

RECEIVED

HUMBER ET CETERA

Roof falls in on SAC

by Christine Siemiernik

Four students were injured when the roof in Students' Association Council Vice-President Chris Sawyer's office collapsed, last week.

"We were just sitting in the office doing work and the roof just fell in," said Sawyer, who was in the office but wasn't seriously injured.

According to Sawyer, the vents, light fixtures, tiles and paneling fell onto three students who were in his office.

One woman fainted the next day and has been off school for a week because of the incident. The other two students were bruised, according to Sawyer.

"There weren't any safety supports, that's why the roof dropped in," said Sawyer, who was visibly shaken over the incident.

Bruce Bridgeford, director of Physical Resources (Buildings and Plant), called SAC's claims "speculation" and said "they don't really know what happened." He denied that anyone was hurt in the incident.

"The problem was that the ceiling light fixtures were not anchored

to the ceiling support system," said Bridgeford. Several other areas of the college have similar systems, but the SAC office was the only place with the same lights and tiles, he said.

Bridgeford said that he thought "the weight of the light fixtures, a combination of humidity levels over the summer and the fact that the tiles were weaker than usual" were responsible for the collapse.

"The ceiling system that was installed in 1987 met the standards for 1987 but they don't meet the construction standards for 1995," said Bridgeford.

Ramsuchit said she is nervous



RYAN ANTHONY-TROTMAN

A worker repairs damage to the roof, which caved in, injuring four students in the SAC office.

that her office could be next.

Bridgeford estimated that the cost to repair the roof will be "a few thousand" and said that every thing is fixed "better than it needs to be."



Legislature stormed by protesters

by Mike Browner

A rally intended to oppose Mike Harris' budget cuts turned violent yesterday as participants stormed the doors of Queen's Park.

Barricades, which had been put up to keep angry protesters out, turned into weapons as police tried to block the entrance to the legislature.

An estimated 7,000 people stood outside shaking their fists and chanting while Mike Harris remained indoors to prepare for the throne speech.

Various organizations and members of the community gathered to stand up to the provincial government and its agenda on Harris' first day in the legislature.

The rally, which began at noon, was peaceful and composed until about 1 p.m. when protesters were crowded around the doors to the legislature chanting, "Let us in. We own this building."

By 1:30 p.m., the metal barricades put up by police had been trampled, and the crowd had moved up the steps of the building and attempted to get indoors.

A group of 30 police officers in full riot gear stood their ground and

kept people from entering the building.

"If any violence occurs, it's really on the head of the people in the Harris government," said Kike Roach, a member of the Embarrass Harris Campaign and a rally organizer. "They are inciting people. People are angry. They don't feel the government is listening to them."

The crowd remained on the legislature's doorstep until just after 2 p.m., when rally organizers pleaded for the people to stop rushing the building.

"Brothers and sisters, please come away before someone dies," said Linda Torney, another organizer. "Show your support by holding hands and walking counter-clockwise around the building."

According to Maureen Wall, Humber's faculty union president, the rally was a success.

"It was a huge turnout," she said. "It was a well organized demonstration. There were good speakers, good spirit. There was a broad cross-section of people."

"It's just the beginning," said Henry King, Centennial College's associate chief union steward.



MIKE BROWNER



MIKE BROWNER

Protesters were met by police in riot gear when they crashed barricades and attempted to enter the legislature.

"People got together and a coalition was built."

Heather Bishop, the chairperson of the Canadian Federation of students, spoke at the rally.

"Education is under attack," she said to a chorus of cheers. "Unless you're rich, you're not going to get education. Daycares are the first step towards education. Harris is saying send your children next door. (The budget cuts to education will mean) crowded classrooms, and teachers will have less time to spend with students. Those students will slip through the cracks."

Only four students from Humber took the bus to the rally. Kevin Walker, a first-year Architectural Design Student, said his biggest concern was OSAP.

"They gave me almost \$8,000 this year," he said. "If they cut it, I won't be able to come next year."

Shahpar Ferdosiyani, a first-year Computer Programming student who also attended the rally, said her main concern was the possible tuition hikes.

"I have children who will be in university. If we have to pay tuition by ourselves, many of us won't be going to college."

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Aftermath

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NEWS

EDITORS: Sean Ballantyne • Lisa Weir

675-6622 Ext. 4514

Date rape program postponed

by Maredyth Shevchenko

A lack of resources has forced Humber College's Date Rape program to be postponed.

An advisory committee decided that because of a lack of funds, and a lack of people, the program won't begin until January.

"We thought it through and we decided that if we were going to do it we would do it right," said Michelle Beckstead, student affairs officer.

The Date Rape program is not a new idea. The program originally existed in 1993 and was headed by Cheryl Taylor, coordinator of Peer Services, and Mary Carr, Humber's former Head Nurse.

The program's objective is to provide a forum where students of both sexes can discuss and learn about sexual assault, in heterosexual and homosexual relationships, through seminars and

videos.

From the Lakeshore and the North campus, 33 students were hired to conduct seminars and talk to the students about sexual assault. The view was that it would be easier for students to talk to students rather than a teacher.

Statistics show that there is a need for this type of program. The training materials developed for the Date Rape program cite many figures from many sources. For example:

- One in four women have either been raped or suffered attempted rape.
- One in seven men will be sexually assaulted, usually when under the age of 13.
- 68.5 to 84 per cent of the women who were raped knew their assailants.
- Women aged 16-24 have a four times higher risk of

being raped than any other population group.

• Only 27 per cent of women whose sexual assaults met the legal definition of rape thought of them-

selves as being rape victims.

- 84% per cent of men who had committed acts that met the legal definition of rape, said that they had not committed rape.
- 75 per cent of male students and 55 per cent of female students involved in date rape were drunk or had used drugs.
- 33 per cent of males sur-

veyed said that they would commit rape if they could get away with it.

• 25 per cent of men surveyed believed that rape was acceptable if: the woman asks the man out, or the man pays for the date, or the woman goes back to the man's room.

• Only one per cent of date rapes are reported.

The program was designed to make students aware of statistics such as these and create discussions so that someone who is assaulted knows he/she can get help.

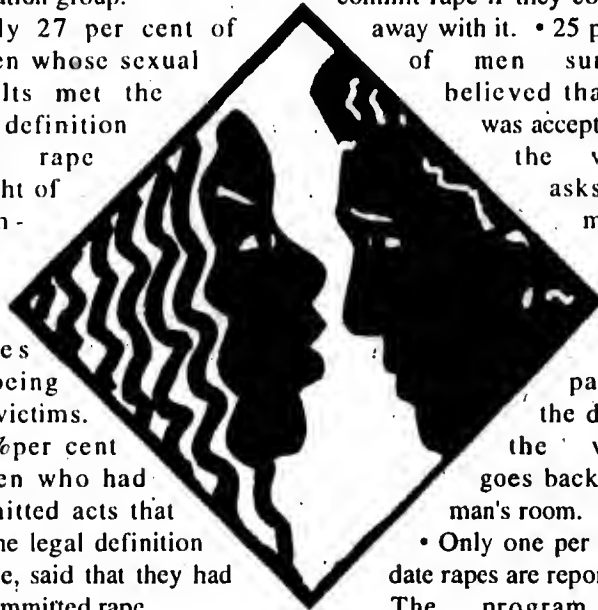
"We started to do it (the program) but it just became obvious that we didn't have enough resources to do it," said Taylor.

In the meantime, there are services within Humber College that can help students who are in need of counselling.

Students are encouraged to go to the Counselling office in D128.

"The student should say who they are most comfortable working with either a male or female. Often times a student, say it's a female, who has just experienced that (sexual assault) and often wants to talk to a female counselor," said Taylor.

Students can also go to the Health Services department, located in K137, extension 4533, or Security E105, extension 4077, and for emergencies they can call extension 4000.



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Students may pay less for TTC

by Holly Crawford

Humber students are one step closer to riding the rocket for less.

At the September 12 meeting of the Metropolitan Universities Colleges Caucus, a student lobby group, members discussed the possibility of a student rate Metropass.

A TTC adult monthly metropass currently costs \$78, but MUCC is planning a pass that allows students four months of transit for the price of three months, a \$19.50 saving per month.

The TTC is willing to cooperate if the school is willing to contribute financially.

"Perhaps the student union would like to pick up the difference," said Marilyn Bolton, a TTC media relations officer. "Any cuts that you give to any single group of people have to be carried to increases to other groups of people. It wouldn't really be right to subsidize students."

A survey to determine the feasibility of the student rate pass has been developed. The survey will determine if there is enough student interest to proceed. It is

scheduled to go out mid-October, with a referendum to be pursued in mid-November.

The results will be analyzed over the winter term. If the referendum is successful, a pilot project could proceed by September 1996.

"York Keele and Humber North are being considered for a demonstration project," said MUCC spokesperson Andre Bastian. "There might be a proposal for Humber this year for a referendum."

Once the pilot project is completed at York's Keele campus and Humber's North campus, there will be a feasibility study for extending the program and offering it across Metro.

First-year Advertising Design student Nhon Nguyen said finding money to pay for everything is difficult and a student rate would be a good idea.

"It would be cheaper for us. Most of us are paying our own way," she said.

If MUCC is successful schools could hold a referendum in November 1996 for implementation sometime in 1997.

Correction

An article on the awards won by the Applied Arts Continuous Learning programs in last week's Humber Et Cetera contained errors.

The Digital Imaging Centre won international acclaim by being selected by the National Council on Community Services and Continuing Education (U.S.A.) as the outstanding exemplary program for 1994/95.

Nancy Abell, Chair of Humber's School of Continuous Learning, will be in Tampa,

Florida in October to accept the NCCSE award.

Humber also won two Conny awards in May 1995 in the Ontario Colleges' Continuing Education Awards competition. The Digital Imaging Program won the Best Certificate/Diploma Program and the Correspondence program in Creative Writing won the Best Course or Program/Alternative Delivery.

Humber Et Cetera apologizes for the errors.



Lakeshore students competed for T-shirts and gift certificates during Discovery Week's NASCAR racing event.

PATRICIA WILKINSON

Car racing event a hit

by Patricia Wilkinson

NASCAR racing helped Lakeshore race its way to a successful Discovery Week, bringing students together from all over the campus.

The NASCAR racing, which took place on September 19, kicked off the three day event.

The mini race car track brought a steady stream of students from surrounding buildings into the cafeteria where it was set up.

Four students at a time raced with the chance of winning T-shirts and gift certificates. The Students' Association Council also handed out pub passes, every second race.

"It attracted a lot of attention," said Chris Meyer, a SAC nominee who helped organize the free NASCAR races. "People come up and start talking to each other, especially the first-year students. They get to mix and mingle with others so it is a good way to introduce them."

Julie Couturier, Lakeshore's Students' Association Council president, said the huge participation in the NASCAR racing was exactly what SAC was hoping for. Their goal was to involve as many

students in the events as possible.

"Discovery Week is for the students to get to know each other, meet people in other programs and have some fun," said Couturier.

Students who participated in the event were as excited about the NASCAR race as the organizers.

"This is fun, I enjoy this kind of stuff," said Kevin Dean, a General Arts and Science student. "Just being associated with others and the friendly competition, I've already met a couple of people."

"The race course is a great thing, they should have this all the time," said Geoff Collier, a first-year Theatre and Performance Arts student who won a free pub pass.

On Wednesday, the second day, events included a BBQ hosted by Energy 108, who gave away prizes. Students could buy a hot-dog and a pop for \$1.50, and were put into a draw for a \$100 Gap gift certificate.

About 275 students attended Lakeshore's first pub at JP's Sports Bar and Grill that same night. The students paid \$1 for an all-you-can-eat wings and pasta feast. Energy 108 was on hand again to play music and give out prizes.

"The BBQ was on the only rainy day, we think the turnout would have been more if the weather was nicer," said Couturier, adding that the number of students at the pub was better than anyone had expected.

On Thursday, the last day of events, a Yuk Yuk's comedian was at the College from 11:15 a.m. to noon.

Later, two mentalists entertained students by telling them what was in their purses and guessing their driver's license numbers.

The events, which are funded from the non-tuition fees, cost about \$4,000. While SAC spent less last year, Couturier defends the increased spending.

"Last year was a good Discovery

Week but we felt we could make it even better and that it was an important event to make better," she said.



PATRICIA WILKINSON

Car number four cuts off car number six in an attempt to steal the win.

Lakeshore nominations under way

by Patricia Wilkinson

Positions for Lakeshore's Students' Association Council by-elections are still open with nominations closing tomorrow.

Lakeshore's SAC President Julie Couturier said divisional representatives are important because they let SAC hear all of the students' concerns.

"SAC is more effective in meeting the needs of each division, not just some people," said Couturier, adding that the council is looking for anyone who is interested in getting more involved in student politics.

Positions available include:

- Business - three positions
- Liberal Arts and Sciences - one position
- Hospitality, Recreation and Tourism - one position
- Performing Arts - two positions
- Social and Community Services - two positions
- Access for Success, a new division for the disabled students - one position

As of Monday, three business packages had been picked up, but most other areas still needed nominations.

Students can pick up nomination packages in the SAC office, and must get 25 signatures from classmates in their division and two signatures from faculty.

A deposit of \$25 is required, but is refundable if all of the election rules are followed.

If SAC receives more packages than the number of available positions, an election will be held for the spots in that division.

Representatives are expected to attend all SAC meetings and report the results to students in their division. They must also report their division's concerns back to the council.

Nominations close tomorrow at noon.

Tuition set to increase

Students say they may not be able to afford school

by Christine Siemiernik

The Harris government is making it harder for students to continue their education next year because of proposed post-secondary tuition hikes.

College students will be looking at a "20 per cent tuition hike over the next couple of years," said Paul Hamilton, president of the Ontario Community College Student Parliamentary Association.

Hamilton didn't know if the reduced federal transfer payments

have been calculated into this hike. If not, it could mean even further increases.

OCCSPA, a lobbying group for college students, wants to "make sure every single penny goes back to the classroom," so that students can see how their tuition is being spent, said Hamilton.

"If tuition goes up 20 per cent, I won't be able to go to school. I can barely pay my rent as it is. I'm working in my spares just to be here," said Heather Hanson, a second-year Legal Assistant student.

Andre Bastian, a spokesperson for Metropolitan Universities Colleges Caucus, another student lobby group, warned tuition could increase "53 to 57 per cent over the next two years."

"I am fully expecting large tuition hikes," he said.

Students may also face campus closings and a reinvented student loan plan under the Harris government, said Bastian.

"They keep saying we're going to be the first generation to have less than our parents. So I guess

the government's taking away our opportunities for education," said Laurie Rivet, a first-year Graphic Arts student.

With Harris' cuts, downsizing philosophy, and federal transfer payment reductions, it is hard to determine how severe the tuition hikes will be.

Students' Association Council President Loreen Ramsuchit agreed that a tuition hike is inevitable and said she plans to oppose the tuition hikes, and the

cuts that will affect students.

OCCSPA plans to "deal with hikes by being part of the process," said Hamilton.

MUCC plans to release a paper in the fall focusing on the students' viewpoints.

"Our views should be taken very seriously," said Bastian.

Neither MUCC nor OCCSPA could be specific about this year's lobbying tactics.

Plans have yet to be finalized.

Drug plan will soon be easier to use

But the bugs still have to be worked out of the system before it's perfect

by Denette Locsin

The Prescription Drug Reimbursement section of Humber's Student Accident and Sickness Insurance Plan is being updated to make things easier for students, but it's not quite ready yet.

"Last year, you used to pay the entire amount of the prescription, come (into the SAC office), fill out a form and then wait four to six weeks to get up to 80 per cent back," said Loreen Ramsuchit, president of the Students' Association Council. "It was such an inconvenience because there are people who are down to their last few dollars before they get paid at the end of the week, and they're sick and they can't do anything but get their prescrip-

tion. Then they have to wait more than a month to get their money back but in the meantime, they also need money for other things.

"I had a couple of students come in last year when I was a business representative, who wanted to change the system to one that they had heard about from the University of Windsor," said Ramsuchit. "There, you get a drug card, and you take it to the pharmacist and instead of paying 100 per cent for the prescription, you just pay the percentage you would have paid, like 20 or 25 per cent."

According to Mary Wells, the drug plan administrator for the Students' Association Council at the University of Windsor, the

plan is very popular there.

"Many of our students have applied for the drug cards," said Wells. "It's very convenient and quite beneficial to them. They wouldn't have to wait to get their money back, they just have to pay the deducted amount."

Ramsuchit said students can use the plan at any pharmacy that uses Rx Plus. "There, you present your Humber College student ID, and when the ID number is scanned into the computer, your name and date of birth comes up," she said. "The pharmacist may ask you to verify this information by providing another form of ID."

Two pharmacies in the area were contacted and both said using a Humber student ID alone would not be enough.

"We (need to see) the Rx Plus card to confirm that the user is on the plan," said Trevor Mason, owner of the Shoppers Drug Mart in the Woodbine Centre. "We can't access the computer without it because we require the ID and root numbers on the card."

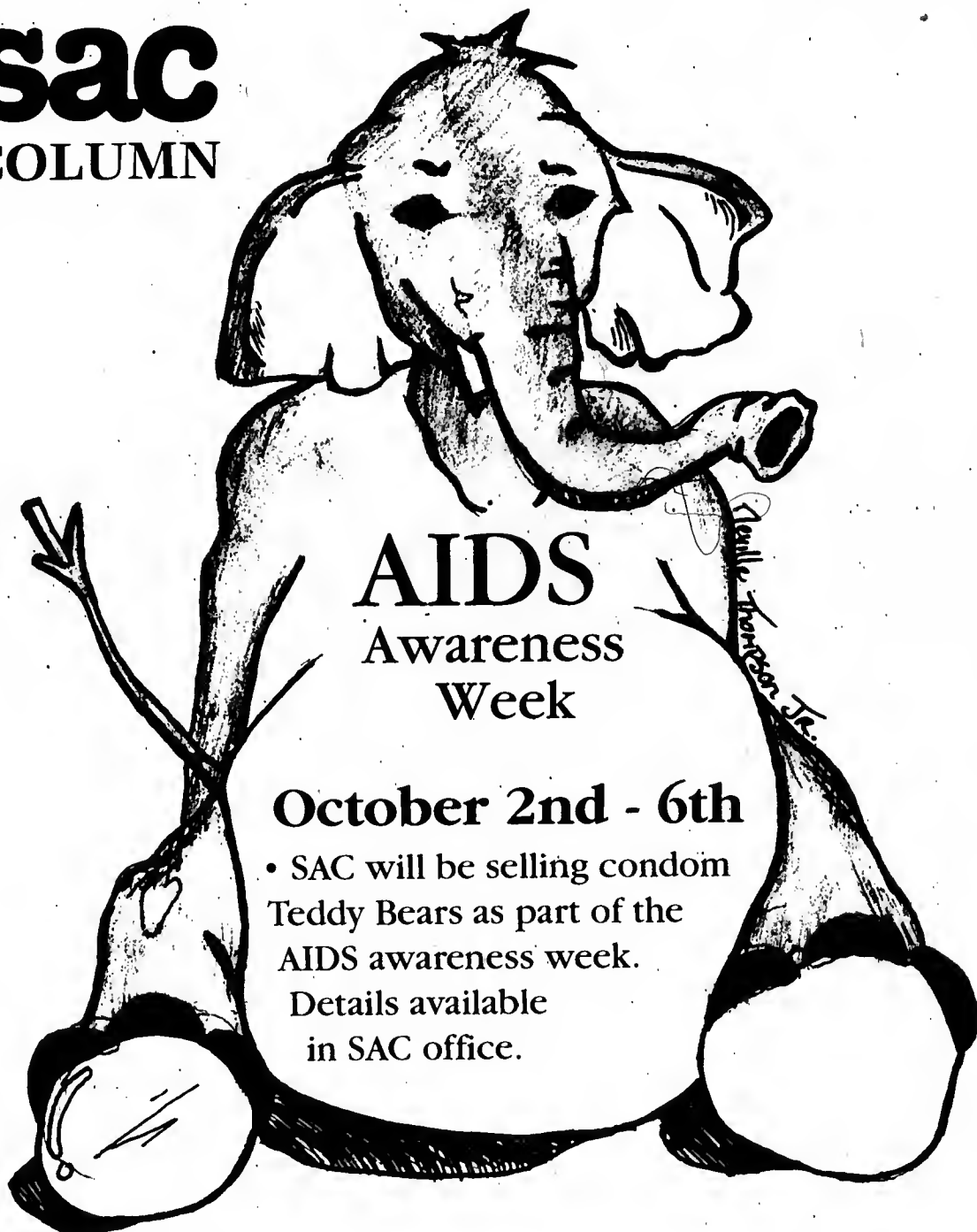
Angie Jee, a pharmacist at EGH Centre Pharmacy, across from Etobicoke General Hospital, also said a student would need an Rx Plus card. "Rx Plus gives out plastic cards with the individual's name and ID number on it," she said. "Unless the number on the Rx Plus card is the same as the one on the (Humber) student ID card, we can't use it because we wouldn't be able to get the information onto the computer and even bill it."

The pharmacies are wrong, said John Caneca, Humber College's account executive at the Seaboard Life Insurance Company.

"The student ID card is only acceptable at some places," said Caneca. "We just recently received a listing of all the students who have paid their tuition and are on the plan, so we now have a proper list."

"However, the pharmacies have not gotten this information yet, but will be receiving it soon, around early to mid-October," said Caneca. "For the time being, until the pharmacies receive the information, a student who wants to get reimbursed for money spent on prescriptions must use the same procedure as last year."

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Deadline for submission of sanctioning package is Friday, October 13. For more information see SAC.

Et Cetera will recycle on more regular basis as early as next week

by Shannon Williams

Humber Et Cetera could be recycling newspapers on a regular basis as early as next week, after a recent meeting with the Et Cetera staff and Humber's Housekeeping Services.

Janice Flynn, superintendent of housekeeping services, said there are two ways to recycle the newspaper. One is in the newsroom itself and the other is to have readers recycle the paper when they are done reading it.

"They can discard it in blue boxes. We are trying to stop the amount of newspaper that goes into the garbage," said Flynn.

James Cullin, technical advisor for the Humber Et Cetera said "Near the end of every semester, Humber Et Cetera would bring up a huge gray trolley and we would recycle all the old newspapers that we did not want."

The Weller Publishing Company in Etobicoke has a contract with Humber Et Cetera to produce 4,000 newspapers of each issue.

"It takes approximately 750 pounds of paper to make a complete issue of Humber Et Cetera," said Steve Weller, owner of the Weller Publishing Company. "We use a 25 per cent recycled newsprint."

The newspaper industry originally used paper that was only five or 10 per cent recycled newsprint, but have since built it up to 25 to 30 per cent recycled pulp. One hundred per cent recycled newsprint would be too weak to go through the printing presses and fibres would break easily, he said.

Cullin said every paper not

picked up by students would be recycled, except for the few saved by the Et Cetera office for the archives.

"With the addition of a newspaper-specific bin inside the newsroom, we're hoping that the amount of newspaper diverted from the garbage increases," said Cullin. Right now, a lot of newspapers such as the Toronto Star, Globe and Mail and Eye magazine are going into the garbage.

But the recycling bin inside the Et Cetera newsroom will not be easily accessible to the general population of the school.

"Flynn wants to keep the newspaper recycling bin in the newsroom," said Cullin. "Because that's where a lot of the leftover newspapers end up."

Readers will be able to drop their papers off in hallway bins that Flynn plans to put around the college.

"The introduction of the newspaper recycling program will be costly," said Flynn. "One blue box costs approximately \$90, and the gray collecting cart, operated by Housekeeping staff costs anywhere from \$125 to \$400."

If the recycling system works, Humber Et Cetera could generate anything around "\$150 to \$175 per ton of newsprint," said Weller. "Due to the demand of newsprint the price has doubled by 100 per cent in the past couple of years."

The money produced from recycled paper will be used to buy more recycling materials.

"If the newspaper recycling idea takes off, the program will eventually pay for itself," said Flynn.

Plagiarism targeted by Liberal Arts

Communications department seeks to further educate using Et Cetera

by Mike Ferrara

In an effort to raise awareness about plagiarism, the Communications department has printed a guide in this week's Humber Et Cetera.

Joan Pilz, coordinator of the communications department at Humber, wants students informed on the proper use of footnotes and endnotes when attributing sources in an essay or report.

"Normally we would teach proper documentation of material in Communications 200 ... however, many of our students only

take COMM 100 and have other courses where proper documentation is required," said Pilz. "We thought in all fairness we would run a centrefold in the school newspaper so that proper documentation techniques could reach virtually all of the students."

The Liberal Arts and Sciences Division and Communications department had planned the two page spread so that all students who read the paper can learn the proper techniques of attributing sources in a school assignment.

"We would like the students

to be aware that it is something to be saved. It can be put on a bulletin board, the fridge at home, or even better, in their binder," said Pilz. "Just keep it because it will be needed. I don't think there is any program that wouldn't ask for this proper documentation somewhere along in the semester."

Students at Humber said the two-page spread is a very good idea.

"I'm glad they're doing it, because I last learned about footnotes in high school, and that was a while ago. I've forgotten

most of that by now," said first-year Public Relations student, Tony Martin.

"Well, if the school isn't going to teach it in our classes, then maybe they should put it in the paper. I think there are a lot of students who don't even know what a footnote is," said second-year Marketing student Michelle Casini.

The two-page spread comes from a reference guide called *Reference Guide to Grammar and Usage*, which Pilz adapted for Canadian content. Publishers at Prentice Hall gave Pilz per-

mission to have the guide reprinted.

"Sometimes students plagiarize by accident because they think that if they don't quote someone directly, they aren't plagiarizing," said Pilz. "However, many times a student is plagiarizing and doesn't realize it. We just want to try to prevent this altogether, because whether or not you intentionally plagiarize, you could end up in trouble."

Penalties for plagiarism at Humber range from a zero mark on the paper to expulsion from the college.

Quebecers living outside Quebec can vote by mail with new system

by Jason Wannamaker

A system implemented by the Chief Electoral Officer of Quebec, allows Quebecers to vote by mail for the October 30 referendum.

Because of this new system, Todd Casaubon, a student at York University, will not have to return to Quebec to cast his ballot.

He moved to Ontario in May 1995, with his father and brother, to study economics at Glendon College, York's bilingual campus.

A person is eligible to vote if they have been outside of Quebec for two years or less, and expects to be outside Quebec on polling day. They must be at least 18 years of age, a Canadian citizen, and have lived in Quebec for 12 consecutive months at the time of departure. Also, that person must intend to return to Quebec.

Eligible voters will be required to fill out an application form and send it to the address provided. A ballot will then be sent to the voter, who is required to return the completed ballot.

"I think it's an excellent opportunity because it is such an important vote," said Nadine Gagnon, a Humber Journalism student, and former Quebec resident. "This system will allow even more Quebecers to have their say."

The question on the ballot will read: "Do you agree that Quebec should become sovereign, after having made a formal offer to Canada for a new economic and political partnership, within the scope of the bill respecting the future of Quebec and of the agreement signed on June 12, 1995?"

Casaubon, who wants Quebec to remain a province of Canada, said he will vote "No."

For more information, and to obtain an application, call Dawn Palin at (416) 487-6720.



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Living in the aftermath of the Bernardo trial

The spotlights are out, but the story continues

by Luke Hendry

The verdict is in, but what happens now?

For three years, Paul Bernardo has dominated the media, justice system, and general conversation.

For the reporters whose job it was to live the case from the start, September 1 - the day of the verdict - was an overwhelming experience.

"Personally, it was just a sense of overwhelming relief that, after three years of covering this awful, horrible, horrendous story, it was over," said Nick Pron, a reporter with the Toronto Star. Pron, along with Jim Rankin and John Duncanson, provided most of the Star's trial coverage.

"It really hit me outside (the courthouse, after the verdict) ... when the families stepped up to the microphone," said Rankin. "I looked around, and some of the reporters had tears in their eyes. That brought it home that day."

"I have one word," he said, summing up his experience of the trial and the day of the verdict. "Surreal. That whole day didn't seem like it was happening."

"It's not like we've forgotten about the victims during the trial, but certainly it was more to do with the tale of Paul and Karla," said Rankin, reflecting on how the couple's bizarre relationship took the spotlight in court for the four-month trial.

Rankin said he, Pron, and Duncanson are "slowly getting back to some sort of normalcy", and plan to take time off as soon as possible.

"When you did get time off on weekends, it took a day to relax, and then Sunday you're thinking about Monday."

Pron told of his guilt from having to write articles detailing gruesome facts from the murders, knowing the victims' families were reading it.

"You don't like writing that," said Pron. "Nobody likes you. You get into this business and everyone hates you."

"It takes a lot out of you," said Steve Tustin, the Star's deputy city editor, who was in charge of coordinating the paper's trial coverage. "It's very draining. You find out a lot about yourself."

Those who were at the trial and heard the videotapes will remember it for the rest of their lives, along with the chilling testimony from both Homolka and Bernardo about what happened while the camera wasn't rolling.

"The tapes were bad, but not any worse than my imagination," Tustin said, describing how he already had a mental picture of what they would be like.

"Those screams (of French and Mahaffy on video) were

one thing," said Rankin. "I can't walk down the street and see a young (woman) like Kristen French or ... Leslie Mahaffy without it bringing back all these things."

"I wish there was some way to block out the screams of two young girls being raped," said Pron. "I thought, 'Maybe I'm tougher than I thought I was', and then one day I felt dizzy all of a sudden. It was like being seasick."

Rankin talked about being at home in North Bay when his mother pointed out a few attractive blondes on a beach. Rankin wasn't impressed. "Aw, Mom," he said, "they all look like Homolka."

"For a while I considered getting out of crime (beat reporting) completely, or even reporting," Pron said.

Kirk Makin, a reporter for the Globe and Mail who also covered the Guy Paul Morin trial, didn't agree. "Maybe it's just me," he conceded, "but when I walked out of that courtroom, that was it for me. It was over ... I'm not saying it was pleasant. It wasn't."

While Makin pointed out that he has only covered the case for a few months, he doesn't expect to have any lasting psychological effects from the experience. "I think that life will go on in a very normal way."

Rankin admitted that what the press and other observers experience is minor, compared to the Mahaffy, Homolka, and French families, whom he called "very strong people."

"It affects a lot of people, but you can't forget what it's done to these families," said Rankin. "It's a far greater harm - something we can't even imagine."

"Some of the reporters were likening it to 'our Vietnam' - I mean, come on," he added, not wanting to dignify that description. "It (the reporting experience) is a pretty small sacrifice. To have to sit through that - it's the least we can do for the lives of these two girls."

Makin agreed, saying "We're not major players in this."

Jay Haddad, a Humber Psychology Professor who has studied the Bernardo drama from the beginning, said the trial was a "most astonishing thing" to experience.

During the trial, Haddad sat roughly one metre from Bernardo, who, he said, showed no emotion.

"His skin, from being in jail, is totally white, and there was never a moment of blush, never a moment of embarrassment," he said.

Even as Bernardo watched videos of his brutal attacks on Leslie Mahaffy and Kristen French, "there was never any moment of blood rushing to the face - (his emotional state) was almost like a flat line," he said.

"My impression of him is that he's a sexual sadist and a clinical psychopath with absolutely no feelings of conscience, guilt, remorse - nothing."

Haddad said that after hearing the tapes he instantly empathized with the victims' parents, being a parent himself. "Any parent puts that as a number-one fear: the fear of abduction, of losing your child, of having your child brutalized and terrorized by an abuser ... To have that materialize ... It's very chilling."

As for Bernardo's future, Haddad said that prison is unlikely to rehabilitate him.

"Prison will do absolutely nothing to him. He will not change."

There is currently no cure for sadism, he explained. And while some killers and rapists commit suicide in jail, he believes Bernardo probably won't.

"He's completely devoid of feeling anything (about his crimes), least of all depression or sadness, where he would take his own life."

He referred to Bernardo's rage for his mother, who revealed he was the product of a one-night stand. "I suppose you could say 'Is Paul Bernardo not a victim of his upbringing?' - but this is not to excuse anything."

Although he doesn't foresee Bernardo ever being released from prison, Haddad said that if Bernardo did get parole, he could be more dangerous than ever. "Theoretically, if he was let out after 25 years, he's still going to be a middle-aged man capable of years of pent-up terror and abuse to heap on others," he said. This is again because of his inability to be rehabilitated in prison.

"What you can do (to stop the offenses) is to take away the sex drive (of the offender)," said Haddad. This is done through either drug therapy, which the patient must take every day, or castration.

If Bernardo did not elect for either treatment, he has the potential to be worse, Haddad warned. But, he said, a free Bernardo would face another problem.

"Then ... you would have mob justice," he suggested. "You would have vigilantism and he would be murdered very quickly, I would think."

Kristen French's father pointed out the saddest part of this case after the verdict was decided. After everything, the Homolka, French, and Mahaffy families will never see their daughters again - no matter what.

"Those girls would have been 19," said the Star's Rankin. "They're not around. They should be."

'They're cowards,' juror tells media after Paul Bernardo's conviction

by Luke Hendry

When Eric Broadhurst - Juror six at the Paul Bernardo trial - spoke to the media September 15, he put his opinion of Bernardo and Karla Homolka simply.

"I just think they're both despicable people ... I think they're cowards," the 60-year-old grandfather said. "I don't know what more I can say."

Broadhurst and seven other jurors had reserved seats for what was supposed to be the day of Bernardo's sentencing on the remaining seven charges in the double murder trial.

The sentencing, and all other legal matters in the trial, were adjourned to October 6 in St. Catharines. On that day the Crown will move to label

Bernardo a dangerous offender, and the Mahaffy and French families will present their victim impact statements.

Broadhurst was frank with reporters, speaking his mind on all aspects of the case.

The juror described watching the now-famous videotaped assaults on Bernardo's victims as "terribly difficult", and at one point related how he has a granddaughter who is now the same age as Mahaffy and French would have been. It was because of the tapes, he said, that jurors are now eligible for psychological counselling.

After the verdict was read, Associate Chief Justice Patrick LeSage announced counselling



Juror Eric Broadhurst speaks to reporters.

for jurors would be available immediately.

"It became evident to me that we should have had two people on the stand, not only one," said Broadhurst, responding to a question of Homolka's role in the murders. He said he thought it would have been better to try both her and her ex-husband at the same time.

Broadhurst said he was disappointed with the fact that Bernardo's two life sentences will be served concurrently, not consecutively.

He praised and thanked the media for not pestering or interfering with the jury. Broadhurst also praised Justice LeSage.

"I saw a policeman burst into

tears. I saw (the media) disappear, I saw the Mahaffys ... a big huge relief," Broadhurst said, describing how he wanted to look at everyone possible in the split-second after the verdict. "I just saw lots of things in that fleeting moment, and they'll last with me for a long time."

He added that the looks on Mrs. French and Mrs. Mahaffy's faces were what he would remember most from the trial, since they are the ones who have to live with what happened.

Just before he left the media scrum, Broadhurst had one last thing to say.

"Let's say we had capital punishment today, and I had been on the same jury. I would have reached the same decision."

Homolka: A victim?

Note: the following article contains graphic details which some readers may find offensive.

by Luke Hendry

The 12-year sentence was enough.

Jay Haddad, a Humber psychology teacher, had that to say about Karla Homolka following Bernardo's guilty verdict. Haddad spent several days observing Bernardo and Homolka at Bernardo's trial, and said he believes Homolka was yet another victim of Bernardo.

"Most people are filled with rage (for Homolka and her plea bargain), and understandably so," he said. But, he added, this rage "has to be tempered with some knowledge and framework where you can understand what happened to her."

Haddad has dealt with many survivors of mind abuse cults as a member of the Council On Mind Abuse and said that Homolka closely resembles these people. "She herself is a victim. She was definitely under mind assault."

While acknowledging a common view that Homolka is as guilty as Bernardo and did not receive a sufficient sentence, Haddad listed the many forms of abuse Bernardo inflicted upon her. He said the abuse, heard in court, lead to her being in a "one-person cult",

having been abused into another reality by Bernardo.

After three months of marriage, the couple's sexual life consisted of Bernardo forcing Homolka to perform fellatio.

This went on for several months, said Haddad. Six months into the marriage, she was forced into anal intercourse. Homolka was bound, and had a choke collar placed on her neck. Bernardo also sodomized his wife with a knife to her neck for long periods of time.

"When she disobeyed she was forced to eat Paul Bernardo's feces. She begged him for a piece of toilet paper to cover the feces so that she could quickly chew and swallow it. She was not allowed to sleep on the queen-sized bed," he added. "She slept on the floor because she was 'not worthy'. She was routinely abused by his hand, by his fist, and ultimately by a flashlight."

"When she was finally taken in (to hospital) she had a broken finger, broken ribs, chunks of her hair had been pulled out, her eyes were both puffy and bruised."

Haddad emphasized that Homolka may not have been in control of her life by this point. "People look at this and say 'she was there out of her own free choice', and what you're missing is that she initially was ... and there was a time, perhaps, she

could have left. Anyone who's ever been mind assaulted can look back at a time at which they could have made that step to freedom."

He pointed out that those who have been mind assaulted sometimes believe that things will improve, and Homolka may have thought that Bernardo was only harmful sometimes, but that other times with him were good, so she stayed with him.

"When you take the whole experience of a couple, 80 percent might be good, and then there's a wild, terror side. The mind tends to forget the terror, because you focus on the good." He noted that Bernardo's apologies following the abuse added to this focus.

"Then you start to look in on yourself, as Karla did, and think that you yourself are bad, and that you've got to try harder because you're not pleasing him enough."

This attempt was in vain, he said, because there is no pleasing a sadist like Bernardo.

The constant abuse finally led to Bernardo's convincing Homolka to assist in the assault on Tammy Homolka, Haddad said.

When Karla realized that Bernardo would kidnap and rape Tammy if she didn't help him, she consented.

"It's all confused to someone who's a victim as Karla was," he said.

When Tammy died, Bernardo blackmailed Karla, pointing out that it could be made to look as though she alone was responsible for the rape and manslaughter. Bernardo threatened to show his videotape of the assault to the Homolka family and the police, and send Karla to jail.

It was at this point, Haddad proposed, that Homolka could not resist Bernardo's will any more. "Then she obeyed blindly. Everything he said, she did."

"She's totally a victim at this point," he maintained. "She's not a co-conspirator."

Haddad deemed "that legally, criminally, and morally she has to share a responsibility" in the brutalities committed on Kristen French, Leslie Mahaffy, and Tammy Homolka, and that her victimization does not excuse her from her role.

"I understand people's sentiment (that 12 years is too short), but I think they (the authorities) needed her to convict the devil. They did it."

Haddad believes that Homolka needs psychiatric counselling to recover from her mind abuse, and that she is now healing from it.

"I think Karla will live with a lifetime of pain and remorse over her role. She'll have to live the rest of her life knowing that she was a co-conspirator in her sister's death, and did all of this to please this monster."



COURTESY PHOTO
Young Karla.

Events leading to the arrest and conviction of Paul Bernardo

by Luke Hendry

1990

Dec. 24 • Tammy Homolka chokes on own vomit, dies from suspected "asthma attack"
• Bernardo and Karla had drugged and raped her

1991

June 15 • Leslie Mahaffy, 14, of Burlington, calls friend at 2 a.m. then vanishes

June 29 • Mahaffy's body parts found encased in cement in Lake Gibson near St. Catharines while Bernardo & Homolka have "fairytale" wedding



COURTESY PHOTO

The killer couple on their wedding day.

1992

Apr. 16 • Kristen Dawn French, 15, of St. Catharines abducted
• Police go on alert for "beige-colored Camaro"

April 30 • French's nude body found in Burlington ditch
• Autopsy reveals French lived 13 days before being asphyxiated

May 12 • Police interview Bernardo regarding French murder

1993

Jan. 5 • Homolka hides at inlaws' home after Bernardo beats her with flashlight

Feb. 17 • Paul Kenneth Bernardo arrested and charged in series of Scarborough rape cases, neighbors call him "quiet, well-spoken, fashionable dresser"

Feb. 19 • Police begin search of Bernardo's Port Dalhousie home

Mar. 5 • Homolka undergoes psychiatric assessment
• writes family and confesses role in Tammy assault

Mar. 15 • Extension granted of police search warrant

May 6 • Bernardo lawyer Ken Murray recovers videotapes of Bernardo sexually assaulting Tammy Homolka, French, Mahaffy, and unknown woman

• Murray does not inform police

May 19 • Bernardo charged, two counts of first-degree murder, Homolka charged, two counts of manslaughter in Mahaffy and French deaths
• Homolka freed on \$110,000 bail

July 6 • With publication ban on trial details, Homolka pleads guilty to manslaughter and given two 12-year sentences to be served concurrently, in return for her testimony against Bernardo
• Public outrage ensues over sentence

July 20 • Tammy Homolka exhumed for forensic tests

1994

Feb. 25 • Homolka divorces from Bernardo on grounds of mental & physical cruelty
• Bernardo ordered directly to trial in Toronto on 28 sex-related charges - remaining 22 charges stayed

May 3 • Bernardo ordered directly to trial in Toronto on 28 sex-related charges - remaining 22 charges stayed

May 4 • Trial begins, Bernardo pleads not guilty

May 10 • Bernardo charged with manslaughter of Tammy Homolka

June 6 • Trial put over until Feb. 6, 1995

Sept. 22 • Attorney John Rosen takes over the Bernardo case from Ken Murray and gives tapes to police



COURTESY PHOTO

Composite sketch of Scarborough Rapist hauntingly similar to Bernardo.

1995

June 19 • Karla Homolka takes witness stand

July 14 • Homolka steps down after 16 days of damning testimony against Bernardo

Aug. 15 • 10:16 a.m. Bernardo testifies in his own defence

Aug. 31 • 12-person jury goes into deliberations at 3:28 p.m.

Sept. 1 • Just after noon, Bernardo is pronounced guilty on all counts, sentenced to life, with no chance of parole for 25 years

Oct. 6 • Trial moves to St. Catharines for sentencing on remaining charges, dangerous offender issue, victim impact statements from Frenches and Mahaffys

1997

Jan. 6 • Homolka's first eligible date for day parole

June 6 • Eligible for full parole



Metro Toronto Police Force



Sname: Bernardo G2: Kenneth
G1: Paul Bk Date: 1993/02/18
Sex: Male Hair Colour: Blond
DOB: 1964/08/27 Eye Colour: Blue
Height: 182 cm 72 in Weight: 83 kg 182 lbs
Address: 57 Bayview Dr, Pt Dalhousie, Ont

Paul Bernardo's booking card from his February 18, 1993 arrest.

HUMBER ET CETERA

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TTC users need SAC's support

College and university students in Toronto have long complained about having to pay regular adult fares on the TTC. Their counterparts in other Ontario cities like Kingston and Hamilton have discount fares, as do high school students in Toronto.

Previous campaigns to secure a discount (most recently during last year's municipal elections) have failed miserably. But after years of denial, the TTC is finally willing to listen.

The Metropolitan Universities Colleges Caucus is working on a plan to cut the monthly Metropass from \$78 to \$68.50 by having student unions pay the difference. MUCC will gauge student interest for the proposal, with implementation possible by 1997. Post-secondary students can't afford (quite literally) to miss this golden opportunity.

Some students who drive or walk to school may object to a portion of their fees being used to subsidize TTC users, but that's why it's called *public* transit. Cars pollute the environment, and parking is certainly a major problem at Humber. Affordable public transit is essential to maintaining accessibility to the college, located as it is in the suburban wasteland of Rexdale.

Humber's student government has a poor attendance record at the MUCC meetings, effectively cutting off the voices of thousands of affected students. For the good of its constituency, SAC needs to speak up.

Urgent call for blood donations

Southern Ontario is in serious need of blood.

The need is so great that some Ontario hospitals have cancelled elective surgery. Even life-threatening surgeries are causing a strain to the already short blood supply, according to Red Cross Toronto Blood Centre spokesperson Sandra Tesolin. An emergency drive is in its second week, with donations falling 4500 milliliters short of the 8000 mL goal.

Everyone who is healthy should donate blood. The whole process only takes about an hour, and the 450 mL of blood given can save up to four lives. The process does not harm the donor.

Tesolin said the Canadian blood supply is the safest it has ever been. Everything is sterilized, and needles are only used once. You cannot get AIDS from donating blood, and those who donate are helping their community, their family, their friends and themselves.

Statistics show that 60 percent of Canadians are likely to need blood at some time in their lives, and these statistics don't just refer to people with such illnesses as cancer or hemophilia. Transplant patients, burn victims and car accident victims all require blood.

If all the people who turn up for emergency blood drives became regular donors, there would not be a shortage, said Tesolin.

Donating blood saves lives. Call the Toronto Blood Centre at (416) 974-9900 for the Mobile Blood Centre nearest you.

Humber College's Nursing students are holding a blood drive on Tuesday, November 14 and Wednesday, November 15. The clinic will be set up in the concourse where no one can miss it. Do your part: donate.

**LETTERS TO THE EDITOR**

Dear Editor;

I am greatly disturbed by the article "Faculty to rally against Harris", Et Cetera Sept. 21. Regardless of support for a cause, should we be defying the cause by encouraging destruction of its roots?

How can we justify encouraging students and teachers to skip school in order to improve our education system? We have a responsibility to take action when there is a cause we believe in, however, this action can be responsible effective action without jeopardizing the cause.

If individuals feel this strongly, let them write letters, march on government institutions and demonstrate, but they should do it on their own time. Show the provincial legislature that you really do

care about your education and the opportunity to learn.

Sincerely,
Jennifer Duff
 Civil Engineering

Et Cetera welcomes letters to the editor. Letters may be edited for space and clarity. Please include name, phone number and program. Letters of a libelous, racist or sexist nature will not be published. Bring letters to L231, or deposit them into drop boxes around campus.

So, having trouble finding the perfect job, eh?

by Darren Surette
 guest columnist

Work. It must be the single most popular thing for adults to complain about.

But see what happens when you take it away.

The good fortune of being gainfully employed allowed me to save my pennies for a trip back home to Nova Scotia.

It was great to see my family and friends,

all in good health and fairly good humor. After a few days of getting re-acquainted, I realized the major difference between myself and my old friends: I was complaining about too much work; they were complaining about too little.

Living in Toronto the past four years has turned me into a skeptic when it comes to people's gripes about employment opportunities.

I firmly believe if you want work in Toronto, you'll find it: The work may not be glamorous or at a good wage, but it is work nonetheless.

In Nova Scotia, things are very different. People with specialized university degrees are applying for jobs at minimum wage.

For instance, take my old friend Scott. Scott has a degree in Electrical/ Mechanical Engineering, along with a community college diploma in Electronics. He has been applying for work in his field for the last two years, and has found nothing. He's lucky though; he held on to his job at the gas station during his school years, which is where he works today.

Most young people aren't that lucky. There's a lot of unemployment, a lot of depression and a lot of drinking.

When I left Halifax, it was a safe city. I can remember a few nights of inebriation that left all of us vulnerable to muggers, but nothing ever happened. When I got home this summer, I was told "hold on to your

wallet". Now, the incidence of robberies and assaults is up considerably, due mainly to the state of the economy.

In Ontario, we are always looking for better opportunities. In Nova Scotia, people are looking for *any* opportunity.

So, the next time you feel like complaining about that job at WalMart, or contemplate quitting your job at McDonald's, think again.

There are people in this country who would take a lot of pride in having any job, let alone the perfect job.

Darren Surette is a third-year Humber Broadcast Journalism student.

Perspectives on Bernardo trial

Kristen French's brother-in-law speaks out

Excerpts from a conversation with Bill Radunsky.

Speaking strictly on how the media has dealt with our family, there are some areas that concern me as a family member and as a journalist.

Generally, not only through the trial, but from the time Kristy first went missing, we were pleased with the media. They've tried as much as possible to be considerate.

For journalists, this story is just one continuous flow, but for our family there were definite phases. From the time Kristy went missing to until her body was found was the first phase; at that time, the family had a very specific purpose for going to the media.

We wanted the word out that Kristy was missing. We wanted anybody with any information to come forward and help with the search; we had a very definite purpose as a family.

Going to the media was very difficult for my in-laws, who are

very private people

But then Kristen's body was found, so our need for the media was gone. Kristen was dead; it was too late.

Then there was the investigation to try to find the person or persons who committed the crime. We wanted to help as much as we could. In fact, we had a couple of press conferences, made a couple of statements and got involved.

That's another phase. Then, the arrests were made and our involvement in trying to help apprehend suspects was no longer necessary.

Another phase for us was the trial, about which we had specific concerns. We understood the judicial system was at work, and we couldn't comment on the trial itself, but there were a few issues that concerned us.

Again we went public to a degree, because we didn't want the video tapes shown and we didn't want the audio tapes played in open court. We wanted access restricted to the jury, the lawyers,

the judge and court officials. The judge ruled that the video portion would only be shown to court officials, but the audio would be played for the entire courtroom.

As a family member, and as a journalist too, I agreed with him on the video, but disagreed on the audio. I think the audio was as devastating as the video. I was not convinced that it served any purpose to hear the pain in the girls' voices.

I think some members of the media went too far with the information on the tapes.

I've been a journalist for 20 years, and know these are difficult choices to make, but I think the general gist of what was said could have been conveyed without a word for word account.

As journalists, our bottom line is to inform, and I'm not sure how much playing the tapes informed the public. I'm not convinced you need to have that kind of detail.

I don't know why certain stories capture the imagination of the

public. Perhaps it was timing; there had been a number of deaths at that time. When the arrests were made, a lot of people were shocked that a woman was also involved.

When a crime like this happens, a lot of people expect the person who did it to look a certain way. These two people don't look like average criminals; they just don't look the part they played.

The real question for journalists is: Did they make the story big, or was it big because of public interest?

I found some of the hype a bit much, which is always dangerous. However, a story like this, with tapes, does not come along every day.

This was new ground, for both journalists and legal experts. Should the tapes be played in court, and how much coverage should journalists give those tapes?

To say there was too much or too little coverage is simplistic. It

became a test instance with no rules and no guidelines.

From my family's perspective, the media's attempt to get full access to the tapes was the worst aspect of the trial.

Even though Kristen is dead, her memory has a right to privacy. We have all kinds of laws to prevent the identification of victims who survive attacks. Just because Kristen is dead, it doesn't mean she loses her rights.

The fight the media waged to see those videos was inappropriate, even though as a journalist I can understand some of their reasons.

By and large, I felt the media coverage during the trial was fair. Some columnists came close to the line on the issue of Bernardo's innocence or guilt, but that's always a judgement call on the part of the journalist.

Bill Radunsky is a professor of Journalism at Cambrian College in Sudbury, and is married to Kristen French's sister Pam.

Was coverage of the trial fair and impartial?

Bernita Joseph
Civil Engineering



No. Sometimes they neglected other stories. Kids could have read it. They shouldn't have written everything.

Jean Smith
Nursing



Yes. They educated the public. The public really needs to know what is going on. They need to know the details.

Adrienne De Barros
Cosmetic Mgmt.



Yes. They were very informative. The media tried to make it objective until after the verdict.

Kim Halbach
Legal Admin.



No. They prosecuted him. They found him guilty. I think they should have just stated the facts.

Pauline Wei
Film and TV Prod.



No. I think they only showed the bad side of him. They never showed why he was like that.

Jason Borger
Architectural Tech.



Yes. They followed the story. The lawyers both had their fair share of time, just like a basic trial.

Media swept away by Bernardo and Homolka

by Jay Haddad

If the U.S. courtroom saga regarding the O.J. Simpson trial is a "circus", I would refer to the media's handling of the Bernardo case as "lily white."

Firstly, in the annals of crimes in Canada and the US, Paul Bernardo is not the first predator, rapist and sexual sadist. There are thousands of similar cases, so why did he become front page news?

I would suggest a curious interest simply because he is so ordinary: the boy next door, a university grad, a junior accountant with Price Waterhouse, a story book marriage to a beautiful woman, residing in middle class St. Catharines.

Clifford Olsen never commanded 12 page inserts in the Toronto Sun, despite murdering 10 chil-

dren. Those families' agony was never shown. Clifford Olsen even looks like the monster he is, so there were no wedding albums to sell to the highest bidder.

In terms of gruesome, the worst case I ever read about was Ed Gein, from rural Wisconsin. Gein killed dozens of women, ate their body parts, repaired his furniture with human skin and dressed-up as his deceased mother and robbed graves.

Gein makes Bernardo look like a choir boy, but Bernardo is a story precisely because he looks like a choir boy.

Would society's interest change if Bernardo was non-white, uneducated, unmarried and a vagrant? Think about it and judge for yourself.

Secondly, there's the Homolka

factor. As Princess Diana is the enigma behind Prince Charles, Homolka has become an enigma behind Bernardo. Did Bernardo just happen to find the first woman in recorded history to be aroused by urophilia, coprophilia, nebophilia, voyeurism, torture, rape and sadism?

No. The media got it all wrong, because they want to believe that people act out of 'free will' every moment of their lives.

Were Charles Manson's women 'free'? Were David Koresh's sex slaves 'free'? Did Patty Hearst commit armed robbery of her own 'free will'? Did 960 followers of Jimmy Jones commit acts of 'free will' when they drank cyanide laced Kool-Aid?

The media's attempt to portray Homolka as a conspirator

rather than a victim has seriously skewed public opinion. Women do not "get off" on the things attributed to Homolka, and anyone who has seriously studied sexual deviance should know that.

Thirdly, the lack of attention given to the process of mind assault (Harvard psychiatry now calls it Information Disease) is staggering.

Despite what you've read or think, Homolka was a victim. She was forced to eat feces and perform fellatio; she was forced to have anal sex with a knife at her throat; she was forced to abandon her friends and prohibited from wearing mini-skirts; when she did not comply, she was brutally beaten. She displayed classic symptoms of Stockholm Syndrome: abject obedience to her abuser.

Fourthly, this case showcases the classic good girl bad girl dichotomy. Beautiful Kristen French, whose grad picture is imprinted in everyone's mind, versus Leslie Mahaffy, a bit of a rebel, out late, accepting a cigarette from the stalker Bernardo.

This was a painful horrific experience for both victims. In understanding the mental makeup of Karla Homolka as a victim, one must still say she is to some degree criminally and morally responsible.

The media was swept away by lily white images of a beautiful couple, in middle class society, who did horrific things to innocent girls.

Jay Haddad is a professor of Psychology and Humanities at Humber College.

Alternative Medicine

While the debate rages over the actual health benefits, more and more Canadians, frustrated with conventional medicine, are turning to alternative health approaches to combat everything from the common cold to more threatening illnesses like cancer. Herbology and Traditional Chinese practices, like acupuncture, and aromatherapy are among the leading alternative remedies.

Natural medicine – a safer approach than synthetic drugs

by Verena Varga

Cold and flu season is quickly approaching. Instead of reaching for some Aspirin and a shot of Nyquil, a rising number of people are looking for a more natural remedy such as herbs and vitamins.

Herbal or botanical medicine has been steadily increasing over the past few decades. Dr. Varro E. Tyler, who wrote the book *The Honest Herbal*, recognizes the disillusionment people have with modern medicine. The high costs and the inability to cure everything, are major factors in the movement towards herbal remedies. This, along with the widespread belief that plant remedies are naturally superior to man-made drugs, has earned herbs a place on the shelves of many households.

Herbal remedies are primarily used to prevent illness, rather than fight symptoms. This is also the main philosophy behind naturopathic medicine and what sets it apart from mainstream medicine.

"Patients come to me and I will look for the cause of the illness," said Fateh Srajeldin, a naturopathic doctor. "Say they come in with a headache, I will determine what is causing the headache and treat the cause."

Herbal medicine is a part of naturopathy, which deals with all aspects of natural healing, such as physical therapies, nutritional and lifestyle counselling, homeopathy, Chinese medicine, manipulation and bodywork. The philosophy behind all these treatments is that the human body possesses the inherent ability to heal itself through mechanisms of homeostasis: restoring balance in structure and function, as well as adapting to



VERENA VARGA

Shane Belknap prefers natural medicine because there aren't any negative side effects or fear of taking too much.

environmental changes.

A naturopathic doctor will treat patients with natural remedies as opposed to synthetic medication, which is used by the pharmaceutical industry, said Srajeldin. "Synthetic medication forces the body to perform a certain function and after the job is done the medication residual will precipitate in the body, especially in the liver." Natural medication, on the other hand, "works with the body and provides the body with the basic element to resolve the problem. The residual is then digested by the system so there will be no precipitate."

Shane Belknap, who works for S&H health foods, said he would rather use Feverfew, a natural remedy for his migraines, than Aspirin. "You don't have to be worried that you've taken too much (Feverfew), because there are no side effects."

Even though treatment by naturopathic doctors is not covered by OHIP, people still seek their help.

"There is an increased awareness by people towards the cause and effect of synthetic medication," said Srajeldin. "They are now looking at (synthetic medication) and

realizing it is not helping them, it is helping their symptoms, but it is not curing them. They would have to be dependent on that medication."

Herbs and other botanical remedies are available either from naturopathic doctors or health food stores.

"I have had my store for 25 years and I have definitely seen a dramatic increase in customers over the past five years," said Anne Bretherick, owner of Spence's Natural Foods. "Not only are they buying more natural food products, but also vitamins, minerals and herbal remedies are high in demand."

"The problem with health food stores is if you are looking for a specific botanical remedy, there could be one for five dollars and one for \$25," said Srajeldin. "The average person would probably pick the one for five dollars, thinking that there is no major difference. That is not true, because the purer the remedy, the more expensive it is."

Another way to determine the quality of a remedy is whether it is hypo-allergenic, which makes it even more costly.

Before rushing out, purchasing and consuming herbs, Srajeldin recommends consulting a naturopath. "Vitamins should, ideally, be taken from your everyday diet, then you would not have to buy them."

As with everything else, common sense should be used when dealing with botanical remedies and one should not go overboard with herbs and vitamins. "There are some vitamins that are fat-soluble. You should watch out for those," warns Srajeldin, "otherwise, you can hardly take too many."



BIATRIS DANSO

People frustrated with conventional medicine are turning towards Toronto's growing naturopathy medicine clinics.

More people turning to other alternatives

by Biatriss Danso

Immediately upon entering the office, visitors realize it is not a typical medical clinic. The curtains are white lace and look homespun. Silver wind chimes clink softly whenever the door opens and there is a sign that says all visitors must remove their shoes and put on the slippers provided.

Fateh Srajeldin, a naturopathic doctor, said it is all intended to put his clients at ease. "I want all my patients to be comfortable."

Comfort plays an integral part in the growing wave of alternative medical clinics in Metro Toronto. Naturopathic medicine has been making people feel comfortable for hundreds of years.

"Before hospitals or medical clinics, people all over the world were using homemade traditional remedies to cure and prevent all sorts of ailments," said Heather Fleck of the Ontario Naturopathic Association.

Encompassing ancient arts like acupuncture and more modern treatments like iridology – an inspection of the eyes to gain insight into a person's state of health – naturopathic medicine is increasing in popularity all across Canada. In Ontario there are 240 clinics practicing naturopathic medicine. "Over 100 of those clinics are in the greater Toronto area alone," said Fleck.

The growing interest in naturopathic medicine may be due in part to the ONA who have a mandate to promote the overall awareness in naturopathy. "It's also because some people just aren't having any success with conventional medicine," said Fleck.

According to an independent survey, about 20 per cent of Canadians opt for some type of alternative treatment.

Reena McCullough, a 20-year-old Sheridan College student, began visiting alternative clinics

two years ago. "I would get these disgusting hives all over my body and my doctor couldn't tell me what I was allergic to. So one day out of frustration I visited a naturopathic doctor, he told me things to eliminate from my diet and prescribed some herbal pills for me and I haven't had hives since."

A first-time consultation with a naturopathic doctor can cost price \$250 or more. Patients can enjoy treatments like half-hour foot baths for \$20. While some alternative medical therapies, like chiropractic treatment, are covered under OHIP, most naturopathic treatments are only partially covered by insurance.

Fleck said it is not a priority for the ONA to get medical coverage for naturopathy.

"We have been licensed in Ontario since 1925, and now one of our priorities is to be regulated by the Regulated Health Professional Act."

But for Srajeldin, who runs the Naturopathic Medicine Therapies Institute, money is not a factor in helping his patients.

"I have this one patient who suffered for years with pain in her mouth. Conventional doctors could do nothing for her, even told her nothing was wrong. She came to me and three months later her pain had disappeared."

Fleck said he believes alternative medicine will achieve the same level of credibility as mainstream medicine. "The trend to alternative medicine is growing fast and people will use it in complement to conventional medicine."

But there are skeptics who Srajeldin encounters frequently. When asked what they don't like about natural medicine they can't answer.

A glance at the yellow pages proves the popularity of alternative medicine, with its philosophy that prevention is better than eliminating the symptoms.

Herbs that help

- **Arnica** – A first aid liniment for muscular soreness and pain from sprain, strain, over-exertion or arthritis.
- **Barberry** – Helps with indigestion and poor appetite. Helpful in acne, psoriasis, herpes.
- **Eyebright** – Internally for hay fever and allergies.
- **Licorice** – Helps gastric ulcers, bronchospasms, sore throat, painful menstruation.
- **Oats** – Helps with the withdrawal of nicotine, cocaine or opiates.
- **Peppermint** – Stops nausea or vomiting.
- **Schizandra** – Increases overall resistance.
- **St. John's Wort** – Effective in depression, anxiety, agitation, insomnia, loss of interest and excessive sleeping.
- **Yarrow** – Used for colds.

compiled by Verena Varga

Ancient cures fight pain

Traditional health approaches gain popularity

by Cara Graham

Neil Hawthorne, 44, said he would still be bedridden today if he had not discovered acupuncture treatment.

After severely injuring his back playing hockey, Hawthorne visited many doctors before finally discovering a chiropractor who practiced acupuncture and was able to relieve his chronic back pain.

Although having a needle placed into your skin may not sound too appealing, many people are turning to this as an alternative to western medicine.

Acupuncture has treated and prevented illnesses for over 5,000 years and is progressively becoming more popular among people ready to try an alternative remedy.

With so many different types of

alternative medicines, many people are confused about which ones they should try or which ones will actually work without cleaning out their bank accounts.

Emily Cheng Koh, who runs the Chinese Herb and Health Clinic in Bloor West Village in Toronto, has been treating people with herbal therapy and acupuncture for eight years. She said, "this is a medicine to be looked at; not only is it traditional with its history, but if it was not an effective medicine or it didn't work it would have been faded out a long time ago, unheard of again."

Acupuncture and traditional Chinese medicine are not a regulated profession and are not covered by OHIP.

Koh believes in getting to the root of what causes a sickness or

an acute or chronic problem. "Pain according to traditional Chinese medicine, comes about when the Ch'i and the movement of blood becomes obstructed, congested or doesn't move smoothly," said Koh.

Acupuncture points are located in small depressions throughout the skin surface. Very thin needles are inserted into these points to communicate from the outside to inside, generating the flow of blood, body fluid and energy to nourish the muscles, nerves, glands and organs. "So when the needle is inserted below the dermis of the skin it will promote the flow of energy," she said. "Problems start when your Ch'i and blood cannot move smoothly, that's why it's preventative medicine. If you think about tumors and thyroid

problems, they didn't happen overnight, it happens over a long period of time. That's why western medicine has no way to detect these things until they are there."

People are attracted to alternative medicine because of its focus on preventative methods.

Patients who come to Koh have chronic problems ranging from cancer, to gynecological problems to HIV, eczema, stomach and back pain.

"This is a medicine that you require a lot of time to explain to new patients. I usually spend an hour and a half with patients on their first visit in order to get a whole medical history. Then from there I determine what needs to be treated," said Koh.

With Chinese traditional medicine and acupuncture, you have the ability to treat the root, source and constitutional deficiencies based on a person's history.

"An example would be that someone comes to me in the fall and tells me that every winter they catch at least five colds and they are fed up with the remedies they've tried," said Koh. "Based on their medical history their immune system is weak. ...If I have time to strengthen their immune system and find out the root of body deficiencies, then I can strengthen those weaknesses. Then the person will only catch one or two colds."

The price of traditional Chinese medicine and acupuncture varies

from practice to practice. Koh charges \$70 for the initial visit and \$55 for each subsequent visit.

Tony Rivet, a third-year English student at the University of Waterloo, believes in the benefits of the Chinese approach. "I totally believe in what Chinese medicine can do for you, it's not patchwork medicine it's preventative medicine. I save myself more money because I don't usually get sick and I don't have to spend money on expensive prescriptions."

Dr. David Gryfe, who practices at the Humber Family Chiropractic Centre, has been administering acupuncture for three years. Gryfe, who trained in Sri Lanka, admits that acupuncture isn't his first line of expertise, but uses it as an adjunct to his chiropractic care.

"If I can help my patients in a chiropractic approach I do, but if chronic pain is not being released I perform acupuncture," he said.

Gryfe's charge includes acupuncture in his fee structure, charging \$45 above what OHIP pays for the initial visit and \$16.50 for subsequent visits. For Humber students who present the handbook or valid student I.D. card, the first consultation is free.

Koh said "People should realize that how they are feeling or looking on the outside is only a reflection of what is going on inside ... listen to what your body is telling you."

Healing scents

by Karen Becker

Aromatherapy is a form of alternative medicine that is increasing in popularity.

The practice, involving fragrant plant extracts known as essential oils, focuses on relaxation and producing an effect on a person's hormones and emotions.

When breathed through the nose, the scent affects the nervous system, which is closely connected to emotions and produces relaxing sensations.

Heather Sumi, an aromatherapist who works at The Toronto Healing Arts Centre, calls the process "a psychological and physical connection." She has worked for the past three years with aromatherapy and said the benefits of the art are centred around a person's state of mind.

"Aromatherapy helps to normalize emotions," said Sumi. "It makes you feel good."

Sumi explained that each plant used for essential oils has different physical properties and medicinal functions.

"Bergamot is a citrus oil thought to be good for dealing with stomach disorders or an upset stomach," said Sumi. "Lavender oil can be used on all types of skin. Patchouli, in a small dose, is very calming to the nervous system and in large doses, it is said to be a sexual invigorator. Rosemary is a reviving oil that

can help the memory, and basil oil is good for keeping a person awake."

There are three basic methods of using aromatherapy, all of which are practiced by Sumi. One is to cleanse the air by burning an essential oil, this method is good for those with colds or congestion. Another is to use the oils in a bath, although Sumi cautions to never use soap along with the oils because soap negatively affects the way the oils work. The method used most commonly by Sumi is massage therapy involving essential oils.

There is such a variety of bene-

Shop does not conduct market research on any of its products, aromatherapy products are far from being the company's biggest seller.

"Sales are very minimal," said Carrie English, manager of The Body Shop at Etobicoke's Sherway Gardens. "For the month, (aromatherapy products) are one percent of total sales."

Sumi and English agree that the majority of people interested in aromatherapy are women, although the technique is beneficial for men as well.

"It is a business that is expanding," said English. "It's starting to become something that is known."

Sumi said most of her clients are women with high stress levels in their lives. Before working on her clients, she usually talks to them and has them fill out a questionnaire to establish which oils and which

method of using the oils would be appropriate. With body massage, Sumi finds it helpful if her clients discuss their problems with her beforehand, since the relaxation of aromatherapy is dependent on one state of mind.

"It (aromatherapy) is very powerful," said Sumi.

Sumi's prices range from \$45 for a facial to \$80 for a massage. People can also sample aromatherapy products by purchasing them at a variety of places e health food stores and The Body Shop.

fits and emotional effects (to essential oils)," said Sumi.

Aromatherapy products have been on the market for several years, but it is only recently that interest in aromatherapy has grown. The Body Shop has noticed an increasing level of interest in their products.

"Personally, I think (the interest) comes from the push back to a more relaxed sort of lifestyle," said Diana Cable from The Body Shop's Toronto office.

Despite the fact The Body



COURTESY PHOTO

Scented oils are used to produce relaxing sensations.

Other Alternative Approaches

Biofeedback: Homeopathy:

is a treatment that helps you consciously influence body changes that you don't normally control. With Biofeedback, a machine measures stress-sensitive things like muscle tension, heart rate and blood flow, to give you an indication of the affect your mental state is having on your body - then you can be taught calming techniques that focus on muscle relaxation, as well as visual relaxation techniques to help slow heart rate down to a normal, healthy level.

First used in the late 1700s, homeopathy operates on the same premise as vaccines and allergy treatments, which suggests that the same substances that produce symptoms of disease can be used to cure the illness, as long as the substances are used in tiny amounts. Thus, homeopaths use extracts of plant substances in highly diluted portions as a remedy for colds, flus and other more serious ailments.

Reflexology: Naturopathy:

is an ancient Chinese technique based on the principle that each part of the body is interconnected by the nerve system to parts of the feet. A massaging technique is used where pressure is applied to specific points on the feet to benefit other parts of the body. Reflexology claims to relieve headaches and improve moods.

Naturopathic doctors don't rely on only one approach, but use a combination of alternative therapies to fight the illnesses of their patients. The focus is on boosting the immune system with herbs, homeopathy, diets and Chinese medicines to stimulate the body to heal naturally.

compiled by
Shellee Fitzgerald

TO ALL HUMBER STUDENTS

Documentation Formats -

MLA DOCUMENTATION FORMAT (MLA)

Modern Language Association (MLA) format is used to document papers in the humanities.

At the end of papers in which you have used material from other sources, include a list of the sources from which you have quoted, summarized, or paraphrased. In the MLA format, used for papers in English and other humanities, this list is titled "Works Cited." In your paper you will need parenthetical references to these sources. You may also need endnotes to add material that would disrupt your paper if it were included in the text. Parenthetical references, endnotes, and works cited are formatted as follows:

(1) PARENTHETICAL REFERENCES

Parenthetical references to material you have quoted, paraphrased, or summarized provide brief information to help the reader locate the full reference in the works cited at the end of the paper. You may have previously used footnotes to indicate each source as you used it, but for the MLA format now in use, select among the following forms of parenthetical reference, depending on how much information you include in your sentence or in your introduction to quotation:

Author's Name Not Given in the Text

If you do not mention the author's name in your sentence, put the author's last name in parentheses, leave a space with no punctuation, and then put the page number.

Recent research on sleep and dreaming indicates that dreams move backward in time as the night progresses (Dement 72).

Author's Name Given in the Text

If you state the author's name in the sentence, include only the page number in parentheses.

Freud states that "a dream is the fulfillment of a wish" (154).

Two or More Works by the Same Author

If you use two or more different sources by the same author, put a comma after the author's last name and include a shortened version of the title and the page reference. If the author's name is in the text, include only the title and page reference.

One current theory emphasizes the principle that dreams express "profound aspects of personality" (Foulkes, *Sleep* 144).

But investigation shows that young children's dreams are "rather simple and unemotional" (Foulkes, "Children's Dreams" 90).

(2) NOTES

When you have additional comments or information that would disrupt the paper, cite the information in notes numbered consecutively through the paper. Put the number at the end of the phrase, clause, or sentence containing the material you are referring to or quoting and after the punctuation. Raise the number above the line, with no punctuation. Leave no extra space before the number and one extra space after if the reference is in the middle of the sentence and two extra spaces when the reference number is at the end of the sentence.

¹The treasure hunt for sixteenth-century pirate loot buried in Nova Scotia began in 1927,² but hunting was discontinued when the treasure seekers found the site flooded at high tide.

At the end of your paper, begin a new sheet with the heading "Notes," but do not underline this heading or put it in quotation marks. Leave a 2.5 cm (one-inch) margin at the top, centre the heading, double-space, and begin listing your notes. For each note, indent five spaces, raise the number above the line, and begin the note. Double-space, and if the note continues on the next line, begin that line at the left margin. The format is slightly different from that used in the Works Cited section in that the author's name appears in normal order, followed by a comma, the title, publisher, date in parentheses, and a page reference.

(3) WORKS CITED

The Works Cited section at the end of your paper (after the Notes, if you have any) is a list of all the sources you referred to in your paper and does not include other materials you may have read but not referred to. This list is arranged alphabetically by the last name of the author (to help the reader find the reference more easily). If the source has no author, use the first word of the title (but not the articles *a*, *and*, or *the*). There are three parts to each reference: author, title, and publishing information. Each part is followed by a period and two spaces.

For the Works Cited section, begin a new sheet of paper, leave a 2.5 cm margin at the top, centre the heading "Works Cited" (with no underline or quotation marks), and then double-space before the first entry. For each entry, begin at the left margin for the first line and indent five spaces for additional lines in the entry. Double space throughout.

Books (and Pamphlets)

One Author

Colombo, John Robert. *999 Questions about Canada*. Toronto: Doubleday Canada, 1989.

¹Some historians argue that this widely accepted date is inaccurate. See Jerome Flynn, *Buried Treasures* (New York: Newport, 1978): 29-43.

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The National Dream. Toronto: McClelland and Stewart, 1970.

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APA DOCUMENTATION FORMAT (APA)

American Psychological Association (APA) format is used to document research in behavioural and social sciences.

If you are asked to use APA format, consult The Publication Manual of the American Psychological Association, 3d ed. Washington, D.C.: American Psychological Association, 1983.

APA style is like MLA style in that you have parenthetical references in your paper and readers to the list at the end of the paper, numbered notes that are to be used to include information that would disrupt the writing if included there, and at the end of the paper, a reference list of works cited. References in this list include only the sources in the research and preparation of your paper.

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LOTTERY RESULTS - SEPTEMBER 21, 1995

THE FOLLOWING STUDENTS HAVE UNTIL CLOSING

WEDNESDAY OCTOBER 4TH

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

GREEN LOT

ARAB, KHALID MOHAMED
BETTENCOURT, ELIZABETH
BEVERIDGE, JENNIFER
BRKIC, JOHN
CASTILLO, SANDRA
FAGEL, LARRY
FARAH, AHMED ABDALLAH
FORREST, BRADLEY
FRIDMAN, LARISA
GRIFFITHS, MAVIA
GUNCAY, RENE
GUTIERREZ, WENDY
HASSAN, NASIR
HESKETH, SHANNON
JENNINGS, CRAIG
KELLY, CURTIS
LOXTON, TREVOR
MAILING, SANDRA
MALTAIS, RICHARD
MATT, PENNI

GREEN LOT

MCLENNAN, JENNIFER
MONTEMARANO, GIANNI
MORELLO, JOSEPH
NGUYEN, DUNG
OLEJNICZAK, SANDRA
PAYNE, JAMES
RACCO, SONIA
RICHARDS, RONALD
RICHMOND, JOHN
ROGERS, CHRISTINE
SERVITO, ANTHONY
STULTZ, RAYMOND
SZCZEPANSKA, BARBARA
TAMMET, DIANE
TAYLOR, CAROLYN
TELFORD, YVONNE
VALDEZ, JOHAN
WALL, CHRISTOPHER
WARSAME, ABDULKADIR
YOUSIF, HADIR

YELLOW LOT

BENFORD, MICHAEL
CAMPION, SACHA
CATANZARITI, JOSEPH
CHAN, BONNIE
CUNCLIFFE, MATHEW
DI GIULIO, FLORINDO
ELLIS, MARK
FRENCH, DINI
HUFFMAN, WADE
KHAN, FARAZ
KRZYZANIAK, MARIOLA
MACARTHUR, ROBINA
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STERMOTIC, NANCY
VENTURA, CARLA
ZANDWYK DERAAS, KRISTIAA
ZOTTOLA, TANYA

WHITE LOT EAST

ADACH, JOHN
AFONSO, GEORGE
ALI, SUSAN
APPIAH SAMUEL
BOLANOS, DENYS
BORSK, DIANNE
BUTTIGIEG, LEONA
CASSA, ANTONIA
CZUPA, KATARZYNA
D'ABREU, DWAYNE
DIMARTINO, PAUL
EASTON, DARIN
FINN, DANA
FURLANO, GIUSEPPE
GGUEN, DANIEL
GOMEZ, CARLA
GOUVEIA, LORRAINE
HAINER, RICHARD
HEARD, TIMOTHY
KUMAN, ANJLI

WHITE LOT EAST

LI, YUSHU
LINDNER, JOANNE
LO-BASSO, CIRO
MERRICK, MARTIN
MIRZA, ABDUL-BASIT
MUSKAT, KRISTINA
OLDREIVE, MIKE
OPALA, ROMANA
PALLIOTTO, STEVEN
PARKINSON, CATHERINE
PRINCE, JASON
QUASDORF, INGO
REZEK, JULIE
RUGELIS, RHODA
RYLO, DARIUSZ
SCOTT, CRAIG
SMALL, JANICE
VIOLETTE, MICHELLE
WILCOX, SHAWNA
ZEZELIC, IGOR



Life Bytes

by Lorrie Kralka

I'm sure you've all heard the jokes. Like how do you know when a blonde has been using a computer? There's white-out on the screen.

No, I'm not referring to the fact that it is a 'dumb-blonde' joke. I'm just as sick of them as you probably are.

What I am referring to though, is the idea that computers are a man's territory, only touched by those of the 'fairer sex' when absolutely necessary, and we have no idea what the hell we are doing when we do use one.

It is the idea that we are not able to comprehend how a computer works, let alone turn one on. I'm beginning to think that cars and computers are considered undiscovered territory for women.

It galls me to think that people could pass judgement like this, even though statistics show that women still aren't using computers as much as their male counterparts. Just the fact that this stereotype exists only exacerbates and compounds the problem. And it is only because of this stereotype that there even is a problem.

On the Internet, only about 20 per cent of the users that 'hit' *Hype!* magazine and *The Toronto City Guide* are women. This statistic in itself isn't very spectacular, but when you compare it to six months ago, when only nine per cent were women, it really jumps out at you and makes you think.

This year's *Computers & Technology* section is the first in the history of the Humber College paper, and I think it's a good omen that a woman was chosen to be the first editor of this section. It shows that women are capable, and stereotypes don't mean a thing if you don't believe that they are true.

And despite everything, there is always a bright side. Women are starting to use computers, and they are teaching their friends, and the stereotypes are going to change.

And for those who don't believe it, well, you can just byte me.



COURTESY GRAPHIC FROM SMITHKLINE BEECHAM PHARMA INC.

Immunize against hepatitis B

The only protection against the virus that has killed millions of people worldwide

by Linda Farr

Young adults risk getting one of the fastest spreading viral infections in the world ... hepatitis B.

Hepatitis B is spreading much faster than the HIV virus which causes AIDS, according to information from the Canadian Liver Foundation. This is because the hepatitis B virus lives for a long period of time outside the body, whereas HIV virus dies almost immediately once outside the body.

"Hepatitis B is far easier to get than AIDS," said Marg Anne Jones, a registered nurse at Humber's Health Centre.

Hepatitis B is not taken seriously enough by most people, said Donna Lackner, a registered nurse and communicable disease specialist at the Simcoe County District Health Unit. "All the money put into AIDS research should be put towards hepatitis B because it is transmitted so much easier."

Hepatitis B is primarily trans-

mitted through sexual contact and from sharing needles through intravenous drug use. This is why the hepatitis B virus affects more young adults than any other age group, explained Jones.

The Canadian Liver Foundation explained that hepatitis B is an inflammation of the liver caused by the hepatitis B virus. It is spread easily through infected saliva, semen, vaginal fluid, blood, and even sweat or tears. Hepatitis B can also be passed from a pregnant mother to her fetus or it can be transmitted by small scratches and cuts. Health care professionals must take precautions to protect themselves. Nurses, doctors, firefighters, police, and ambulance workers, as well as dentists and funeral service workers, must be vaccinated against hepatitis B before they can perform their duties.

There is no cure for hepatitis B, but it is the only sexually transmitted disease that has a protective vaccine.

The Canadian Liver Foundation reported in March 1995 that in large city centres like Toronto, Montreal and Vancouver, about one in every 200 people is a hepatitis B carrier.

According to Smith, Kline, and French Canada Limited, a prominent pharmaceutical company which makes one of the vaccines for hepatitis B, more than 50 million people worldwide are infected with the disease each year. Out of that about two million will die.

The most dangerous thing about the hepatitis B virus is that someone can be a carrier and not know it. "Often there are very few symptoms," said Jones.

Jones said the problem is people may not know they are infected because they don't feel sick, but they can infect someone else who may have a different reaction to the virus.

Ninety per cent of hepatitis B carriers are able to fight the virus completely. Nine per cent will be "chronic carriers," and will never

completely fight the virus. These people usually have liver problems, and can eventually get liver cancer. One per cent of all carriers will die from the hepatitis B virus.

Immunization is the best way to be protected from the virus. Immunization is free for anyone who has been in contact with a hepatitis B carrier, anyone who has had several sexual partners, and anyone who has had a sexually transmitted disease. Everyone should be tested for hepatitis B through their doctor or Health Unit in their community or school. Family doctors do not usually check patients for hepatitis B during a yearly physical. The patient must request it.

Family doctors can give the immunization, which costs about \$90 for three shots over a six month period. Most colleges and universities also offer the immunization, but at a reduced rate.

If someone is diagnosed with hepatitis B little can be done,

other than counselling and testing to see if the body's natural defence systems fight the virus.

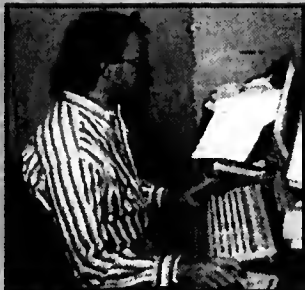
The symptoms of hepatitis B are poor appetite and flu-like symptoms such as nausea, vomiting, and headache. Other symptoms include: jaundice (yellowing of the eyes and skin), dark urine, and light stools.

In Ontario, all grade seven students are being offered the hepatitis B vaccine. The Canadian Liver Foundation explained that the younger children are when they're vaccinated, the better the chances of developing the proper antibodies to fight hepatitis B.

It is now a law in Ontario that all expectant mothers must be tested for hepatitis B for the safety of their baby. If a mother is a carrier of the virus, the hepatitis B vaccine and a hepatitis B immune globulin are given to the baby immediately at birth.

This helps the baby produce the antibodies to fight the virus in their adult life.

The new cigarettes - Resumé menthol lights



**KEOGH'S
KORNER**

by Chad T. Keogh

Were all the smokers not awake in health class? Do they not watch TV? Why hasn't anybody told them that smoking kills you?

I know that smoking kills, so I don't smoke.

We all pay the same amount for health care, but I don't think that's fair. Either smokers pay more, or they don't get it at all.

Just think, insurance companies always say they don't make any money on vehicle insurance, so why not make smokers seek their own health insurance and help out those poor insurance companies?

I can hear all the whining smokers now, "I don't have enough money to pay for health insurance!"

Well, you have enough to buy little paper tubes filled with dried leaves, just so that you can light them on fire and inhale the fumes (which happen to be very similar to those we run from when our house is on fire). And we call ourselves intelligent life forms.

Even an animal has the sense to know not to stick around where there is smoke. What happened to us? I thought we were evolving in the right direction.

Smokers always say, "Well, smoking calms my nerves." What are they so uptight about? Maybe they are worried about how they are affecting the health of those around them, but the addiction to nicotine keeps them smoking. Yeah, maybe that's it? Not!

Well, I hear that the view from the iron-lung is breathtaking and very relaxing.

While we non-smokers are working away at our desks, the smokers are all huddled outside (neither rain, nor sleet, nor dark of night shall keep these addicts from his appointed rounds) like their own little leper colony. If they have a 10 minute smoke break, every hour in an eight-hour work day, that means non-smokers work an extra hour and 20 minutes per day.

If I were an employer, I would definitely think twice before hiring one of these non-productive, self-destructive units.

Maybe we should make it mandatory to write-whether you are a smoker on your resume.

Mind you, all the smokers would have to use their resumes to roll their own cigarettes if companies actually sat down and calculated how much they lose due to smokers, because nobody would hire them.

AIDS awareness focus on homophobia

by Deanna Hughes

National AIDS awareness week begins October 1, and this year the Canadian AIDS Society is focused on homophobia.

The Canadian AIDS Society and the Public Health Association are distributing a pamphlet on homophobia which says that homophobia affects everyone.

Some people avoid family members or are less compassionate to those who are HIV-positive.

Irene Bond, a spokesperson for Humber's Health Centre, said there's no such thing as safe sex, only safer sex, and she believes there needs to be ongoing education about AIDS too.

"Safer sex is really essential when you're sexually active," she said. "AIDS is not just a homosexual disease but it's also a heterosexual disease." She said, what really needs to be stressed, is that everyone has to be aware of AIDS prevention.

"You stop thinking it can affect you but it can," said Bond. That's why "our awareness constantly needs to be heightened."

The Health Centre has asked the Etobicoke Health

Department to come to Humber and set up displays. Condoms, information and other giveaways, such as buttons, will be available on Tuesday, October 3 at the Lakeshore campus. The display will be set up from about 11 a.m. to 3 p.m. in the large cafeteria.

At the North Campus, the display will be set up on Wednesday October 4 in the concourse from 10:30 a.m. - 2:30 p.m.

Caps will be having a safe sex pub October 5, and will be giving out condom keychains at the door.

On Sunday, October 1, people all over Canada will participate in a walk for AIDS called "From All Walks of Life." In Toronto, the walk will start at Nathan Philips Square at 10 a.m.

Last year 15,000 people participated in the walk, raising about \$1 million for AIDS research.

This year the Etobicoke Health Department has organized a team.

For more information about the walk, call Simone at (416) 394-8885 or contact Humber's Health Centre.

Subtle changes to residence rules

by Luke Hendry

Rumors that Humber's residence administration is "cracking down" on things such as noise are false, say residence administrators.

"Nothing has changed in regards to fewer warnings or more mandatory fines," said Derek Maharaj, the residence manager of facilities and services. "We're still operating on the same basis we did last year."

"I heard you could be fined without warning for noise," said Jocelynn Whiteley, a first-year Advertising and Graphic Design Student.

Many students have heard that there have been fewer warnings and more fines for rule violations, and that several students have already been expelled from residence. This is only partly true, said Maharaj.

"We've had people being kicked out every first few weeks," he said. "I would think that we had a smoother move-in and tran-

sition this year than we've seen in a long time."

Two students were expelled from residence earlier this semester for illegal drug use, said Maharaj. "Issues relating to alco-

the beginning of the year, is "mandatory reading", and all students living in residence must make themselves aware of the rules.

"There are some subtle changes



LUKE HENDRY

The key to residence life is learning to respect others.

hol and things like that are on a smaller scale than we've had in the past." Residence enforces a zero-tolerance policy on drug use.

He stressed that the residence hall guide, found in each room at

(in the guide) - nothing major," he said.

One change in procedures this year is the inspection of all non-rented refrigerators. Anyone who does not rent a fridge from

Coldex, which has an exclusive contract with residence, must sign up for a safety inspection.

Maharaj said residence staff must insure all non-Coldex fridges are Canadian Standards Association-approved, grounded properly, and pest-controlled. He said this is to locate units that don't meet safety standards.

The policy is a result of an incident which occurred last year. A fridge had a defective plug which sparked and ignited a small fire on a nearby mattress. The student extinguished the fire before it could spread further, but Maharaj estimated the damage to be about \$150.

Another issue that is unclear is the reason for the hike in residence caution deposits from \$250 to \$400.

Residence Office Coordinator Kim Carr said while some students did more than \$250 worth of damage last year, this was not the cause of the hike.

"We needed a commitment

from students," said Carr. By raising the deposit, students are forced to seriously consider whether or not they want a place in residence.

In past years, some applicants backed out in June or July, which caused a major delay in making rooms available. The increase cut down the number of applications, which meant a shorter waiting list.

Erin Hamilton, the residence business manager, agreed, saying while last year's waiting list was between 300 and 400 students, this year it was under 100. She said the residence's procedures are more "student-oriented" this year.

The pre-summer deposit deadline makes for one less expense in the fall when books, equipment, and parking fees must be paid. The hall guide, resident contract, and other paperwork were all placed in rooms prior to move-in.

Administrators said as long as residents are conscious of the rules, there should be no problems.

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Attention Mature Students

A meeting for all mature students will be held at Humber next week. An open house invitation is scheduled for Wednesday, October 4 in the Private dining room (A.K.A 7th Semester) from 3 to 5 p.m. Refreshments will be served, and mature students will have the opportunity to meet other mature students. For further information, please contact Anne Chesterton in D128 or give her a call at ext. 4160.

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Keeleesdale campus: 763-5141 Ex. 253 or 259

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Workshop helps with esteem

by Dionne Hyman

Women dissatisfied with their bodies and preoccupied with their weight were offered help at a workshop at Humber's North campus on September 23.

Belinda Clemmensen and her partner, Louise Walker, have created a series of workshops designed to give women the tools to rebuild their self-esteem.

"A lot of women tell us that they are tired of feeling lousy about themselves," said Clemmensen after the all-day workshop. "They are critical of how they look and that makes them feel less hope, less worthy and less esteem."

Clemmensen said women get into a "vicious cycle" and don't know how to change it.

"Women today are expected to excel in education, career and family. At the same time we are bombarded with images and messages that tell us that what really matters is how we look while we're managing this balancing act."

Clemmensen said she's not surprised that some women think controlling their weight might make a difference.

"If the images we have of successful women are thin women, then no wonder we think controlling our weight and our size ... will make us happy."

Walker and Clemmensen have an unusual way of helping women with their workshops based on "experiential learning".

"Each participant learns for

herself from her own experiences," Walker explained. "We facilitate a process of exploration, not lecturing. We want women to have a deeper awareness and understanding of their own situation and how they can do something about that."

Clemmensen added experiential learning is not about "handing down solutions to people, but helping them to discover for themselves their own solutions, and their own techniques for things that work for them."

The workshop did not focus on how to change who you are, but rather, how to develop self-esteem and confidence.

Clemmensen cautioned that these workshops are not quick fixes. It's not "let's go on a diet, let's find a really quick answer ... it's about longer term solutions."

Walker used to be a dancer, and spent years dieting and suffering from depression because of her quest for the perfect body.

She came across bodywork, which was like a therapeutic application of her dance training.

This technique helped Walker feel like a "whole person, a moving, thinking, feeling, connected human being."

"For the past 10 years I have studied and practiced various approaches to bodywork ... And I love watching other people discover this feel of wholeness for themselves," said Walker.

Clemmensen has had her own pain. While at university, she began her recovery from an eating

disorder.

"I realized that I was the only person who could give me back my freedom," she said. "I knew that I didn't want to live my whole

life consumed by how I looked and what I was eating."

Clemmensen said she knows there will be ups and downs during the healing process but she

firmly believes that it is possible for women to feel whole again.

"Once women begin to feel like they can have their life back, they want to remain free."



Ads like these bombard women with images and messages that tell them how their bodies should look. A workshop was held at Humber to provide women with the tools necessary to regain their self-esteem.

Humber's Health Services providing influenza shots

by Linda Farr

It's flu season again and Humber's Health Services is offering free influenza immunization to any Humber College students diagnosed as "high risk".

Influenza is a viral respiratory infection that causes fever, sore throat, cough, headache, and aching muscles, but usually only lasts a few days according to a pamphlet from the Ontario Ministry of Health.

People who suffer from chronic illnesses such as heart and lung disorders, diabetes, cancer, HIV infection, blood disorders, or kidney disease are considered "high risk". Such people may have a difficult time fighting the influenza infection because their body's natural defences may not be working properly.

For "high risk" people, influenza could cause serious illness. Some people may even die from the flu and its complications, said Marg Anne Jones, a registered nurse at Humber's Health Services Centre.

"The Government (of Canada) offers this immunization for free to all high risk patients," said Jones. This does not mean that others are not able to protect themselves from this infection. If

people want to have this vaccine, they can go to their family doctor, but there is a charge of about \$10.

But having the influenza vaccine is no guarantee that a person will not be infected. It is simply a safeguard that gives people a better chance of fighting this virus, said Jones.

The serum that is given is different each year, she said. The pharmaceutical companies take the three most common flu viruses from the prior year and create a new serum. Since the flu viruses change each year, so does the serum, explained Jones.

There are a few possible side effects from the vaccine including: tenderness where the needle was given, fever, or aching muscles for a day or two.

People who have reactions such as hives, swelling of the face or throat, or wheezing, should see their doctor. Such symptoms could mean an allergy to the vaccine.

People with queries about the vaccine and its dangers should speak to their family doctor.

Any "high risk" patients who would like to get their vaccination should see the receptionist at Health Services this week to book an immunization appointment.

Students angry about hair-raising costs

by Leeanne Lavis

If you're still being charged more because of your gender, speak up.

When you walk into some hair-dressing salon, you'll observe what seems like the most obvious form of discrimination: a large sign, listing two sections of prices - his and hers.

At a time when 'he' is likely to have long locks and 'she' is likely to have a cropped mane, such pricing hardly seems equitable.

Results from a poll of 31 salons in the Toronto area show that a female cut, wash and blow dry costs more than it does for a male.

Women were charged an average of \$8.50 more than men. The lowest price difference was \$2 and the highest was \$18.

Of the salons that were polled, only two had equal pricing for both sexes: First Choice Haircutters and Irene's Hair Shoppe on Bloor Street West.

Some salons that do charge higher prices for women's cuts said the prices are justified.

"The reason why we charge less for men than women is because men require a less amount of time and work because on average their hair is shorter," said Maria Giugliano, an assistant hair-dresser at Da Vinci Hairstyling in

Toronto.

Both male and female Humber College students thought basing prices solely on gender was unjust.

"It makes me angry. Charging someone on the basis of their gender is wrong. It shouldn't matter what the person is, but instead the price should be based on the difficulty of the hair style," said Business Administration student Carol-Anne Johnson.

Scott Garnham, a Chemical Engineering Technology student, agreed with Johnson.

"It's unfair. It should be the same. Although usually more care is taken when cutting women's hair whereas when men get their hair cut it's just done," he said.



LISA SAUER

Many salons charge women higher prices than men because they say men's styles require less time and work.

Humber writer promotes book

by Karen Becker

A familiar face from Humber College was involved in this year's Word on the Street festival last Sunday.

Joe Kertes, director of creative writing at the college, joined many local authors in reading from their work. Kertes read from his children's book, *The Gift*, about a young Jewish boy intrigued by the celebration of Christmas, a holiday in which he does not participate.

Kertes said it was only slightly difficult to write a book from a child's perspective.

He drew from his own childhood, as well as the experiences of his own children.

"It's a little bit from my own experience," he said. "It's true to my feelings as a child."

Kertes is scheduled for a number of other readings at the North York Public Library and at two local elementary schools. This time, unlike at Word on the Street, his audience will be chil-



GARY GELLERT

Joe Kertes has written a new children's book.

dren, tough critics, according to Kertes. "The book is intended for kids," he said. "I guess I'll find out the reaction then."

The Gift, illustrated by Peter Perko, Humber's manager of Advertising Design and Marketing, is Kertes' second book and is due for release this fall. His first novel, *Winter Tulips*, won the Stephen Leacock Award for Humour. He has recently completed and revised another novel.

Loud, raunchy Muffs pray for old, sad fans

by Renee Desjardins

They're loud. They're raunchy. They're **The Muffs**.

Hard-hitting, punky songs that hook you and leave you wanting more. Screaming lyrics and brash beats grab the audience's attention and holds it there.

The Los Angeles-based band has been together for four years and lead singer Kim Shattuck said she can see the progression of the band through their two CDs.

"Every once in a while someone will come up and go, 'I liked

the old record better,' and I say to them 'I'll pray for you cuz you're sad,'" joked Shattuck.

"It was just cruddy," said Shattuck about their first release.

She explained the new release, *Blonde and Blonder*, was much stronger.

"I'm just like totally in this to make records I like," said Shattuck. "So when I'm like a hundred years old I'll show like some relative and say 'Oh look what I used to do.'"

Word on the Street draws great crowd

by Jeremy Henatyzen

The sixth annual Word on the Street book and magazine festival celebrated the pleasures of reading and writing along a traffic-free stretch of Queen Street West on September 24.

The outdoor festival, recognized as one of Canada's largest and most successful celebrations of literacy, is free of charge and completely accessible to the public.

The objective of Word on the Street is to heighten awareness of the importance of literacy and the joy of reading.

"It promotes the whole concept of words, written words and oral words," said Beatriz Zeller, president of the Literary Translators' Association of Canada. "The fair combines readings and more popular access points to books that are excellent tools to get people into reading."

An estimated 100,000 people turned out for the event.

"It is very encouraging to see so many people interested in books," said Zeller. "It gives me some hope that the publishing industry can survive in Canada."

The festival strives to enhance the public's awareness of the quality and quantity of Canadian books and magazines.

"The publishing industry in Canada is a very difficult business to get into and sustain because there is such an invasion of the American market into our bookstores and the reverse doesn't seem to happen," said Zeller. "But the literature of Canada is alive ... if there is enough response."

Twenty-five years ago, there was a real outburst of Canadian publishers and writers who have



JEREMY HENATYZEN

The festival had something to read for people of all ages.

since grown and developed, said Janice Handford of the Organization of Book Publishers of Ontario.

But that kind of expansion is now threatened with the lack of provincial and federal support for the small and mid-sized presses that publish new writers.

"It is going to be increasingly difficult to get another generation of writers," said Handford, "unless we have continued support from both the public and certain levels of government."

More than 190 local and national publishers, libraries, writers' associations, booksellers and literacy organizations participated in the festival, displaying a wide array of current and backlisted magazines and books.

Many of the tents and booths featured readings and book signings by playwrights and poets as well as contests, dancing, singing, and arts and crafts for children and adults alike.

Word on the Street, meeting its

five year national expansion mandate, took place simultaneously in Vancouver and Halifax for the first time, uniting the country in a national celebration of the printed word.

In Toronto, in the CityTV parking lot, Apple's Net Tent invited computer net setters to interact with people in similar Net Tents located at the Word on the Street festivals in Vancouver and Halifax, providing an official link between all three cities.

Some of the special events in Toronto included CityStage, showcasing Canadian performers, the City of Toronto Book Awards, giving out more than \$15,000, and the Fringe Beat & Magazine Mews, displaying Canada's most upbeat and dynamic publications by dozens of independent publishers.

As one fair goer summed up, "The festival is excellent. It has something for everybody."

Literally.

Band brings Stompin' Tom and Mr. Kotter to Caps

by Rosalee Buonpensiero

"Stumbling drunk upon the frozen gravel

Oh how my mind it aches

Having a dream I'm nude in public places

From which I can't awake"

This familiar dream sequence is related by **And Then Some** in "Good Night's Sleep," a song from their first full-length CD, *Invention No.1*.

The Burlington-based band, touring college and university campuses, performed at Caps on September 18.

"Playing at Caps was cool," said guitarist Ben Hunter. "It's hard to get our name out there, it's a lot of work."

And Then Some consists of

Hunter, Adam Cooke on bass, Jeff Luross on accordion and piano, and Jason Matusiak on drums and percussion. All of the band members sing, and three of them have been together since high school, resulting in great vocal harmonies.

As well as playing their own material, they covered songs by bands like **Lowest of the Low** and **Spirit of the West**. They also did "Welcome Back," the theme song



COURTESY PHOTO

Burlington's And Then Some play harmonic folk-rock.

from the 70s TV show *Welcome Back Kotter*. To top off their show, they romped through "Bud the Spud" by flag-waving, Canadian singer-songwriter, Stompin' Tom Connors. **And Then Some** is also

known for playing the *Gilligan's Island* theme song, and "Tricky" by **Run DMC**.

The band's music has a fun folk-rock sound reminiscent of the **Barenaked Ladies** and the **Waltons**. They have opened

for these bands, as well as the **Philosopher Kings** and the **Gandharvas**.

Invention No.1 was produced by Bob Doidge, who has also produced for **Crash Test Dummies**,

Skydiggers, and **Cowboy Junkies**.

Two songs from the album, "Gentle Hate" and "Once in a Letter" include a famous guest guitarist, Daniel Lanois, who has produced albums by the likes of Peter Gabriel and U2.

"Working with Daniel Lanois was great," said Hunter. "Bob asked him to play with us. He (Bob) played some music over the phone and Daniel said he'd heard enough, and that he would be right down (to the studio)."

The CD has been getting air-play all over Canada, especially on the east coast. A video has been released to MuchMusic for the song "Good Night's Sleep."

Douglas Coupland preaches to Generation X

Author in town flogging latest book to unenthusiastic audience

by Ryan-Anthony Trotman

"When we arrived, I was overwhelmed by the hipness factor. And where are the GEEKS? Everyone was dressed...like real people. Where are the ironic fridge magnets? The futons? The IKEA furniture? The Nerf products?" writes Douglas Coupland in his new book *Microserfs*

The *Generation X* author may have been overwhelmed by the lack of enthusiasm by the audience during his reading and video presentation at the University of Toronto Convocation Hall. The feeling was mutual.

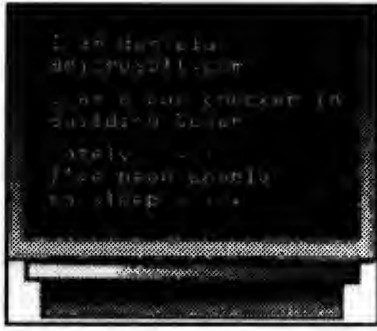
Coupland's Toronto appearance, sponsored by the U of T bookstore, was part of a book tour

to promote his newest book *Microserfs* and a video entitled "Close Personal Friend."

The audience, many of whom were dressed as if they were awaiting Green Day to hit the stage, held off a standing ovation when Coupland appeared 20 minutes late. When he did appear Coupland declined the opportunity to indulge the Generation X audience with his intellectual thoughts.

The trendy author of *Shampoo Plant*, *Life After God* and *Generation X*, was wearing a toque and a retro Adidas shirt with a matching vest.

Microserfs apparently was not a novel intended for reading in front of an audience. Coupland opted



instead to read from three pieces he is currently working on.

A *Girl in a Coma*, his first piece, describes a girl who overdosed on valium and gin and tonic. The effect was a 10 year coma, despite the fact the girl was taken off life support after the first year.

Coupland questioned, "What sort of dream of the future did she have?" speculating that she saw what was around the corner and was intrigued. Eerie speculation of the future is Coupland's specialty.

In *Life After God*, he presents a number of scenarios of the end of the world, asking himself where he would be when his corner of the world is bombed. *A Girl in a Coma* seems to follow this pattern of a morbid future.

Coupland's piece *Harolds* was a reflection of boys growing up in their favorite night-time play park, the graveyard. He described the park as a magical place "where the living meets the dead."

"All the inscribed stone and flowers were flush with the soil," Coupland read, "which was great for night time Frisbee."

The third short story selection, entitled, *1975 meets 1995*, was purely Coupland. The piece describes a fictitious 1975 Coupland winning a trip to San Francisco in 1995.

But the author came from an era of the "8 cylinder engine and the dial telephone and that's it." 1995 had inventions which trapped people inside their homes, he observed.

Coupland noted that pop culture is fascinated with only three people-O.J. Simpson, Bill Gates and the Unibomber. He pointed to the stark contrast between them., Microsoft chairman Bill Gates believes in progress to make our lives compatible, while the unibomber believes in reversing progress to survive the future.

Coupland said he became homesick for 1975 after three weeks in this new decade.

His video "Close Personal Friend" featured quick take shots of the '60s and '70s superimposed with awkward shots of Coupland dictating quotes from his book. While speaking of "artificial history" and "humans developing a consciousness more complex than their own," young bodies continually passed by the screen with little clothing.

The video seemed to have three images on the screen at once, to cater to the Generation Xers short-

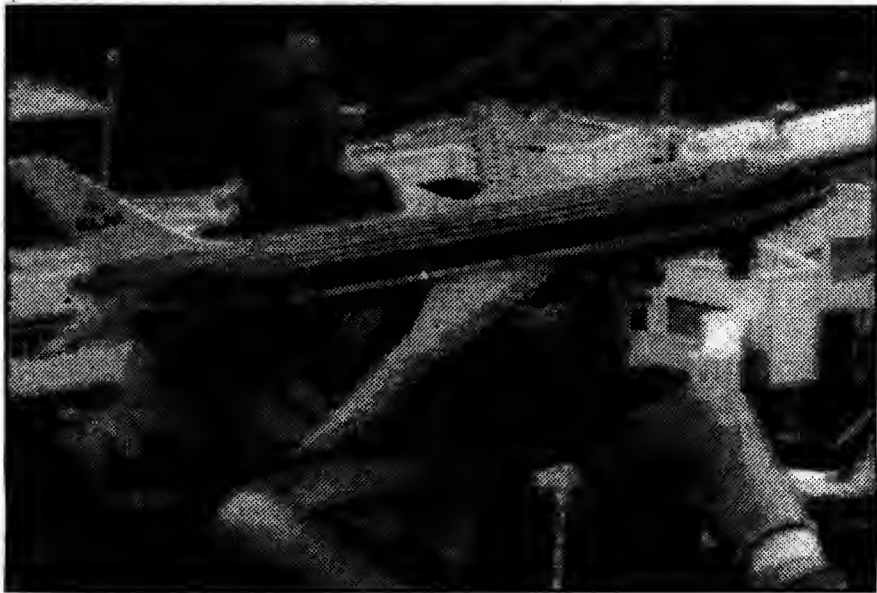


Microserfs, a story about the computer age, caters to Coupland's Generation X audience.

ened attention span.

"I began noticing long ago that years are beginning to shrink that a year no longer felt like a year, and that one life was not one life anymore - that life multiplication was going to be necessary," said Coupland into the camera while rotating on his chair.

"We've reached a critical mass point where the amount of memory we have externalized in books and databases now exceeds the amount of memory contained within our collective biological bodies. In other words, there's more memory 'out there' than exists inside 'all of us.'" Coupland concluded, "We've peripheralized our essence."



COURTESY PHOTO

Douglas Coupland launched into his views about life at an appearance in Toronto promoting his new book *Microserfs*.

Chronicles continue

Rice takes Vampires to new heights

by Kathleen Ellis

Memnoch The Devil is the fifth novel in Anne Rice's *The Vampire Chronicles*. Rice's favourite devilish vampire-hero Lestat is back, but this time something is haunting him.



COURTESY PHOTO

Anne Rice

In Rice's earlier novels, Lestat struggled with his own immortality, always questioning and defying the unwritten codes of the vampire. Lestat always did things his own way, trying to prove his greatness.

In this latest novel, Lestat is being taunted by a mysterious creature, which puts him in a tug

of war between God and the Devil. Lestat is offered a chance for redemption or the right hand seat beside Memnoch the Devil.

Rice guides you into a realm beyond life, death, the afterlife, and imagination. Taking this voyage through Rice's most daring and darkest novel yet, may even force you into rethinking your own theology.

Interview with the Vampire, *The Vampire Lestat*, *The Queen of the Damned*, and *The Tale of the Body Thief* are the first four novels of the hypnotic vampire series.



Vampires sucking blood in Toronto

by Scott Cronkright

Lakeshore students may soon be wearing necklaces made of garlic and carrying wooden stakes after reading Nancy Baker's novels, *The Night Inside* and *Blood and Chrysanthemums*.

Baker's description of vampires on a killing spree in an abandoned asylum, eerily akin to the old Lakeshore Psychiatric Hospital (now part of Lakeshore's campus) may have some students looking over their shoulders when returning from class after dark.

Baker's first book *The Night Inside*, revolves around Ardeth Alexander, a University of Toronto student, who surrenders her mortal life in a night of despair and desire. Ardeth becomes a vampire with the help of the charismatic 500 year-old vampire, Dimitri Rozokov.

Baker's books fill a gender void in the world of vampire novels. Up until now, almost all of the main characters in vampire books were male. Anne Rice's Lestat was male, as was Bram Stoker's Count Dracula.

Baker, a native of Toronto, uses Metro as the setting for her novel. The appeal is the detail Baker uses when describing locations such as Queen Street and its denizens.

Even though Baker's novels twist the typical vampire plot line they still manage to integrate the lingering eroticism of vampires.

Baker's second book, *Blood and Chrysanthemums*, picks up where the first one left off, but takes a venue change to Banff, Alberta, before returning to Toronto.



COURTESY PHOTO

Nancy Baker

The book explores the ongoing relationship between Ardeth and Rozokov, one that has all the perks and pitfalls of a mortal relationship. It's this touch of reality in Baker's writing that makes her books enjoyable.

Blood and Chrysanthemums is also unique because it integrates Japanese gothic by introducing a new character, Fujiwara, who is a Japanese vampire.

Baker also makes the old vampires of Rozokov and Fujiwara

experience culture shock. The author stays away from the typical culture shock staples found in other novels, such as a character's inability to recognize a television, or a car. Instead, he concentrates on how resistant the immortal vampires are to change.

The reader gets a treat when Fujiwara gives a first person account of his life in the form of a personal diary. Especially gripping is Fujiwara's retelling of the nuclear bombing of Hiroshima near the end of the second world war.

Overall, both of Baker's books are a must-read for any vampire novel lover. The Toronto setting allows readers familiar with the G.T.A. to relate to the book.

Both novels are available in book stores now. The books were not printed in a hard cover edition. Instead, the original copies were oversized paperbacks with unique jagged pages that cost \$18.99. However, the second printing is a regular industry paperback and sells for \$6.99.

Baker's novel has a female vampire wreaking havoc in Toronto.



Strange Days are here again



COURTESY PHOTO

Ralph Fiennes (*Schindler's List*, *Quiz Show*) and Angela Bassett (*What's Love Got to Do with It*) star in *Strange Days*, the upcoming action release from director James Cameron (*Total Recall*). On the eve of the millenium, racial and class tensions in Los Angeles are boiling. Lenny (Fiennes) hustles "wires," short clips of human experience. But when an old friend is murdered, he ends up in a twisted maze of murder and intrigue.

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**The Pipe
10:30 a.m. - 1:45 p.m.
4:00 p.m. - 6:30 p.m.**

Thursday, Oct 5, 1995

**The Residence
4:00 p.m. - 7:30 p.m.**

FILM JUNKIE

by Sean Ballantyne

Give me a show of hands. How many of you out there still think animated movies are for kids?

Okay, give me another show of hands. How many of you out there felt silly giving a show of hands to a newspaper?

It seems to me that animated movies have been categorized as 'children's movies' by the public. This is mainly due to decades of inane cartoons with no plot, and characters not meant to be taken seriously.

I blame The Disney Company!

The early years were great because Disney's films were original, watchable pieces with substance.

After the death of Walt Disney though, the quality of the films dropped like an anvil on Goofy's head. Lately Disney films have been nothing more than formula creations. Just look at their most recent outings: *The Little Mermaid*, *Aladdin*, *Beauty and the Beast*, *The Lion King* and *Pocahontas*.

They all reeked of formula. Each one focused on a love story, and each had minor characters who were more interesting than the main characters.

It's time to look at alternate forms of animation, ones that cater to a more varied audience.

Adult-oriented cartoons are uncommon, but any video store will carry a few. Films by Ralph Bakshi leap to my mind. Bakshi is the warped individual who brought us the animated porno *Fritz the Cat*, and the violent sci-fi flick *Wizards*. More recently, Bakshi produced the Brad Pitt vehicle, *Cool World*.

Bakshi doesn't produce any-

thing that should be watched by children, but his films are different, and worth a peek, if you want something outlandish. *Wizards* is by far one of his best films, and can be found at almost any video store.

Another good alternative is Japanese animation. Many video stores now carry a wide selection of Japanese films. The availability of quality films is limited. With more Japanese films coming over to North America, the list will certainly increase.

There are also some decent contemporary animated films but

most are merely poor Disney knock-offs. Others are true originals. Tim Burton's *The Nightmare Before Christmas* was a groundbreaking stop-motion animation effort. Holy animation Batman, *Mask of the Phantasm* blows the big budget live action Batman series out of the water.



The proof is there - cartoons are not just for kids. More should be done with animated features, not just silly animals singing and dancing, but good strong characters, and a healthy dose of original plot.

So, if you are looking for a good animated feature, avoid Disney spells, and try something with substance.

Next week: Director's cuts. What you may be missing.

Happy hookers

Belle de Jour makes a comeback

by Kerry Bader

Twenty-eight years after its first release, *Belle de Jour* has proven itself to be timeless.

The 1967 classic movie has been reissued to a new theatre audience, and like a fine wine aged to perfection, it tingles the senses.

The story of a bored housewife who finds fantasy living a double life in a downtown brothel, *Belle de Jour* takes reality to new heights. Combining dreams with reality, director Luis Bunuel mingles the two until it no longer matters which is which.

Currently playing at the Carlton in Toronto, *Belle de Jour* is in French dialogue, with English subtitles. The images on the screen pull the viewer's eyes from the words as writers Bunuel and Jean Claude Carriere present prostitution in a new light.

The movie casts no judgments and offers no explanations. It gives itself entirely to the audience.

Acclaimed when first released at the Venice Film Festival, *Belle de Jour's* brilliance has yet to be matched.

SPORTS

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Cross country running again

Student interest in program prompts Athletics to run with a team

by Derek Lacroix

Humber College will have a Men's Cross Country team this year. Athletic Director Doug Fox made the decision this week after a number of students approached him about competing.

"When you see that kind of interest in a program, you have to start to investigate the possibility of bringing in a cost efficient way to appease them," said Fox.

Tim Hatch, a Photography student and a tri-athlete, was one of the first to talk to Fox.

"I just wanted to see if there was a chance of starting a team.

At first he was like, 'well, I don't know.' It took a lot of persuading," Hatch said.

The team will only have a budget of about \$500 to \$1,000. Fox said he had to be sure they could work with such limited funds.

"(Assistant Athletic Director Jim Bialek) and I have decided to coach the team, so there will be no coach's salary, and we will car-pool to the meets, so the only cost will be the hotel fees."

Fox said there is no guarantee that there will be a program next year.

"A lot of it will depend on the

college's financial situation. I would have to run a women's program next year as well, so I would have to look at the possibility of getting some volunteer coaches. But we'll really have to wait and see, because there is a lot of interest in cross country."

Fox said there is no women's program this year because only one female student approached him about running and that was after the September 15 deadline for team entries.

"If even one (female student) had come to me before the deadline I could have put her in as a

single entry, but by the time she came in it was too late."

The team will participate at the provincial meet in Windsor on October 28 and possibly one other.

"We might go to a tournament in Peterborough on October 14, just to see what kind of talent we have," he said.

Fox said he will only take four or five runners to the meet in Windsor.

"The team competition is based on your top four runners, so we may take a fifth (runner) as a sub."



ROBERT AMOROSO

Two members of the Humber Hawks celebrate a triumphant win in the rematch game against the George Brown Huskies.

Hawks soar in victory over Huskies

by Robert Amoroso

The Humber Hawks men's soccer team won their first home game last Friday with a triumphant 3-1 victory over the George Brown Huskies.

"Defensively our team played well," said coach Germain Sanchez. "Offensively in our two league games we have scored five goals. That's a good average."

In the first half Humber trailed 1-0, but the Hawks were then awarded a free kick opportunity. Tony Donia fired a cannonading shot from outside the Huskies crease. On contact, the shot hit

the crossbar and quickly rebounded. Marco Frasca headed it by the Husky goalkeeper, and after the first half, the score was tied at 1-1.

Moments into the second half, captain Phil Caporrella had a scoring chance, but was hauled down, awarding a penalty kick opportunity. Goalkeeper Adam Morandini lined up to take the shot. He rifled it past the Husky goalkeeper, making it 2-1 for the Hawks.

Also in the second half, Hawk Allan Gonzalez was relegated to the sidelines on a questionable

call by the referee. In the same half, Tony Donia was ejected with two yellow cards.

When asked about the referee's questionable calls, Sanchez said, "It happens. The referee had a bad game, I've seen worse."

After losing two players to sidelines the Hawks raised their level of play. The Hawks received another free kick and Caporrella launched it towards the goal. The shot hit the goal post, but rebounded out to Andrew D'Amico, who put it past the sprawling Husky. From that point on leading 3-1, Humber was

in full control.

"Phil Caporrella didn't score but he created a lot of chances," said Sanchez. "On defense Louie Dellarovere was a stalwart. I'm happy with the team's performance and the win."

In recent action, the Hawks defeated the Redeemer Royals 3-1 on Monday. Goal scorers for the Hawks were Caporrella, Frasca, and John Horwood.

The next big challenge for the Hawks will be against the Mohawk Mountaineers at ValleyField on Thursday, September 28 at 4:30 p.m.

Detroit bound to win Stanley cup

Marco's mumbles

by Marco Tarantino

The NHL season is about to begin and already hockey analysts are picking the New Jersey Devils to repeat as champions. Wrong.

This year's Stanley cup champions are going to be the Detroit Red Wings (a bold thing to say since I'm a die-hard Leaf fan). The Wings have all the talent

(Steve Yzerman, Sergei Fedorov, Paul Coffey), the right team chemistry and the incentive to show everyone that their performance in last year's finals was a mistake.

If any team is going to give Detroit a run for the cup, it will be Colorado. Colorado has the talent, a great head coach (Mark Crawford) and a good combination of speed and power. The only problem with Colorado (formerly the Quebec Nordiques) is their poor performance in the

playoffs (losing in the first round of the playoffs). Colorado will have to overcome past performances if they are going to make it to the finals.

As a Leaf fan, my heart is telling me that the Leafs are going to kick butt and take it all, but my brain knows better. The Leafs have a good team but I believe that they're still a couple of years away from the cup, though I could be wrong. If Doug Gilmour, Felix Potvin and Mats Sundin all have a

good year, the team could go all the way.

Back to the New Jersey Devils. They do have a great team, but contract disputes are going to throw off this team's chemistry. They won't be the same team as last year and they will not win the cup.

Other notable teams are Philadelphia, Pittsburgh, and the New York Rangers.

Well, these are my picks. Come to me at the end of the NHL season and tell me I was right.

Jockeys leg it out for charity

by Matthew Blackett

The attention was on two-legged runners at the Woodbine Racetrack last Sunday afternoon.

Jockeys abandoned the horses and ran in the People Chase to raise money for the new Princess Margaret Hospital.

The Masked Marathoner, a Princess Margaret doctor incognito, won by a length over jockey Steven Bahan in the 220 yard race. Bahan finished second in last year's People Chase.

Two-time champion Ricky Griffith sat out the race. The early favorite, Patrick Husbands with 3-1 odds, finished back in the pack.

Arlene Webster, manager of Surgical Oncology at Princess Margaret hospital, was optimistic the event "will raise at least \$25,000."

"We need the money more than ever," she said.

The race has raised nearly \$50,000 since its inception in 1993.

Spectators placed a \$5 triactor wager/donation on the race. The correct triactor won two tickets to an upcoming Toronto Raptors home game.

Each of the 14 jockeys were sponsored by well established stables like Kinghaven Farms, Frank Stronach and Knob Hill Stables.

According to John Siscos, Woodbine's Thoroughbred publicity director, the best thing about the race is "watching these five foot (tall) and 100 pound guys running down the track."

ATHLETE OF THE WEEK



Adam Morandini

Outstanding goaltender in all five Humber Soccer victories against the University of Waterloo, York University, and two league games against George Brown.

In league play, he has a goals against average of .5 and has scored one goal on a penalty kick.

Adam was last year's Athlete of the Year.

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Blast from the past

Tuesday, January 22, 1974

Frisbee throwing gets go ahead signal

An administrative member at Humber has revealed information that could explain reports of strange objects being sighted over the college's campuses in recent years.

Queensway II's Admittance Officer, Andrew Davidson, has, for a third year, instigated the 10-week, 20-hour course in Frisbee throwing as part of Humber's Continuing Education program. The \$20 course begins January 19, and runs from 6 to 8 p.m. in the North Campus bubble.

What may be the only one of its kind in Canada, the lessons employ two expert Frisbee handlers, Ken Westerfield, 26, and Jim Kenner, 25, who have performed at the Yonge Street Mall. Its two main objectives, said Davidson are one: to teach parents how to throw Frisbees so they can enjoy the game with their children, and two: to train a Canadian team for the world championships.

Humber Frisbee teams have demonstrated their skills in the Canadian championships at the CNE for the last two years. In 1972 they placed first but dropped to second place last year.

The art of Frisbee throwing is divided into three categories; amateur, expert, and masters.

As part of the masters exam, the contestant must throw the Frisbee straight, bounce it off the ground and curve it to

both the right and left in separate tosses, returning it again to the 12-foot wide fareway. These and other tests are done under the pressure of a time limit.

A common toss by Frisbee enthusiasts is the "floater." Here, the participant allows the Frisbee to float to his partner with a quick flick of the wrist. The "thumber" gives the Frisbee more speed and is thrown from a sidearm pitch.

Westerfield, who has been throwing the Frisbee since he was 19, expects it to play a "big role in sports."

He said it might be a contender with the different types of balls presently used in sports.

He said he and Kenner used to throw the Frisbee at beaches and gather small audiences. In about three years they were able to travel across Canada to Vancouver, paying their expenses from donations people gave them when they performed on streets.

Westerfield said a popular Frisbee game now is "Guts Frisbee" where the Frisbee is thrown by one contestant and if dropped by the other, points are deducted. Davidson is petitioning for a Frisbee tournament to be held at the Montreal 1976 World Olympics.

"Of all the sports enjoyed, Frisbee is the sport of the masses," he said.

Hot off the Wire

Wanted: skunk trapper

(CP) A retired Arkansas man has taken on a unique part-time job. Cecil Gibbs traps nuisance animals for the Arkansas Game and Fish Department. Gibbs said it's a great job for an out-of-doors, middle-aged kind of guy. Among the animals Gibbs is called on to catch are wayward skunks. Skunks can fire their pungent spray nearly 20 feet, said Gibbs. He also said smelling skunks while driving down the road is bad enough - up close he said it's one-thousand times worse.

More than pennies down this well

(CP) A family living in St. John's Newfoundland made a startling discovery last Sunday. When Hilda Hayle turned on a tap and found the water pressure was low, she sent her son to the well to investigate. He discovered that a moose had fallen to the bottom of the well. The animal wasn't injured and was eventually rescued.

Leeza Gibbons duped while taping talk show

(CP) While taping a show on wedding scams, Leeza Gibbons found out she was duped too. Gibbons was talking to a guest whose wedding gown came back from the cleaners, stained. She brought out her own boxed wedding gown to see if it was cleaned properly. The gown had been cleaned, boxed and hermetically sealed seven years earlier. When she opened the box, she found the headpiece, veil, and petticoat, all right - but no dress. "My dress is not here!" cried Gibbons. The episode "Wedding Scams" from her talk show "Leeza," aired last Tuesday.

Tenants howling for better living conditions

(CP) Residents living in the community of Pinehurst, North Carolina could be in the doghouse if their doghouses aren't to snuff. The community's regulations cover everything down to the space between pickets in a fence. A proposed ordinance would allow residents' dogs to have a home of their own. However, doghouses have to be away from the neighbors' property and screened by shrubbery. The village council wants to enforce the doghouse and other development rules. If Rover's abode doesn't meet village standards, the homeowner could have plenty to bark about: a fine of 50 dollars a day.

PICK-A-FLICK



Can you name the movie this clip is from?

The first students to come to the Newsroom (L231) between Monday and Wednesday will receive a prize (while quantities last).

Last week's winners: David Riches, fifth-year Business Management; Michael Dachuk, first-year Package Design; Daniel Dupuis, first-year Package Design; David Ambrosi, second-year Radio Broadcast; Sharlene Henry, first-year Marketing; Brian Morrison, first-year Marketing; Maxine Hines, first-year Marketing; Ron Khan, second-year Computer Information Systems; Mohamed Omar, second-year Marketing.