Library

BY MICHAEL STAFFORD  
Entertainment Reporter

It can happen to anyone — and that's not such a bad thing.

That is the point Elspeth Cameron is trying to get across in her book, *No Previous Experience: A Memoir of Love and Change* — which could be just as aptly titled *The Events Leading Up To My Lesbianism*.

Cameron read from her book at The Toronto Public Library recently as part of their Canadian Women Writers Series.

A professional biographer, as well as an English professor at University of Toronto, Cameron has turned a scrutinous pen on herself. She says that doing so largely amounts to therapy — for herself and, potentially, for others.

"I know a lot of women who are in this situation who can not come out publicly," said Cameron. "They would lose their jobs, or they are reliant on a parent. I have tenure at U of T. That is one of the reasons I did it — for those who can't."

Her belief that other women could benefit from her sharing her story may be even truer than she thinks. The entire time she

spoke, both from the book and off the cuff, her audience shook their heads and murmured "uh-huh" as though at a revivalist meeting.

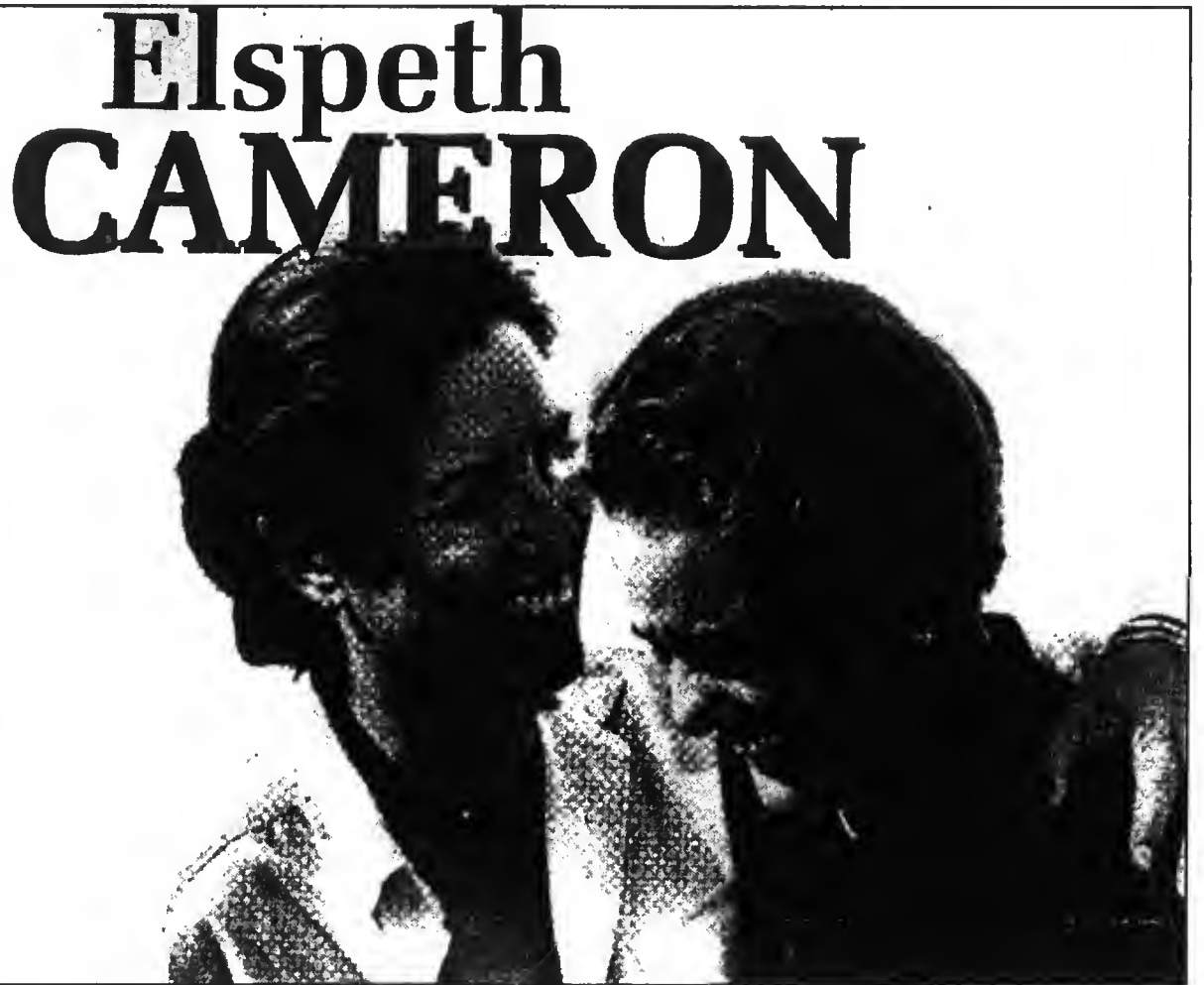
The story Cameron has to tell is full of hardships; growing up in an oppressive household, becoming a slave to anorexia, giving up an unspoken-of, and still unknown illegitimate child, and surviving an abusive marriage. Still, what shines through all the bleak facts of her past is a strong love for her partner, Janice.

*No Previous Experience* reads like good fiction. The apprehension of starting her first lesbian relationship at a late stage in life comes across clearly in the text. In fact, parts of the book are so much like a diary (the source material for much of the book) that it can cause discomfort by turning the reader into a kind of unwilling voyeur.

Cameron's writing is punctuated with humor. Her account of her first visit to a gay bar, where a man from an unwitting office party hit on her, had everyone laughing out loud.

Another audience favorite was the sex scene. The description of her first lesbian experience is worthy of a Harlequin novel, but the human thoughts and fears are still scattered across the pages, keeping her head well above literary water.

"That's as far as I can read," Cameron said in the middle of the sex scene. "My students are back there. I understand this book is prominently displayed in one of Toronto's sex toy shops."



COURTESY OF TORONTO PUBLIC LIBRARY

Elspeth Cameron recently read from her book *No Previous Experience: A Memoir of Love and Change*.

Cameron, complying with shouts for more, continued reading. One of the men in the audience slowly put his arm around his wife.

Cameron says that her children and sisters no longer speak to her, but she hopes time and understanding will bring them back into her life. In the meantime, she

says she is blessed with loving friends.

"I haven't lost any friends," she said. "I guess they were good friends. They are my family now."

Cameron has started a class at U of T's University College in lesbian literature and film.

"I have to thank you for push-

ing for a class," said one of her students. "I never thought I'd be learning about lesbians. It has changed my view of what it is to be a lesbian."

At the end of the evening, Janice, who was in the audience had her turn to talk. She only had one question to ask.

"Are you planning a sequel?"

## Old Lace ties mystery and humor

Remake of old '40s play is a real killer

BY TREVOR HICKEY  
Entertainment Reporter

Etoibicoke Community Theatre and S.T.A.G.E. Productions released the debut of Joseph Kessinger's hit play, *Arsenic and Old Lace* last Thursday night.

The hilarious 1940's original was remarkably redone by the group of actors at Etoibicoke Collegiate Institute near Islington and Dundas.

This comedy features two lovely old aunties who live in a huge mansion with a lot of empty space that they aren't using. They invite lonely old men to come stay with them, eventually offering them a nice relaxing cup of wine loaded with arsenic. Then they bury them in the basement, after a nice ceremony of sorts.

The main character, Mortimer Brewster, is played by veteran community theatre actor John Ignatowicz. Mortimer is their nephew, along with his two

brothers who seem to have spent a little too much time in the shallow end of the gene pool.

Ignatowicz, despite having the leading role, feels comfortable with the group and is having a lot of fun with his new, more insane family.

"My one brother Teddy Brewster thinks he's Theodore Roosevelt and the other, Jonathan Brewster, is a scary looking gangster who's just escaped from a mental institution and he's not all there either," said Ignatowicz. "Near the end we all get together and it's really quite funny."

Thirty-five-year-old Ignatowicz is also a Cantel Customer Service Employee, has been working in theatre for over 15 years and feels no pressure with the leading role.

"I have been involved with groups where every-

one focuses on the main actor, and the main people take it upon themselves to be stars, but if I started throwing an ego around, this group would put me in my place pretty quick," he said.

The play is directed by Victoria Kyoko, who has been working in theatre for almost 20 years and said that the group is comfortable with each other and they vary

greatly in age.

"We range anywhere between 15 to 70 years in age, but everyone gets along and has fun," she said.

Peter Madore, a 22-year-old ex-Humber student who was taking the Film and Television program, but was forced to quit for financial reasons. The talented actor plays a police officer who ends up becoming intoxicated while on the job. The surprising Madore adds quite a bit of humor to the play, and said he loves working in theatre.

"I got home after doing some travelling and wanted to do a play so I started doing the lights for the group," he said. "Then they had open auditions so I thought okay, and I got the part. I'd like to write screenplays some day and direct student films. I'd also like to direct some of my own work."



PHOTO BY TREVOR HICKEY

Community theatre acts out a killer comedy.

Seventeen-year-old Andrew Power is in high school and is one of the younger actors in the show. He said they work really well together because of the practice they put in.

"We practice twice a week, Tuesdays and Thursdays, for months at a time, so if someone forgets their lines, we're pretty good at covering for each other," he said.

The play takes place early in the 1940s during WWII and was first performed in New York in 1941. It has become a standard for theatre groups ever since. Many talented actors have graced the stage and screen for *Arsenic*, including Josephine Hull and Jean Adair, character actor John Alexander, leading man Cary Grant, Raymond Massey and the unmistakable Boris Karloff.

The three remaining performances are on Thursday, January 29, Friday, January 30, and Saturday, January 31. The doors open at 7:15 p.m. and the curtain is at 8:00 p.m. Don't miss it!



# Miserables chance at audition

Hopefuls brave bitter temps for their shot in the spotlight

BY DUSTIN DINOFF  
Entertainment Reporter

Some actors will go to great lengths to be in a play, and when the play is *Les Miserables*, some will even risk hypothermia.

Auditions for the North American touring company of the musical *Les Miserables* were recently held at Roy Thompson Hall. Hundreds of hopeful Javert's and Cosette's turned out in sub-zero temperatures to try their talent, and their luck, in front of casting directors.

Only a few — a very few — will receive that blessed phone call saying they will be a part of one of the world's most cherished and well-known musicals.

The auditions took place over a span of two days. The first was for the Canadian Actors Equity members, and the second was for the non-Equity actors. Many of the non-members were disgruntled.

"They're not going to let us in unless we have a blue card," said Sofi Papamarko. *Les Mis* was her first acting audition with a professional company, but she did not arrive early enough to receive a 'blue card'.

"The first people that came here got blue cards," she said. "They are like arm bands for a concert. I don't think I'll get in, but I'm just going to hang out and see what happens."

Papamarko describes her chances of getting a role or a place in the chorus as "slim to none", but remained in the line-up anyway.

Matt Piche received one of the coveted 250 blue cards that were being dispensed; he showed up at

6:30 a.m. to get it. There he was, in the middle of the huge line-up, waiting to be seen, and no one was let into the building until after 10:00 a.m.

"I don't know if this is a publicity stunt, or if they are actually choosing people from this group, so I don't really know what my chances are," said the freezing Piche. "They only want to hear eight bars of music too. I don't know how (someone can) tell how good a person is from that."

Piche remained hopeful, but without stars in eyes. Having just finished a run of *Forever Plaid*, he is very much a veteran of auditions. He approached the tryouts confident that if he were cast at all, he would not get a lead role.

"I think [the directors] are just trying out chorus parts today," he said. "I think all the leads are already cast with Americans."

When *Les Miserables* opens on July 15 at the Princess of Wales Theatre, it will feature Colm

Wilkinson (*Phantom of the Opera*) taking on the role of Jean Valjean. In the meantime, hope-

fuls like Papamarko and Piche will be waiting in the wings to have their chance on stage.



PHOTO BY DUSTIN DINOFF

Hundreds of hopeful actors wait for an audition of *Les Miserables*.

# The Bran Van rides into town

BY HIMANI EDIRIWEERA  
Entertainment Reporter

Who would have expected a lead vocalist to look to Rudyard Kipling as someone he admires?

"My french teacher gave me a poem in grade four, *To Be by Rudyard Kipling*," said Stephen "Liquid" Hawley, from Bran Van 3000 (BV3), who sees poetry as creation.

"The poem is all about the little things. If you can take everything you have in your life, and whisk it at one turn of pitch and toss, and you lose it all, start again at the beginning and never breathe a word about your loss. That's what I try to live my life by," Hawley said.

The nine member Montreal group arrived in Toronto on January 23 for an event that was supposed to be a fund-raiser for the ice storm victims in Ontario and Quebec.

Unfortunately, fans showed up to the concert with nothing to

donate, just a spark in their eyes in anticipation of an amazing show at the Opera House.

A different view, and a fresh new sound is why BV3 managed to fill the old concert hall with hysterical fans.

Hawley said BV3's success is a dream come true, but for him it's not a matter of economic status. His key to success is "creation".

"Life is all about creation. If you have that passion and the drive to create, and luck enough to acquire the means to attain your end, then you deserve a hell of a lot of respect," Hawley said.

The 25-year-old Concordia University graduate has been with BV3 from the beginning when the band formed in early 1997. He says the tryouts were more like an invitation from the Bran Man, James DiSalvio.

"James started studying the concept with E.P (keyboards). He did some extensive work on film and videos, with some big names.

Then he started making his own CDs," said Hawley.

Drinking In L.A., the group's claim to fame, was recognized Canada-wide and became an instant success. The song was written by DiSalvio and reflects his misadventures in L.A while trying to make a movie.

The band's first CD, *Glee*, was released in 1997. The band recently signed on with Capitol Records

after a multi-label bidding war.

Yet, classifying BV3's sound is virtually impossible. The band has been categorized as almost everything from, hip hop to alternative.

"I think there's a hip hop influence," said Hawley. "It's a fresh mix. Kind of like hip hop meets the Clash, or the Pixies; all grouped in together. I don't think I can really describe it, but the

love for the music is definitely there."

The band is down to earth, and even with their success across Canada, they've managed to remain level-headed.

"It's all about achievement and respect for your lifestyle," said Hawley.

BV3 will be returning to Toronto to promote their new CD, set to be released this March.



PHOTO BY HIMANI EDIRIWEERA

Bran Van 3000 electrifies an excited crowd at the Opera House.

## HUMBER palooza '98

The 2nd annual Humberpalooza, battle of the bands is on its way! Here's your chance to show off your talents and win great prizes. Humber's grand prize winner will go on to an Ontario wide competition. Bands, duos or soloists from North & Lakeshore campuses are eligible to enter. Pick up an entry form from the North or Lakeshore SAC offices along with all the details. All entries must be received by Monday, March 16.

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## Sweet SENSATION

This all female reggae band will perform in Caps on Wednesday, February 4 at 9:30pm as part of SAC's tribute to Black History Month. The show is FREE! You must be 19 and over to attend.

ARMY INFORMATION DAY  
On Wednesday, February 4, the Canadian Army will be visiting Humber for an information day. There will be information and displays to check out in the Concourse all day.

SAC  
North Campus

# Et Cetera Sports

## Speed demons

Men's v-ball continue their rapid dominance of opposition in three set win over Mohawk

BY KRISTI SMITH  
Men's Volleyball Reporter

The Humber Hawks volleyball team soared to victory over the Mohawk Mountaineers in three straight sets January 22 (15-2, 15-13, 15-3), and, for the second week straight needed less than an hour to do it.

With the victory, their record improves to 7-1 on the year.

"This was the most important game of the season," said Hawks Co-Captain Chris Wilkins. "Niagara lost to this same team last night, so it puts us in sole possession of first place (in Ontario West division)."

As in their previous victory against Seneca, the Hawks delivered a swift and speedy death to the Mountaineers.

"We really came into this game riding the momentum from our last one," said Tim Ryan of the Hawks.

In the opening set, Humber got on the board first with an ace by Ryan, but Mohawk promptly responded with a point of their own.

But because they played the night before (Wednesday, January 21), it was apparent that this was a tired Niagara squad who came out to take on the Hawks. And Humber was not about to show any mercy.

Despite several good rallies, the Hawks easily cruised to a 15-2 victory. They finished off the set just as they had started it, with an ace, this one from Co-Captain Tim Pennefather.

The Mountaineers suffered from their inability to shut down Pennefather in this game, who had 17 points in total offence, including six service aces. The top point getter in the Ontario West division, Pennefather is a

scoring machine, a thorn in the sides of his opponents.

The Hawks on the other hand held Mohawk's big middle Mike Brejak to three points. Brejak trails only Pennefather, and Matt Tim in division scoring. He is an offensive threat that needed to be stopped.

"At our last practice, we really worked on what we had to do to shut him down," said Pennefather.

The Hawks came out flying in the second set, and were up 5-0 without a blink. But then things got interesting. With the score 8-3 in Humber's favor, Mohawk began to fight back. Finding some inner strength, they rolled with the momentum and took advantage of Humber's lapse.

"I'm always telling the guys to work on their concentration," said Hawks Head Coach Wayne Wilkins. "We lost our focus in this (the second) set, but we managed to get it back."

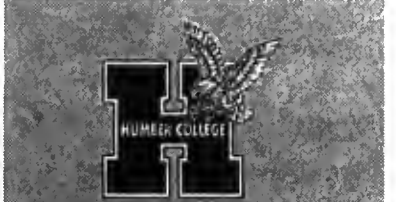
Thing looked scary for Humber when the two teams battled to a 13-13 tie. This seemed to send off the alarm bells, however, and the Hawks promptly put the game away. Tim, who had nine points in offence, finished it off with a sparkling kill.



Tim Ryan(4) hammers home another Hawk point. Humber needed just under an hour to defeat the Mohawk Mountaineers.



Tim Ryan (3) bangs a smash off the Mohawk block. The Hawks get another shot at the Mountaineers when they travel to Mohawk College on January 30.



## HAWK ACTION

The upcoming week for the Humber sports scene

•Thursday Jan. 29 – Men's Ice Hockey play at Ice Sports Etobicoke. Game time is 7:30 p.m.

•Friday Jan. 30 – Women's v-ball host the Confederation Thunderhawks at 8 p.m.

•Friday Jan. 30 – Men's v-ball travel to Mohawk college to play the Mountaineers. Game time is 8 p.m.

•Sunday Feb. 1 – Men's Ice Hockey host the Seneca Braves at Westwood arena. The puck drops at 7:45 pm.

•Wednesday Feb. 4 – Women's v-ball travel to Barrie to play the Georglan Grizzlies. Game time is 8 p.m.

•Wednesday Feb. 4 – Men's v-ball also head to Barrie to take on the Grizzlies at 8 p.m.



# Double the pleasure

## Women's hoops continue to roll with two more decisive wins over Durham and Fanshawe

BY ERIKA FORD

Women's Basketball Reporter

The Women's Basketball team threw two more wins on the total last week with wins against the Durham Lords (81-36) and Fanshawe Falcons (85-51) on Wednesday and Thursday.

The game at Fanshawe was interesting, but only for a half.

In the first half, the Fanshawe Falcons stayed close, challenging the Hawks and making them earn their baskets. Questionable calls from the referees also made the Hawks work.

"The reffing was quite horrible," forward Filomena Aprile

said. "Reffing at away games is always bad. That combined with being the best [in Canada], the refs want to make you work. But what can you do? You've got to deal with it."

Two minutes before half-time the score was 32-29 for the Hawks, then they went on a scoring tear and crushed Fanshawe with a 12-1 run.

The final score was 85-51.

Assistant Coach Denise Perrier said the team's endurance and depth are their strongest assets.

Most teams don't stand a chance against Humber's "ability to wear teams down, we just wear them out. They (opponents) get tired," she said.

Humber's opponents probably get tired of watching the women pour in points despite their best efforts.

The Falcons watched Missy McCutcheon score 18 points, 15 of that in the first half. Tanya Sadler helped out 13 and Aman Hasebenebi scored 12.

So how far ahead is Perrier looking for her team?

"Only to the next game. I can see us winning a medal at the Nationals, but we have to get there first, and we get there one game at a time," she said.

This week the Hawks came two games and two wins closer to the Nationals.

The night before travelling to London, the Hawks hosted the Durham Lords on January 21, defeating them 81-36 in a rough game with plenty of fouls.

Player of the game McCutcheon scored 17 points, including four three pointers. Rookie Tamara Cummings had 13 points, Hasebenebi and Filomena Aprile each had 6 steals.

Although the coaches may not have the luxury of looking too far into the future, the players sometimes do.

Cummings hopes she knows what the Hawk's future holds.

"Gold at Ontario's and National's," she said.

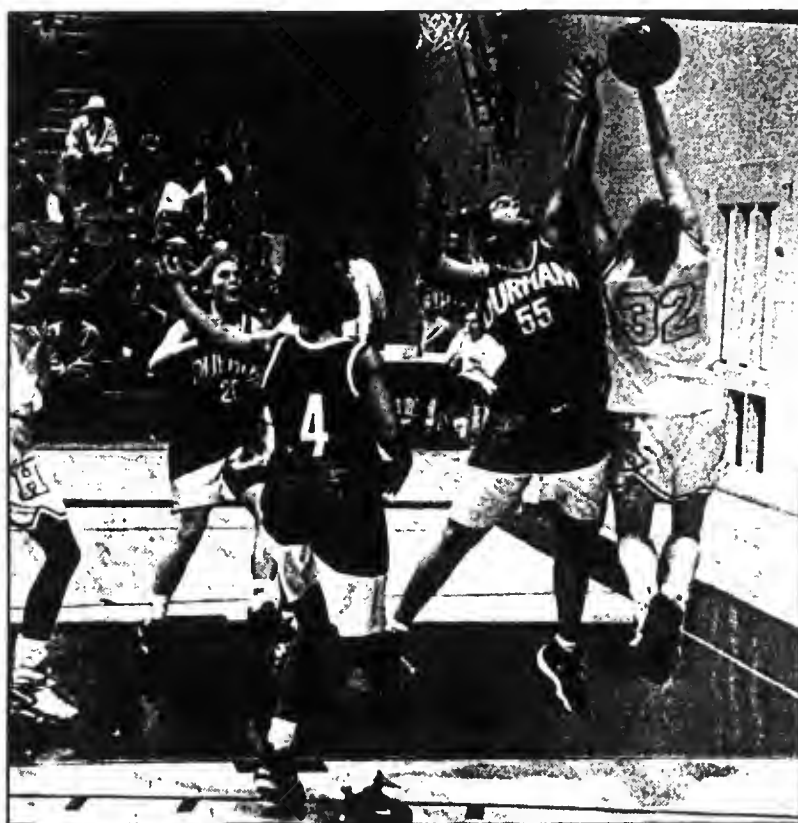


PHOTO BY ERIKA FORD

Humber and Durham do battle under the boards for a rebound.

## Students find out – "he can still move"

BY ERIKA FORD

Women's Volleyball Reporter

A legend of basketball history was showing his stuff last week in the Humber gym.

Rick Barry, one of the NBA's 50 Best-of-All-Time, held a clinic for about 40 high school coaches.

Athletic Director Doug Fox said the event was an opportunity to make contacts with the high schools.

"Recruiting is getting harder each year, this way, we can see the coaches and they can see us, and when they see us at their games, they know why we're there," he said.

Members of Humber's men's and women's teams along with some senior boys from Westview

Secondary School were also in attendance.

Barry played in the NBA for 14 seasons, winning a title with the Golden State Warriors in 1975. The Hall of Famer was a 12 time All-Star and had more than 25,000 career points. He now has three sons in the NBA. His middle son Brent, won the 1996 Dunk Contest.

The 53-year-old Barry demonstrated techniques on shooting, screening, and defending and talked to the coaches and players about the importance of a good attitude.

"Whatever you do,



PHOTO BY ERIKA FORD

Rick Barry (L) shows fundamentals of the game.

whether it be ball, or anything else, give your best effort...be proud," he said.

The crowd was quiet as Barry spoke of his experiences in the NBA, his views of the game and players today. He said some players are lazy today for not focusing on or learning the game as well as they could.

"They're cheating themselves and the game. The game is not as good as it could be because the players are not maximizing their skills," he said.

Andre Riley a player on the Westview Wildcats

had an opportunity to play Barry.

"It was something to play him. He can still move. I know I've got to practice more," Riley said.

Barry's clinic was just another indication of Humber's growing prominence in the national basketball community.

This year the Raptors have practiced out of Humber's gym. Last year, the Women's National team held their tryouts for the World Championships here. The Canadian National teams may start operating their central offices out of Humber.

In addition, this past Christmas, Humber President Robert Gordon was voted onto the Board of Directors for Basketball Canada.

## Women's team goes offensive for charity

BY DARCEY FERGUS

Sports Reporter

The adrenaline is pumping and tempers are flaring as the Women's varsity basketball team and faculty from Hospitality, Recreation and Tourism (HRT) get set to face off for a second time around on February 9.

The first basketball game was played in October when the all men's HRT faculty team beat the women's team 35-30.

Paul McCabe is a key member of the HRT faculty team and helped organize this basketball game with his Recreation and Leisure class.

"We picked to play the women's varsity team, because realistically we thought we could win," McCabe said. "I don't think the women expected us to show up and play as well as we did. As

soon as the game was over there was talk of a re-match."

The game was first originally organized as a class project to raise money for the Athletic department.

Tina Botterill, a Recreation and Leisure Services student, and a member of the women's varsity team, helped organize the game.

"We went easy on them because we thought they were going to get hurt, but we're not going to go that easy on them this time," Botterill said.

Members of the women's varsity team who will be playing in the re-match game include Heather Curran, Filomena Aprile, Aman Hesebenebi and Amy Lewis.

"Plus we've got a secret weapon up our sleeve," Botterill said. "Former all-Canadian,

Denise Perrier, might be playing for us."

At two dollars a ticket, the game in October raised just over \$120. On February 9 at 2:30 p.m., the organizers are hoping to draw a much larger crowd.

There will be a three point contest at half time and a 50/50 draw with prizes ranging from t-shirts to a lunch for two in the Humber Room. And if that's not enough, the "Jam Team" will also be there to perform a brand new routine at half time.

McCabe said that the basketball game has been a great experience for both the students and the teachers.

"We wanted to try and break down the instructor/student barrier by saying we can do other things beside stand in front of a black board and teach," he said.

"Students who wouldn't have necessarily stopped to talk to us before in the hallways, are now stopping."

The HRT team are; Rick Simone, Stacey Merritt, Glen Stewart and Doug Fox with Susan Goodman as their coach.



PHOTO BY DARCEY FERUGUS

(L - R) Tina Botterill, Doug Fox, Aman Hesebenebi, Susan Goodman, Paul McCabe will all participate in the HRT charity game on Feb. 9.

# Hawks put opposition on ice

## Humber runs unbeaten streak to three games

BY NEIL BECKER  
Men's Ice Hockey Reporter

The Hawks power-play was on fire, as they took full advantage of foolish penalties taken by the Mississauga Huskies to cruise to a 5-1 win at Ice Sports arena last Thursday, January 22.

The penalty minutes at the end of the game were 21 to 4 in favor of the Humber hockey team.

Hawks coach Paul Masotti, talked about the importance of keeping cool and playing hard on the ice.

"Our guys kept their composure. There is a time and place to fight. Tonight, there was no situation. Why get suckered in? We learned a lesson last week," said

Masotti. "I told the players, do you want to play hockey or chirp? Like any sport, the game is played on the ice, not off the ice."

The opening minutes were filled with end to end scoring chances for both teams. The Hawks had a great opportunity to draw first blood when Chris McFadyen kicked it into high gear. He sped down the ice untouched into the opposition's zone, before centering the puck to a streaking Jeff Bain who tipped the puck just wide.

Toward the four minute mark of the first, Humber went into a defensive shell, as they were caught running around in their zone. Humber weathered the storm before countering with the first goal by Corbie Kent. Kent put on the jets and streaked down the left side of the ice with about a two step lead on the nearest Husky, before unleashing a wrist

shot stick-side into the cage for a goal.

"A seam opened up, and I went down the left side. I just shot the puck low at his feet," said Kent.



COURTESY PHOTO

For the second straight game Chris McFadyen scored a key goal for the Hawks.

In the closing minutes of the opening period, the Hawks capi-

talized on the power-play, McFadyen banged home a centering pass from Bain low and stick-side, to make the score 2-0 Humber after one period.

"Jeff and I broke down the wing 2 on 1. Jeff had the puck, feathered a pass to me, and I one timed it through the five hole," said McFadyen.

The second period began with both clubs going right after one another. The Hawks played a more determined brand of hockey as they won the important battles along the boards for the loose pucks. Winger Ilia Martinovich had a golden opportunity to put the game out of reach, as he took a point blank shot only to be robbed by the Husky goalie's glove.

In the middle of the period, the game showed a bit of nastiness when a Huskies forward tried to get into a fight with Hawks

defenceman Nick Joosten. In the Huskies end, the Mississauga player began to push Joosten and goad him into a fight. Joosten however, just skated away. According to Joosten, part of the game plan was to stay cool.

"The coach said to keep it clean, to let them draw the penalties and for us to take advantage with the power-play," Joosten said.

With the Hawks on another power-play, sloppy passing by Humber resulted in them giving up a short handed goal to give the resilient Huskies some life. With the puck in the Hawks zone, a Hawk defenceman threw the puck out front, right onto the tape of a Huskies player, who snapped off a Wendel Clark-like bullet wrist shot between the goalie's legs.

Humber finally got their power-play in order, and pressed hard for the third goal. The Hawks were effective on the power-play cycling the puck in the Huskies zone and passing it waiting for that perfect scoring opportunity. The third goal finally came off a face-off late into the period. After the drop of the puck, newcomer Jarrod Hebbs pounced on a rebound, and shot it home low and glove side to give Humber a 3-1 lead.

"Do you want to play hockey or chirp?"

—Hawks Coach,  
Paul Masotti

The Hawks began the final 20 minutes on the power-play. Winger Richard Mackenzie had a golden chance to pad the lead for Humber when he took a point blank shot, only to be denied by the opposition's goalie. Minutes later, the power-play clicked again when Mike Groff blasted home the puck high and stick side, to make the contest 4-1.

The fifth and final goal was scored on a high shot to the stick side from Stephan Boucher. Rich Wand was high point-getter for the game with three assists.

The win ran the Hawks unbeaten streak to a season high three games, and while that may not be record setting, it means the world to the Hawks.

"It shows that we're all finally buying into the system," said goalie Jeff Allen. "We may have had our troubles at the beginning of the year, but now everybody knows and accepts their role, and that makes all the difference in the world."

The Hawks play next on January 29 at 7:30 p.m. at Ice Sports Etobicoke. They play the Seneca Braves on Sunday February 1. Game time is 7:45 p.m. at Westwood arena.

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# Oh, let it snow, let it snow

## Fluctuations in temperature have ski resorts riding a roller coaster

BY ALDO PETRONE  
Sports Reporter

Swoosh, swoosh, swoosh. This sound is familiar come January as ski resorts look forward to the post-Christmas crowds and busy second half of the season. Hopefully.

This season has not been one for the record books. This winter's unpredictable weather is not making resort life any easier.

People heading to Ontario ski hills are hoping to see better weather and improvement on the average December crowds.

Mark Rich, public relations director at Blue Mountain, definitely agrees it's been a season of ups and downs.

"We've had absolutely great weather on some days and then absolutely horrible weather on others," said Rich.

Rich explained this year has been more dramatic because temperatures are snapping from 12°C on one day, to -7°C on others.

"The winter started off incredibly slow, and it wasn't even cold, then the Christmas weekend we had great weather, then we got rain."

He noted the particular importance of this.

"While resorts can readily adjust to the change, most customers who ski for recreation can't," Rich said.

Rob Huter, public relations director at Mount Saint Louis Moonstone has called it a "roller coaster ride." But he said he feels his hill was lucky in December.

"I think we were fortunate when we did have that mild spell that it happened right after the holidays," Hunter said.

He explained that this week is one of the quietest weeks in the year.

"If that would have happened during Christmas, then we really would be in trouble," he said.

The dramatic temperature fluctuations have also caused problems for snow making. Blue Mountain snow machines were not working properly due to the warm weather and Mount St. Louis had to reinvest money into new technology.

Huter explained that snow-making technology is becoming increasingly important. The industry as a whole has to compensate for the increasing temperature variations occurring more frequently every year.

"We realize our window of opportunities are getting shorter and shorter, so we have to be able to recover faster," Hunter said.

Rich added the resort staff is also affected.

"The staff bases its performance on previous traffic so emotions get exaggerated when things aren't going well," Rich said.

Collingwood as a whole has been affected because hotels and restaurants surrounding the resort also lose business when crowds decline, said Rich.

Sue Laubman, media director

at Horseshoe Valley is more optimistic about the season.

"It's about average, it's certainly better than last year," she said. "But it does not meet the exceptional year we had two years ago when it was a record year for snowfall in all of Ontario."

Laubman explained the only problem is the continued media reports of El Niño, the system that plays havoc with weather systems across the globe.

She explained it's the media's confusion of what El Niño means and telling the public it means bad skiing that's had an impact.

"Anyone that comes here will know that El Niño is not doing to us what it is doing to other ski resorts," said Laubman.

"I'll drive home from a record ski day here and the media will be reporting ski resorts across Ontario are closing because there's no snow, and that's wrong."

She also explained that the warm air current from Georgian Bay is a reason why Blue Mountain hasn't seen crowds like Horseshoe Valley.

The current doesn't freeze over as quickly so Blue Mountain, which is close to the lake, gets the precipitation in the form of rain.

Horseshoe Valley is further inland so precipitation travels long enough to turn into snow.

Huter of Mount Saint Louis explained however that resorts experience poor weather everywhere and the industry always comes out on top.

"Well I think every year is a little bit different, it varies from



PHOTO BY ALDO PETRONE

Scenes like this one have been few and far between this season.

one year to another year so your always going to lose one weekend to weather some how."

In fact, to start the New Year, Mount Saint Louis is having a cross promotion with Petro Canada.

If you fill up your vehicle, you get a coupon, which gives you 10 dollars off Monday to Friday and 5 dollars off on weekends. This will continue until season's end.

Blue Mountain will have ski promotions and specials during

reading week between February 16 and 20. They will also have ladies and men's week in March.

Horseshoe Valley will hold a series of events between March 14 and 22 starting with the Kokanee border cross event with a \$10,000 prize and 2-for-1 skiing between the 16 and 20.

Overall, all three resorts are optimistic about the rest of the season. Confident that Mother Nature will bring better weather in the coming months.

## Golden opening for men's soccer

BY SHAWN GIBSON  
Men's Soccer Reporter

Many say it's just indoor soccer, but when Humber men play it's great soccer.

The Adidas sponsored York University Invitational men's indoor soccer tournament took place this past weekend in Richmond Hill. The eight-team event was a success for the Hawks as they went undefeated in five games and were only scored on once.

The first game was against the very tough York squad. Humber goalkeeper Peter Libicz faced many shots at the beginning but only allowed one in, as did York's netminder ending the game in a 1-1 tie. Phil Ionadi scored the goal for Humber in his first game as a Hawk. He is one of many newcomers to the team and has high hopes for the blue and gold.

"There's about six or seven players I don't know very well, but the team is coming together, gelling together," said Ionadi.

The next game saw the Hawks shut out Trent University while pummeling them with 5 goals. Ionadi and Luigi Landauro both had a pair of goals while John

Mustica bulleted the fifth into the net. This game not only showed how well Humber moves the ball around, but how great Libicz can be under tremendous pressure. He managed to stop everything kicked at him.

Condolences went out to Waterloo as they were next on Humber's hit list. Ionadi and Landauro teamed up to each score a goal in Humber's 2-0 win.

"It feels great. I love playing with the team and giving what I can. It's different from the outdoor competition because there is more speed involved and you don't have as much time in an indoor game. But I do feel that we can go all the way," said Landauro.

Humber defeated Brock in the semi-final 2-0 with goals by Mustica and Team Captain Walter Martins. Martins, a veteran, admits youth is a strong point.

"The youth is one of our advantages because everyone has something to prove and are trying to get a spot on the team and they're trying hard," Martins said.

The finals featured Humber

and York settling unfinished business from game one's tie. No goals were scored in regulation time, and although Humber got some great opportunities, the opposing goalkeeper was on his toes. York only got to Libicz a few times to attempt to score, but he shut them down.

A shootout was next putting the two goalkeepers into the spotlight. York was only able to get two of three past Libicz, but the Hawks netted all three taking the championship away from the host team.

The All-Star honours went to Ionadi who had five goals on the day and Federico Fulco. The tournament MVP was no surprise as goalkeeper Peter Libicz took the honour modestly.

"It feels great, I didn't expect it, because I thought Ionadi was going to get it, but it feels pretty good," said Libicz.

Coach Germain Sanchez was very happy with the team's success and feels that the Hawks can give anyone a run for their money.

"It shows we can compete with anybody," said Sanchez.

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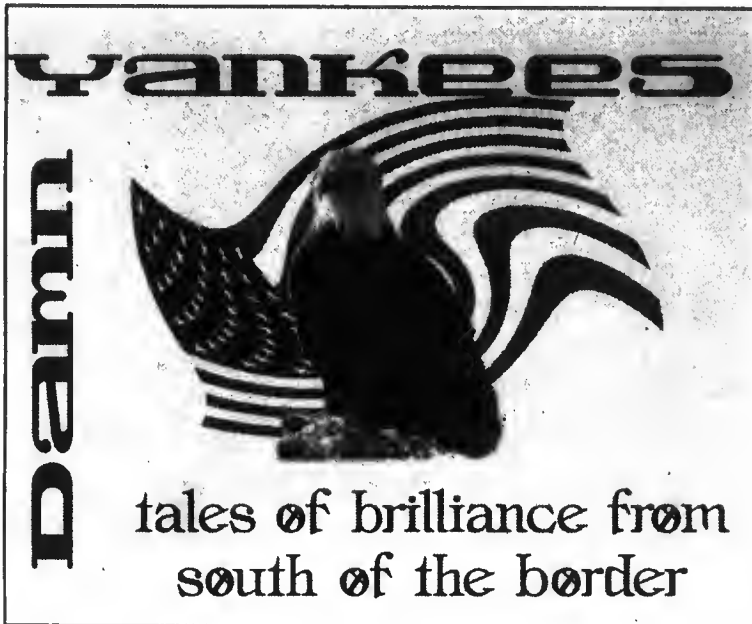
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# Et Cetera The Last Word



## The one-hundred yard skinny dip

COLLEGEVILLE, Minn. - Matt Zelen dove into the pool to start the 100-yard butterfly, then remembered something. He'd forgotten to tie his racing suit.

When the St. John's University junior felt his suit sliding off, he decided to kick it off and finish the race.

Zelen, a contender for the 2000 Olympics, would have won the race at the College of St. Benedict-St. John's University Invitational on Saturday night by more than two seconds.

But Zelen was stripped of more than just his suit - he was disqualified for violating a uniform code.

Zelen was laughing so hard he forgot to breathe for almost the whole first length.

"It was hilarious, but it's too bad so many people were there," Zelen said. "I wish it could have been a nice, quiet dual meet with nobody there."

As long as he can keep his suit on, Zelen is already in shape for the Olympic trials, a first for St. John's, according to coach Pat Haws.

Although Zelen swam other events during the competition, he said he continued only because it was the butterfly.

"If it would have been the backstroke, I obviously would have stopped," he said.

## ODD THOUGHTS

If a cat always lands on its feet and toast always lands buttered side down, what would happen if you took a piece of buttered toast and strapped it to the back of a cat?

## are you a LITTLE TOO Canadian?

You dismiss all six percent children's money."

You know who's boss is.

Whenever you hear the word "car", you have to stop yourself from involuntarily reaching back for a hockey net.

You wonder why there isn't a five dollar coin yet, because you can always use more change (you already wear your pants halfway down your ass and the hair and three layers of skin is worn off the front of your thighs from carrying your pocket money around). The new coin should have a picture of a musk-ox on it, be the size of a hamburger patty and have 15 different kinds of metals in it, including poutine.

You have been on Speaker's Corner. Bonus points if you were made fun of by the Devil's Advocate.

You know the French equivalents of "free", "prize" and "no sugar added", thanks to your extensive education in bilingual cereal packaging.

You know why "killerwhaletank" is funny.

You know that the "Premier" isn't a baby in a weeks early.

Unlike any international assassin/terrorist/spy in the world, you don't possess a Canadian passport.

You remember when Alanis Morissette was "Too Hot To Hold".

Et Cetera online ...  
<http://etcetera.humberc.on.ca>

## Silly Little Lightbulbs

Q. How many Algonquin students does it take to change a lightbulb?  
 A. One, but he gets six credits for it.

Q. How many Nipissing students does it take to change a lightbulb?  
 A. None. Sudbury looks better in the dark.

Q. How many Waterloo students does it take to change a lightbulb?  
 A. Five, one to design a nuclear powered one that never needs changing, one to figure out how to power the rest of Waterloo using that naked lightbulb, two to install it and one to write the computer program that controls the wall switch.

Q. How many McMaster students does it take to change a lightbulb?  
 A. Two, one to change the bulb and the other to say loudly how he did it well as a general student.