

All-in-one card could be headed to Humber page 7
tech.etc

Humber Et Cetera

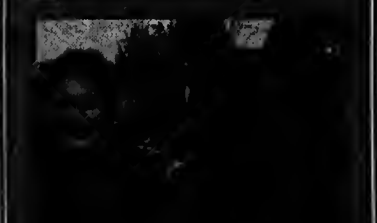
Hockey Hawks hit jackpot at tournament page 16
Sports

For Nov. 28 - Dec. 4, 1996
vol. 25 issue 12



Inside

NEWS



A & E



Final Say



Humber Health

The Hell of Heroin

- Self-Defence • Balding •
- Breast-feeding •
- Abortion Pill •
- Male Breast Cancer •

and more

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Suing Union ruled out

SAC decides not to sue faculty: 'Decision made for us; they showed up'

by Jessica Lyall
News Reporter

The Students' Association Council's threat to sue Humber's faculty union has turned out to be just that.

SAC has decided not to go through with the suit.



Faculty union President Maureen Wall

"I think it's a wise decision on their part. I think it would have created a lot of bad will," said faculty union President Maureen Wall.

SAC had said they would sue the union if teachers didn't show up for school on Oct. 25, a day in

the labor movement's Days of Action, and rallied against education cuts instead.

However, too many teachers chose to come to school for SAC to follow through with the suit.

"The faculty made our decision for us. They showed up," said SAC President Steve Virtue.

On the day of the rally, only four faculty members didn't come to classes without giving notice or calling in to say they were going to do so.

Forty-two others decided not to attend, but had taken an unpaid leave which was approved by the college.

"Out of 292, that's a pretty good ratio," said Virtue. "There's no point in suing four teachers."

Virtue added that even though SAC didn't go through with the lawsuit, it might have convinced a few teachers to show up who wouldn't have otherwise.

"I think the intent of litigation was to give [the teachers] something to think about," said Virtue.

The union, however, didn't really see a great threat in the suit. No legal preparations had even been made by the faculty union in case the suit had proceeded.

"I was not worried from a legal standpoint. We were basically waiting to see what would happen," said Wall.

Wall said she wouldn't think

twice about doing it again.

"We're putting our energy into thinking of ways to stop cuts to education," said Wall.

However, SAC hasn't given up yet.

"We're looking at other

avenues to prevent this from ever happening again," said Virtue.

In the Oct. 31 issue of *Et Cetera*, Virtue had said the teachers were obligated by their contracts to attend classes.

— with files from Patricia Wilkinson



SAC North President Steve Virtue: "There is no point in suing four teachers," he told *Et Cetera*.

...see our band schedule on page 2

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News

SAC BOG Residence Lakeshore

Upcoming Events



Nov. 28

Faculty Union Meeting

- Discussing negotiation updates and college plans for 1997-98
- Local by-elections
- Seventh Semester from 3 p.m. to 5 p.m.



Dec. 7

A Sleighride Through Time

- Humber's public relations students put on the annual children's Christmas party.
- Past, present and future Christmas is the party's theme, including a pancake breakfast and visit from Santa.
- Organizers will be taking food donations for "Kan for Kids."
- Starts at 8:30 a.m. in the Student Centre.

Dog owner questions policies

by Blair E. Streeter
News Reporter

When Beverly Ann Scott looked to the Toronto Humane Society to help her dog Odin, they offered to put him to sleep over what turned out to be a bee sting.

On the Thanksgiving weekend, Scott returned home to find her six-month-old German shepherd with a swollen face and in obvious pain.

When she contacted a 24-hour veterinary clinic, she was told she would have to pay \$100 to \$200 for them to look at Odin.

"I was freaking out," said Scott. "I had the money but it was all in the bank. I'm a single female. Of course I'm not going to carry that kind of money on me. That's just stupid."

Scott said none of the vets were willing to give her any kind of diagnosis over the phone and suggested she contact the Humane Society.

"I thought he'd been poisoned. I'm sure they could have at least told me if a swollen nose was a symptom of that," she said.

Scott, who receives disability allowance from the government for health reasons, phoned the Toronto Humane Society for help.

"They told me I have two choices ... sign him over to [the Humane Society], which basically means he's not my dog anymore, or I could come up with the money to have him put to sleep."

After 11 p.m. Scott contacted a neighbor who is experienced with



Beverly Ann Scott and her six-month-old German shepherd, Odin. The two had trouble with the Humane Society after the dog got a bee sting.

dogs.

"She told me 'He's got a bee sting,' and I should put some ice on it and let him curl up beside me," said Scott. "Could you imagine if I had brought him there? I mean, what if I had given him up or had him put to sleep over a bee sting?"

Amy White, external relations coordinator with the Toronto Humane Society, said the organization's policies are all in the best interests of the animals.

"The reason that we ask them

to sign the animals over is because the society has to be involved in making the decisions about the type of procedures that will have to continue for the animal's treatment," said White. "Someone has to speak on the animal's behalf."

After signing over an animal, White said pet owners nearly always have their animals returned to them unless there are signs that the animal hasn't been properly cared for.

"[Signing your pet over] isn't as final as it sounds ... though we

can't guarantee that you will get your pet back," said White. "If it's the type of injury or illness that is going to need prolonged veterinary care and people can't afford that, it's something we have to take into consideration."

"We can't afford to pay for people's vet bills."

Although it is sometimes necessary for an animal to be put to sleep, it's not the policy of the Humane Society to euthanize animals that can be saved.

"You have to ask the question, 'Is this animal suffering and is this animal's condition only going to get worse?'" said White. "Sometimes animals have to be put down. It's a fact of life, but not a young dog that's two years old and got [stung] by a bee."

White said most volunteers and employees of the Toronto Humane Society are trained to deal with animals, but only a few are trained to work with people.

She also said the people who Scott spoke to may not have been permitted to make decisions.

"Only shelter managers and clinic veterinarians should be making decisions about whether we do or don't accept animals. [A person answering the phone late at night] wouldn't be someone who should be making that decision," said White.

White offered advice for someone who feels an employee or volunteer is being less than helpful: "Always ask to speak to a shelter manager or a veterinarian."

Laurier may give Humber credit it deserves

by Jennifer Oxley
News Reporter

Graduates of fast-track certificate programs at Humber may be able to obtain a 25 per cent credit towards a master's degree in business administration at Wilfrid Laurier University.

A plan went before academic council last Thursday night which

included the movement of some business and creative programs to Lakeshore Campus and a credit transfer with Laurier.

The council, which put off a decision on the proposal to a future meeting, said if they are both passed they would be implemented for 1997-98.

Toby Fletcher, head of the

School of Business, said Laurier is already offering a two-year MBA at Humber's Lakeshore Campus. Therefore, the movement of these eligible programs to that campus makes sense.

"It might not happen, but you can understand why Vice-President [of Academics Richard] Hook is considering it," said

Fletcher.

Some of the post-diploma certificate programs proposed for transfer include public relations, marketing management and human resources management.

Fletcher said only new students for 1997-98 would be relocated to Lakeshore.

"Students shouldn't be worried about being moved mid-year because it won't happen that way," Fletcher said.

Fletcher said if these programs do move it will inevitably help the overcrowding problem at North Campus.

"Resources need to be effectively used," Fletcher said. "This is not a major reorganization, but I can see how it may seem to be."

Fletcher said the School of Business is trying to find better ways of doing things, and moving the marketing management program to Lakeshore may be one.

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Gay rights change like 'slow-moving vehicle'

by Lauren Buck

News Reporter

The head of the Ontario Human Rights Commission said he believes equality will have to be granted through the court system since the government isn't interested in gay rights.

"I'm not holding my breath," said Keith Norton, a former Tory cabinet minister.

Norton touched on a variety of issues involving the gay community during his speech at the 519 Church Street Community Centre on Nov. 20.

"The courts have put in place the building blocks, helping to change [gay rights] one bill at a time."

The self-proclaimed "high-profile gay Tory" also shared his feelings on what it was like for him to be born in a society where the criminal law is cloudy.

"I think the law is clear today," Norton said to a small group, "but only if you can see through the confusion."

Norton was referring to how the Supreme Court's definition of "spouse" offends the Canadian Charter of Rights and Freedoms which states that it is unlawful to



Former Tory cabinet minister Keith Norton speaks at centre.

discriminate on the grounds of sexual orientation.

"There are probably hundreds of pieces of legislation in the books which include a definition of spouse which fly in the face of decisions made by the courts," said Norton.

During his speech, Norton mentioned examples in which the courts have opted to disregard legislative wording.

He said he believes that because of this, the courts will act as a "slow moving vehicle" which will change laws in favor of the gay community.

Basic training helps adults upgrade skills to grade 12

by Dionne Francis

News Reporter

Adults over the age of 25 who want to upgrade their skills can come to Humber College.

For 10 years, Humber has been offering the Ontario Basic Skills Training Program for adults wishing to return to the classroom.

"It is a grade 12 equivalent," said Associate Registrar Joyce Woodend. "We also provide further training and skilled programs."

Adults, who are required to take an English and math test, can study in an environment which may be more comfortable than a high school setting.

"This is not so much for elimination purposes as to see which levels the applicants are at. This will help Humber place them appropriately," said Woodend.

The students are then separated by levels. All classes are held Monday to Friday during the day, and there are also night classes available for part-time students.

Humber accepts only 140 to 150 students into the program a year.

"Accessibility to the program is limited," said Lancellotte.

The students must agree to attend classes for a certain number of hours per week.

"The students are required for 25 contract hours per week,"

"It is a grade 12 equivalent. We also provide further training and skilled programs."

— Joyce Woodend
Associate Registrar

said Michael Lancellotte, associate dean of Liberal Arts and Sciences.

Students have to complete 1,300 contract hours. Their courses must be completed within this time frame. Progress is measured on an individual basis.

Those who need more class time can sign up for a similar fee paying program.

The students are eligible for a maximum of one year of financial support.

The government pays the tuition of all students who are accepted. Humber is also given a grant by the federal government each year depending on how many students are enrolled.

Last year funding was decreased by eight per cent. This has affected how many students can be accepted.

Enrolment was also down from what Humber was aiming for, but the college wasn't sure if the change in location was a factor.

The program was transferred from the Lakeshore and Keele/dale campuses to North earlier this year.

The economy has also affected enrolment in the program. Although Lancellotte said the program has not changed during the recession, he admitted there was a better enrolment when the economy was stronger. The new system of funding programs is more cost effective and accountable to the taxpayers.

Humber does not advertise this program.

"Students come by word of mouth," said Lancellotte.

Lecture hall classes held in rez

by Nancy Larin

News Reporter

The sky is falling, or at least it is in the lecture theatre.

Classes ordinarily using the lecture hall have to go across the parking lot to room R118 in the student residence. This has resulted in limited access for residents to their arcade and study room.

Resident Assistant Peter Bremner said the first he knew about the college taking over R118 was when the construction started.

"We were never asked by the college. We were never told 'We are in a tight bind. Please,' or even 'We just want to let you know we are going to use it for awhile,'" said Bremner.

Scheduling coordinator Heather Reid said the college had to use R118 because it doesn't have any other facilities big enough to handle classes over 150 people. She added the residence belongs to Humber College "and the college does not have to ask anyone if they can use it."

However, Bremner said the residents are saying, "We're paying for that space."

Patrick Ferno, a residence custodian, said they took down the wall separating the arcade and ping-pong room from the boardrooms. The furniture was replaced with tables seating eight people. Video games and

vending machines were put along the wall.

"This is the best we could do. [Residents] can still play the video games," said Ferno.

The residents still have access to the vending machines when there is no class using the room, but the ping-pong tables are gone.

Bremner added that if the room is not being used "we can use the tables, but it is the manner in which they are set up. We can use them if we are having a small meeting, but if we wanted to have a TV night we would have to move them around and they don't really encourage that."

The college allows residents to book rooms in the main building but "we can't really use them if we want them for movie nights and things like that," said Bremner.

Bremner added "You have to cross the campus and at night there are worries about security, walking alone and things like that ... The reason for having rooms like [R118] in the residence is that we wouldn't have to leave."

Chun Shin, the program coordinator for information and system studies, was sitting in on a class in R118, said the instructors should be provided with a better microphone and that the room is too long: about 100 feet long and 33 feet wide)

"Every time the refrigerators [from the



Ian Black, an executive from IBM, waits to give a seminar in the makeshift lecture hall.

vending machines] went on it became very noisy. The students, especially the ones in the back tables, started talking."

Shin also said that because of the tables, students could not do a test in the room.

However, Reid said if there was a test and teachers were concerned about the table arrangement they would have to stagger the test because no other rooms in the college can house so many students.

Students from the information systems and funeral services programs currently use R118, said Reid.

Bruce Bridgeford, the director of physical resources (Buildings and Plant), refused comment to Et Cetera.

However, he said in the Nov. 14 *Communique*, a newsletter for staff, that "we do not expect to be able to reoccupy the space before December 9."



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Colleges ignored by Maclean's

The hype that surrounds the release of *Maclean's* sixth annual ranking of universities is a smokescreen for the exclusion of community colleges across Canada.

"Universities '96" takes an "in-depth" look into post-secondary education but somehow neglects to even acknowledge the existence of colleges. For a publication that is supposed to be on top of current events, *Maclean's* is at the bottom on their analysis.

Recent reports from independent survey companies and the Ministry of Education have clearly indicated that students feel you get an education at university but you go to college to get a job. Certificate and advanced courses are becoming the most popular programs to enrol in at colleges. So why would *Maclean's* not even acknowledge their existence?

Our parents' generation revere university ("I never had a chance to go to university but I'll make sure my children do," has been uttered by many a parent). With that adulation comes arrogance. Many parents regard college as blue-collar institutions and don't want their dreams of their child not becoming a doctor or lawyer dashed.

If *Maclean's* wanted to do an "in-depth" look at post-secondary education colleges would be judged accordingly, not ignored.

Give Snobelen the green light

At a recent Queen's Park protest, a bold sign was waved saying: "Snobelen finish your own education, then start on ours."

This is one of many shots levied at Education Minister John Snobelen during his term. Last week's developments will no doubt generate more of the same.

To recap, Snobelen and many parents and educators were concerned about a study revealing grade 7 and 8 students are below the Canadian average in science and mathematics.

Snobelen responded by announcing a "rigorous" new curriculum, province-wide testing and standardized report cards would be introduced as early as next spring.

Students finishing grade 1, for example, to be expected to be able to read signs such as STOP and EXIT, spell some familiar words, and count to 50 in increments of two, five and 10.

Otherwise, they would be held back.

Wait. Fail a grade 1 student because he can't read a STOP sign!

Are educators going to be monsters and traumatize Ontario's young minds by failing them at that frail age? We have to start somewhere, folks. If Ontario is to get on track we have to start early and keep plugging away. By maintaining high standards, we will achieve the overall goal of excellence that will be necessary to compete with the rest of the world.

That is not to say our educators have to crack the whip and abandon tactics that encourage young students to enjoy the learning process.

To accomplish any goal, innovative ways will have to be found. What we have here is an opportunity to reverse an obvious downturn in our educational standards and accomplishments.

To this end, we have to give Snobelen the green light.

Grey Cup by BOB

It's now or never for Canadians to take pride in the Canadian Football League.

There are far too many football fans in Canada who feel the NFL is superior to the CFL. But the majority of these so-called football fans fail to realize the Canadian game is far more exciting than that of the NFL. Sunday's Grey Cup was a prime example of how good the CFL game can really be.

How many Super Bowls in recent memory have been half as exciting as the CFL's championship game? Sunday's game was decided by a mere six points and was exciting from start to finish. Most Super Bowls are over by half time.

It all comes back to the fact that the Canadian identity is based on being non-American, and we take little pride in what is ours unless it has the American seal of approval.

Many football fans should look beyond their bias of the CFL and closely watch the product which is a quality brand of football that any football fan can recognize.

Maybe there is more hype for the NFL and that's what lures us to get more excited about their league. All the CFL needs in Canadians to wake up and head out to the games to support this league, a league that somehow does not get the support it deserves.



Solicitors get students angry, not buying

As a first-year Humber College student I have learned to adapt to "college life" with little difficulty.

I find that college mimics high school in many ways, such as class times and the school's general setup.

There is, however, one difference. Humber has a problem with solicitors at lunch and in between classes.

About a month and a half ago some friends and I were eating lunch when a hearing-impaired man solicited us with sign language alphabet cards for a donation. We said "no thank you" and he moved on.

Two weeks after that two men approached us trying to sell packages for Glamour Shots. We said we were not interested and with some persistence on our part they finally left.

Then, around Halloween, a group of men and one woman tried to sell us perfume while we were in front of Java Jazz. My friend, who is allergic to many perfumes, had to put up with the spraying of the bottles from the people next to us.

I realize that this is only the beginning because I have a semester and a half to go, but enough is enough, I decided to see what I could do.

The SAC office recommends if someone is soliciting you or bothering you in any way to go to the office and ask that security be called.

I don't think most students realize that these people are trespassing on Humber property and that only valid school-approved vendors are located in the concourse or at a booth in the "Harvey's"



We welcome letters to the editor. Letters must include the author's name, phone number, signature and address. Letters of a libelous, racist or obscene nature will not be published. Send letters to room L231 marked Attention Travis Mealing, or e-mail at tkm@total.net

restaurant hallway and they must stay there. It would be nice to sit comfortably to eat my lunch or study and not be bothered by someone attempting to sell me something. From telemarketers on the phone, advertising in the washrooms, soliciting in The Pipe, and the attempt to put message boards in the classrooms, I have to wonder what is happening to this world.

Dana Snowdy
Fashion Arts

Couple weds after pick up line proposal

Hey baby, do you believe in love at first sight, or do I have to walk by again?

If I told you you had a nice body would you hold it against me?

That outfit looks good on you ... but it would look better on my floor.

Girls, how many times have you heard a line like that and thought, "Who the heck is this corny creep with nothing better to do with his time than sit in front of the boob tube and think up such intelligent phrases of affection?"

Do guys really think we might swoon over such vulgar and sexual come-ons?

Of course they do, because we do.

Don't deny it. You know a good pick up line is surely going to bring a smile to your face. Yes, there will be that one line that will totally repulse you and give you the itch to toss that five-dollar rum and Coke in his smirking face.

Otherwise a good come-on will probably lead to personal introductions, a little small talk and, well, we'll leave it at that.

I know many out there are saying you'd never fall prey to a smooth operator's come-ons, but as surely as you can find the way to a man's heart through his stomach, the way to a woman's heart is through flattery - even in this form.

One compliment and she transforms.

She suddenly has perfect posture, her chest inflates to twice its normal size and the flirting fetish begins.

Of course the story goes both ways. I know there are women out there who have a few good pick-up lines of their own.

But somehow I think men are more willing to listen than women are - especially if she compliments his, you know ... Woody Harrelson.

Women are the ones who get turned off by men's comments about body parts and what to do with them.

So ladies, the next time a swinging single stud saunters up to you and says, "Tomorrow morning do you want me to call you or nudge you," tell him you're willing to talk about it over a drink!

And men, take my advice: compliments get you everywhere.

Pam Fawcett
Sports Editor

TOP 10 LEAST LIKELY TO WORK PICK UP LINES

10. For all of you in the Christmas spirit - "I put the 'scroo' in 'Scrooge'."
9. "I've got something you can hang a wreath on."
8. "Hi, my name is Bob. Don't forget it, because you'll be screaming it later tonight."
7. "Let's go do all the things I'm gonna tell everybody we did anyway."
6. "Excuse me, but is your name Gillette? ... because you're the best a man can get."
5. "Hey babe - the wind is blowing ... how about you?"
4. "Do you want a Hershey bar with or without nuts?"
3. "Come over here and sit on my lap - we can talk about the first thing that pops up."
2. "Excuse me, is your name Betty?... Oh, that's too bad because I really wanted to make your 'bedrock.'"
1. "Do you have some Irish in you? ... Would you like a little Irish in you?"

'87 proves to be tough year for Humber College

Math test tough

In 1987 a quarter of the first-year technology students who took a math assessment test at the beginning of the fall semester failed.

Despite the failure rate everyone who applied was accepted up until all positions were filled.

According to the program coordinator, the college rules said they have to accept everyone who applies because it's a government law, provided they fit the requirements, which is grade 12 math and a science credit.

In '87, of the 600 students who started the semester, only 50 received exemptions in math. Of the 550 students who took math only 320 successfully completed the course.

Bookstore bucks

In October 1987, \$88,000 of inventory was discovered missing from the campus book stores at Lakeshore and North campuses.

Store officials said the losses could be attributed to theft, bookkeeping problems and mathematical errors.

According to a memo, the

were bought, and TTC tickets falling in between the wall and the cash desk, accounted for the rest of the losses.

Losses totalled \$112,000 in fiscal '85 - '86.

To curb the problem a new computer system was installed to control inventory and to identify missing items.

Co-ed Dorm

A co-ed residence was to be built at Humber in 1989 at a cost of \$8.3 million.

The proposed residence was to be built where the football field was on Humber's North campus.

At the time, bids were being looked at for the actual construction of the residence in November of 1987.

most significant loss was by theft. For example, four leather jackets, worth \$750, were stolen from the North Campus store.

Other problems, like not accounting for store supplies that



Pass the HP and give me a light

I am an avid fan of the news. I read the newspaper every day, I listen to the radio, I read magazines and I watch Jeopardy.

Is it just me, or does it seem that everything, from food to the political party we vote for, is bad for us?

Red meat is parasitic, eggs are too high in cholesterol, and everything with the exception of water could lead to cancer (but test your H₂O before you make any rash decisions).

Second-hand smoke kills (or is a form of child abuse), too much sun is harmful and, according to some, Mike Harris is the worst thing to happen to Ontario since Bob Rae.

What I would like to know is how I made it to the age of 26 without dying.

I have been eating my steak rare since I can remember, I have been smoking for 10 years and I use hand soap to wash my face.

Bacon and eggs are a must on

Sundays, suntanning is my hobby and I voted for Mike Harris.

I even have a scar on my index finger from when my mother burned me with her cigarette. Did I mention I was a newborn at the time?

Life is too short to worry about what could end it. I'm going to keep on living and if it ends tomorrow, at least I was happy.

Tracy-Lynn Onderisin
First-year Journalism post-grad

Varsity Rag

notable news from other schools

University of Guelph

The Internet is rapidly becoming the method of choice for employees to find job applicants and vice versa. Members of the Guelph student newspaper evaluated numerous sites, concluding Internet job sites are extremely useful for students.

Yale University

Crashing into bed takes on a new meaning for those over 6'5" - their tired feet and head literally crash into confining metal frames. But Yale custodians have made life a little easier for taller students. The custodial services are providing custom-built frames and mattresses to accommodate tall people.

McGill University

University officials are saying the school is behind the times. Despite the recent gay movement, student groups are still upset because there is no gay or lesbian studies program at McGill.

Algonquin College

Algonquin students will have to grab their car keys, pump up their bicycle tires and put on their hiking boots in order to survive OC Transpo's bus strike.


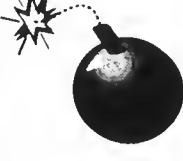
Sheridan College

January applications are at an all-time high for Sheridan College. The college is offering more than 800 evening and weekend courses, as well as more full-time day courses.

Carleton University

Last Chance U may no longer be an appropriate nickname for Carleton University. The university's administration is looking to overcome its bad reputation by focusing on two new programs - public affairs and high technology.

compiled by Shannon Williams

 <h2>Bouquets</h2>	 <h2>Bombs</h2>
<ul style="list-style-type: none"> • Stompin' Tom Connor's awarded the Order of Canada. • Last year 900 tonnes of Christmas trees were recycled. • CK makes homeless man into a model after he appeared in a London book about homeless. 	<ul style="list-style-type: none"> • Mike Harris' plan to cut rent control laws in Ontario. • Road sinkhole in Oregon swallowed truck driver. • Shutdown of an American teenager's satirical anti-Canada Web site.

THE BOTTOM LINES

Walt Whitman, on winter in *A Diary of Canada*, 1904.

The summers, the winters - I have sometimes doubted whether there could be a great race without the hardy influence of winters in due proportion.

tech@humber.ca

Campus Cafe Debit Cards Memorial Sites

T@pping into students

by Sarah Birrell
Technology Reporter

T@p Online Canada is a new Internet site dedicated to Canadian college and university students.

Launched Nov. 7, the site's content includes the latest in entertainment, culture, sports, fashion, technology and travel. It also features a chat section.

T @ p
O n l i n e
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l o c a t e d
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taponline.com, is a spin-off of the U.S.-based T@p Online, which receives over 12 million hits per month.

"We have provided a voice and venue for college and university students," said Robert Hiscox, manager of special projects for Market Source, the company that launched the site.

"There are not a lot of sites out there for students and we provide information on all the latest movies and news that is of interest

to this age group. We also encourage writers to submit articles they think are interesting."

The Web site is divided into five sections: culture, which offers information on how to start a business and current news for young people; sports looks at all activities from extreme sports like snowboarding to college and university

teams; travel looks all over the world at vacation deals for students and tips on how to plan a trip; technology tells of modern games and guides on what to buy; and entertainment centres on the latest television, movies and music.

It also offers The Spy Cam and Virtual Dorm, features that allow surfers to look inside other people's homes and offices.

"The Spy Cam is fun. Last week I saw the inside of a kitchen in New York," said JoAnne Garofalo, a third year Brock University student.

"It's cool to hear other people's thoughts on movies and music. The entertainment site is the best because I can find out what I missed on my soaps that day."

Hiscox said, "Right now there are about 25 Canadian and U.S.

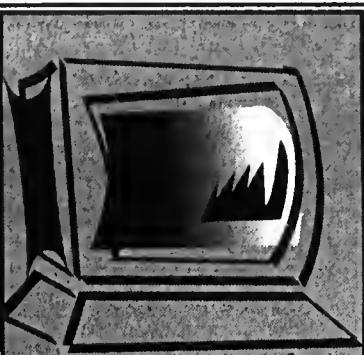
students writing for T@p. I'd like to see that climb to 2,500 in the next year.

"There is a feedback button at the bottom of the home page. Whether you liked an article or you didn't, tell us what you think."

Hiscox encourages any Canadian writers to write about something that is important to them.

"We want to make the grade with students," said Hiscox. "People in college and university are an important market and we want to get to know their likes and dislikes."

Et Cetera's pick for
site of the week:
canada.taponline.com



THE NET Sites to Surf

One Man's Resume
142.214.107.4/mattb/mattb.htm

Roll Your Own Sushi
www.rain.org/~hutch/sushi.html

Entertaining Info.
wiretap.spies.com

Maps in the News
www-map.lib.umn.edu/news.html

Say 'so long' online

by Marcel Water
Technology Reporter

Saying goodbye to a loved one is never an easy thing. Now, there's an opportunity to say goodbye and have the whole world see it — through online memorials.

"People think it is wonderful," said Lindsay Marshall, owner of Virtual Memorial Gardens. "They often find it gives them what the

bereavement people call closure."

Robert Chipman, owner of Remembrance, created his site because he wanted to help people "heal old wounds."

"I just want to be able to share or have people share their comments and feelings about people," he said. "It's the same as someone going to the paper, only I'm putting it on the Net.

Remembrance differs from

Virtual Memorial Gardens in that instead of placing a text-only memorial, a person will be able to have a Web page created in someone's memory.

Remembrance:

www.remnet-saidchipman.com

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www.catless.net/ac.uk/vmg

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Speakers	Amplified external	Amplified external
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November 29

Debit cards at Humber

by Renae Jarrett

Technology Reporter

Humber students could soon be using one multipurpose debit-access card, replacing the outdated photo identification cards.

"The idea really comes from an issue of convenience," said Director of Ancillary Services John Mason.

"If you can take the three cards that we currently have and reduce those to one card, then it's more convenient for the student."

Other cards used around the school, such as the library and residence meal plan card, would be eliminated as well.

"Any time you're in a big organization like this, you want to eliminate or reduce the number of pockets of money that are around and you want to have nice, tight procedures," said Project Manager David Griffin.

Griffin added security for those working in the school is also a priority.

"Obviously, people are accepting money in

quiet or remote areas of the campus [at] odd hours of the day," he said. "There's risk there."

Many decisions must still be made regarding what the card will do, but students might be able to add value to their card by entering

money into machines.

"We have to work that out, but there're probably two ways [to add value to the card]," said Griffin.

"One, you could just pay money at a counter, whether that be at Campus Services or at the A+ counter. And the second methodology, more than likely, [would] be using the cash-to-card machine that is in A+."

If used as an access card as well, it could be like a key to enter certain areas in the school, such as residence, and prevent students from going into parts of the school where they do not belong.

"It allows us to control access for those who are here and restrict access for those who don't need to be," said Richard Hook, vice-president of academics.

For example, Hook added places like the Digital Imaging Lab should be restricted to those who actually know how to use the



File photo by Bob Salverda

equipment in order to avoid any damages by those unfamiliar with it.

Having the card, which is also referred to as swipe-card technology, would not eliminate the need for having people in such places as the Athletic Centre control booth.

"I can't see it replacing a person," said Griffin.

"If the idea was just to gain access and if there was no attendant, what would stop the first person from propping the door?"

Currently, Centennial, Seneca and Mohawk Colleges all have a form of the card.

Griffin said Humber will have its own variation.

"It's not clear whether there will be a full-scale card coming to campus or [if] there'll be scaled

services to begin with."

Students' Association Council Vice-President Shirley Forde said students are eager for the card's implementation.

"I know students are really waiting for this card," she said. "It's useful and they want it."

But the card is facing two major setbacks: financing for the project and finding a suitable supplier.

"Technology is constantly changing. It's becoming more and more sophisticated, so we're probably cautious on committing to a system prematurely," said Mason.

"We want to ensure whatever hardware and software we use will meet our needs."

The college is looking at many options, but without a solid plan on what will actually be purchased, no set numbers can be generated.

"So far the plan could easily run you half-a-million dollars. And, depending upon the scope, it could run you well into a million," said Griffin.

SAC President Steve Virtue likes the one-card concept, but said he is concerned about the possible cost for students.

"I think it'd be great, but [only] as long as it's not cost-prohibitive and they [don't] start charging students \$300 to have this card," he said.

Griffin said he is confident the system will be in place by September, 1997. Although certain it will be ready before 2000, Mason said he is not as hopeful.

"I'm not as optimistic to commit to that. I think it's fair to say that we do not have a time mark," he said.

But Mason and Griffin do agree that once in place, the immediate benefits and possibilities are limitless.

"If you can get to the point where you don't need money for the parking gate, if you don't need to, have money

for a vending machine, if you don't need to have coins for a washing machine in residence, if you don't need to have a key and a card to get into residence," said Mason, then this will be beneficial to students.

"Technology is constantly changing. It's becoming more and more sophisticated." -John Mason

"Any time you're in a big organization, you want to reduce the number of pockets of money." -David Griffin

Campus Cafe: new kid on the Net

by Scott Yeddeau

Technology Reporter

Campus Cafe may be the ultimate Internet source for the club, pub and bar scene across Canada.

Launched in March of this year, the site averages 40,000 hits a week, according to the site's editor, Kerry Moppett.

The site is well-designed, attractive and easy to find your way around, with several spots to explore.

The entertainment section is an eye-catcher. It features several interesting sections, such as the list of movie clichés, which lists almost

every conceivable cliché in the movies. You can also contribute to the list.

Also interesting is the Chinese Zodiac, where you can find out what your animal sign is.

There's also a section on creative drinking games.

Partypix features pictures of people whooping it up and if you have a picture special to you, you

can send it in to display for everyone.

The night life section has information on hot night spots all across Canada, all rated on their clientele, atmosphere, drink prices and best nights of the week to go.

The Dance Hits All Stars '96 contest tests your knowledge of dance music.

You could win one of 30 dance CDs, if you can identify who this lyric is by: "I've got the wings of heaven on my shoes/I'm a dancin' man, and I just can't lose."

Test your knowledge on music and sports trivia. There's plenty of brain-stumping questions.

Campus Cafe also has a contest in which you could win \$5,000 of free tuition, as well as two 20-day European tours, plus \$1,500 in MasterCard traveller's cheques from the Bank of Montreal.

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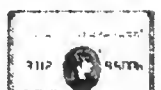
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Et Cetera

Lifestyles

Special health section

Heroin hell

by Heather McKinnon
Lifestyles Reporter

John* was covered in a cold sweat, and the convulsive shakes wreaked havoc on his thin frame — a torment he could no longer bear.

So he tore off his sweat-soaked bed sheets, changed his clothes and hopped in his truck. He headed toward his dealer's house to get some heroin, but on his way there he lost control of

"What the hell am I doing? My truck's smashed up and I'm worried about getting a hit?"

- John, ex-heroin addict

the vehicle and smashed head-on into a pole.

"I got out of my truck and started jogging toward the guy's house. I wasn't thinking about my truck and how I could have been hurt," said John. "Halfway there I stopped and said to myself, 'What the hell am I doing? My truck's

smashed up and I'm worried about getting a hit?'"

John, who had been a heroin addict for nine months, had finally hit rock bottom. Long, dark track marks littered both arms and his gaunt skin made him sickly looking. He was a junkie in desperate need of help.

Dr. David Marsh, a medical consultant on addictions at the Addiction Research Foundation, helps people with various addictions and ensures they receive the proper counselling and medication they need to get better.

"People, especially young adults, are drawn to heroin because over the years it's become so glamorized. Movies like *Rush*, *Trainspotting* and *Pulp Fiction* portray it as the 'in' drug to do," explained Marsh.

Cocaine, unlike heroin, is falling out of fashion and has been stigmatized to the ghettos, he added. "Even though people know the effects and risks of heroin, they still want to do it," said Marsh.

According to a recent article in *The Toronto Star*, there are about 14,000 heroin users in Metropolitan Toronto. But Marsh

said the numbers are higher, and are growing rapidly, because of heroin's purity and availability on the streets.

For 22-year-old John, the attraction to heroin derived from curiosity. He had tried cocaine, marijuana, opium, mushrooms and Valium. Heroin was next on his list.

"I had a couple of friends who were junkies, and people used to talk about how great it made you feel," said John. "So a friend and I decided to try it just once to see what all the excitement was about."

He said it was everything he thought it would be and more. But using it once slowly turned into three or four times a week. A month later, he was hooked. He was doing it four to five times daily, and spending up to \$200 a day.

"It was total euphoria. Every muscle in your entire body would relax, and you'd feel like you were sinking into your chair. Nothing bothered you. The room could be on fire and you'd just think, 'Oh well, I've got all the time in the world,'" said John.

But when rumors started going



About 10 per cent of heroin addicts will stay clean for a month after detox, while 60 to 80 per cent will return to heroin within one week.

around that he was doing heroin, he denied it. He lied to his father, brother and aunt, with whom he lived at the time, and to his friends. Eventually he avoided everybody altogether.

"People look down on you if you're a junkie," said John. "They lose respect for you, and would rather not hang around someone like that. Plus, I didn't want to be around them knowing they were talking about me or thinking bad things."

John said he tried to quit twice but was unsuccessful. The sickness he endured while going through withdrawal was too much. He had aching muscles, fever-like symptoms and constant nausea. Both times he was drawn back to using it again.

But the third time was his final attempt. When he spilled his big secret to his family, the response was shock, anger and devastation. But they were also concerned and wanted to help.

"I agreed to go to a detox centre in Barrie and I stayed for two weeks. I went through a very difficult time, and the temptation to go back to heroin was unbearable. But I never did, and I haven't since then," he said.

Marsh said John's situation is rare and he's an exception to the rule.

"The likelihood of an addict quitting with no counselling or medication, and staying clean, is very slim," said Marsh.

He said John's nine-month addiction wasn't long at all, and other addicts are coping with addictions that run into the dou-

ble-digit area.

About 10 per cent of heroin addicts will stay clean for a month after going to detox, while 60 to 80 per cent will return to heroin within a week.

"There are a number of medications available for addicts, to make the transition to getting better a lot easier," said Marsh. "Painkillers offer relief for aching muscles, and there's a blood pressure pill called clonidine, for symptoms like rapid heart rate, insomnia and anxiety. There's also the methadone maintenance program."

Methadone is a lot like heroin. It affects the same chemicals in the brain but, when it's taken orally and in regular doses it combats withdrawal symptoms and takes away any cravings addicts may have without creating a "high." Crime and violence from desperate users also drop drastically.

"Methadone acts as a support drug for the addicts. They can function like normal human beings, and they are able to rebuild relationships with their families and friends," said Marsh.

John said he views his encounter with heroin as a learning experience and, after three years, he's not ashamed to admit he was once a junkie.

"The road to recovery was difficult, but I did it," he said. "Now I just live my life and instead of being ashamed of my past, I'm proud that I was able to get out and pull my life together."

*Name changed to protect identity.

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Et Cetera

Chemical Cocktail: a non-surgical form of abortion

by Joanna Wilson
Lifestyles Reporter

There is major controversy surrounding the abortion pill RU-486 which is illegal in Canada, but used in Europe as a method of non-surgical abortion.

RU-486, or Mife-pristone, was developed by Etienne-Emile Baulieu, a French researcher who specializes in the study of steroid hormones.

RU-486 was made to prevent a pregnant woman's body from producing progesterone, which is a key hormone for sustaining pregnancy in the early stages.

Some women's groups applaud the development of RU-486 because it provides greater privacy and more control over their reproduction.

In 1994, more than 15,000 abortions were performed in hospitals and clinics all over Ontario.
-Statistics Canada

"I think it's wonderful," said Jane Greer, a counselor at the Hassle Free Clinic in Toronto. "It's another choice and we need more choices."

June Scandiffio, the president of Toronto Right To Life, said the procedure in which RU-486 is administered is not a simple one. RU-486, given in combination with a prostaglandin, is what causes the uterus to contract to complete a miscarriage. The dosage of the drug is determined by the woman's body weight.

She is given the drug at the clinic and the entire process may take about two to four days, depending on the woman. There are also visits to the doctor's office where the woman is to be monitored. During her last visit she is given the prostaglandin, which is normally injected.

Scandiffio said contractions begin within a few hours after the prostaglandin is given and it is similar to labor. Doctors are not sure how long the symptoms such as heavy bleeding, cramping, abdominal pain and nausea will last, and the level of discomfort will depend on the woman.

Scandiffio added some women end up aborting, not in the clinic, but at home.

"I have to wonder what happens psychologically to the

woman who is at home and alone," said Scandiffio.

Sabina Mcluhan, a researcher for Campaign Life Coalition, said RU-486 is being promoted as a quick and easy abortion, which she said is a complete fallacy.

"There can be excessive bleeding and, if not carefully monitored, the woman can hemorrhage," said Mcluhan.

Mcluhan also said there is a chance of an incomplete abortion, causing the woman to undergo surgery.

Scandiffio said, "To me, it is using women as guinea pigs because we really haven't had any long-term studies of its effect not just on the women but their future children that they have after they have had this type of abortion."

However, Greer said the decision to abort and the methods used depends on each individual case.

"It is not for everybody, of course," she said. "You can't be in a position where you have to keep it a secret."

Greer said for a teenage girl trying to keep the abortion a secret from her parents, taking the drug would not be the way.

Greer added in many countries where women die every year from unsafe abortions, this medical alternative can be used where surgical procedures are not available.

Even though the abortion pill is not available in Canada, there is another combination of legal drugs that cause spontaneous abortions.

Researchers in the United States have found that an ulcer

medication, known as Misoprostol, and an anti-cancer drug called Methotrexate, combined is a form of non-surgical abortion.

The drug Methotrexate is a tissue growth inhibitor which interrupts the cell division of the fetus. Misoprostol has a side effect causing uterine contractions that would expel the tissue. This would result in a miscarriage. This method of non-surgical abortion is used for early pregnancies, around six to seven weeks.

Emma Lewzey, the executive assistant for Canadian Abortion Rights Action League in Toronto, said there is a doctor in British Columbia and one in Toronto who are doing more research on the effects of these drugs. This method will be used until RU-486 is legalized.

"Right now we really only have surgical abortion widely available and you can't really do that before six weeks (of pregnancy)," said Lewzey. "[RU-486] would cover those six weeks that are not covered right now."

If RU-486 is legalized in Canada, Lewzey said, it will not be any more popular than the surgical method.

"In no way will RU-486 replace surgical abortion," said Lewzey. "It is just an alternative for women who want something different than the surgery."

RU-486 is being used in Great Britain, China and Sweden. France where one in four abortions are performed using RU-486 has been using the drug since 1989.

In September of this year, the Food and Drug Administration in

the United States declared RU-486 safe and effective and it will be available there by next year.

Statistics Canada reported that in 1994 there were more than

15,000 abortions performed in hospitals and clinics all over Ontario. The total number of abortions performed in Canada in 1994 was more than 100,000.



Bob Silvers

There is a new choice for people faced with a pregnancy; the abortion formula also known as the Chemical Cocktail. RU-486 is a non-surgical form of abortion used in Europe but not yet legal in Canada and the United States.

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Et Cetera

Breast is the best bet

by Theresa L. Vokey
Lifestyles Reporter

Breast is best, but are you sure you know why?

Breast-feeding your baby should begin one hour after birth when the baby is alert, said Helen Amey, a registered nurse at Peel Memorial Hospital and a member of the International Board of Certified Lactation Consultants.

The first nutrient the baby will receive is a fluid called colostrum. It contains water, sugar, protein and vitamins. Allergies are less likely to arise in a breast-fed baby, but any allergy that does occur is usually less severe.

"In the first couple of days antibodies are produced in the breast milk that help fight infection. Ninety percent of breast fluid is water, so it's easy for the baby's body to digest," said Amey.

It can take up to two to six days for breast milk to begin to show when nursing first begins.

Only 0.1 per cent of women are unable to nurse because they don't have enough milk, said Amey.

Breast size doesn't affect the amount of milk that can be produced either. The amount of milk a mother produces depends on how often she nurses her baby. A nursing mother will make a lot more milk if she feeds her baby often.

"We advise mothers to allow their baby to nurse eight to 10 times in a 24-hour period. It's best to offer one breast and continue to feed with the same breast until the baby is finished. The baby will get most of the milk from the breast in the first five to 10 minutes," said Debbie Berube, a nurse and lactation consultant at Credit Valley Hospital in Mississauga.

Breast-feeding is also an opportunity for mother and baby to form a physical relationship.

Amey said some babies who have difficulty attaching to the nipple just need extra help adjusting or need to be repositioned.

"The position of the baby when nursing can vary depending on the comfort of the mother. Sideline, or lying down when nursing, can be a comfortable position for the mother and baby," said Berube. "The baby is on its side facing the breast.

"Another common position for nursing is the football hold. The baby can be placed on a pillow alongside the mother with its legs facing toward the mother's back. The baby's head would be supported by the mother's hand."

Some mothers experience sore nipples because their baby is unable to suckle properly, said Amey. At this point they should call a doctor or clinic to get advice.

There are clinics that have certified consultants who will visit the mother at home to give assistance. It's important the mother calls someone as soon as possible, Amey said, so no damage occurs to the nipple.

When mothers decide to breast-feed, it is important they eat well and take care of their body. Everything the mother ingests is also ingested by the baby through the breast milk. Mothers should be aware of the effects of alcohol, tobacco, drugs and medicines when breast-feeding.

To guide breast-feeding mothers before and after childbirth, pediatrics from Ross Laboratories Canada compiled a breast-feeding information booklet. The booklet says mothers who enjoy an occa-



A mother can choose to breast-feed in many positions: the football hold, sideline, or lying down. It is important to find the most comfortable.

sional drink of alcohol, wine or beer can harm their baby because alcohol can pass into the breast milk.

Any drug or prescribed medication can also affect the quality of milk ingested by the baby. It is important nursing mothers consult their doctor before taking any type of drug or medication.

Cigarette smoking can reduce the production of milk, and the substances in the cigarette are also passed into the milk. Smoke inhaled by the baby can cause sleeping difficulties and cause the baby to cry more.

For more information on breast-feeding visit your local doctor or medical clinic.

The elder abuse problem

by Ben Obina
Lifestyles Reporter

Defined as the "abuse, neglect, or exploitation of the elderly," elder abuse is more common than people are led to believe.

"Elder abuse is no different than any other abuse like wife assault," said Judith Wall of the Advocacy Centre for the Elderly (ACE). "The term elder abuse is just applied because it's dealing with older people. It's basically family abuse grown old."

In many cases the abusers know their victims, said Wall. She added most abuse is caused by a family member who is often dependent on the victim for money or a place to live.

"The son or daughter might be unemployed or might have personal problems," said Wall. "But the kinds of abuse we often see is when the senior is capable but physically frailer."

Wall said behavior changes are often a warning sign.

"They may be acting in a manner different than they were in the past. The exact thing will happen with wife assault, when women will undergo a personality change because they're afraid of the consequences," she said.

The most common type of elder abuse is physical assault like slapping or beating.

"An obvious sign is if a person's appearance changes dramatically, like bruises and cuts," said Wall.

Financial abuse ranging from theft and fraud to the wrongful use of power of attorney, is also com-

mon, said Wall.

Noreen Yeates of the Bernard Betel Centre for Creative Learning, which deals with various aspects of senior issues, said it can also be psychological.

She said it can take the form of mental cruelty when someone threatens, ignores or insults an older person.

"This is where someone is constantly intimidating the person and just basically making their life miserable," said Yeates.

She added it's important not to jump to conclusions, because the symptoms may not be a sign of abuse.

"People could appear to be timid, but I know a lot of seniors who are naturally timid, and it's not because they're being abused," said Yeates.

Help and advice can also be provided by support groups, information centres, and the ACE, which specializes in the problems and needs of older people.

Wall said it's really about getting out in the open and making seniors aware of who they can turn to and where they can seek help.

"It can be from another family member, services where they have regular visitors on a weekly basis, or attend church or synagogue on a weekly basis," said Wall. "It's basically finding alternative ways of doing things to avoid the abuse."

Elder abuse is seldom reported, but if there are suspicions, all cases should be reported to the police. It's an element of society where people are mistreated and criminal charges can be laid.

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Men susceptible to breast cancer

by Cathy Mix
Health Reporter

In the United States, 1,400 new cases of breast cancer are expected to be diagnosed this year in men.

"People don't realize that men are just as susceptible," said Lawrence Greenaway of the Breast Cancer Society of Canada. "It's usually taken as quite a shock."

According to Greenaway, men make up about one per cent of all known breast cancer cases.

It is estimated that of those 1,400 American men, 260 will die in 1996.

The first symptoms of male breast cancer are similar to those found in women.

The presence of a lump that is firm and painless is usually found. The nipple can also have an abnormality, such as retraction, crusting or discharge.

Greenaway said there is no known cause of the disease. However, according to an article in *USA Today*, studies suggest breast

cancer is more common in men who:

- have a family history of breast cancer in men and women.

- have a history of breast problems such as enlarged breasts or cysts.

- have undescended testes, surgically removed testes or a history of testicular injury. These conditions may disturb hormone levels.

- are overweight. This can alter hormone levels.

- are infertile or underwent late puberty.

- had frequent chest X-rays.

The average age of male breast cancer patients is 59, but the disease can strike anyone at any age.

Greenaway said two of his male friends were recently diagnosed with the disease at the ages of 38 and 40.

He added treatment of the disease is the same in men as it is in women.

According to the U.S. Food and Drug Administration, breast cancer is usually detected at an advanced state in men because

they do not ordinarily do breast self-examinations.

A radical mastectomy, the removal of the breast tissue and pectoral muscle, is often the first treatment.

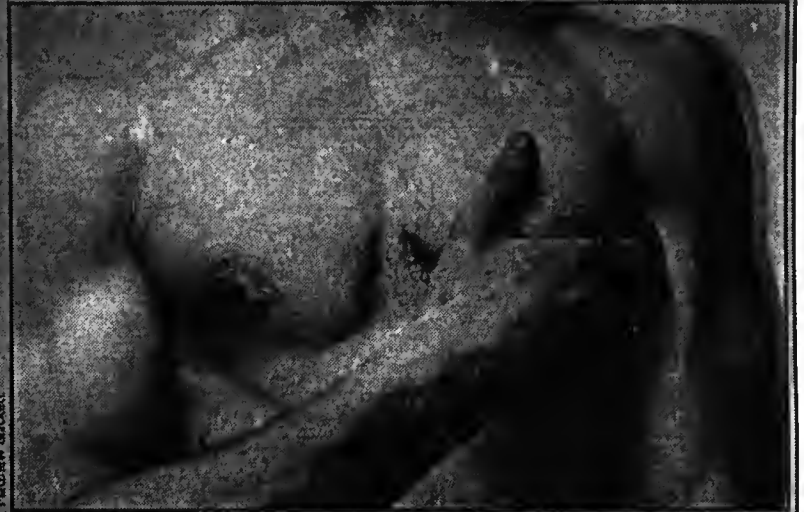
If the cancer is found before it has had a chance to spread, then the lump or tumor can usually be removed. Radiation is sometimes used as well.

Doctors do not ordinarily check men for breast cancer during physicals.

"During a routine physical exam, I think doctors should run their hands across a man's breast to see if there's anything irregular," said Seymour Kramer, a 70-year-old man with breast cancer in an interview with the U.S. Food and Drug Administration consumer magazine.

Lawrence Greenaway thinks men should give themselves self-examinations regularly.

"Men, being macho, they wouldn't think about it," he said. "[But] all of us are ultimately responsible for our own health."



Men make up about one per cent of all known breast cancer cases. It is estimated that 260 of the 1,400 new breast cancer patients, will die in 1996.

Preventing the pain of migraines

by Jackie Christie
Health Reporter

Migraines, occurring most often in people ages 20 to 50, are often a result of stress.

"The main factor that triggers a migraine for me is stress, and the only way they will lessen is if the stress is relieved in some way, but sometimes that is hard to avoid," said Duane Eddy, a second-year student in the child and youth worker program at Humber College.

Health factors such as adequate sleep, diet and recreation are important elements.

Potential triggers of migraine headaches are chocolate, dairy products, citrus fruits, fatty or fried foods, vegetables [especially onions, tomatoes, spinach, beans], some meats [especially pork], some seafoods, beverages containing aspartame, caffeine or withdrawal from caffeine, alcoholic drinks [especially red wines] and nuts.

According to The Migraine Foundation, sufferers should learn to avoid certain triggers associated with their attacks.

To control migraines, the foun-

dation suggests preparing a list of what triggers attacks and by following a disciplined lifestyle.

"A drastic change in the weather is also a large factor that causes me to get a migraine. Usually when the weather changes I know that I will be getting one," said Eddy.

Sudden shifts in climate, approaching storms, rapidly falling barometric pressure, cold winds and strong sunlight [especially glare] are all potential triggers.

There are also hormonal triggers such as puberty, menstruation, menopause, ovulation, pregnancy and post-pregnancy which can also cause migraines.

Emotional stress, fatigue and over-exertion are also factors, and in these cases new ways to cope with stress must be identified.

Behavior therapy is considered an alternative to chemical treatment.

Such therapy, including relaxation tapes, exercise classes and biofeedback, helps to prevent attacks.

There are two main types of migraine headaches. The classic, or typical migraine begins with a visual

disturbance.

For example, the eyes may see a shimmering or zigzag light that may have a colored outline.

This may be followed by numbness or tingling of the lips or tongue, slowness or slight confusion of thought, or drowsiness.

The headache, nausea and vomiting begin as the other disturbances lessen. The pain often begins in one area [usually the temple] and spreads over the entire affected side.

The common, or atypical migraine begins without any sign of a headache.

The early warning is usually a mood change such as irritability or depression. The headache begins in one area and spreads over the entire side of the head. It may be followed by nausea or vomiting.

In order to cut down on the symptoms of migraines, set up routines for eating, sleeping and working.

Making time for moderate exercise at least three times a week is also important.

Although there is no cure for a migraine, the pain can be lessened by taking medication if other forms of treatment do not work.

According to The Migraine Foundation, it is better to take small amounts of prescribed medication than to take larger portions of over-the-counter painkillers.

Preventative medication is taken on a daily basis to help correct the brain chemical imbalances which cause migraine. Antidepressants may also be used.

Feverfew is a harmless over-the-counter painkiller. When taken daily it prevents or lessens the severity of attacks.

For Eddy however, all these remedies are useless.

"The only way to really escape a migraine is to lay down in a dark room and go to sleep," he said.



Emotional stress, fatigue and over-exertion are contributing factors to migraines. A healthier way of life, such as proper diet and exercise may alleviate pressures and reduce chances of painful headaches.

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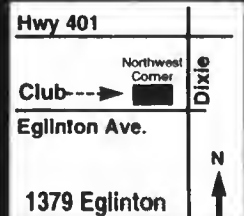
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In the defence of women

Women can protect themselves from becoming victims of assault

by Jennifer Saliba
Lifestyles Reporter

More than 6,000 cases of sexual assault were reported in 1994. According to Statistics Canada, females aged 12 to 24 accounted for almost half of these cases. Two out of three women who were assaulted knew their attackers.

College and high school students seem to be the most susceptible to acquaintance assault.

"They have this feeling of invincibility," said Ron Angus, a self-defence instructor and head coach for the Canadian National Judo Team.

"They create such a close bond with their friends, and they think they would never hurt them," he said.

But naivete carries a heavy price tag. According to Angus, women should never assume that their acquaintances will act the same way when they are alone together.

Increasing awareness levels and exercising, plus a small amount of caution, is the best defence against assault.

"Always be conscious of your surroundings and walk with a purpose," said Det. Const. Brian Pauling of the Metro Toronto Police Sexual Assault Squad.

If you feel you are being followed, walk to the nearest populated area.

Should you be in your car, pull into a public place and lay on the horn until someone comes to you, said Angus.

"Don't try to leave your car and beat them inside," he warned.

"If you're being attacked, don't try to reason with them, [the attacker]. The longer he is in control, even in a conversation, the higher the risk of violence."
-Ron Angus, self-defence instructor

Michelle Azzopardi, a first-year York University student, said the campus parking lot is more than a little intimidating once it gets dark.

"I didn't want my classes to be scheduled at night," said Azzopardi.

In that case, Angus said women should ask a security guard to escort them to their car.

"When you're with your friends, make a habit of walking each other to your cars," he advised.

According to Angus, these are the kinds of things that are truly self-defence.

In his classes, he points out specific examples that women can easily relate to.

Women who do not take the necessary precautions, he said, are in fact making a choice.

"The wiser the choices you make, the better your chances are," said Angus.

In the end, however, women must use their own discretion.

"Every situation is different. You have to use your own judgment," said Pauling.



Jennifer Saliba

According to Statistics Canada, more than 6,000 cases of sexual assault were reported in 1994. Females aged 12 to 24 accounted for over half of these cases.

He also said that there is no right or wrong response to a sexual assault.

In his classes, Angus concentrates on teaching women how to escape, rather than trying to inflict pain on the attacker.

He said it's better to surprise the attacker and try to run away.

"If you're being attacked, don't try to reason with them," Angus said.

"The longer he is in control, even in a conversation, the higher the risk of violence."

Most women take self-defence classes because they are concerned with the growing number of assaults against women.

When a string of sexual assaults took place in the North York area recently, York University warned its female students by posting a composite drawing of the attacker on bulletin boards.

"When I started hearing about the attacks on the news, it made me more aware," said Azzopardi.

According to Angus, the more aware you are, the more control you have.

• Whether you are at home or in your car, exercising a small amount of caution may help you to avoid a life-threatening situation. Below are a few suggestions methods which may help women in the event of an attack:

• If you're the only one in the car, the only window that should be rolled down is the driver's side.

• Always keep your car in good mechanical condition. If your car does break down, the only help you want is from the police.

• When you're going out, wait until you arrive where you're going to put your jewelry on. You're simply advertising that you have something to steal.



Jennifer Saliba

While there is no right or wrong response to sexual assault, women who do not take the necessary precautions are in fact making a choice.

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The bare facts

Alternative methods to overcome the process of balding

by **Scott Middleton**
Men's Issues Reporter

More hair in your brush than usual? Clogged a drain lately?

If you're losing your hair you don't have to lose your mind. There's a lot you can do about it.

The balding process is brought on by factors such as genetics, disease, stress, poor scalp hygiene and chemical damage.

Take a look at your father and your mother's father. If both of them are bald your chances for a full head of hair in the golden years aren't great.

Male pattern baldness is usually inherited from your mother's father but can be inherited through any one of your family members.

"Male pattern baldness is a genetic condition which gives you a propensity to collect testosterone in your scalp which causes hair follicles to have a short life span," said John Ranney of Hair Replacement Systems.

"We have a small clientele of men under the ages of 25," said Maddelena Frenette, manager of the Hair Club For Men in Toronto.

"Most of them have hereditary hair loss with receding hair lines but aren't at an obvious stage and are taking care of it now before it becomes noticeable," she said.

Some people do things to get

follicle to die.

Although there are products on the market that claim to rinse away that residue, they can't bring hair back.

Another relatively new fad is a scalp treatment called trichology.

This process is similar to a facial and is supposed to grow new baby hair similar to that at the back of the neck.

Hair insertion is a somewhat surgical procedure in which healthy hair follicles are inserted into the skin in balding areas. It is done in small steps to make the hair replacement gradual and less noticeable.

One last alternative is toupees or, as some organizations like to

call them, custom hair systems. A fitting of your head is done and a hair-piece matching your scalp dimensions is made. Real human hair is used and it can be dyed and permed to match your hair.

The hair pieces can be made larger over time to compensate for additional balding.

Frenette suggests a balanced diet [it's been proven that what you eat affects hair quality] using proper hair products and rinsing the hair and scalp in order to keep your hair in the first place.

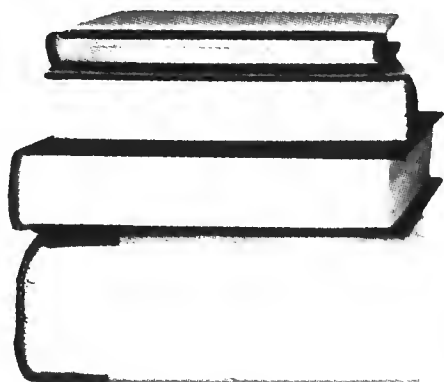
If all else fails, wear a hat or grow one side of your hair very long, part it just above your ear, and comb it across.

No one will even notice.



The balding process is brought on by factors such as genetics, disease, stress, poor scalp hygiene and chemical damage.

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"Most of them have hereditary hair loss with receding hair lines but aren't at an obvious stage and are taking care of it now before it becomes noticeable."

- Maddalena Frenette, manager of The Hair Club For Men

noticed, like bleaching their hair. Chemicals can damage the hair follicle.

Speaking of chemicals, don't do steroids.

Not only can they cause sterility and impotence, but they can make you go bald too.

Another hair loss contributor is poor scalp hygiene.

Dirt build-up blocking follicles can cause hair to be thin or the



Et Cetera

Entertainment

Punk and a good deal more, punks

Never mind the bollocks, punk is alive

by John Wright

Entertainment Reporter

Although the Toronto punk scene has faded from its original brilliance during the 1980s, two partners following in the footsteps of "Do-It-Yourself" are making sure the music they love never fades again.

Graeme Boyce and Chris Black, who collectively run the independent record label Raw Energy, have flipped the bird to the corporate world that said punk would never last. They've created a solid foundation for Canadian punk bands through their own hard work and determination.

Boyce, who started the label in 1989, said his initial vision for Raw Energy was to release the music of his friend's band, King Apparatus, and then try to "launch a successful label, with a successful series of independent bands who weren't at all anything like the Jeff Heales or Colin Jameses of the time."

It was through his involvement with King Apparatus that Boyce said he gained much-needed experience as well as a series of contacts and partnerships. This created the opportunity for him to expand and start working with another punk band, Random Killing.

"We hooked up with King Apparatus and Random Killing and

signed them to Raw Energy," said Boyce. "Then shortly after that we got offered a distribution deal from A&M, which was in 1992."

The label has continued to grow steadily by adding various punk-influenced bands to its roster. Over the years, Raw Energy has released material from bands like King Cobb Steelie, Mundane and The Satanatras.

"It's not an easy process," said Boyce. "There's a lot of things you have to learn and experience on your own. The fact that we do have such a well-established list of contacts across the country in our database is an outgrowth of the amount of time we've put into this project."

Joined three years ago by part-

ner Chris Black, Raw Energy has gradually grown from its humble basement beginnings to becoming a serious contender within the music industry.

Currently the label has an outstanding roster of eight bands, an office on Spadina Avenue and a world-wide distribution deal.

"It's important to have your records in the stores," said Black. "That's why we've gone after distribution deals in such a big way. You can have a great record, but if it's only in a few stores, then it's not much good."

Distribution deals for Raw Energy's music have been struck with Black Mark Productions out of Germany, which is global, as well as Page Music Distribution out

of Toronto, which handles the North American market.

Boyce was quick to point out these deals didn't come easily. "It's not like you suddenly have bands, and then suddenly have distribution," he said. "It's taken a lot of time and a lot of money, but by hook or by crook we've been able to put these things together."

Bands that are presently enjoying some success with Raw Energy are The TireKickers, Five Knuckle Chuckle, Throbbin hoods, Trunk, Space City USA, Three Impotent Males, and Marilyn's Vitamins.

Black said the bands selected to be on Raw Energy must fulfill certain requirements. "It's a combination of being people who we can get along with on a personal level, as well as being a really good band. We've had to turn down some really great bands just because we couldn't get along with them personally."

Bands also need to have their acts together in certain ways to maintain the integrity of the label, said Black. "Recording, playing shows, going on tour and doing interviews must be priority among the bands on the label."

"There's a whole bunch of people behind us who need things to get done," Black said. "It's up to us to get the bands to follow through

on a lot of the commitments that we make on their behalf."

Aside from the work Boyce and Black do with the bands, they're also developing a film and video division and a multimedia division, as well as a collaboration with Limited Snowboards and Snowboard Canada magazine. This pairing up of punk music and snowboarding is something that Raw Energy said they are very proud of.

"I know a lot of major labels are certainly jealous of this joining of forces," said Boyce. "Snowboarding is a huge industry, and it's not something you can step into easily. To work with an actual manufacturer in developing this campaign over the last few months, and then being able to pull it off, has really been a satisfying experience."

Boyce and Black said they're excited with their accomplishments so far and are looking forward to the future.

"We may still be a young company, but we're not a new company," said Boyce. "There's been a lot of sweat and blood that's been put into taking us this far, and we're still only here. We've still got to get to that next level."



Chris Black (left) and Graeme Boyce: passion for punk.

I'm a Weezer baby, so why don't you kill me

Weezer "just like Buddy Holly" at Phoenix

by John Williams

Entertainment Reporter

And you thought you had problems?

You have to feel sorry for Rivers Cuomo these days. The lead singer-songwriter for Weezer has become tired of sex, has broken off with his girlfriend, and has even fallen in love with a lesbian. All of these miserable occurrences are unceremoniously exposed on their new album *Pinkerton*.

Well, Rivers and his fellow geek-rockers didn't exactly wallow in support of *Pinkerton* last Friday at the Phoenix Concert Theatre.

The inevitable pressure put on by the success of their self-titled debut album didn't phase them either, as they managed to inter-

twine the new songs and their hits with relative ease and tenacity.

And then there was Rivers. While the other two frontmen were jumping around like kids in a candy store, the singer stood at centre stage, his upper body slightly rocking back and forth to the catchy power chords. His shyness prevented him from even announcing the name of the songs; that was left up to bassist Matt Sharp.

No, this was not down-and-out-twenty-something posturing. The stage seemed to shrink Rivers' small 5'5" stature even more. Clad in a pink button-down shirt done all the way up, Rivers really did look like the guy who is always getting sand kicked in his face.

The 7 p.m. start time, while abnormally early, was probably partially intended to make sure that some of the young men and women in the audience would arrive home on time.

Weezer whipped through the hour-and-a-half show at a blistering pace, highlighted by new songs such as "The Good Life" and their recent hit single, "El Scorcho."

And then Rivers came out for the encore. All by himself.

With all the stage lights bearing down on him, he cautiously strapped his acoustic guitar around his neck. Staring at his shoelaces, he slowly belted out a croaky, yet passionate version of "Butterfly." Who knows, he may have passed out if he looked up to see the 1,200 pairs of ardent eyes on him. Can someone tell him he is a rock star?

Call it catharsis, call it therapy. Call it what you want, but if Weezer keeps showing that being a loser can reap these benefits, maybe it isn't all that bad.

As long as Rivers Cuomo keeps suffering, we will be all right. And so will Weezer.



Public Enemy meets Chemical Brothers equals the raw and energetic vibes dished out by Toronto's Genocide at their Tuesday CD release party of *For Your Mind*. Worked-up vocalist Michael Bunsie sprawls to the frenzied beat on the Rivoli stage.

Et Cetera

Yet another Star Trek encounter

by Paul Richardson

Entertainment Reporter

What's a *Star Trek* fan's version of paradise?

Other than a trip to the pleasure planet Risa, how about taking four days of *Star Trek* events, adding in guest appearances by many of the *Star Trek* universe's most popular characters and then, just for good measure, throwing in a screening of a brand new *Star Trek* motion picture.

This past weekend at venues around Toronto, fans got a chance to meet their *Star Trek* heroes at lectures, autograph signings by

George Takei (Sulu), and James Doohan (Scotty), from *Star Trek*; Gates McFadden (Dr. Beverley Crusher) from *Star Trek: The Next Generation*; Chase Masterson (Leeta), from *Star Trek: Deep Space Nine*; and special guest Majel Barrett Roddenberry, the wife of the late Gene Roddenberry, creator of *Star Trek*.

"I met Majel on Friday night and got her autograph," said Steve Simpson of Mississauga. "Basically, the reason to come here is to have some fun."

The festival was launched Thursday night with a party complete with pomp, circumstance and

fireworks at the Atlantis restaurant. Making a special appearance at the party were Takei and Masterson, who signed autographs and met fans.

Masterson later received a rousing round of applause when she made a surprise appearance at the screening of *Star Trek: First Contact* at the Uptown Theatre. The delighted audience shouted her name over and over.

Barrett Roddenberry appeared at the CN Tower Saturday morning and gave her thoughts on Rick Berman, who took over as *Star Trek*'s executive producer after Roddenberry's death.

"He's taken a little different tack on it, but he's still got the theme in there. He's brought a lot more conflict to it," she said.

McFadden was engaging at a lecture at the Cinesphere Saturday night.

"The highlight was when I got to direct an episode," McFadden said. "What a wonderful opportunity to work with your friends."

Also in town were Richard Arnold, an assistant of Roddenberry, *Star Trek* authors Herb Solow (*Inside Trek*) and Yvonne Fern (*The Last Conversation*) and Marc Okrand, creator of the Klingon and Vulcan

languages.

Ontario Place's Atlantis restaurant boasted a *Star Trek* menu of Klingon Pippius-claw, Ferengi Tube Grub, and a Captain Picard's Club.

Pod Five at Ontario Place was turned into a Collector's Expo. Trekkers had a chance to buy action figures, posters and other memorabilia.

All previous seven *Star Trek* movies were screened at the Cinesphere throughout the weekend.

Will *Star Trek*'s popularity for another 30 years? To quote Captain Picard, "Let's see what's out there...Engage!"



Chase Masterson: *Deep Space Nine*'s lovely Leeta.

First Contact beams in

New *Star Trek* flick first rate, looks great

by Paul Richardson

Entertainment Reporter

They're back.

The *Star Trek: The Next Generation* crew is back to do battle once again in the epic movie, *Star Trek: First Contact*.

First-time director and *Next Generation* cast member Jonathan Frakes (Riker) does a superb job of maintaining the pace established in the opening sequence throughout the entire movie.

For this adventure, the familiar *Next Generation* cast is joined by James Cromwell as Zefram Cochrane, the inventor of the warp engine; Alfre Woodard, as

Cochrane's assistant Lily Sloane, and Alice Krige, as the frightening Borg Queen.

With *Star Trek: First Contact*, everything old is new again. The new *Enterprise* is a sleeker war ship, similar to that of Captain James T. Kirk, rather than the ship of exploration seen on the *Next Generation* television episodes.

The crew also has new uniforms, and the redesigned Borg are much fiercer than those seen on television.

The movie also gives Captain Picard (Patrick Stewart) a chance to be a man of action rather than his usual diplomatic self. Stewart is superb as Picard facing his own personal Armageddon.

The movie begins with the new *Enterprise* on its shakedown cruise. Word comes via sub-space message that the Borg, one of Starfleet's fiercest and most popular villains, are back.

Against orders from Starfleet, the *Enterprise* joins the fleet of starships engaging the Borg in battle. The *Enterprise* seems to destroy the Borg, then discovers some of them have opened a temporal flux in time, and escaped to the past. Captain Picard orders the *Enterprise* to follow and the battle rages on.

As in *Star Trek: Generations*, the previous film in the saga, Data continues his quest to become more human and is tempted by the Borg Queen.

Within the movie are several surprise cameos by some of *Star Trek*'s most popular stars and guest stars, but telling you who they are would spoil the movie, so go see it and watch for them.

Go see *Star Trek: First Contact*, it's a movie well worth the price of admission.

Jazzing it up

by Ben Truyens

Entertainment Reporter

Friends and family were treated to a musical extravaganza at the 24th annual Fall Showcase put on last Wednesday at Lakeshore Campus by Humber's music program.

Served up were many old jazz melodies creating certain nostalgia among older listeners as well as some rhythm and blues for the younger crowd.

Every fall, teachers put together bands of students from auditions and prepare songs for a fall and spring showcase.

This year Trish Colter's Vocal Jazz Combo, Pat LaBarbera's Jazz Ensemble, Dave Stillwell's Blue Jackets and Al Kay's Big Band performed tight, entertaining sets, playing a handful of songs each.

The excellent rhythm section provided drive to open with a funk piece, "Black Cow" by Steely Dan. By the end of the night, the students were in a good mood.

The final performance, though was an impressive rendition of *The Wizard of Oz* song "If I Only Had a Brain." It had beautifully arranged harmonies by New York's Frank Scum and was led by second-year student Ana Rossini, an elegant singer.

Smokin' saxophone by 18-year-old first-year student Ben Jansson helped Pat LaBarbera's Jazz Ensemble and Al Kay's Big

Band during "Full Steam Ahead" and more classics from The Count Basie Band, John Coltrane and the late, great Dizzy Gillespie's "A Night On Tunisia."

The Jazz Ensemble also featured third-year student Mollie Fisher singing an old ballad called "I Got It Bad And That Ain't Good" with Billie Holiday flair.

First-year students Charmaine Grant and Nav Sehmbi from Dave Stillwell's Blue Jackets ignited the crowd with their rockin' voices singing some more commercial hits such as Steely Dan's "Black Cow" and a new Chicago version of "Blues In The Night."

"The events provide personal enjoyment and performing experience for the students as well as bringing a small amount of money to the program usually spent on new equipment. This year's Fall Showcase raised around \$450," said Music Program Coordinator Dave Stillwell.

The night was a challenge, but the students, many of whom were new to the school, joined in with enthusiasm. Trish Colter said she was impressed.

"This is positive though. There is a lot of talent in the younger students. They're really keen and have lots of energy," she said.

Bands will be performing all this week in Lakeshore Campus auditorium for Performance Week. Anyone interested in upcoming events can contact the music department.

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Et Cetera Sports

Soccer Volleyball Basketball

Icing on the cake

by Sean Hamilton
Hockey Reporter

It was no surprise the Hawks won their first tournament of the season. The surprise was who they would have beat to receive top honors.

The Hawks played four games last Friday at the Sheridan College Christian Barr Memorial Tournament beating the Lakeshore squad 4-2 in the final.

As the day went on the Hawks got better knowing what they had to do to win it all.

"The final game is usually the easiest game, because if they've come that far they know what to do. It is there game," said Assistant Coach Ivan Nikolic.

Humber 5 St. Clair 3

Humber got off to a slow but positive start in game one against St. Clair College.

The Saints scored first by capitalizing on a misplayed puck by goaltender Jeff Allen.

One bad pass was not Humber's only problem, it took four minutes before they got a shot off.

The Hawks finally got on the board in the 11th minute of the first period when Corby Kent capitalized off a spin-o-rama.

Humber came out strong in the second, but still ended up on the wrong side of the score sheet.

The Hawks tried but couldn't get the puck in the net missing on two breakaways halfway through the period.

When it looked like things couldn't get worse for the Hawks, St. Clair scored on a blueline shot just out of Allen's reach and again 24 seconds later.

Humber finally got some momentum going, the best chance coming when Troy Sweet gave the St. Clair keeper a scare with a quick shot from the faceoff as time wound down.

Allen kept Humber in the game with a big, double pad save in the dying minutes of the period.

Things finally turned around for the Hawks when Dave Houghton scored one minute into the third. From then on there was no turning back.

The Hawks scored two short-handed goals in less than 30 seconds. St. Clair tried to rally and pulled their goalie with 50 seconds left but Humber responded by adding an empty-net goal.

"We were slow in the first period. We started to pick it up in the second. By the third they couldn't keep up with us," said Nikolic about the team's play.

Allen was disappointed with his performance but impressed with the way the team rebounded for the win.

"I'm glad that the boys came back for me. There is nothing worse than losing the first game and losing because of the goaltender," said Allen.

Humber 4 La Cite 1

The Hawks came out determined not to fall victim to the slow start they had in the first game.

Coming out strong, the Hawks put pressure on La Cite from the first whistle.

Winger Chris McFayden scored for the Hawks early in the period with a goal to the top corner.

The Hawks' came close again when winger John McKinnon rang a shot off the iron with under 10 seconds remaining in the period.

The third was much the same as Humber kept La Cite at bay until they started playing rough in the non-contact tournament.

Their tactic worked and La Cite managed to put one behind goaltender Simon Cane.

With just over a minute to go La Cite pulled their goalie and the Hawks answered with an empty netter giving Bain his second goal of the game.

"I thought it was a hell of a game. I thought we played really well. It just proves that right from the start we have three lines that keep working," said Hawk Head Coach Jim Bialek.

Humber 4 Sheridan 2

Humber was still psyched from their second game and ready for their next against Sheridan. Unfortunately so were the Bruins.

At first the game looked as though it was going to be a knock down drag out fight until the last five minutes when the Hawks got on the board.

Centre Blair Leolin picked off the top corner of the Bruins' net with assists from Troy Sweet and Jeff Weiker.

Sweet got his first goal of the tournament at the end of an uneventful second period.

"I feel I can contribute more. I will try to step it up for the next



A Humber player takes a quick break during the Hawks' second game at the Christian Barr Memorial Tournament at Sheridan College last weekend. The Hawks captured the gold medal defeating Lakeshore 4-2.

game," said Sweet about his lack of scoring. "I don't feel we are playing to our potential. We are working hard but haven't quite gelled."

Humber cushioned their lead with Bain scoring at the halfway mark of the third. But Sheridan refused to roll over and die coming back two minutes later and adding one to the scoreboard.

With less than 90 seconds left in the game Charlie Gunn scored for the Hawks.

Humber controlled the rest of the period but fell asleep in the final seconds as Sheridan got one more goal before the final buzzer.

Humber 4 Lakeshore 2

The Hawks knew they were not playing the same team they crushed 13-1 only a week ago.

Kent scored 30 seconds into the game, his second of the tournament and first of three for the night.

Lakeshore goalie Peter Von Biela was determined not to let the game get out of hand, keeping the game a lot closer than it could have been.

Unfortunately, Von Biela couldn't keep the Hawks at bay when Sweet scored on a cross pass from winger Brendon Dunkley.

Lakeshore celebrated early in the second when Chris Redpath put one past Duane Crocker. This gave the Hawks a wake-up call as Kent scored from Sweet and Brandon 30 seconds later.

The third period was more of the same fast-paced game with Lakeshore cutting the lead to one.

The final straw that broke Lakeshore's back was Kent who scored off a picture-perfect pass from defenceman Houghton.

Humber scored once more to clinch the tournament title.

"I still haven't met a team that has tested us yet. I want to meet a team to get us down a few goals to see what kind of character we have," said Sweet.

"We knew it wasn't going to be the same team we played last week. We had to score to make sure they remembered that game. I think [Lakeshore] earned a lot of respect in this tournament and I think the best two teams made it [to the final]."

Lakeshore Head Coach Sonya Herrfort was disappointed with the end result but happy with the teams efforts.

"We played as a team. Every line played well and we had a great goalie to back it up."



Humber's defense in the Hawks' game against St. Clair College helped in the team's 5-3 win. The Hawks went undefeated in the tournament.



The Humber Hawks men's and women's basketball teams are in action this week. The women host the Redeemer Royals on Thursday night. Tipoff is at 6 p.m. The men take part in exhibition play against the University of Windsor at 8 p.m. on Friday, Nov. 29.

The men's and women's volleyball teams hit the road this week visiting Seneca College Thursday, Nov. 28. Women start play at 6 p.m. and the men follow at 8 p.m.

SORRY!

The men's basketball profile was not ready for this week's edition of the Humber Et Cetera. Look for your Hawks next week!

Hawks send Grizzlies into hibernation

by Pam Fawcett
Sports Editor

The men's volleyball team sent the Grizzlies back to Georgian for a long winter's nap last Thursday night, beating them in four games.

The Hawks hosted the first regular season match-up between Humber and the rival Grizzlies last

week and sent them home with their second straight loss, 15-10, 15-10, 13-15 and 15-5.

"We're getting better," said Head Coach Wayne Wilkins. "Everyone was playing well and it gave a chance for some of the newer guys, who don't get the chance, to get in there."



Hawk middle Keith Slinger (left) and setter Stephan Pratt go up for a block in last Thursday's game. The Hawks beat Georgian in four sets.

The Grizzlies started off strong, taking a quick 6-2 lead by stoning the Hawks at the net in the first game.

Humber called a timeout to regroup and, after the break, reclaimed possession of the ball on a kill by Tim Pennefather.

The Hawks fought back to tie the game at eight with some of their own big blocking by Eugene Selva and Dean Wylie.

Humber took game one 15-10.

The second game saw the Hawks jump ahead early 3-0 before Georgian got on the board. But a quick set kill by Wylie gave Humber the sideout they needed.

The Grizzlies again took the lead, going ahead 8-6, and some confusion on the court saw Jody Brown subbed in for Matt Cunliffe.

Wylie proved to be a wall at the net, stopping a Georgian hit and forcing the Grizzlies to mis-hit the ball out of bounds.

Wylie was then up to serve and handed the Grizzlies an ace to put the Hawks up 10-9. Humber went on to take game two 15-10.

The Hawks looked like they had the third game wrapped up, leading 11-8, but Georgian surprised Humber by coming from behind to win 15-13.

Wilkins said the team had no one to blame but themselves for the loss.

"That was our mistake," he said. "They didn't win that game — we gave it to them."

The defeat must have riled the



Hawk power Greg Dicks makes a pass in last week's game against the Georgian Grizzlies. The Hawks are heading to Seneca this week to meet the Braves in their third game of the regular season.

goose's gander because the Hawks came back with a vengeance.

Cunliffe and Pennefather teamed up in the front row for a big block to put Humber on the board first. With Cunliffe serving, Pennefather made a cross-court tap to put the Hawks up 2-0.

With Wylie serving later on in the match, setter Stephan Pratt had a huge kill and Cunliffe had a quick set hit to put Humber up

for good. The Hawks finished the game with a 15-5 count.

Selva tops the west region's individual scoring with 32 kills and 36 total offensive points after the game. Cunliffe sits third on the ladder with 13 kills and seven blocks.

The Hawks are undefeated with a 2-0 record heading into this Thursday's game against the Seneca Braves.

Georgian Grizzlies grin and 'bear' it

by Jeff Allen
Volleyball Reporter

After a month of teasing their fans, the women's volleyball team gave a hint of what might be this season, beating the Georgian Grizzlies in the season opener last Thursday.

The Hawks came out of the gate with their patented slow start, but after a Georgian timeout with Humber leading 5-4, the Hawks went on to rattle off seven straight points.

The scoring binge was highlighted by setter Caroline Fletcher's ace, and a bullet kill by power Brenda Ramos.

The Hawks let up a little before finishing the game off 15-10.

Humber lost the second game 15-13, but received great playing from Fletcher, with her second ace of the game, and offside Carla Rivas, who started her first game of the season and responded with brilliant play.

Rivas made the play of the game when she made a diving dig on a mis-hit ball that was travelling out of bounds.

"She played wonderfully. I was



Lindsay Anderson was named the Hawks' player of the game.

very impressed," said Hood.

With the Hawks playing so well they decided to shake things up in the third game, by playing a sloppy first 10 minutes, and spotting the Grizzlies a 10-1 lead.

"I have no idea why we do that [always seem to have one bad stretch]," said Hood. "We're a young team, so we just have to learn to play a full game."

The Hawks surprised everyone when they turned the match around and marched back to tie the Grizzlies at 13.

After a huge kill by Carla Rivas,

the Hawks took the third games 16-14.

The Hawks and Grizzlies played a cat and mouse fourth game as the lead changed hands numerous times. With Georgian up 12-9, offside Lindsay Anderson, who was named player of the game, made a big save off a Georgian rocket and Angela Darrach put down the kill.

The Hawks went on to wrap up the game, and match, on three straight kills by Ramos, 15-12.

"We played very strong as a team, we didn't quit when we got down and that's important," said team captain Fletcher.

"We were off, but we got the focus back and got our head back in the game," said Anderson.

Coach Hood was more impressed with the effort level.

"This was a guts game, and those are very important. They [hard fought games] build character," said Hood.

The Hawks are back on the court Thursday night when they travel to Seneca College to play the six-time OCAA champions. Game time is 6 p.m.

Knights fall in the Hawks' courtyard

by Shallene Holley
Basketball Reporter

The Hawks' women's varsity basketball team played an energetic game against the Niagara Knights last Wednesday night winning by a score of 85-40.

"The team played really well. We picked up on some of the things we had done wrong with Durham the night before and worked on them. All and all we worked as a team," said Hawk centre Heather Curran.

After the game, Curran was seventh on the individual scoring list with 55 points and an average of 13.8 points per game.

Hawk Head Coach Jim Henderson said he was happy with the win after the tough game the Hawks played the night before.

"I thought the first 10 minutes we were a little tired from last night. We missed a lot of shots early, but I thought we really played with a lot of inten-

sity. We carried over a lot of the good things that we'd started last night," said Henderson.

Henderson said he was "really impressed with the boxing out, and our transition. We pushed the ball really well, which meant we spread the scoring out again."

He pointed out that in every game there is another player that always steps up to lead the scoring. The high scorer and player of the game was Curran with 24 points. Second in scoring was forward Tanya Sadler with 16.

"We're getting some good shooting from the guards. It just gives us that balance that's going to make it really tough for everybody to play us and matchup with us," said Henderson.

The Hawks are now on top of the standings with a record of 4-0.

Niagara falls

by Vince Versace
Basketball Reporter

The Humber Hawks men's basketball team showed what heart and character they have last Wednesday, responding from a 22-point loss to the Durham Lords the previous evening to romp the visiting Niagara Knights 101-79.

After the Durham loss, Assistant Coach Dave DeAveiro said, "These guys are competitors and it will be up to them to show up and play hard against Niagara."

They did more than just show up. They ran Niagara off the court from the opening tipoff. One might think having played the night before the team would be a little sluggish but they were nothing but sharp and on their game.

The team's ball movement was much crisper than the night

Hawks 101 - Niagara 79

before. Players like Stephan Barrie and Jason Daley moved the ball effortlessly around the court.

Daley received player of the game honors, scoring 19 points on an ankle that had bothered him the night before.

The biggest improvement from the previous game was the Hawks' inside game. They rebounded much more aggressively at both ends of the court.

Rowan Beckford stood out under the boards and around the key area. His presence gave Niagara players trouble all night long. By the final buzzer Beckford had scored 22 points, leading the team in scoring.

Veterans O'Neil Marshall and Adrian Clarke turned in strong efforts at both ends of the court.

Marshall racked up 14 points while Clarke had 12.

The Hawks' bench kept the pressure on the Knights throughout the game as Coach Mike Katz continually rotated players.

At the half the Hawks were up by 11 points, leading 50-39. When play resumed the Hawks outscored Niagara 20-7 in the first seven minutes of the second half, putting the game away.

They drove to the basket without fear and pounced on virtually every loose ball in sight. Their aggressive man-to-man defense forced the Knights to turn over the ball countless times.

The Hawks frustrated their opponents all night with a complete team effort. This will be needed throughout the season if the Hawks wish to have a successful season. This game was definitely an encouraging sign.

The Hawks host Daemen College from Buffalo in an exhibition game on Dec. 7 as part of the Eighteenth Annual Humber College Boy's High School Basketball Classic. Tipoff is at 7 p.m.

The Hawks continue their regular season next Wednesday on the road against the Seneca



The Student Athletic Association will be giving away an autographed Trevor Kidd jersey in a draw Dec. 5. Public Relations Officer Elizabeth Duncan (above with her son) is in charge of promotion for the event.

SAA nets funds

by Kris Harvey
Sports Reporter

The Student Athletic Association raised \$1,000 through concession sales to give to needy students.

The cheque was presented last Thursday between the women's and men's varsity volleyball games to Elizabeth Duncan, public relations officer for Humber.

The Student Trust Fund was set up for needy students by the provincial government in May to encourage colleges and universities to solicit donations from individuals and corporations. It helps students in danger of dropping out because of financial problems.

"The criteria for a student receiving money are loose and flexible," said Duncan. "Hopefully we can protect anyone who is at

risk of dropping out."

The SAA cheque brings Humber College's donation up to \$20,000. This will be matched by the provincial government. Humber hopes to raise \$125,000 for a matched total of \$250,000.

Christine Connelly, president of the SAA said, "we are a student run organization and it feels good to give back to the school."

SAA raises money through concession sales, and will continue until the end of March. Raffle tickets to benefit the fundraising campaign will be on sale at the events until Dec. 5, when there will be a draw. Prizes include a National Hockey League jersey autographed by Calgary Flames goaltender Trevor Kidd and a copy of the deluxe edition of *The NBA at 50*.

Athlete of the Week

Caroline Fletcher



Fletcher is the freshman setter on the women's volleyball team. So far she has demonstrated leadership and is looking to be one of the best setters in the OCAA this season. Fletcher was instrumental in the Hawks' first win against Georgian.

Students lend a helping hand to Winter Games

by Marcel Watier
Sports Reporter

The 1997 Special Olympic World Winter Games will be using the talents of many Humber College public relations and journalism students.

This year the games will be host to 90 countries and 550 athletes participating in five sports and two demonstration events.

The Games take place every two years, alternating between the summer and winter.

Humber College has also been included in this year's games.

"Humber public relation students have written the biographies for all the Canadian athletes and coaches," said Humber PR professor Jennifer Leonard. "The biographies were written as part of a class assignment and will be published for all the media at the games."

Debbie Bright, the national program director for the Games, said Humber's involvement will be a benefit to both the games and the school.

"It's a bonus that Humber is involved," said Bright. "I think that it will be good exposure for the school and the games. It will give the students a chance to showcase a lot of their talents when they write the biographies."

In addition to writing the biographies, Humber students will also volunteer at the games.

Third-year Humber PR student Katina Sideris has been placed with DBA Communications, the main public relations firm for the games.

"The Games are being billed as the largest international multi-sport event in 1997," said Sideris.

Sideris also said she is preparing information for the media kits that will be handed out at the games.

"There are already a lot of kits out there," said Sideris. "I will be producing the main information kit. This will include all the information on all of the events and venues."

Sideris starts her placement in December and continues until March. "I've already started some of the background work for my placement," said Sideris. "And I'm looking forward to getting started."

Third-year Humber journalism student Sean McGrillen is also connected with the Games. He is currently writing for the bi-weekly *Collingwood Enterprise - Bulletin* and for the Special Olympic.

"I write my own column about the Games for the paper. During the Games I will be in charge of a daily paper put out by the media centre," said McGrillen.

McGrillen said he took this placement for the experience. "During the Games the world is going to be in Toronto and

Collingwood," he said.

The Games were created so athletes with mental disabilities could participate and enjoy the spirit of competition. Their oath is "Let me win, but if I cannot win, let me be brave in the attempt."

The sports are alpine and Nordic skiing, floor hockey, speed skating, figure skating and snowshoeing, a demonstration sport along with Eisstock, a type of hockey.

This year marks the first time the Games will be held in Canada.

The Games will be held Feb. 1 to 8 in various locations around Toronto and Collingwood.

The opening ceremonies will take place at the SkyDome and the closing ceremonies will be held at the Molson Amphitheatre.

The games were created by Dr. Frank Hayden and Harry "Red" Foster of Canada and Eunice Kennedy Shriver of the U.S. in 1968, with the first-ever games being held in Soldier Field at Chicago.

Nearly 2,000 media representatives have been invited, including television, radio and print reporters from all around the world.

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The Final Say

Hot off the Wire

Issues Stats

Exposing society's evils



Who's who of the Devil's henchmen



Corey Hart

Bad singer and, unfortunately, Canadian

Corey Hart has heeded his own advice to "Never Surrender" and delivered a severe blow to popular culture: he's back on the charts. This Canadian music pioneer (commence vomiting) has somehow found his way back into the hearts of music executives (the Devil's right-hand men). With such catchy jingles as "Sunglasses At Night" it's a wonder why Lucifer wants Hart around again. But Satan does work in mysterious ways. The Devil has rewarded Hart with eternally blood soaked sunglasses and goat milk hair gel. **Corey Hart = Agent**

Humber's Index

Estimated cost per second of motor vehicle crashes: **\$4,400**

Percentage of fatal accidents involving males aged 15 to 20 while speeding: **40%**

For every 10 mph over 50mph, what do the chances of death increase: **Double**

In 1995, the average of motor vehicle deaths in a day: **One every 13 minutes**

In 1995, approximate the number of lives saved by seat belts: **9,797**

The number of lives saved by air bags: **475**

Loudest animal: **Howler**

monkey (it can be heard up to five kilometres away)

Largest pet litter: **23** by a **St. Bernard**

Most individual tattoos in the world: **Bernard Moeller (USA)** has **14,010**

Height of Lego tower in Spain: **22.41 metres (73 feet)**

Largest beer label collection: **424,868** by **Jan Solberg (Norway)**

Most credit cards: **1,394** by **Walter Cavanagh** (his wallet weighs **17.95 kg or 38 lbs.**)

-compiled by Shannon Williams sources: 1996 Guinness Book of World Records and Students Against Drunk Driving



Hot off the wire

Motorist guilty of slow-motion protest

COBOURG, Ont. (CP) - A motorist who staged a slow-motion protest on Canada's busiest highway to push Ontario to raise the speed limit has pleaded guilty to public mischief.

Gord Thompson of Campbellford, Ont., and another motorist caused a four-kilometre traffic jam on Highway 401 last year when the pair drove two cars side-by-side at the posted 100-km/h speed limit.

Thompson was given a conditional discharge, provided he makes a \$50 donation to charity.

The eastern Ontario high school teacher had also been charged with careless driving and obstructing a highway, but he won an appeal against those charges earlier this year.

"Speeds on the 401, especially in eastern Ontario where there isn't a lot of heavy traffic, should be between 90 and 120," Thompson said Tuesday.

Thompson said he is now preparing a petition calling on the government to raise the maximum speed limit to 120 km/h.

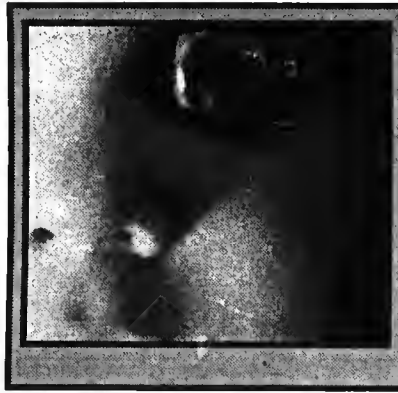
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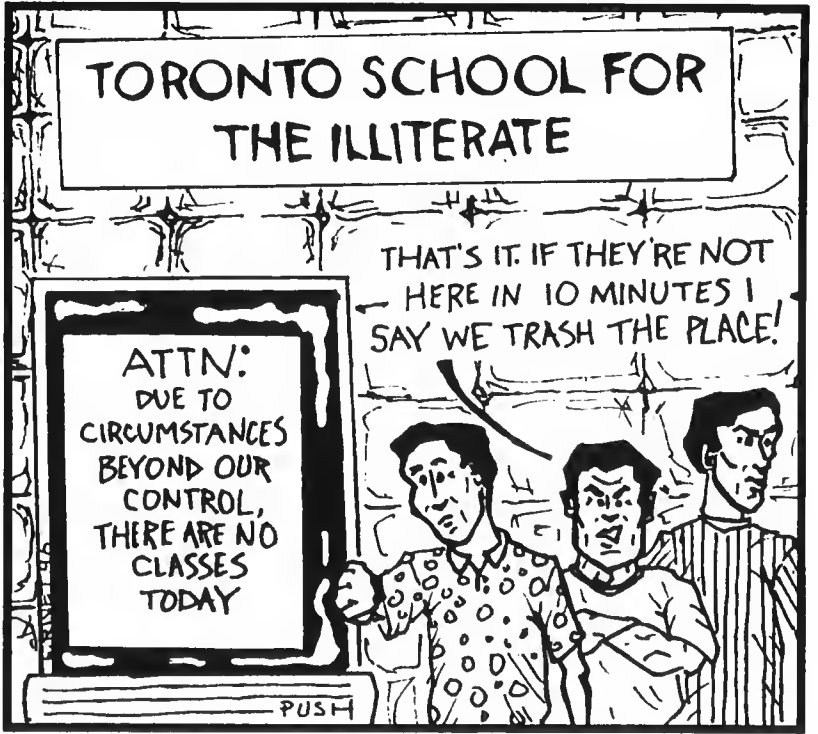
Visit Et Cetera Online



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



One of the most interesting sites on the Net is Adbusters. The group's mission is to end advertisements that manipulate people into believing that booze is sexy and companies care about the consumer, among other things. It's ideological protest includes jamming e-mail boxes and political vandalism (which has struck many cigarette billboards in downtown Toronto). hoshi.cic.sfu.ca/adbusters/main.html



Forum discusses breaking poverty cycle

by Heather McKinnon
News Reporter

"Poverty is a lot like war; it takes prisoners and it kills," said federal New Democratic Party Leader Alexa McDonough in her opening statement at a forum last week at the St. Lawrence Centre for the Arts.

The forum, "Are We Cutting Our Commitments?" came in light of a recent UNICEF report stating Canada has the second-highest child poverty rate among industrialized nations. At least 70 per cent of these children live in Metro, according to an annual report by Metro Campaign 2000, a non-partisan coalition of 18 national partners and a Canada-wide network of 31 community partners.

McDonough, one of six panelists in the discussion, said, "It's time we, as a society, began to wage the war on poverty by coming up with solutions to break the cycle."

"There are half a million more children living in poverty today than there were six years ago. So we need to find solutions to this problem. It not only takes its toll on the children involved, but creates a division in the community as well."

Metro Campaign 2000 wants

the federal government to live up to its 1989 resolution to eliminate child poverty by the year 2000.

They have proposed that a special protected fund be established by governments to assist children and their families.

McDonough said Mike Harris' provincial government could start by tackling joblessness, corporate taxes and child care.

"I don't feel it's necessarily an issue of economical rightness, but rather political priority," she said.

The comment came after Bill Graham, the Liberal Member of Parliament for Rosedale, said, "The government needs to

address its economy first."

Graham continued, "The government has to manage responsibly and constitutionally. Federal funding for children, the GST credit and the child care expense deduction are already in place. I think once we get the economic part right, the rest will follow."

Groans, followed by angry shouts came from audience members.

"It's a shame that the number of children who are starving is rapidly increasing, while big corporate businesses are skyrocketing. How is this fair?" asked a member of the audience.

Gerrard Kennedy, a provincial Liberal leadership candidate, said, "In the past year, we now have 30,000 more hungry kids, and the numbers increased because the government cut 22 percent of welfare."

"There is no excuse why people are going hungry. It's cruel."

An article on Metro's poor families in *The Toronto Star* last week said provincial funding for child care dropped \$26.3 million since 1994. It also said the number of children living in emergency shelters has jumped more than two-thirds in the past five years with the result that "many chil-

dren are virtually growing up in shelters."

Marvyn Novick, a professor of social work at Ryerson Polytechnic University, said decades of work are being undone by the Harris government.

"In cutting public services, unemployment has increased, and in failing to keep our social security system, people will never get above the poverty line," said Novick.

"We must, as a country, use our own national wealth to invest in children and families, and preserve the social cohesion of Canada."

Natural Celebration coming to Arboretum

by Nancy Larin
News Reporter

Public relations students and Arboretum staff are working together to bring a "Natural Celebration" to the Humber Arboretum on Dec. 7.

Free activities at this celebration will include a visit with Santa, a guided walk through the Arboretum's natural wonderland, two craft projects and a hayride.

There will also be craft tables, a Christmas tree sale, poinsettias and hot dogs said public relations student Laurie Severn, who is in charge of promotions for the event.

Stephen Bodsworth, director of horticulture and the Humber staff member in charge of Arboretum operations, said "Everything is focused on the family."

"If they want to take a break from the hustle and bustle of Christmas shopping... they can drop by."

Nicki Uyeno, staff naturalist at the Arboretum, said, "Events like this connect us with the community and local and provincial politicians."

Last year about 800 people participated in the festival, including Etobicoke Mayor Doug Holyday and local MPP John Hastings.

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