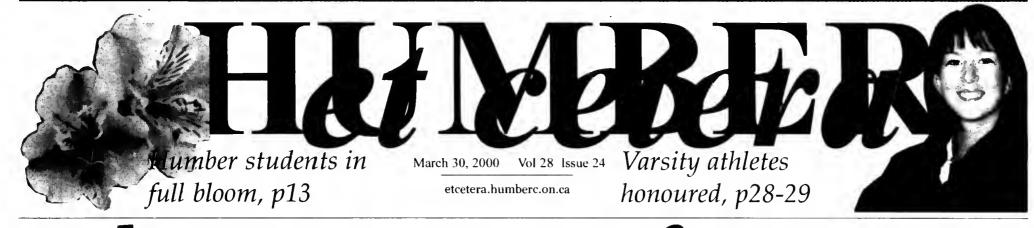
Humber college students take part in the battle of the bands at Caps: p10



Toby tops Inam for Prez



Mr. President: Toby Warnell

By Cynthia Attwood & Melanie Irvine

The ballots are in for this year's SAC executive elections and the winners are Toby Warnell for North Campus SAC president and Stephen Anastasi for North Campus SAC vice-president.

After the polls were opened for three days, only 521 of Humber's 12,000 full-time students voted.

In the presidential race between Warnell and Inam Ahmed, Warnell received 317 votes to Ahmed's 204. The race for SAC president at the Lakeshore Campus was a much

 Rose Kronschnabl by the same 10vote margin 123 to 113.
 According to Iris Kohler, SAC
 executive assistant, these numbers are still unofficial and will be for

are still unofficial and will be for another 48 hours so appeals can be made.

closer affair with Beth Robertson

edging Dave Golubev by ten votes,

122 to 112. In the Lakeshore vice-

presidential race Farida Isaac beat

"I feel really, really, really damn good," Warnell said. "I was a little wary because I was coming to a different campus to campaign. I had a good team, and I changed my campaign this time around. People told me I never put up enough posters but you can't just rely on them. You have to get right out there with students."

Ahmed said that despite his loss, he is still a SAC representative, and will continue with that.

"Maybe I'll join the council and make a difference there," he said.

Meanwhile it was a close vote between Stephen Anastasi and Syed Ali with Anastasi receiving 292 votes to Ali's 227.

Anastasi said he was glad to finally get the results.

See Election, page 5



Mr. VP: Steve Anastasi

Ryerson students outraged

Vote to postpone deregulation of tuition fees called 'cowardly'

BY MARK BENNETT

A crowd of Ryerson students stormed the board of governors meeting Tuesday night demanding a vote for a two-year freeze or indefinite moratorium on tuition fees.

What started out as a peaceful rally turned sour when more than 60 students watching the proceedings heard the board vote to postpone a decision on deregulating tuition fees until after the next finance committee meeting.

Ontario chairperson of the Canadian Federation of Students, Joel Harden and outraged students stormed the meeting, putting an end to the proceedings.

They claim that the delay was yet another of the board's stalling tactics.

Some board members left with police escorts, but a few remained to hear what the students had to say.

Erin George, president of the Ryerson students' administrative council, said students are fed up with the BOG's apparent inaction on this issue and the evening's

events were inevitable.

"We are very passionate about deregulation. It cannot be allowed to happen at our institution. The vote to postpone it until after a finance committee meeting is cowardly," she said. "This issue isn't about finances, it's about morals and ethics about ensuring accessibility for all to education, especially at Ryerson."

In 1998, the Ontario government allowed institutions to introduce unlimited tuition fee increases for certain high-demand programs.

"I'm really hoping that the members of the board have some amount of conscience"

Tuition fees for professional and graduate programs in Dentistry, Computer Animation, Engineering, Computer Science, Law and Medicine were sharply increased.

That same year, Ryerson and the University of Guelph refused to deregulate tuition fee increases. Guelph has renewed its pledge to stick to its 1998 decision, but Ryerson is now considering lifting its two-year moratorium on fee hikes.

Oliver Carroll, alumni representative of the board of governors, believes that hard decisions have to be made to ensure that the university is able to function optimally.

"If we could hold the rates or even reduce them, we all as individuals would do that," Oliver said. At the same time there's a responsibility to make sure the institution runs well."

"There has to be a balance there. Asking people to make a decision without any context around it other than to reduce rates doesn't put the board in a position to do that. It has a responsibility to consider all issues."

Megan Gariepy, external commissioner of the central student association at the University of Guelph, said that fiscal responsibility of post-secondary institutions must be balanced with the need to maintain accessible education for all.

"If deregulating tuition cuts down on our accessibility, then why would you want to do that when that's the mandate of receiving a higher education?" Gariepy asked.

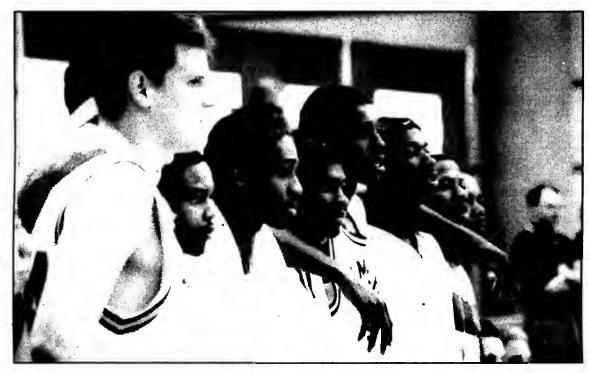
Harden said that a student rally is the most effective way for

See **Ryerson**, page 3



Pointed remark: Joel Harden of the Canadian Federation of Students questions members of Ryersons' board of Governors after they postponed a vote on the deregulation of tuitions

Photo Spotlight



"Defeat" Kenton Friesen, Journalism student Grant MacEwan College, Edmonton

Aviation program's plane broken

Students irate over

lack of aircraft

By MELANIE IRVINE

They've lost their planes and crucial air-time, and now angry Humber Flight and Aviation Management students want to know if they will even have a program to come back to next semester.

To date the 34 students in the program have paid almost \$20,000 each for their course.

The college has now terminated its contract with the current aircraft supplier, as a step to fix a recent shortage in planes.

Jason Regimbal, 20, a first-year Flight and Aviation Management student, said he is concerned about the situation.

"We started out the year with two Katanas [aircraft] then we got a lease from Island Air who supplied us with two more Cessna aircraft, and a Piper Aztec twin-engine aircraft. Now all we have left is one Katana and it's in London getting maintenance done on it," he said.

Humber administrators stepped in last week to fix a worsening situation. Richard Hook, vice-president of academics, said that action was necessary because students were not satisfied. ke

"Students were not satisfied which means we aren't satisfied. Humber is accountable, we accept their money and we're taking aggressive action with the supplier," he said.

Many haven't flown for over a month, and since their progress requires a certain number of hours in the air this could mean academic setbacks for all.

"Humber is accountable, we accept their money and we're taking aggressive action"

Damian Gut, 19, a first-year Flight and Aviation Management student, said something needs to be done about this situation.

"My progress toward becoming a commercial pilot has been set back because I wasn't provided with an airplane. A whole program can't go on one aircraft," he said.

"If we don't get training on diverse aircraft then we don't get proper training for our careers. There's only one plane for so many students. It will take us longer to reach our scholastic goals," Regimbal said. Hook said the college intends to keep students better informed.

- News

"We understand their frustration and annoyance. We can promise them a very prompt resolution to this and every student will have the opportunity to complete their course," he said.

Hook said the college wants to resolve the situation before they release any details because of legal concerns.

"I can't say anything in the short term. That might upset the very prompt resolution for students in the program. In the next couple of weeks I'll be able to release something more specific that won't negatively affect students," he said.

But both Regimbal and Gut said the college had little communication with affected students.

"Either something happened, something didn't get paid, or somewhere along the line there was a miscommunication," Regimbal said. "We received no formal explanation, no letters or anything,"

Gut said. "Our co-ordinator was told that

he shouldn't talk to students about anything."

Program faculty did not respond to two phone messages from the *Et Cetera*.

Star moves in on *Cord*'s turf

Free copies of *Star* may hurt Laurier campus newspaper

BY SARA SWARTZ

Student papers are in the shadow of trying times.

Several prominent dailies are attempting to distribute free copies on university and college campuses across North America.

The most recent David to face the media Goliath is *The Cord* at Sir Wilfrid Laurier.

On March 15, Sir Wilfrid Laurier Student Publications was given a contract that, if signed, would give the *Toronto Star* the right to give away copies on campus.

Sarah Schiefer, *The Cord*'s editor-in-chief for 1999-2000, said the ramifications of this deal could be very destructive.

"My biggest concern is not that students will be able to get free newspapers," said Schiefer. "It's the impact this will have on the university press as a whole."

Representatives of the Toronto Star's circulation department were not available for comment.

Even more upsetting to *The Cord* and Student Publications is that they were left out of the negotiations that surrounded this deal.

"I'm completely appalled with how this has been dealt with, both by the Student Union and the university administration," said James Muir, Student Publications president. "No effort was made by either party to include us in these talks or even inform us of the *Toronto Star*'s intentions."

"If the Star came in and charged, no-one would buy it"

However, Tariq Hassan-Gordon, president of the Canadian University Press, a co-operative owned by 65 university and college papers, said that rumors of a *Toronto Star* invasion have been swirling since August.

Schiefer admits that there was speculation of the *Star* coming on campus, but no one at *The Cord* or Student Publications office knew negotiations went as far as they did. "When we received the contract, its original was dated Dec 8 and the final was dated Feb 15," said Schiefer. "I had a lunch meeting with the then president-elect [Devin Grady] in February and asked him why the student union was not sticking up for us in certain issues.

"He said they were. Later he said the [Star] meetings were lastminute and he didn't have time to tell us about them. However, he didn't tell us later either."

Schiefer said that this incident has done nothing to improve relations between *The Cord* and the Student Union.

"The relationship between the two bodies has been tempestuous all year," said Schiefer. "The relationship between us has never been good and it's not going to get any better."

"I'm completely appalled with how this has been dealt with"

Hassan-Gordon said as with many other destructive trends that have made their way into Canada, big papers invading campuses has come up from the U.S.

"It all started at Penn State in '97 or '98. And within two years it has spread to over 100 institutions. It's a rapidly expanding trend."

The problem is not that student papers don't want other papers on campus. It is that the big boys are giving themselves away free.

"If the *Stor* came in and charged, no one would buy it," said Hassan-Gordon. "But they are competing unfairly. If the readership of a college or university paper goes down so does the publication."

The big dailies usually try to get on campus during the summer months when the campus papers are shut down.

"The [National] Post is trying to infiltrate over the summer," said Hassan-Gordon. "It's already happening at Calgary and Lakehead."

Ryerson's student union and newspaper had the *Star* removed from their campus last year, so there's still hope for *The Cord*.

Since no contract has been signed between Sir Wilfrid Laurier and the *Star*, Schiefer said they will use this time to inform the students about the recent events.

"We're collaborating with other student papers to let people know about it," said Schiefer. "We want a referendum to occur. Not that they have to abide by it, but at least these sorts of dealings would, be public knowledge."

Ryerson

Continued from page 1

students to be heard and will impact decisions of the board.

"Rallies make a difference. After our last rally on Feb 2, the government announced a two per cent cap on tuition increases. Last year they announced a 10 per cent cap, and the same amount the year before.

"Our Access 2000 Campaign helped build a significant amount of public support, so any cap is no accident," he said.

Odelia Bay, vice-president of the Ryerson students' administrative council, agrees that rallies do work, because it was the voices of students that averted deregulation in 1998.

"Two years ago the board didn't want to change their minds about fee hikes, but students pressured them into making that decision, so if we continue to do it this time, I'm sure they'll have to make the same decision," Bay said.

The student association has collected over 10,000 signatures and letters on campus, and the unanimous cry of the students is, "If the board of governors votes to deregulate our tuition most of us won't be able to come back next year."

Carol Veecock, third-year social worker student, said the school administration continues to maintain an unrealistic view of who attends their institution.

"Right now I'm looking at a \$60,000 debt when I leave university. I work 40 hours a week, I'm a full-time student who's very active on campus and I'm a single mother of two children. Deregulation would just end my dream of being a very productive member of society," she said.

The board of governors makes its budget decisions in or after April, when students are usually off-campus or taking exams.

The student association will meet on Wednesday, April 5 to plan ways to continue the pressure on the university.



Support: Protesters applaud peers' performance in the Ryerson governors' meeting

U of Guelph exploits tuition cap 'loophole'

Four per cent hike recommended

GUELPH, ON (CUP) - The Ontario government's two per cent cap on tuition fee increases for next year will not apply to all universities and colleges in the province.

Thanks to a provincial loophole, post-secondary institutions that did not raise tuition by the maximum amount in previous

years can raise tuition next year by more than two per cent.

At the University of Guelph (U of G), the administration has decided to take advantage of this loophole and recommend a four per cent tuition hike for the 2000-01 academic year

"The government ticket price is two per cent, but if you read the

language closely it is a little more flexible," said John Miles, assistant vice-president (finance), during a presentation to the Student Budget Advisory Group early Tuesday morning. "The effective increase is to be a real struggle," she said. "One actually measured against the maximum allowable in previous years."

"This is going to be quite" surprising to most people"

In the past, the University chose not to raise tuition fees by the maximum. As a result, approximately \$3-million in potential revenue was not collected.

According to government rules,

the U of G can add the \$3-million in uncollected revenue to a two per cent tuition hike.

The University is also recommending a one per cent increase in graduate tuition, despite being allowed more. Guelph's graduate fees are already among the highest in the province.

Both student and administration leaders are concerned with how the student body will react to a four per cent increase.

"Everybody is expecting a hike of two per cent, so this is going to be quite surprising to most people," said Matthew Keeley, operations and finance commissioner for the U of G's Central Student Association. seems to be valid rea-

explain."

Brenda Whiteside, acting associate vice-president (Student Affairs), agrees.

to

"There

sons to go to four per

cent, but they are going

be difficult to

"The four per cent piece is going of the real challenges we have now is explaining the reasoning to students in the most truncated consultation period we have ever had."

Meanwhile, one national student leader reacted angrily to the news. "What a bunch of pirates," said

Joel Harden, Ontario chair for the Canadian Federation of Students. "It's unbelievable that the government is allowing this to happen

and again skewing their numbers to please the public.'

B.C. government extends freeze on tuition fees

Announces more

money for post-

secondary education

VICTORIA (CUP) - As expected, British Columbia's new provincial budget extends the province-wide tuition freeze for another year, but it also includes additional funding post-secondary education for across the province.

The budget, announced Monday by B.C. Minister of Finance Paul Ramsey, increased funding to the province's universities and colleges by \$85-million – a jump of 7.5 per cent over last year's advanced education spending - and confirmed that tuition fees in B.C. will remain at their current levels.

"The freeze has helped enrolment grow faster in B.C. than anywhere else in Canada," Ramsey said in his speech to the Legislative Assembly.

"Enrolment is growing throughout the province, reflecting our commitment to provide quality education and opportunities in all regions."

The new advanced education funding will be granted to post-secondary institutions to help offset the cost of the tuition freeze, to increase core funding and to pay for new courses.

"One of the focuses [of the budget] is investing in vital services, including education," Ramsey told the media Monday.

Of the \$85-million in new spending, \$39-million will go towards creating over 5,000 new

spaces at universities and colleges. The new funding has not yet been divided among B.C.'s various schools, although some has been earmarked for Royal Roads University and the Technical University of B.C., located in Victoria.

A capital development fund of \$133-million will also go towards university infrastructure. A ministry official said that although the Minister of Advanced Education will announce new, projects at a later date, approximately \$97-million of this fund will be allocated to ongoing care and maintenance projects.

Another \$117-million will go to research infrastructure.

"It means more students will be able, everywhere, to get post-secondary education"

The budget received an enthusiastic response from both student and university officials.

"This budget is a great-news budget for students," said Mark Veerkamp, B.C. chairperson for the Canadian Federation of Students (CFS)

"The tuition fee freeze has been the most important policy for improving access to post-secondary education, and we're glad to see it continued in this budget."

Veerkamp added that the number of new spaces was far beyond what the CFS had called for.

Douglas College's Neil of the Advanced Nicholson, Education Council of B.C., said the

5,000 new seats is a positive development, but notes more spaces will be needed in the future.

He hopes to see an additional 4,000 spaces created annually to fulfil the demand.

Nicholson suggested a cost of \$45-million per year would be necessary to accommodate these new seats.

Maureen Shaw, president of the College Institute Educators' Association, B.C.'s largest post-secondary education union, was also pleased with the budget.

"When you consider we have colleges and institutes and universitycolleges throughout the province in 110 communities, it means more students will be able, everywhere, to get post-secondary education," she said.

Shaw applauded the creation of 400 new nursing spaces, but noted areas such as trades training and English as a Second Language programs need to be funded as well.

"This goes a heck of a long way," said Robert Clift, the executive director of the Confederation of University Faculty Associations of B.C., which represents academic staff at the province's four universi-

"Now that they've done it once, hopefully they'll do it again next year, and we'll get the rest of the way [there]," he said, calling for further financial support of post-secondary education in future budgets.

Clift stressed, however, the need for the province to support university research. Details of such support were not made clear in the budget.

March 30, 2000



Harden: What a bunch of pirates

News

SAC Election Special What do you think? Before... **FEXT AND PHOTOS BY LEE BAILIE**



Andrew Scott Computer Programming First year

"What I've heard so far is the money thing. [The students] want to get proper spending done in the student government. I think it's a big issue and the government needs to focus on that. That's what I've heard so far, the money thing."



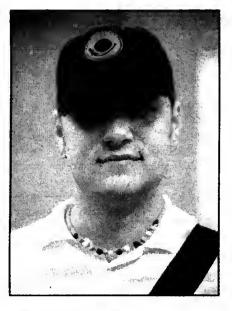
Adele Churcher Funeral Services First year

"I think it's important because people took the time to actually run for the election. We should realize how important it is to vote and speak our minds about who we want running the school next year."



Shashi Sharma **Computer Programming** First year

"I'm voting because I'm an international student here and the vice-presidential [candidates] have promised to do something [to help] international students. That's my main motive to vote. We are paying a lot. We are paying \$5000 for a semester and we aren't getting as much from the college, I think. Maybe these [candidates] will help us out."



David Firth-Eagland Computer Information Systems Second year

"I just the like the fun ideas that [Steve Anastasi] has, and the funny things that he said, so that's pretty much all I'm going on. I actually haven't looked into the [student parking issue] that much. I've just purely been going on the advertising. I don't even think I voted last year."

Lakeshore students weigh their options

Students want more fun, candidates with higher profile

By Linda Johnson

∕aren Lorenz, a fourth-year Kbusiness management/administration student, voted for Beth Robertson as president of Lakeshore SAC on the basis of her record of involvement in student life.

"I think she'll do a good job representing Lakeshore Campus," Karen said, "and she has good, strong determination."

Karen would like to see Farida Isaac become SAC vice-president because, she said, "Farida will bring cultural diversity to the council and I think her academic background would be a real plus."

"She's from social services," she said, "which is a good field to be in." Karen thinks it's very important to students to vote.

"It's up to them to vote for people they think can make a difference," she said, "who will get changes and who can get the other students really interested."

Jamie Felice also cast his ballot for Beth Robertson. For him, the deciding factor was her confidence.

"We often have an hour or two between classes. They should give us more things to do"

"Beth comes across as really confident," he said. "As if she knows what's she's doing. And I think her background indicates she can do the job."

"She also seems to really care about the students and the school,

helping it to go on to more important things," he added.

First-year music student Colin Rowe voted for Dave Golubev for Lakeshore president.

He said he was looking for someone with experience, but also spare time.

"I tried to choose candidates who have more time to spend on campus," he said. "It indicates they will have time to figure out what issues are important."

"To me, it's the visibility of the individual that counts. I like to see the candidates around even when I just come to the cafeteria."

Miguel Eusebio says that students have to vote "if we want things done in our school. It's a right and we need to exercise it," he said.

He voted for Dave Golubev and

Rose Kronschnabi. Eusebio said he

wanted to vote for candidates who

and will organize more events. "I want SAC to arrange more events," he said.

will get more money for students

"Many of us spend half a day here. We often have an hour or two between classes doing nothing. They should give us more things to do while we're here."

"It's up to [students] to vote for people they think can make a difference"

He says he knows Rose personlly and trusts her to do a good job. He said he voted for her because "she's intent on getting stuff done."

Last Friday, the first day of voting, saw a very heavy turnout. That was in sharp contrast to yesterday, when only eight students cast ballots.

Students gave a variety of rea-

sons for not voting. A few said they had no interest and were only barely aware of some candidates' names.

Stacy Grigoropoulos said she had heard "absolutely nothing about the election. I didn't even know it was taking place." She said there should be more signs.

However, most of the students who said they hadn't voted also said they don't spend very much time on campus.

Some said they're here only three days a week, others that they're here only for a few classes a week.

Child and Youth Worker student Claudia Fuentes said neither she nor her friends voted, partly because of the amount of homework they have. But it's mostly because they won't be here next year.

"We're all in placement next semester," she said. "So there's no reason to vote."

News



Winner: President-elect Toby Warnell addresses students at recent rally

Election Continued from page 1

"I feel amazing. It's like I had all this pent-up energy all week and it exploded," he said.

Ali plans to continue his studies here at Humber and his job in the Student Learning Centre.

"I knew winning and losing was part of the game. Congratulations Steve," he said. "I hope he does the job he's expected [to do]."

Muhammad Virk, current SAC president, said he was happy with the calibre of the candidates that ran.

"We had two members who knew what we (SAC) were doing. Toby was already working with me from Lakeshore and Inam was always asking where we were with the Humber Students' Federation (HSF) constitution," Virk said.

Virk hopes Warnell will continue with SAC projects, such as the Ombudsperson.

"First I want to finish the HSF initiative. It's my number one priority to get it done," Warnell said.

Chuck Decker, current SAC vicepresident, said a VP needs to be very sociable and able to work with co-ordinators to organize and attend events.

"There's a lot of behind the scenes work and long hours, plus you have to show up to the events."

Anastasi said he is going to wait for Decker to finish his term in office, and he is going to work on his parking petition that was part of his campaign platform.

"I still have a lot of learning to do. I know about SAC but I have to learn more over the summer,' Anastasi said.

While the majority of students will be on summer break, the new members will be starting work here at Humber.

Students will return in the fall semester to a new government. The conversion of SAC to HSF will take place in May 2000.

ter...

TEXT AND PHOTOS BY MELANIE IRVINE & CYNTHIA ATTWOOD



Yaisa McCarthy Nursing First year

"I didn't vote. I didn't hear about the election. I saw the signs but I don't know who the people are."



Bryan Barclona Marketing First year

"I thought it went well. It was a fair election. There was a lot more voting than other voting events."



Brett Ruffell Business Administration Third year

"I didn't pay attention to it. Nothing is going to change so there is no point."

for the last provincial election in 1996.

Iron fists, train

accidents features of

Humber elections

BY JENN COCHRANE

Ito the voting booths in huge

numbers, but they are no less inter-

ested than counterparts at other

colleges and universities in the

the full time students at Humber

took the time to vote, but at

Centennial College the figure was

four per cent, and at the University

Low voter turnout is not a prob-

lem with Canadians generally. In

the last federal election in 1997 over

two-thirds of the population voted,

and 58 per cent made it to the polls

of Toronto, six per cent.

Last year, only seven per cent of

province.

Tumber students may not rush

SAC Election Special

"I'm not interested in politics. I feel that the election doesn't directly relate to me," said Multimedia student Janine Carter.

Since 1972, fewer than 20 per cent of Humber students have voted each year in the elections.

But Pharmacy Assistant student Amanda Fertile says the problem may be with the candidates. "When I read the stories in the paper, I felt the candidates weren't suitable for the job.

"They should be able to get more than two people to run in a school this size," she said.

According to the book Past and Presence by Walt McDayter, the largest percentage of voting students was in 1977, when President Tony Huggins received 1,200 votes from a student population of less than 6,000.

One of the smallest margins of victory was held by Sonia Levy in 1998, when she was elected president of Lakeshore SAC by only two votes.

One of the largest margins was held by Don Francis in 1978, who received over 500 more votes than his competitors.

"I feel that the election doesn't directly relate to me"

Humber saw its first female Student Union president in 1976 when Molly Pellecchia was elected. According to McDayter, she ruled the union with an iron fist.

Another president who showed great determination was her predecessor, Ted Schmidt.

Prior to enrolling at Humber, he spent 13 months in hospital recovering from a train accident.

Ye	ar	Student Popu	lation	Votes Cast	
19	89	7,330		458 (6%)	
19	90	7,119		619 (9%)	
19	91	8,162		653 (8%)	
3. A Market State of the second state	92	9,132		546 (6%)	
19	94	10,167		856 (8%)	
	95	10,530		703 (7%)	
	96	10,776		1,400 (13%)	
19	98	10,666	영양 없이 감독하는	519 (5%)	
	99	10,687		727 (7%)	



Kris Heil **Multimedia** Second year

"I didn't vote. It doesn't interest me because I am leaving Humber in a couple of weeks."

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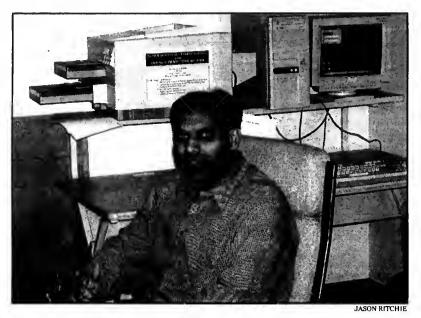
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Anticipation: Muhammad Virk is anxious to get started in new job

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Virk to stay in Humber politics

Current SAC prez next year's BOG rep

By JASON RITCHIE

A one horse race is all right by Muhammad Virk as he heads towards his new position for the 2000/2001 school year.

Virk, who currently holds the post as SAC president, is slated for a new office come the start of the next school year.

He will be filling the role as a representative of the Board of Governors, a position for which no other candidates ran.

"I am happy with the position. I will have a higher level of decision-making than I do now [as SAC president]," said Virk, adding that the job is unpaid.

Virk is anxious to get started in the new post.

As the current SAC president, Virk only represents the full-time students that are enrolled at Humber.

When he begins office in September, Virk will represent both full- and part-time students.

"The Board of Governors has the

final authority. I have had a lot of people come to me [as SAC president] with ideas in the past, but now I can have more say in what happens."

Virk said the Board of Governors has input on every aspect of the operation of the college, from administration to course outlines, which is what makes the BOG position so appealing to him.

He added that even though noone else ran for the position, he is still the best person to handle the role because of his SAC experience.

"The Board of Governors has the final authority. Now I can have more say"

He said this may be why nobody chose to run against him.

While still remaining a student at Humber, Virk is taking extra courses that will enable him to enter university after his reign at Humber comes to an end.

Studying computer-related courses, Virk says that he may also be interested in pursuing student politics in the future at university should all go well.

Bands, students support national famine weekend

By Ross Thomas

An estimated 150,000 students will go without food for 30 hours in support of national famine weekend beginning April 7.

Event organizers hope to raise \$3.5 million to help food programs both in Canada and in a variety of Third World countries, including flood-stricken Mozambique.

Canadian bands Philosopher Kings and Prozzak are helping to raise awareness of the event as this year's celebrity spokespeople.

For more information call 1-888-8FAMINE or visit www.worldvision.ca.

CAMPUS WIRE

HALIFAX (CUP) – United Nations-sponsored sanctions are devastating the most vulnerable in Iraq, says opposition politician Svend Robinson.

Robinson, a New Democratic Party MP, knows from first-hand experience the harsh impact the sanctions have had.

"The situation in Iraq is one that I react to with urgency, anguish, anger and shame," Robinson said in a recent talk at Dalhousie University. "As a Canadian my government is a part of this."

The sanctions have been in place ever since Iraq's 1991 defeat in the Persian Gulf War, and are widely held to be one of the most brutal embargoes ever enforced on a nation.

Recent UNICEF studies show the death toll among children is 5,000 per month, a direct result of what Robinson says is the use of "hunger and poverty as instruments of war."

WINNIPEG (CUP) – Some students at the University of Manitoba (U of M) are continuing their fight against the school's student union, while maintaining their support for the Manitoban, the campus paper.

Expressing anger over a decision by the University's student union to evict the Manitoban from its current location, about 50 students disrupted a recent fundraising dinner by the student union at a local hotel.

They criticized student union President Steven Fletcher for ignoring students' concerns.

MONTREAL (CUP) – The world's environment is worsening and the biggest losers are poor countries, said delegates at a recent conference of activists from across the Americas.

The three-day gathering held at the Université de Montréal, discussed links between injustice, ecological collapse and the global economy.

Delegates from North and South America focused on the effect of environmental damage on the poor and the powerless.

"There's no water left to drink in El Salvador," said Rosendo Mauricio Sermeño, an environmental activist from Central America.

"Sometimes you get earthworms out of the tap. The [logging] companies call this drinkable water."

Mauricio said logging in El Salvador has destroyed the country's water table and polluted its rivers and lakes.

News



Graffiti: North campus architectural technology rooms hit by vandals

Cops called over 'sexual' graffiti

Vandals draw on walls, desks, rip backs off chairs

By ANDREW HORAN

Vandals have defaced and damaged property in architectural technology classrooms L117 and L118 at the North campus.

Nancy Pinson, manager of public safety, said there have been reports over the past month of offensive graffiti on the walls and desks.

She said the pictures and words been notified.

have been sexual in nature. Pinson said there has been some actual damage to desks and chairs

in the room. She said the backs of some of

the chairs have been ripped off. Students have also reported that projects left in the room have been

Pinson described the incidents as "bothersome" for the students who use these rooms.

She said while graffiti on washroom walls is a common occurrence the vandalism in these two rooms is "the first to have been reported."

moved.

Police and CrimeStoppers have

U of T stalls over sweatshops

Sit-in ends but still no decision from admin

By Lee Bailie

The University of Toronto still has no living wage clause in its agreement with overseas manufacturers of its licensed clothing.

The president and vice-presidents met yesterday afternoon but have yet to adopt a new policy containing this clause.

A 10-day sit-in by Students Against Sweatshops (SAS), one of the longest in the university's history, was designed to put pressure on the university to adopt a new agreement that ensures workers will earn enough to support themselves and their families.

Yesterday's meeting came only five days after SAS members vacated the president's office.

"It is an advisory group that is meeting, not a decision-making group. The process is still underway. Getting senior input today is important," said Susan Bloch-Nevitte, director of public affairs for the university.

"A lot of colleges and universities in the U.S. have already adopted [the living wage clause in their agreements]," said Ian Thomson, a member of SAS.

Thomson said no colleges or universities in Canada have adopted such a policy yet.

"We're asking the university to take leadership on this issue [in Canada]," he said.

If a policy including this clause is adopted, it could influence exther universities and colleges in Canada.

"What happened in the U.S. resulted in increased activism. I think that if the U of T policy is successful, other schools will follow suit," said Bob Jeffcott, a member of pressure group Maquila Solidarity Network in Toronto.

"We're asking the university to take leadership on this"

At least one other Canadian university has started to discuss the issue.

"We've recently attracted local mainstream media attention with our 'mock sweatshop' to draw attention to the issue and update the students about how negotiations with the administration and the student council are going," said John Goranson, a member of the SAS Council at the University of Western Ontario, in an e-mailed response.

Thomson expressed frustration over the amount of time the university is taking to implement a new policy for its clothing manufacturers

"[The administration] always say things like 'it's very complicated' and 'we want to get things right.' We [students] had a code developed 12 months ago," he said.

"I can understand [the students'] frustration. Summer is approaching, [everyone] knows it. If it is delayed beyond the spring, the [proposed policy] could be broken," Jeffcott said.

Bloch-Nevitte said the university has reason to take its time: what works for other schools may not be right for U of T.

She said the university should know exactly what it is talking about before making official policy.

"Apparently some of the universities in the U.S. that have adopted [the clause] aren't really sure what it is. They couldn't define it," Bloch-Nevitte said.

"How would we enforce it if we don't know what it is?'

The University Affairs Board will be meeting on April 18 to examine the issue further, and if a policy is recommended it will go before the Governance Committee on May 11 where it may be approved.

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Fditorial

Sad turnout for SAC elections blamed on campaign delays

This time SAC can't blame the poor election turnout on student apa-L thy. The nomination period for North Campus president was extended by a week cutting into candidates' campaign time, due to one candidate's late nomination papers. They've had one week to reach out to the students of Humber when two weeks last year only rustled up 552 votes.

So what good are the glossy election flyers going to do when there's no time to get them in the hands of students?

As students went to the polls earlier this week, they still didn't know our candidates because students never had a chance to meet them. One all candidates forum held at the North Campus was simply not enough. Should they have expected students to build their busy lives around that date and attend so students could cast an accurate vote instead of picking the prettiest flyer off the wall and hoping for the best.

SAC said the candidates' pamphlets, which were printed in "plenty of time", gave students enough of a description to cast a vote by.

This is not how an election usually runs. By the time the voting date rolls around, people are usually sick to death of hearing about all the election promises and reading all the flyers that litter your mail every week saying "vote for me".

Granted there are some students who just don't care, or even know there is an election taking place, but remember, there is a large salary attached to the job of SAC president.

Graduating students who have started their job hunt have to wait longer to get a second interview than it takes for Humber to hand out a \$27,040 position.

If only things were this easy, there would be no need for resumes, cover letters, and portfolios, merely some token ideas of better "building structures", and more "quality education" and a handful of flyers.

If SAC wants voters it's going to take more than a week, or even two to get them. It's going to take more than just one batch of candidate forums to get students involved. Just look at the U.S. The campaigning is well underway for a November election.

If it takes them so long to get their message out, SAC might have to wait into the next millennium.

One SAC candidate said education is not about "quantity, it's about quality".SAC displayed neither in their election this year.



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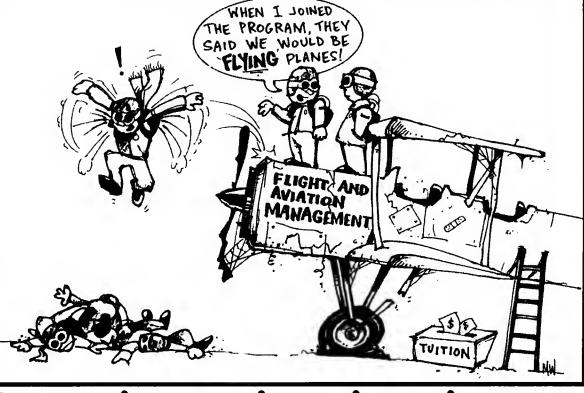
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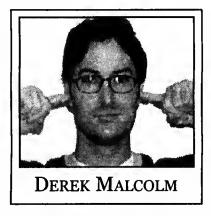


Bass-ic spring instincts

Ahh spring, my favourite of all the seasons - not too hot, not too cold, just right. Cool enough to wear a pair of (uun-tz) pants, yet mild enough to break the t-shirts out of (uun-tz) storage. Get outside, play some (uun-tz) catch in the warm sun, wax your (uun-tz) car, enjoy the wispy (uun-tz) breeze coming from the (uun-tz) - okay, what the hell's that annoying sound? It sounds like it's coming from that lowered Honda Civic with the tinted windows and the chrome rims coming down the block...uuntz, uun-tz, uun-tz, uun-tz. Aww crap it must be spring.

I'm not a huge fan of the subzero months of winter, but the good thing about snow is that it's a good insulator of sound. With the spring thaw inevitably comes the rolling down of windows and the need for mac daddies to share their bass with the world.

My knees buckled as the assault on my inner ear warped my equilibrium and I keeled over like a newborn fawn. Pulling myself up, I shook my fist at the dude behind



the wheel but I couldn't see him in his nearly fully reclined position.

The car cruised down the street. The licence plate was rattling for Pete's sake.

God knows I'm a fan of loud music. If I could make out the tune, I might even enjoy the moving dance clubs that roam around the city. But all I hear is bass.

Bass that I can't run from, bass that I can't get rid of by changing the station, bass that I can't turn down, and bass that I can't stop through the use of various illegal military weapons.

So what's to be done about this audible pain in the ass? Should we declare war, beef up our car stereos and rock the world with Mozart or Beethoven? Yeah, I can see it now cruising down the Wasaga Beach strip with the hatchback of my Mazda 323 popped up, with the William Tell Overture (a.k.a. The Lone Ranger theme song) blasting. Man would I get the crap beat out of me.

What about asking nicely? "Excuse me fellas, could you maybe turn your stereo down so I can walk in a straight line without experiencing vertigo? No? Okay, could you take some of the bass out at least? Pardon? Yeah, I can run pretty fast."

Let's face it, there is no answer. As annoying as it may be, earbleeding bass from souped-up cars is a part of our spring/summer atmosphere. Kind of like mosquitoes. They never stopped us from camping did they? It'd sure be nice if the friendly people at the OFF! company could whip up some kind of mac daddy repellant though.

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E-nough already

You know those new commercials plugging the Net with the slogan, "Can't do it in life? Do it on the Net"?

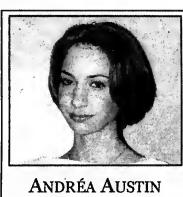
I have grown to hate them.

I'm online a fair bit, so I may get into an entire riff that's completely hypocritical, but there's a license for us writers no one else knows about. In really fine print at the very bottom, it says, "Thou shalt be a hypocrite and blame it on the editors."

Anyway, what gets me going here with these commercials is the perfect way they characterize our current obsession with all things E-whatever. We have e-commerce, e-auctions, e-sex, e-travel, e-concerts... e-brains?

This whole techno-revolution is a good thing in many obvious ways, but what are we doing to ourselves unwittingly? I bite my nails and shudder.

With oodles of info at our fingertips, which do more clicketyclacking on keyboards than they do much else, we don't have to do things that used to be the facts of life. We don't have to go to a library, we don't have to mail a letter, we don't have to spend hours in a mall, we don't have to go out



and meet new people in person.

Take this one step further and we don't have to travel, we don't have to go to concerts and listen to live music, we don't have to go to art galleries, immerse ourselves in a culture to learn more about it, heck, we don't even have to shower or leave the house.

This is the first time in the history of us that we've ever had so much opportunity to become vicariously cultured.

While corporate e-people are clapping their hands and lighting cigars with wads of flaming \$100 bills, a great good number of us are barking in return, wagging our tails, choking ourselves with our own leashes we're so damn eager to lap up the next e-cookie. One of those much-hated Net commercials laments that in real life, one can't spin an SUV around in midair to get a good look at it. So what? Get off yer duff and walk around one at the lot, open the door and sit in it, drive the thing around. Chances are the hum of a new engine and whiff of new upholstery can't be duplicated online.

pinion

We're spending money on the latest high-speed hook-ups so we can download a site on Hawaiian traditional luaus, when saving that cash might actually get us to a real, Maui luau if we're patient and pinch our pennies for just a while.

Nothing we can create can recreate the richness of real experience. Anything blinking on a computer screen isn't real, it's a kind of reflection of reality. The advances made in electronic technology have gotten us excited and pushed our collective awareness up a notch. Now it's time to become disenchanted with it just enough that we fall in love with life again.

"Truth, like a torch, when it's shook it shines." In the words of Sir William Hamilton,

It's time to shake our torches.

There's a reason the sun don't shine there



Elliott Belkin

Proving there is no such thing as a healthy crack addiction

When future plumbers are in their final stages of schooling I think they have to take a pledge vowing to do the single most disgusting thing they could do while being discreet about it.

It probably goes something like this; I pledge to wear jogging pants that are too small. I will wear them too low and my shirt will be too small. I will be oblivious to everyone around me while laughing hysterically in my head.

The sad thing is, they may not always fix what they are there to fix, but they succeed in making all innocent bystanders ill from the sight

I work at Pizza Hut and our dishwasher was overflowing. It was my responsibility to call in a plumber. When he came in the nightmare began.

I showed him where the problem was and he went right to work. I left him alone for a few minutes and when I returned to see how things were going, it began. All I saw was a huge tuft of hair split down the middle. The crack of his bum was so hairy it would have made an orangutan jealous. I swear I heard Sinatra's Moon River playing in the background as he shook his bon-bon to get himself into position.

My eyes began to water, I thought I was going blind. I also immediately began experiencing a hard-core case of the gag reflex.

I jumped over him and ran outside for what was, ironically, some fresh Toronto air. I gathered my strength, gained my composure and returned to work. Not, however, before I left the door open to cleanse the room.

As he was leaving he had a huge smirk on his face as if he knew what I had just recovered from, and that he's kept his word.

How hard is it for people to buy pants that fit them and wear a belt so the world doesn't have to see the place where the sun don't shine? Have some decency for God's sake.

In the plumber's defence it's not only them. It's the older generation

It's those same people who suffer from the worst case of buttcleavage possible that are yelling at the younger generation for wearing their pants low. All the while they're waggling their fingers at them with one hand, and pulling up their pants with the other.

At least the kids wear their boxers higher so as not to expose their vertical smile.

Plumbers and the older generation can learn a few things from these young punks as you call them. Wear a belt. That's what they do. Wear your underwear higher. Again, that's what they do.

Show us that the the expression "the older you get the wiser you get," is true. Use that wisdom and cover up your unsightly features.

If you don't believe me about the horror of the full moon giving you nightmares for weeks, call a plumber.

I beg you. The next time you have a plumbing problem, don't fix it yourself, call someone in and watch. If the sight of a butt-crack doesn't give you the same experience that it gave me, then you are not human. No human could bear, or is that bare?-that, nor should they have to.

A person's posterior is to be sat on or used as a method of relieving themselves. It is not in any way, shape or form meant to be used as a torture device and exposed so that everyone and their mother must be forced to look at parts of you we weren't meant to see.

I'm pleading with you demiderrière exposers, if you have one ounce of human decency, cover up the offending area. If that's too much to ask, please, please do us all a favour and get a belt.

Clean house beats a pair

A fair warning for lovers heading into a new season

What is it about the first signs of spring that makes relation-ships falter?

It seems as though every couple I know is on the verge of entering the exciting world of freedom known as singledom. It is like we all have come out of hibernation; the days of cuddling up close with the one you love have melted away with the last snowfall.

Be it the warm weather or maybe a slight case of boredom, whatever it may be that has lead you to the realization that he/she is NOT your soulmate, the bottom line is that love as we have known it will cease to exist,...if it hasn't already. Call it pseudo Spring Cleaning. Out with the old and in with the new. Spring is a time for rebirth, a time for new beginnings. Not that we haven't enjoyed the time spent by the fires



or warming frost-bitten frostbitten. fingers in our lover's back pockets. The truth of the matter is that with the weather at a bitter -40, the idea of going out to meet people is just not likely to happen. But, with the summer sunshine beating down on our golden bodies, the desire for something, ahem, someone, new can be as addictive as the nicotine in a Du Maurier regular.

I, for one have come to the point where the need for change is sending me over the edge Now, many of you will think me heartless and perhaps you're right. But why should we feel the obligation to stay with someone just because they happen to love us.

For those of you facing the dilemma of how to break up without being the bitch, I know you understand. But, for those of you on the receiving end of the spring fever garage sale, don't hate us. We don't sit up late at night plotting your demise no matter what you think. We just want our cake and we're damn well going to eat it too. Yes we're selfish, but you should already know that after spending a few months as our partners.

Spring is a time when we start to consider what lies ahead for us. We're contemplating our future and have to decide whether that significant other has a place in it. Most of us know the answer but are just too afraid to be hated for a while.

Just as it has for centuries, time heals all wounds.

So all you lackluster lovers, pack up your shit and head for the hills ... Spring has sprung.

10 On Campus Music search hits Caps TVO Telefest

battle it out at Caps

BY LAUREL MIKOLAITIS

Caps was rockin' Tuesday night With the "Battle of the Bands". The funky jazz band, Heavy Handed Groove Tirants, stole the show and won first place after performing music search, which featured some of Humber's finest talent.

The runner up for the evening was Pop Machine.

The night started with the first band A Kinder Habit taking stage, followed by Heavy Handed Groove Tirants, Shift-D, Pop Machine and Shadowplay.

UNIQUE

Each band had a uniquely different style ranging from alternative, to rock, to pop, and funked up jazz.

The winning band was happy they won and said they were blown away at the outcome of the night.

The four members who make up Heavy Handed Groove Tirants included drummer Shane Dellar, bassist Jeremy Pimentel, guitarist Jamie Nicoll and lead singer Sean Goodchild.

Nicoll said they were all really surprised and excited when their band was named the winner.

"We are blown away, speechless. There were a lot of good bands here," Nicoll said.

Despite having impressed the crowd and the judges, the band members said they hadn't had very much experience playing together.

Heavy Handed Groove Tirants lead singer, Sean Goodchild, said they only jammed twice before performing at Humber.

"This is our first show," he said.

In the future, the band hopes to add a trumpet player, a percussionist and maybe some horns to add to their funky jazz sound.

SAC put on the music search



Shift-D: Play their hearts out in hopes of moving up in the music scene

event in conjunction with the Canadian Organization of Campus Events that programs educational and entertainment events for Canadian universities and colleges.

SAC Vice President, Chuck Decker, said the five bands chosen to perform, were picked out of 18 bands that sent demo tapes to a panel of SAC judges.

"It was a good turn out and, I liked the wide variety of music genres"

He said the winning band, Heavy Handed Groove Tirants will go on to further competition.

"They will go to the sub-regionals, and the winner there will head to the nationals, which will be held in London at Fanshawe College," Decker said.

Decker was one of the many people who enjoyed the show and the different styles of music.

"It was a good turn out, and I liked the wide variety of music genre," he said

Winners: Heavy Handed Groove Tirants rise above the rest at Caps

Music student and one of the judges for the music search, Chris Picco, said all the bands were good, but he really enjoyed the Heavy Handed Groove Tirants' set.

"They were lots of fun, the whole band was good. The audience was really into it," Picco said.

Caps employee, Christina Jabalee, said she liked the music and that the Battle of the Bands brought something different to the pub.

"The music search was a unique thing on a Tuesday night here at Caps, it brought a lot of people out," she said.

Heavy Handed Groove Tirants will go on to the play at the subregionals being held at Sheridan College this Saturday.



Popmachine: Came up just short

TVO Telefest preparations under way

TV Ontario's 20th annual award show is being sponsored by Kodak Professional Motion Imaging

By Albert Leonardo

Film, television and broadcast journalism students from across the province are in high gear, as they prepare for the 20th annual TV Ontario Telefest Awards.

For the second consecutive year, Kodak Professional Motion Imaging is sponsoring the event.

Christina Casale, a corporate promotions employee at TV Ontario who has been affiliated with the event for five years said, "[the Awards] are to honour students and foster the Canadian media industry."

There are 10 categories for this year's event: animation, comedy, corporate, drama, documentary, experimental, instructional/education, news/information, and new media that is CD-ROM and Web site based.

There are three entries that are chosen for each category from about 20 colleges and universities.

> Last year, third-year Humber student, Jeff Lambert, won for best editing

Students are asked to produce a piece that fits into one of the 10 categories, and is based on length. If a student wants to produce a short drama, for example, the piece can run no longer than 13 minutes.

Film and Television students begin working on this project in September as part of their course. "We're responsible for writing, production, actors, and budgeting," Mitchell said.

Mitchell had high praise for the faculty members involved with the project, saying that the instructors have been very supportive, and have gone out of their way to assist the students in any way possible.

"By doing this the students realize that their work, if of high enough quality, can reach the market "

Michael Glassbourg, co-ordinator of the Film and Television Production program said, "Telefest is very good for the students because it is the only one created where students can enter free of charge."

"By doing this, the students realize that their work, if of high enough quality, can reach the market," Glassbourg added.

Last year, third-year Humber student, Jeff Lambert, won for best editing.

Students will be fighting for the prestigious Award named after Jay Scott, a former film critic who died of AIDS in 1994. The winner is given a 12-week internship at Canadian Film and Television.

The deadline for submissions is Friday, May 12, at 5 p.m.

Winners will be chosen in June, and the Awards night is set for early November.



Kodak: Hosting Telefest awards

On Campus

Selling yourself after Humber talked for two hours," Davis said.

Books only one tool available to help people find work

BY LUISA MARIN

With the end of school coming fast, it's time for Humber students to take to the streets with their resumés in hand in hopes of finding a job.

Some are desperate for anything that will pay the rent, others are desperate for something in their career path. The hard part is you and about a thousand other people are competing for that same job.

Seasonal part-time jobs like Canada's Wonderland are a student's best bet for summer employment.

"It hires roughly 3,800 young people every year," said Kevin Makra, author of The Canada Student Employment Guide and The Canadian Job Directory.

Makra stresses not to ignore the hi-tech sector, which is experiencing tremendous growth.You can get into Web design or even customer service in a hi-tech company and work your way up.

If it's just part-time summer work students are looking for, then as Karen Fast, co-ordinator of Humber's Career Centre, said, seasonal jobs are very popular.

"Companies have a big event coming up, they hire the students for it and then they're gone after the event," she said. "They may be there for three weeks, six months. It's a matter of need."

Fast said only 10 per cent of the students get hired on after the summer. That's mainly due to the fact that many employers have special products they are trying to promote

or special campaigns they're running.

Makra's books and Humber's Career Centre provide advice and tips for students looking for work. Canada The Student

Employment Guide, which has sold over 25, 000 copies, is an essential job search tool, containing valuable employment profiles on companies and organizations across Canada.

It's available for Humber students in the Career Centre and can also be found at many local bookstores.

His other book, The Canadian Job Directory, uncovers the hidden job market and contains profiles on every source of employment in Canada.

Books on job searching can be found at www.studentjobs.com.

Makra said he wanted to make a difference and help students, like himself at the time, who have no idea what to do when it comes to job hunting.

"If you're there first,

that's half the battle"

"I was looking for a resumé book

Once students find a job they

Anthony Davis, who is graduat-

one day and thought, 'what do com-

panies look for?' I wanted to create

a book that answered that ques-

want, the next step is getting

ing from Business Administration

in April, found the interview

process easy. He got a job at

Anicom Incorporated, a multime-

and even brought in a portfolio, but

nobody wanted to see it. We just

"I was interviewed by two men

tion," Makra said.

through the interview.

dia technology firm.

"They told me about the company and got a feel about what kind of

a person I am. I was called back the same day," he added. The Career Centre offers mock

interviews to help students prepare a head of time.

"We will put you through what we consider to be a professional interview and we'll give you feedback to what you're doing wrong," said Fast.

Makra believes every high school, college, and university should have a career centre and offer classes on career preparation.

"I think the transition from school to work is extremely difficult. There are actually some career are the things that are going to help view skills." you in your job search."

• Ideas, as in, know what you want. • Initiative, as in, show your enthusiasm and go after what it is you want, and • Individuality, as in, separate yourself from the pack.

Makra said that you should separate yourself by getting a head start on the job search. Create resumés, call places you'd like to work for and find out if they're hiring. Make up a portfolio. Then deliver the resumés in person. Don't wait until you get out of school with everyone else. Some company's are on a first-come, firstserve basis.

"If you're there first, that's half the battle," Makra said.

According to Fast, students don't have their act together when it comes to promoting themselves.

Makra uses the example of buying a car.

"Talk about your best feature and benefits," Makra said. "Then put yourself in the employer's shoes. If this company had to hire someone, what do you think they'd look for?'

The Humber College Career Centre has many tools to help students find jobs.

"We have a graduate employment program where we go to every program and hand out packages to students. We have an e-mail distribution list and have students give us their resumé so we can fax them in to companies looking for Humber people," Fast said.

"I think the transition from school to work is extremely difficult"

That's how Davis found his job. "Karen came into our class and gave us a package with Web sites and disks in it," said Davis.

"I went to talk to her; she checked my resumé and changed a few things. I kept in touch with her and that's how I found this job."

Davis recommends the Career Centre to everyone. He said if it hadn't been for the help of Fast, he'd be out to lunch.

"People say there are no jobs. Well, you know what? There are tons. It's just a matter of knowing how to get them."

The Career Centre offers its services to all Humber students whether they are part-time, night school or alumni.



Fast: She is only one of many people available to help you find a job

counselling courses that are mandatory in high schools right now and I think that's wonderful," says Makra.

Makra suggested talking to other people who have been through some interviews to get an idea of what to suspect.

According to both Makra and Fast, self-marketing is the most important tool we need.

"The three Is," said Makra. "Ideas, initiative, and individuality

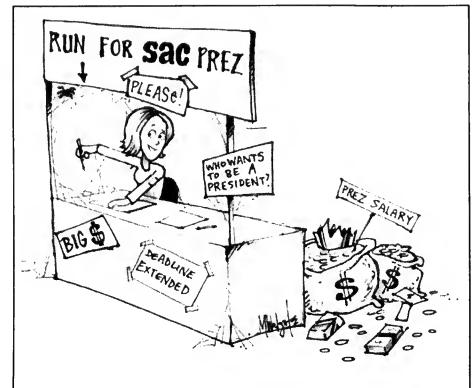
Although the people at Anicom Inc. didn't need to see Davis' portfolio, Fast strongly suggests always bringing one along.

"My advice to students is more in the areas of self-marketing," said Fast.

"I had a question posed to me the other day about why youth unemployment is so high. My answer to that was not because of the lack in jobs, it's because of lack of self-marketing and lack of inter-

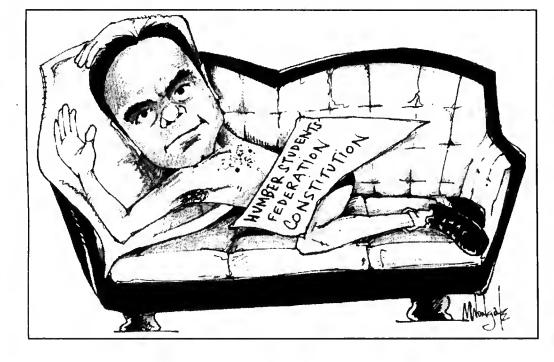




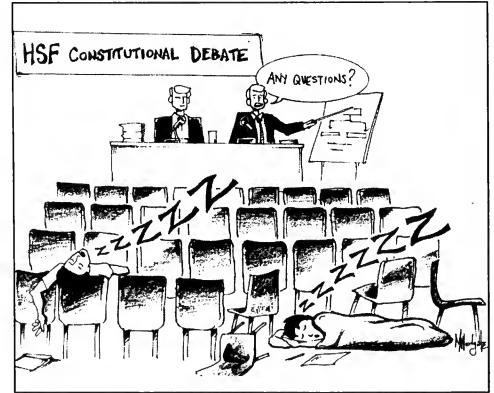


A look back at SAC 1999-2000 through cartoons





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On Campus

Spring is here

Landscaping students shine at Toronto Garden Show

BY SHARON ASCHAIEK

Humber landscaping students were able to show off their stuff at the 4th annual Canada Blooms Toronto Flower and Garden Show.

The Millennium Garden, which was created by Humber's second-



year landscaping program, was one of 34 exhibits being featured at the Metro Toronto Convention Centre as part of the massive horticultural show that ran from March 22 to 26.

"It was a really nice garden. I guess the main experience was getting out and constructing something for a lot of people who hadn't actually built something yet," said Dan DeCiccio.

DeCiccio was one of the 24 students who worked for four days straight putting the Garden Show exhibit together.

> That was in addition to the months of prep work, that included constructing walls and force blooming plants and flowers.

The students merged the past with the future by fusing traditional materials such as flagstone and rough lumber along with more contemporary resources such as glass, concrete and aluminum, along with an array of pink and white flowers and green foliage.

FINAL GRADE

The project accounts for 50 per cent of the student's' final grade, but it's also an opportunity to get experience working on a major industry project.

"There was that pressure of trying to get it done in four days, so it was more of a realistic job," DeCiccio said.

Getting professional experience is one of the project's major benefits. Students are exposed to the latest trends in the industry and are able to make important connections.

"It was a good experience, getting to work on a job site," said landscaping student Andrew Beveridge.

"It gives you a good idea of what to look for and what to plan for yourself in the future."

Getting familiar with the industry and preparing for a future is what it's all about, said program co-ordinator Harry Chang.

"It's a great way for them to get exposure to the industry as a whole, see how a company does things, and it also gives them the opportunity to make contacts for eventual employment when they graduate," Chang said.

Since becoming involved with the first Canada Blooms four years ago, four Humber students have managed to snag full-time work out of the event.

Chang said the massive exposure the students receive from the show is a booster both for the program as a whole and for the students.

"It gives us tremendous exposure as a program to let the public know that we're here and show them what we can do," Chang said.

Last year the event drew more than 20,000 visitors, and organizers are estimating the numbers were even higher this year.

Chang said that while the work is intense, the payoffs for students are enormous

This year's garden was the college's best ever.

"It's a difficult project because it's so demanding of your time, but I think when the students see the end product, they're all very proud of what they've done," he said.

For the students, the chance to show off their work to the public was worth the hard work.

"People were really enthusiastic about it. They were impressed that students actually built this. I thought the end product was just amazing," DeCiccio said.



Proud: Harry Chang, program co-ordinator



Blooms: Humber's landscaping students display class project at Convention Centre

Humber's male nursing students battle stereotypes

Tifestyles

Female dominated field a challenge for male caregivers

14

BY JENN MOSSEY

Who says men can't be good nurturers and caregivers? Despite the opinions of others, many men are overcoming stereotypes in order to pursue their dreams.

Brian Kelly, 22, is a nursing student at Humber College where he is surrounded by approximately 35 female classmates.

Upon graduation, he will be among the 3.5 per cent of nurses in Ontario who are men.

He blames the imbalance on old perceptions of what a "real man" is.

"The stereotypes will always be there, that men aren't good nurturers, that men can't do the job or that all male nurses are homosexual," he said. "It's always been that way. Men are usually the doctors and women are typically the nurses."

However, Lenore Duquette, nursing program co-ordinator, said the number of male nurses is increasing.

"There are more and more men entering the field," she said. "It's the same as when women went into engineering, a male dominated field, 20 years ago."

Weighing 250 lbs. with a muscular physique, Kelly closely resembles a football player on the defensive line.

"The stereotypes will always be there; that men aren't good nurturers, that men can't do the job or that all male nurses are homosexual"

Kelly said his gender and physical appearance have often made it difficult for him to perform his duties as a nurse in training.

When he was at his work placement, some people, men especially, would refuse care like bed baths or

sponge baths. He attributes their negative

reactions to him being a male.

Kelly realized that nursing was something he wanted to pursue after he volunteered on the pediatric floor of Peel Memorial Hospital where his mother worked.

He met a young boy whose parents were too busy working to visit him.

Kelly said he became almost like the boy's older brother.

"It was a very comforting feeling," he said.

Stereotypes don't bother Kelly because he says there are definite advantages to being a male nurse.

"The average person today is heavier and more hostile," he said. "A task, like lifting a patient, that takes two females to do, I may be able to do on my own."

Although being in a class of almost entirely female students has its perks, Kelly said that's not why he is there.

"My class is my class. I'm not there for the girls, I'm there to get my work done," he said.

Lizete Pereira, one of Kelly's classmates, said that it was awkward at first having a male among Optimistic about his future,

"No matter what I end up doing in the future, the material I learn in nursing can only benefit me in the long run," he said. "It's knowledge that is good information to have.'



Dedicated: Humber nursing student Brian Kelly, says he offers patients quality care despite the many misconceptions surrounding male nurses

all of the females, but now hardly notices the difference.

Kelly applies the knowledge he gained in the program to his life.

Marriage contracts – the legalities love

By Soo Kim

nyone who is a true romantic ${f A}$ would be heartbroken if asked to sign a marriage contract.

Did Jane Eyre and Mr. Rochester think of property when they declared their love? Did Rhett Butler make Scarlett O'Hara sign one- though he had every reason ?

But since the divorce rate in Canada is 37 per cent, prudence demands that idealism be tossed aside.

According to family law lawyer Marty Klein, marriage contracts usually deal with ownership and division of property during marriage, separation, annulment, divorce or death.

"If you bring assets into a marriage and you want to make sure they are separated because of the volatility of marriages these days, then the parties may want to go ahead," said Klein.

Without a marriage contract, spouses are subject to the province's property laws.

A couple, however, can opt-out of these family law provisions by negotiating a marriage contract tailor-made to suit their needs.

An agreement on the amount and duration of spousal support is



Protection: Even hopeless romantics are securing their assets with contracts

also top priority for many couples. Marriage contracts can also set

out the personal rights and responsibilities of the couple. For example, the husband may want a provision allowing him to spend a month in Hawaii each year with his former girlfriend. The same husband may agree to be the designated pooperscooper.

Courts are not going to enforce such terms but the couple may view them as a serious blueprint for dayto-day living.

Marriage contracts cannot deal with custody and access issues with respect to children. So, for example, a couple cannot predetermine, before separation that the wife will have custody of the children should the marriage break down.

And even though the couple can agree on ownership rights to the matrimonial home, a marriage contract cannot limit either spouse's right to equal possession of the home or joint control over the disposition or encumbrance of the home. So, the couple cannot agree that one of them will move out on separation or that one has the unilateral right to sell or mortgage the family home.

Marriage contracts are only available to couples of the opposite sex who are married or intend to

marry. But common-law and samesex couples can enter into cohabitation agreements (the equivalent of a marriage contract).

About 10 to 20 per cent of Canadian couples have marriage contracts but they continue to be controversial.

Many argue that the basis of a marriage is trust while marriage contracts are a sign of mistrust. They say the couple is, in essence, planning for the end of the union. The pair (or, at least one of them) is making it clear that their possessions are more important than the other.

"I have a spiritual hostility to [marriage contracts] because it's just opening the door to failure. It's assuming that [the marriage] is going to fail," said David Russell, senior pastor at the Mississauga City Baptist Church.

Legal fees for a simple marriage contract generally start at \$300. They can climb into the five-figure range if negotiations are drawn out and if there are many assets to evaluate.

Although they can pave the way for an orderly distribution of property on the dissolution of marriage, they can't guarantee a tidy divorce free from expensive litigation.

A spouse who agreed to the agreement in the first instance may later decide to challenge it. And, a judge may decide to overturn it if he or she finds it unconscionable.

"No contract is ever air tight," Klein said. "If a court wants to override a contract because someone's going to really lose out bad then they're going to help out the underdog.'

However, as a general rule, courts will uphold valid and enforceable contracts.

"If it's properly drafted, if the parties enter into it with eyes open and they had independent legal advice, if full financial disclosure was given, if there was no undue pressure or coercion, then the chances are more than likely a court will uphold it," said Klein.

While couples can use do-ityourself-kits, experts don't advise this. Couples may need legal and financial help dealing with complex matrimonial and tax laws. And, contracts drafted without the help of lawyers are easy to over-turn.

The party who objects to it can say he or she did not understand the terms of the agreement. It becomes a he said, she said situation. A visit to a law office can make such an argument difficult to make.

Lifestyles



Time Management: RA Doug Ramsay attempts to juggle school and his social life while working at Humber

RAs keep students in check

BY DORLY JEAN-LOUIS

Being woken up at 4 a.m. to investigate noise complaints is part of his job but Doug Ramsay doesn't complain about being a **Resident Assistant.**

Balancing school, social life, and work demands excellent time management. It's a skill Ramsay, a third-year Architectural Design student, has had to master quickly.

"I set aside hours during the day for school, a couple of hours at night for the RA stuff, and at night time," said Ramsay a first-time RA at Humber's S building.

"We're always here for people, making sure there's no conflicts"

He was attracted to the position because it gave him the opportunity to work with other people while putting his leadership skills to good use at the same time.

"I wanted to be a leader of the floor," Ramsay said. "I wanted to help other people and I like taking a responsible role."

Jane Marchildon was also attracted to the position.

"When I was in University I worked in residence and I really enjoyed it," said Marchildon.

"I thought it would be a great opportunity for me to meet people and get involved in the school community," added the Recreation and Leisure studies major.

Getting involved means welcoming hundreds of newcomers to residence life, making new friends, and planning fun activities for them year round.

However, when students plan

their own fun, RAs use discretion in deciding how far things can go.

"We were on rounds one night and we encountered a group of guys in their underwear having a towel fight," Ramsay said. "That wasn't really expected. That was one of the funniest things."

But the fun ends where discipline begins.

"I laughed at first," admitted Ramsay. "But we basically told them it's not the right time to do it."

Marchildon and Ramsay also share the responsibility of making sure no quarrels erupt between the 77 tenants on S-3.

"We're always here for people, making sure there's no conflicts," said Ramsay. "If you look at it we're on call 24 hours a day, seven days a week."

Despite their hard work and long hours, RAs get paid a mere \$125 a week, a sum that doesn't quite fit the bill.

SKILLS

RAs must have specific skills to fit together as a team.

"I try to hire people who have some interpersonal skills," said Michael Kopinak, the residence life co-ordinator.

"I usually stay at school until 3 o'clock in the morning"

"I look for experience in counseling, peer mediation in high school [and] role modeling."

This screening process involves submitting a resumé writing essays on personal attributes, sitting through an interview, and keeping good grades throughout the year. "They are supposed to have a 70

per cent average to apply," Kopinak said. "However I will not go below 65 per cent."

While the rule about maintaining a good average is strictly enforced by management, tenants had a range of scores to give their team leaders.

Despite their hard work and long hours, RAs get paid a mere \$125 a week

"There's 50 per cent of RAs who do their job well," said Celena Negovetich, a second-year Radio Broadcasting Student.

"Thirty-five per cent do their job but lack, and the other 15 per cent are complete write offs."

APPRECIATED

But Dana Yates who lives on S-2 thinks highly of her RA.

"I live next door to Chad (Beamish)," said Yates, a Public Relations student. "He's a really great guy."

Mark Papineau, who works at the reception desk, also praised his colleagues.

"I believe they are doing it to the best of their ability," said the Advertising Media Sales student.

The fact that there are only 20 RAs to meet the needs of 720 students might be part of the problem.

"She's like an unattentive mother," complained Alice Howsam. "She was never around last semester."

"We're like fries and gravy", added Celena Negovetich, a second year Radio Broadcasting student who lives on S5.

"Sometimes we go together, sometimes we don't."

'Drive Clean' to lower GTA's auto pollution

BY STEVE RAMELLI

The Ontario government's Drive L Clean program may not be the best way to reduce smog in the GTA, some environmentalists say.

"Even though it is a step in the right direction, it isn't the right thing to do in terms of spending government resources and the resources of consumers," said director of the Humber Environmental Action Team, Larry Saldanha.

Saldanha said that the better way to go would be to reduce the amount of traffic on the roads.

"They should put more resources into public transit."

Charlie Ross, a spokesperson for the Drive Clean program said the program has been a success so far, "B.C.'s Air Care analysis is that we have an estimated reduction of 6.7 percent in oxides, nitrogens and hydrocarbons in the first year of the program."

The objectives of the program are often confused with what the consumer thinks the government is trying to accomplish.

"The point of Drive Clean is to encourage emissions control maintenance. The ultimate goal is not to catch polluting vehicles, it is to encourage people to maintain their vehicles," said Ross.

Saldanha also said the government's initiatives are a step in the right direction.

However, the program will not be fully operational until 2004 because of the volume of vehicles to be tested.

"We announced back a couple of years ago that our target was a 22 per cent reduction in vehicle pollutants, and we have a lot of faith that we're on the right track," Ross said.

Although effective, the program is not perfect. Ross said the test is under review and it is too early to determine what the changes will be.

"The most recent development is that cars under six years old pass with a rate of 97 per cent, so we feel they should be exempt. We want to target gross polluters," said Claudia Pellucci, a customer relations representative with the Canadian Automobile Association.

David Leonhardt, the director of public and government relations for the CAA agrees, "The exemption is currently for the first three years of a car's life. We're asking for that to be changed to six," he said "We also want to have some provisions for low mileage vehicles and a crackdown on high mileage vehicles like taxis."

The method of conducting the test has been scrutinized because it is a tailpipe test that measures for oxides, hydrocarbons and nitrates.

Randy Orgar a mechanic and licensed Drive Clean operator at Speedy Muffler in Hamilton said, "Cars don't only exhaust from the tailpipe. They should make a test that checks all the fuel lines to see if they are releasing fumes."

However Leonhardt disagreed and said the test is fine the way it is. "The three pollutants they are

testing for are the components of smog that come from automobiles."

Overall the test is succeeding in reducing the smog in the GTA and Hamilton Wentworth regions.

The test will begin from Peterborough to Windsor in 2001.

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Lifestyles

Indian glam trendy in the West

East Indian designs increasing sales among Western retailers

By MONA PATEL

Bindis, Sarees and Salwaar Kameez are no longer fashions worn exclusively by East Indian Indian Women. clothing and designs are becoming a trend in our multicultural society.

Indian influenced designs are filling the racks of popular women's clothing shops like Urban Behavior, Sirens, Le Chateau or Top Shop.

16

Indian "The clothing, designs and jewelry have sold very quickly for the past few months,

said Sarah Rodreigez, a manager at one of the Urban Behavior clothing stores.

"Many of the girls who come in to shop, end up buying clothes that have the Indian designs on them, over the more Western look of clothing. It's surprising how our of months," Rodreigez said.

Earlier this season,' it was trendy to sport fitted, short-sleeved, slinky tops with pictures of various Indian Gods and Goddesses on them.

It is apparent that many non-East Indian people are starting to wear Indian clothing, jewelry and designed tattoos

Bindis, the designed dots or stickers that Indian girls place on their forehead, in between the eyebrows have also

become very popular. Singer/actress Madonna has been credited for the growing popularity.

"Madonna wore a bindi in her movie The Next Best Thing. I think that bindis will become more popular in the Western society," said Manisha Sahni, a first-year Fashion Arts student at Humber College. "It is very popular in

England among many of the girls right now too," she added.

According to Sandy Kulkarni, a second-year accounting student at Humber, Shania Twain, Madonna and singer Gwen Stefani from the group,

profit has increased within the past couple No Doubt, helped to make Indian clothing and designs so popular.

One of the best known Indian garments is the saree, which is worn by women, 'especially in India.

"Madonna wore a bindi in her movie The Next Best Thing. I think that bindis will become more popular in the Western societu,"

The saree is the traditional garment of India, just like we have jeans and tops for our casual wear here.

It is usually a piece of fabric approximately six yards in length, with various designs on it.

It is worn with an underskirt of a similar shade and a matching or contrasting fitted blouse called a choli.

Saree's are available in a number of fabrics including, pure silk, cottons and synthetics.

They come in various colours and are covered with embroidery, gold thread, painting and cut work.

The saree is also known to be one of the most difficult articles of Indian clothing to wear.

Salwaar Kameez is a dress of the North as is the churdidaar.

The churdidaar is worn by men, but only in simpler styles and designs.

Photos courtesy of Hemant Trevedi

How to wear a Saree

 Slip into the underskirt and fasten the waistband at your upper hips. Tuck the inner top edge of the saree into the left side of the underskirt and wrap the saree around the left side of your body

• Bring the saree around the right side of your body in a smooth neat wrap

♦ Holding the saree firmly, start pleating it with your fingers keeping the pleats even and straight. Gather about one ward of saree into the pleats. The rest is wrapped around the body more and draped over the shoulder

 Pleating takes both hands, with the right hand holding the pleats, and left gripping the saree between the forefinger at one edge and thumb and pinkie at the other edge

◆ After accumulating enough pleats, arrange them one behind the other and tuck them firmly in the band of the underskirt just below or above the belly button

◆ Pull the rest of the saree around the back and to the front from the right side and drape over left shoulder

 You can wear the saree-draped loosely falling over the shoulder. This way the prints of the saree can be shown rather than being hidden when the saree is all pleated up over the shoulder and pinned so that it can stay

You can also keep the saree on place of the shoulder, by pleating the printed bit and throwing it over the shoulder and then pinning it down on the left shoulder -11

All About Pets Show a roaring good time



Left: Qadesh the tiger was the highlight of the show. Hundreds of people lined up to have their pictures taken with the wild cat

Centre: Champion dogs leapt ran a relay race and performed stunts that displayed both strength and balance

BY KASLYN CLARKE

 $\mathbf{P}^{\mathrm{et}\,\mathrm{lovers}\,\mathrm{from}\,\mathrm{all}\,\mathrm{over}\,\mathrm{the}\,\mathrm{country}}_{\mathrm{try}\,\mathrm{filled}\,\mathrm{the}\,\mathrm{International}}$ Centre for the All About Pets Show. The show featured an array of domestic and exotic animals from across the globe.

The event offered something for everyone.

Pet experts were on site to provide information to those who inquired about how to care for their animals.

Exotic animals including Qadish the tiger and the South American red devil fish were the centre of , attraction.

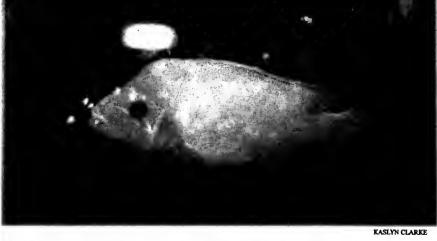
Other animals featured at the

event were the blue and yellow South American Macaw birds, named Samson and Delilah.

The friendly seven-year-old birds were allowed to roam the area freely and people were encouraged to touch them.

Grooming demonstrations also showed the public how to maintain their animal's fur to keep them looking terrific.





Above: Expert Jim Bryers says the South American red devil fish makes a great pet

Punk, ska, destruction all part of Snojam 2000

- Arts

Opera House opens its doors for a little punk

BY NICK JONES

The five bands on the sno jam tour all knew exactly what role they were playing or so it seems. Each band had different strengths to keep the sea of punk rock youth screaming and dancing for more.

Flashlight was first to take the stage and they pulled out some old hardcore tricks to bond with the audience at the Opera House, ridicule the crowd. In between poppunk fueled songs the band would take turns ripping their hometown of Toronto and cutting up the kids, who seemed to love it, firing back insults of their own.

The music was fast and full of vocal harmonies, but Flashlight had to suffer the opening band curse. The sound guy was working out the kinks during most of their set, but it's pop punk so you pretty much know what all the songs sound like anyway.

Next up was Big Wig from New Jersey, who came to add a little New York hardcore flavour. They came out fast and hard, the guitars



Bring in the music: Snapcase vocalist Dave Smalley sets the night on fire with some good ol' punk music at the Opera House

chugging away as the legs on the dance floor began to move and bodies started to smash into one another with glee. These guys were full of aggression and loved being pissed.

With brilliant lyrics in songs like I eat meat and for dedicating songs to all the beer drinkers and pot smokers, Big Wig have to be given a hand for their American charm. Mustard Plug took the stage and gave the audience something a little more stylish to dance to with their classic ska sound.

The trumpet and the trombone wailed out beautiful notes over a bouncing musical background. Mustard Plug front man hopped in with the crowd who helped him sing most of their set. The dance floor to life with girls and guysbumping along to the sounds of Muster Plug.

The crowd showed no signs of tiring as California's Down by Law strapped on their guitars. The group has been around the punk scene for a long time and it seems to have taken its toll. The group played well-crafted songs back to back, but displayed absolutely no enthusiasm during their set. Vocalist Dave Smalley has one of the best voices in punk, but he could only be heard in between songs when he offered some thoughts to the crowd. Unfortunately he forgot he was talking to teenagers, when he started talking about love, that's when the beer caps started to fly on stage. Down by Law finished their set early.

Finally the moment had arrived for Snapcase to control the mood. A wall of noise gave the room some small vibrations, while the group prepared themselves.

From the first note Snapcase was on fire. There was more energy in the first half of the first song than the rest of the night up to that point. That's nothing against the other bands, but Snapcase were just that good. These guys from Buffalo had the erowd bouncing off the floors and walls, the room shook as the band played their start and stop style of pounding hardcore.

Hammering out songs from their new album Designs for Automation as well as old songs, Snapcase were by far the most incredible act of the night.

The band moved around the stage like it was choreographed, jumping off everything in sight. At one point the guitar player swung his axe around his neck, while the other did a 360 off the drum stand.

Best of all the music didn't suffer. Every note was clear and heavy. The audience never stopped moving. Even after the show kids were still bouncing in the bathroom. It was an incredible night thanks to Snapcase who washed away all the mediocrity with a half-hour of amazing music and stage presence.

No Doubt is back, sounding better than ever

BY MICHELE STEFANCIC

Electrifying, dazzling and captivating best describe Orange County, California six-piece ska band, No Doubt's performance at the Guvernment last Monday.

On a special promotional, warm-up tour in support of their new release *Return To Saturn* (out April 11) bassist Tony Kanal, guitarist Tom Dumont, drummer Adrian Young, vocalist Gwen Stefani and sidekick duo Stephen Bradley and Gabrial McNair on keyboards and horns, executed a spectacular hour and a half set.

Performing to a mostly young audience, No Doubt's stage set-up was stripped down to the bare essentials consisting of vibrant stage lights in shades of pink, blue, purple and the all important white spotlight, and the band's instruments. Definitely not No Doubt's normal big production show, although the band carried out tracks from their 1995 release *Tragic Kingdom*, and new songs from the *Return To Saturn* follow-up. On hiatus for the last two years, singer Stefani apologized to the crowd after the band's second song *Sunday Morning* saying, "We didn't mean to take so long, we were making a record," before ripping into a new track featuring a thick Jamaican ska beat.

Dressed in a black suit and a white-jewel studded halter top, Stefani, now sporting pink hair, had the crowd in the palm of her hand, acting on her request to jump to the chorus of *Different People* and its hyper kinetic drum beat.

In Toronto over a two-day period, No Doubt's Guvernment gig was the third show the band has performed in the last two years. Although flawless deliverances of Excuse Me Mr., Just A Girl, Don't Speak, and Total Hate from their 1995 The Beacon Street Collection release, went over well with the crowd, their new material went right over the heads of the audience.

Since the band was not familiar

4

with the new material, No Doubt's show projected the feeling of being invited to a special rehearsal gig rather than a rock concert.

However, this low key performance was well-suited for the small venue as fans stood on bar counter tops and jumped in unison to the set's closer Spider Webs.

Most of the band's new material appeared lacking at times, missing that one-two punch the band is famous for. Now reflective of "older" relationship driven topics like marriage as found in the lyrics to Will You Marry Me?, the band's sound remains consistent for the most part.

Latest single *Ex-Girlfriend* and their soon-to-be-expected followup single, *Simple Kind Of Life*, were well received by the audience.

The same can be said for the first song the band wrote when coming off two-and-a-half years of touring, *Magic's In The Make-up*, as Stefani sang, "When the make up is all gone, who am I?"

As No Doubt ready themselves for an official, headlining tour



Pretty in pink: No Doubt's Gwen Stefani takes on the Guvernment

this summer, fans are no doubt anxious to hear the band's new release on disc. I'm sure after a few repeated listens, I too will be won over by their new songs as opposed to having most of the new material fly by me leaving me emotionless in concert.

18 Arts Limblifter lift originality on *Bellaclava*

Limblifter singer embraces perception

in life, music

BY DEREK MALCOLM

People would stand around the shopping mall staring at the picture for 10 minutes, maybe more; straining their eyes, looking past the computer generated pattern to see the 3D pterodactyl hidden there.

Some people could see it right away, letting their vision change focus until the image appeared. Others just stood there scratching their heads.

Sitting on a bench across from the It Store, Ryan Dahle may have been seen, scanning the crowd like some kind of mad anthropologist.

It's all about perception, something the Limblifter guitarist and songwriter embraces in life, and in music.

Bellaclava, the Vancouver band's second release, is a mountain of sonic contrast, filled with mellotron crevasses, thick guitar forests, and misty vocal peaks.

During an interview in a comfy downtown Toronto café, Dahle shared his insights on, among other things, coyotes, sounds, his previous band Age of Electric, and what a total bitch it was making *Bellaclava*.

"I see things as really complicated. I'm interested in the intricacies of things, minute little movements and how they're related to each other," said Dahle. And when he says intricacies, he means it.

"I'm just so much happier now so it's good because now I know what I have to do "

"Any argument, any opinion, any relationship between any two people, driving down the street for one minute – you know what I mean? Counting pocket change, you know?"

You will. Throughout the two and a half years it took putting *Bellaclava* together, Dahle managed to marry the unlikely sounds of his complicated perceptions.

Uplifting ties the knot with vengeful. Heavy gets hitched to happy. Angry signs a pre-nup with mellow. And as Dahle puts it, "optimistic with sad country-and-west-*-ern make a fine couple as well."

Starting off as a side project to their main efforts as one half of



Limblifting: The Vancouver trio from left to right Kurt Dahle, Ryan Dahle and Todd Fancey are back with their latest musical offering Bellaclava

Canadian rock group Age of Electric (AOE), Ryan and his drummer/ brother Kurt enjoyed success with Limblifter's first self-titled album.

It was rattled off over four days in 1996, using old used reels of multi-track tape, spitting out three hit tunes, *Tinfoil*, *Screwed it up*, and *Vicious*.

With AOE officially going splitsville, Ryan concentrated his efforts on taking *Bellaclava* to its fullest extent. Logging over one hundred days in Vancouver's Factory studio between 1997 and late 1999, they emerged with a distinctly undefined Limblifter sound, getting things started with the motorcycle racing, fuzz-guitar single, *Ariel vs. Lotus.*

"It's making a record that doesn't sound derivative of something else. I find that so many bands just sound like another band, you know? And it's like you can easily pin it – it's like oh, this band sounds like Pavement," Dahle said while sipping his umpteenth cup of tea.

"If you point yourself in the direction of really way-out things that are much different than what you do, then you're more likely to come up with something original. Why make a record that sounds like the Beatles? You can't ever make something in that genre that's that magical anyway, so best of luck to you."

So what took them so long to make this record? According to the band's bio, Dahle describes the songs on *Bellaclava* as "13 angry wild coyotes all howling at the same time from different mountaintops. We had to climb up, catch each one and put them together." Okay...maybe a little elaboration would help.

Wake up to the Sun, possibly the next single Dahle reveals, was definitely the angriest of the coyotes.

"We had like 11 different choruses for that song. We went through so many different versions of it."

Like heavy and happy on their honeymoon, the driving acoustic guitars contrast the competent vocal harmonies brought to you by friend and new mom Holly McNarland.

And don't even get him started on the technical stuff.

"Pregnant was a nightmare," Dahle said. "Kurt played along with the original drums he did on four-track. So he did original drums, and then played all the guitars, and then wanted to keep the guitars but replace the drums." Got that?

"We recorded the drums so many times that the bass was completely out of touch. So that's like a little slice of the nightmare that this record was like to make."

Listening to the record, it's hard to see what the problem was, but that's because so much care was taken to ensure that important sounds weren't lost.

Sometimes the first time is the best time.

"What we were trying to do was

hold on to things that had charm."

The Kurt-sung *Pregnant* was actually rerecorded, but discarded because "It just didn't have that magic," Dahle said. "It's hard to make a heavy record without just throwing a bunch of heavy guitars down. We also wanted to take you on a trip with interesting, swirly, strange sounds without making a record that was kitschy that way."

Along with McNarland, a couple other friends dropped by to lend a hand to Ryan, Kurt, and new bass player Todd Fancey. Whenever Ryan couldn't handle the bass playing duties, Doug Elliot of Odds fame would stop by, or Kurt's girlfriend Corrine "Coco" Clubertson from Bif Naked's band would pitch in.

" What we were trying to do was hold on to things that had charm "

Garnering much respect from the Limblifter crew is Ian Blurton, [Change of Heart, Blurtonia] who filled in on guitar for a few gigs and provided some of his expertise in the studio. He's also credited on the record with writing the guitar line in the thumping sitar-ish, song *Shoot* but don't miss, which just might get Ryan in some trouble yet.

In the intro of the song, Ryan sings, "miscarriage our name, now I want my songs back." With hardcore AOE fans looking for dirt on the bands breakup, Ryan dismissed any negative connotations with the lyric.

"You know my best friend told me that people'd be asking about stuff like that, that particular line," he said laughing, regretting the extra five minutes he gave for the interview. "See, the problem with getting too literal is that all of a sudden you get asked about it. Can I take the fifth on that one?" he asked. Sure, but officially, what happened with Age of Electric?

"I think we put it to bed at a good time for all of us, and we can look back and be proud of it. We didn't want to end it at a time when it was going to be bad for any of us or [when] we were going to regret it," said Dahle, pouring back the last drop of his tea.

"I'm just so much happier now so it's good because now I know what I have to do. Life's just a lot simpler and it's just happier."

With a Canadian tour in the works for the end of March or early April, and a video for Ariel vs. Lotus in rotation on MuchMusic, Limblifter have some serious work to do this time out. So what are they planning on doing differently?

"Pyro," Dahle joked. "Maybe bring it together a bit more. We have a tendency to fuck around a lot when we play. Maybe we'll get a little pro.

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Proud poets recite bad verse

By ANDRÉA AUSTIN

If you stand in the middle of Kensington Market late on Saturday night and listen very intently, you might hear the rumblings of some tasteless verse drifting over the fruitstands and fetid sidewalks.

You might hear some really bad poetry, and that's a good thing, because you just might hear some good poetry by accident.

Saturday is Bad Poetry Night at Vern's Café on Augusta Avenue., in the epicentre of the ethnic maze that is Kensington.

A man with a booming voice is sitting behind a microphone. Behind him another man pecks away at a keyboard, both of them framed by the window that looks out at the graffitied doors of stores that closed hours before.

The stage is puny by all measures, but the mic is on, and the man behind it is on a roll.

Open-mic readings in downtown Toronto are about as numerous as the cockroaches in the city's eateries. But what's lacking at Vern's is its biggest asset: pretentiousness. The people are proud not because they write well, but because they know they don't.

"I've always hated pretentious poetry readings," said Vernon Pineau, co-owner of the café. "They're like group therapy sessions." Missing is the air of the black turtlenecked poet, the tortured soul spitting out verse with all the seriousness of Sylvia Plath. Missing is the narcissist on stage with his bleeding heart in one hand and personal diary/poetry in the other.

REALLY BAD POETRY

Vern's Café co-owners Pineau, 35, and Steven Kunc, 29, have given bad poets a nice warm place to be laughed at. Heckling from the audience is encouraged, and a truly bad poet feels most appreciated when the entire café is groaning.

Some nights a group poem is improvised, each person providing a word. Sometimes a full circle of the café is made with less than three people providing the word "what?" when it's their turn.

Kunc once trundled up on stage after much harassment and recited Edgar Allan Poe's *The Raven* from memory, his business partner only occasionally calling out forgotten lines while the rest of the audience squawked "nevermore!"

"It's refreshing that witty remarks from the audience are often tolerated and encouraged," said Geoffrey Dow, a regular at Bad Poetry Night and a bad poet himself. "You never know what to expect."

On occasion, poetry at Vern's Café isn't all bad. Calling it "Bad Poetry Night," Pineau said, might actually bring good poets out of the woodwork.

"It's happened quite often," agreed Kunc. "There's no pressure to be good, so people come in and don't feel so self-conscious. The expectations are not that high."

Dow echoed this, saying that while the poems are supposed to be funny, some of them end up being better than the average "serious" poem.

When a good poem is read, Kunc said the audience knows it. "There's a different, respectful tone to their clapping," he said.

Surrounded by walls hung with funky works created by local artists, and sipping cappuccinos, nobody takes themselves too seriously. Customers sit at tables that could be in their kitchens, on long velvety couches, or in front of a bookcase that probably contains volumes of poetry worth being read on Saturday nights.

"I enjoy the ambience, it's nicely laid-back, the music is great, and there's a wonderful variety to it all," Dow said. "I like the typical Kensington Market diversity."

That diversity is shown through the readings. The poems range from the ones everyone wrote as angst-ridden pimply faced teens, to musical, to improvisational, and the ever-popular Japanese Haiku.

"Haiku is popular because it's simple, it's catchy," Pineau said. "People like it, and tend

to write it the most. It can be pretty funny." The first line of a Haiku must contain five syllables; the second, seven, and the last, five again.

Two haikus read on Bad Poetry Night:

I read the paper Each day I read the paper I forget it all

Breasts bounce in my mind My home is empty and quiet I live all alone

Bad Poetry Night might not appeal to everyone, but it does what it does rather well. High-quality poetry, which shouldn't be "read aloud, but just read" according to Pineau, is banned from the stage in favour of a night open to the comedy of amateur Bards.

"It's an outlet for lazy, talentless people who can't be bothered to work on something until it's good," Kunc said with a laugh.

Quite often the poems read are just as quirky as the two guys behind Vern's Café, but that adds to atmosphere of a night whenfor a few solid hours – all that's bad, is allowed to be good.

Friday nights at Vern's are open-mic to a variety of musicians.

Damn 13, Sid Six and a shoki new release from Femi Kuti



By ELIZABETH GONCALVES

Femi Kuti

Shoki Shoki

66 A h ha, Oh yeah!" begins Beng on Femi Kuti's latest musical offering Shoki Shoki. An expression inspired throughout the 12 track disc that meshes percussive beauty with a whole lot of bon-bon shaking ditties.

Nigerian born saxophonist Kuti, son of Afrobeat creator Fela Anikulapo-Kuti, marry's African rhythms, chock-full of conga beats, trombones and trumpets with a good ol' James Brown feeling. But don't think the musical styles stop at the soul. Blending a spoonful of funk, some grooveable jazz lines, and a delicious taste of dance and R&B, Kuti delivers an alternative to the alternative.

And while the music will have listeners jumping to their feet, Kuti, like his father uses his music as a weapon and as a voice to speak out about the political activities of his country's leaders. Sorry Sorry, Victim of life and What Will Tomorrow Bring? poignantly translates the feelings of the activist's convictions.

A strongly recommended disc, Shoki Shoki is an open invitation to Kuti's world, where music is as powerful a tool of communication as spoken word is.

Damn 13

The Dynamite Gospel

BY MICHELE STEFANCIC

Containing 4 short tracks, all of Cwhich kick-ass in the hard rock genre, Toronto's Damn 13 debut release *The Dynamite Gospel* is a must have for fans of Monster Voodoo Machine, White Zombie and Corrosion Of Conformity.

Saturated with rock-out heavy guitars and pulse-pounding drum



beats, Damn 13 kick metal in the ass, offering Toronto's Metal scene a jump start revival.

'Damn 13 are former Monster Voodoo Machine members; vocalist Adam Sewell and drummer Dean Bentley, along with new bassist Paul Meyers. With its obvious make-up, *The Dynamite Gospel* does filter Monster Voodoo Machine's signature sound but takes it to another level breeding new flavour.

Track three *Righteous Dynamite*, is hands-down my favourite tune on the just over 13 minute disc while *Over And Out*^{*}follows close behind.

Not only does the disc rock, the cover art is amazing. With solarized, heat-sensor vision effects, you'll find pictures of the band and contact info including the band's official web site address: www.damn13.com.

Sid Six

Sid Six

BY MICHELE STEFANCIC

They've opened for Eric Burdon, performed on the Indieblast stage at the Cranberries/Collective Soul gig at the Molson Amphitheater, released an EP and have made a name for themselves south of the boarder in Buffalo, New York.

Toronto indie band Sid Six are now unleashing their hard-edge pop tunes on the world with the release of their self-titled debut disc.

Comprised of 12 tracks and a surprise hidden track, Sid Six will leave you humming and toetapping to songs like Wallflower and Darwin's Theory.

Formed in 1997, Sid Six are principal songwriter, guitarist and vocalist Rob Joy, guitarist Christian Collingham, bassist Jay Kralka and drummer Ryan McCaffrey.

No strangers to the Toronto music scene, three-fourth's of Sid Six are formally known as Blunderbus and Manic Overture, while Joy performed with the Shadow Puppets. Writing infec-



tious, feel-good pop rock tunes, Sid Six's highlights include Spacemobile (also available on the band's 1998 EP), Big Brother, and Spider, perhaps the disc's most aggressive offering. Joy's lyrics often revolve around relationships whether they're about a boy who meets a girl through the Internet (Mysterio), or a tale of boy meets girl in a library (200ne).

Sid Six are also responsible for mastering the craft of writing really good songs, their writing abilities are uncanny.

Whether you're tripping out to their groovy pop rock tracks or mellowing out to their dark acoustic' numbers including Halloween, Program 301, and Balloon King, Sid Six will definitely leave a lasting impression on you while you reach for the repeat button over and over again.

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It's your World





RACING IN THE C.A.R.T. SERIES

It's someone's fault, so lets *Blame Canada* for Oscars

Like many other situations in my lifetime, I spoke before I thought. So I find myself sitting on the couch asking myself, "Why did I agree to this?" Two bags of chips, a bottle of wine and a migraine later and I'm still only half way through the preshow.

Arts

So why do people watch the Oscars anyway? Is it to see how much Spackle it takes to keep Joan Rivers from melting in the sun? Or is it because putting up with Melissa Rivers once a year replaces giving something up for Lent?

I think the answer lies somewhere between here and there. Mostly, I think people watch to see how the other half live.

A night of fashion, glitz and glamour takes people out from in front of the mug shot camera at the police station and in front of the paparazzi camera's at the red carpet.

However, for all the expectations of an evening full of awe inspiring entertainment, it all pretty much went down hill after Joan grabbed her Mono and headed home to re-caulk.

Words can not express the feelings of mind shattering, ass numbing boredom that a human being experiences watching the Oscars from curtain to curtain. Any attempts made to provide the viewer with entertainment just gave my headache a headache.

For example, spicing up the evening by mixing technical awards with a screeching Dione Warwick does not make for good entertainment.

However, for all its follies, there were some high points to the evening of awards.

Primarily, the arrival of Trey Parker and Matt Stone. Two sided tape had nothing on these boys. They were showing more skin than Pamela Anderson at a funeral. They definitely stole the show from Jennifer and Gwyneth.

Of course the Blame Canada, song and dance number was a real highlight in the evening. Although it was disappointing that a Canadian didn't sing it. I would have loved to have seen Anne Murray up on stage calling herself a bitch. But, alas we had to settle for Robin Williams acting like one.

Speaking of acting out of sorts,



why is it that Canadians go doe eyed whenever we get mentioned on American television? When we do come up we act like we're the only whore waiting on the dock as the fleet is coming in. We're a little scared of what they'll think of us, but excited to be noticed all the same.

I wish we'd get over that.

I was very disappointed that Star Wars got shut out, but after some serious thought (and more wine) I realized The Matrix really deserved the Editing and Sound Oscars.

George Lucas may have had to work with a child actor, but the director of *The Matrix* had to work with Keanu Reeves. How many times do you suppose they had to edit out, 'Surf's up Dude!!', 'Narly' and 'Where's Ted?' from

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the sound track? Think about it. Not having watched many of the movies nominated this year, I couldn't fairly pick a best actor or actress recipient.

I know that Kevin Spacey is a brilliant actor, but all I have to judge Hillary Swank by was her role on 90210.

There was, however, a high point to her win. The emotional hug she shared with her husband, actor Chad Lowe (brother of Rob) before she took the stage was moving. I haven't seen a Lowe cry like that without a 15-year-old, a video camera and a cop in the room in a long time.

Last, but certainly not least, there was the joy that is Billy Crystal. Who does he think he is fooling when he pretends he isn't going to host the Oscars? It's the only successful gig he's got.

That about covers my notes and my evening. All I have written down from 10:30 p.m. on is, "Please let a frozen dropping from an airplane crash through the ceiling and end my torment."

Joe Keithley after D.O.A.

BY MIKE DAL MASO

During a telephone interview from Vancouver, Joe 'Shithead' Keithley talks about his political career and playing with punk rockers D.O.A.

Keithley has become somewhat of an icon in the world of punk rock. Originally from Burnaby, British Columbía Keithley formed the punk rock group D.O.A. with friends Chuck Biscuits, Randy Rampage, Dave Gregg, Wimpy and Dimwit in 1979.

Since then, Keithley has been making music and taking on a number of political causes. In 1996 he ran for office in his hometown of Burnaby for the environmentally friendly Green Party. "We were trying to concentrate growth in Burnaby," said Keithley. "Rather than digging up and cutting down every tree that was available."

He is now running for city council and last fall tried running for mayor of Burnaby, but was disqualified for not turning in his campaign contributions.

"I didn't bother turning it in because I didn't have any . . . I ran the campaign on zero dollars," he said.

Always the political activist,

Keithley has participated in numerous rallies and benefits. In 1986 he played with band mates D.O.A. in support of those who had lost their housing due to Expo '86.

"Long time residents were pushed out of these hotels . . . to make room for tourists," he said. "Finally one old guy who lived in this one place for 30 years got so depressed he jumped out of the window from the fourth floor."

Keithley has played alongside such notorious troublemakers as The Dead Kennedy's and Black Flag. He explained how during those days it wasn't unusual for the politically driven lyrics of these bands to attract the unwanted attention of police. "The police would come in and all of a sudden they'd throw tear gas, start waving sticks around, start beating up people and it would be like total chaos. There'd be a police riot."

In 1996 Keithley appeared with D.O.A. in Canadian filmmaker Bruce MacDonald's Hard Core Logo. Keithley will be appearing at the Barcode (beneath Ted's Wrecking Yard) on Friday March 31 in support of his new acoustic/spoken work release J.O.E. beat trash.

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Bomb 32 leave audiences begging for more

Four piece rockers shop for labels

22

By Elizabeth Goncalves

Ealong, whack you up side the head and make you beg for more.

Drummer Brian Matthews, guitarist Joel Krass, vocalist Matt Kinna, and bassist Jon Cohen, are moniker Bomb 32.

Determined to leave a mark on unsuspecting music lovers, the four-piece outfit who relocated to Toronto from London in 1998, are all about mixing it up.

Often compared to such acts as the Deftones, Rage Against the Machine, Tool, and 311 the band said they don't mind being placed in the same category as these artists. In fact they expect it, especially when trying to explain their sound to people who are unfamiliar with their music.

Creating a nicely tossed salad of sounds, Bomb 32, can quickly drum their way into a brash of hard-hitting and mind-shattering riffs only to make a complete 360 into a melodic groove that will have you swaying from side-to-side.

The band that met at the University of Western Ontario were originally a five-piece band and while they lost one of their members, the chemistry between them was undeniable, even with their varying tastes in music.

"Things just clicked and songs started flowing out and we just wanted to have this interesting mix," said amicable frontman Kinna. "We have so many different influences that we like to pay homage to that. But it just naturally comes out."

Recently releasing their three song EP *All of the Above*, the band did have plans to release a fulllength disc. It was recorded in just two weeks of 12 hour days, but is on hold for now said bassist Cohen.

"We've put ourselves in a funny situation in that we recorded the material to go and live its own life, to sell as a product," said Cohen. "So we invested a lot of time and a lot of money into this recording to make a full album and not a promotional disc."

The band realizes the importance of promotion and knows that the album will undoubtedly be used as a shopping tool for major record labels. And what they can do with a few thousand dollars, footing the bill themselves, they know they can do 10 times better with the help of a label.

While the future of the already recorded full disc, with the working title *Calcium*, *Lust & Rhyme* is uncertain, the bomb boys will release tracks from their 11 song CD.

The major problem as with



Bombastic: Bassist Jon Cohen flirts with some grooveable basslines

many bands is money. "It's been hard. Save up, save up, save up – record – it's gone. It's the lament of every independent band," said Kinna.

Gigs around the city and nearby towns allow the band to get the music out to the fans. It hasn't been a major source of dinero, but that doesn't bother Kinna too much.

"We like to reward people for coming out to see us and we generally do our best to keep the price low. If it's up to us, we'll have no cover at all and have people that are sort of open-minded enough, to come in and accept our music. Kinna adds, "I love music so I think music should be accessible."

Going from big fish in a small pond to tiny fish in an ocean, both Kinna and Cohen agree Toronto is the place to be. A large portion of music industry folk, reside in the city and surrounding areas, giving the band a foot in the door. The key to changing that is having label reps come out to the show, something that rarely happened during their stay in London. The lengthy trip to London can be a turn off for labels.

For the sake of music fans, it would be a much-welcomed change for labels to take the time to find bands like Bomb 32, who have the talent and the drive to make music that matters.

Kinna's love for mixing rap with hard music has always been alive and kicking. "What inspired me to make heavy music ... like Public Enemy and their collaboration with Anthrax, *Bring the Noise*. It was such an amazing thing to me. When I heard *Bring the Noise* for the first time, my chin hit the floor. I remember Erica Ehm introducing it on MuchMusic, and she was yapping away about it."

Cohen who relates the hard rock/hip hop collaboration with that of Run DMC and Aerosmith who re-recorded the adrenaline pumping hit *Walk this Way* felt the same reaction.

Nowadays the songs heard on radio don't drop the jaw for the same reasons as it may have a few years ago. Labels are grabbing onto artists that sell and not the artists that want to pave a new road for creative music. While there is talent waiting to be heard, often artists are signed not for their ability to take music further, but rather their exterior and musical resemblance to chart-topping favourites like Britney Spears, Backstreet Boys and Korn.

Kinna, who said many hit making artists are basically "excessive watered down versions," agreed it is difficult for artists to get noticed on



Vocal Power: Singer Matt Kinna puts on a fiery show at CMW 2000

their own merits. "It tends to be more bastardized, where it [music] doesn't mean anything anymore, and like you said, it doesn't make you go 'wow!"

Song writing and lyricism go hand in hand with Bomb 32. Each component compliments the other. Cohen said the band likes to incorporate jump-at-you and stick-inyour-mind phrases into their lyrics. Instead of continuing one thought or theme throughout the song the band mix it up.

" It's been hard. Save up, save up, save up – record – it's gone. It's the lament of every independent band"

"We take phrases that are hopefully memorable and even syllabically effective. Very often [we] write around the constants and sounds of things and hopefully the things we write lyrically will be like a brush stroke of a phrase that adds to an image," confessed Cohen.

Kinna added his attention span is limited, making it difficult to stay on topic for an entire song. This he blames partly on television and partly on the quickness of things in life.

"I think when I was a kid," he pauses and smiles. "I'm still a kid. When I was really young life wasn't as crazy. It seems that people drive themselves into the ground trying to get their lives together. We have a lot of unhappy people walking around." This is the reason why Bomb 32 make music.

Arts

Holding "normal" jobs during the day, a lot of what the individual members do relates back to the band. Kinna who is taking an advertising design class at the moment, admitted the band's logo was created for an assignment he was working on.

Why not take the risk of doing what you love? This is what drives the band to work and save as much as possible. There is really no other option for the band and it's something fans of Bomb 32 can feel when watching them perform.

Cohen describes it the best. "I always wanted to do something that was creative with my life and actually have experiences rather than go into the same cubicle and be a computer programmer for eight hours a day or more. Then go home and stare at the walls and then do it again for another 40 years until I can retire, and by then I'll have nothing to say."

Hand in hand with their love of music is their need to release the music as therapy for the soul – not only for themselves but also for their fans.

"I think that if I can benefit from not being a violent person by making music that relieves my aggression, people will come in and experience aggression like that and feel that they too can get some of that out of their system and not take it away with them."

-Health LASIK brings light

Introduced less than five years ago, laser eye surgery has shed a new light for the visually-impaired

By JENNIFER MCDONNELL

harlene Eskinazi never thought she would Cbe able to wake up and see the time on her alarm clock without putting on her glasses first.

"Imagine waking up after leaving your contacts in the night before, and you can immediately see everything around you clearly," she said. "Now, imagine that feeling without the dryness. That's what it's like for me now."

Eskinazi is just one of the millions of visually-impaired people who have undergone the hottest trend in ophthalmology: LASIK eye surgery.

Often referred to as a modern medical miracle, LASIK - an acronym for laser-assisted in situ keratomileusis - allows patients to permanently ditch their glasses and contacts.

"I am well aware of the complication rate, but I believe it can be mitigated by careful choice of surgeon"

LASIK surgery is also known as the "flap and zap."

A surgeon applies anesthetic drops to the eye, and the eyelid is propped open. A thin flap of the cornea is cut and lifted away, remaining attached at one side.

A cool, excimer laser, pre-programmed to correct the degree of the prescription, reshapes the cornea. The thin flap is then put back into place and healing begins immediately.

LASIK is quickly replacing older vision correction procedures like Intacts and PRK. The surgery takes approximately 15 minutes, and the results are immediate.

Nearly two million people world wide have undergone the procedure, and its popularity continues to soar.

GROWING POPULARITY

Lasik Vision Canada performed 593 procedures during the first three months of 1998. During the same period in 1999, they performed 5,092 procedures, marking an 858 per cent increase.

It has become so popular so quickly many people seem to be forgetting that, like any surgical procedure, there are risks.

"I hear people that are so excited they want to rush right into the operating room," said Teddy Colini, an educational counsellor for ICON Laser Centres Inc.

"Sometimes I have to slow them down and

-

say, 'wait a minute. Did you research this? This is a medical procedure, after all,' and they'll say 'oh, that's okay. I was talking to four friends of mine who had it done and it worked out fine for them," he said.

Despite its reportedly low complication rate, LASIK permanently alters your eyes, causing serious consequences when something does go wrong.

According to Colini, there is no evidence to date suggesting any long-term risks associated with laser vision correction.

However, the LASIK procedure has only become popular within the last few years, limiting knowledge of its long-term effects.

WEIGHING THE RISKS

There is a small risk of infection. Also, the surgeon could accidentally slice off the entire corneal flap, or replace it in such a way that it ends up wrinkled or off-centre, distorting vision.

Most patients experience poor night vision immediately after LASIK.

"At night I see halos around lights," said Eskinazi. "They said it would go away in three to six months. It hasn't stopped me from driving, but I find it very distracting."

Though most LASIK patients are satisfied with their results, enough people have experienced problems to justify the formation of the Surgical Eyes Foundation, a New York Citybased organization designed to educate people about the risks of refractive eye surgery.

People from all over the world log onto their Web site - www.surgicaleyes.com - to swap LASIK horror stories.

Peter Guidry has been researching LASIK for the past four years, trying to decide if he should undergo the procedure.

"I'm well aware of the complication rate, but I believe it can be mitigated by careful choice of surgeon and equipment," said Guidry, a computer programmer at Nortel Networks and a self-proclaimed eye surgery geek.

STUDIES SAY

After much searching, Guidry found a surgeon he felt comfortable with.

But, a message posted by doctors on the news group sci.med.vision changed his mind once again.

"I read about a study that found almost 100 per cent of LASIK patients had retinal nerve damage due to pressure increases from the suction ring used to make the incision," Guidry said.

"Worse yet, my surgeon of choice leaves the ring on throughout the surgery. So₁I'm back at square one" he said.

Guidry still plans to undergo the LASIK procedure, but is now searching for a surgeon who uses the suction ring minimally during surgery.

Also disconcerting to some potential patients is the increasingly commercial nature of LASIK.

BARGAIN SHOPPING

In an effort to attract patients from the U.S., where LASIK is much more expensive and less advanced due to slow Food and Drug Administration approval, companies have slashed prices, offering the procedure for as low as \$599 per eye.

"In deciding where I went, it basically came down to price," said Eskinazi, who paid \$2, 400 for the procedure.

"I could have gotten it for even cheaper, but I didn't feel comfortable with that," she said.

"You need to know everything about the procedure and the surgeon and the company before you can really feel good about it"

Guidry has also felt the crunch of competition.

"One company I called tried to give me a very nard sell, said Guldry. I was envisioning this conveyor belt where they open the front door, lay you down, get it done, and you keep moving right out the back door. I need a little more hand-holding for this sort of thing."

"The bottom line is you need to feel comfortable with what you're doing," said Colini. "You need to know everything about the procedure, the surgeon and the company before you can really feel good about it."

Questions to Ask Your Surgeon

Here are some questions to ask when you interview your potential surgeon:

-How many LASIK procedures have you performed?

* Studies indicate that the risk of complications is highest when surgeons have performed less than 300 procedures. In this case practice makes perfect, so choose an experienced doctor.

-What is your complication rate? *The doctor should be willing to disclose this information. Less than 3 out of 1000 patients should have worse vision than they did before the surgery.

-Am I an ideal candidate for

LASIK?

*People with extremely low prescriptions, cataracts, viral eye conditions, and those under 18 or pregnant are not good candidates for LASIK. If one surgeon has turned you down, do not try to find another who will perform the surgery.

-Will you measure my pupils dur ing the consultation?

People with large pupils may experi ence complications, such as permanently poor night vision.

-Does the price include your postop appointments and any enhancements that may be neces

sary? *Most companies have all-inclusive

packages. Never select by price alone. For more questions, check out www.

usaeyes.org/faq/tough_questions.htm

Health

Permanent makeup draws the line on beauty

BY NIKKI CARSWELL

Tmagine a makeup that you never have to L take off at night, one that will never run or smear even when wet.

Permanent cosmetic is a procedure commonly referred to as micro-pigmentation. It is a hypoallergenic pigment made from natural iron oxide that is applied just under the skin.

As in tattooing, a gun is used in applying the makeup to the skin. A topical freezing antiseptic is most commonly used to minimize discomfort.

Janice Regan is a permanent cosmetic artist at Lasting Looks in Toronto. For six years she has been helping people with her skill.

"I'm more on the medical side of it," she said. "Permanent makeup is becoming more popular in the medical field and the plastic surgery field because people who have scars [want them covered]."

Regan, who also belongs to the Association of Permanent Makeup in the U.S., said the covering of scars from facelifts or accidents is called scar camouflaging. She is one of the very few people in Canada who is trained in this practice.

Right now the scar camouflaging is not as popular as in the U.S.

In the U.S., "a permanent cosmetic technician works hand in hand with a plastic surgeon because he makes the scars and we cover them," Regan said.

"A lot of people don't know they can have [it]," and that soon "it is going to [become] very popular."

Like scar camouflaging, she said permanent makeup is very useful to many people. "Permanent cosmetics not only are being applied as a beauty enhancement but it also helps people who really need it."

Regan said it could benefit people who are receiving chemotherapy or have the immune system disorder called alopecia, where the hair falls out.

People who suffer from alopecia would most likely just get their eyebrows permanently penciled on.

"Permanent makeup enhances your natural features without plastic surgery," she said. "It can put a feature back on your face."

CLEOPATRA

Permanent makeup has existed for hundreds of years and is especially popular in the Orient.

"People have been tattooing [makeup] since the days of Cleopatra," she said. 'Cleopatra, they say, had her eyes tattooed."

Regan said the most popular feature to have done on the face is the eyes. Eyeliner can be tattooed on the upper and lower part of the eye and in the colour the customer chooses. Having the eyeliner adds depth and definition to the eye.

Eyelash enhancement is also very popular.

"[This] is a very popular procedure for actors, models or men who want to look great," Regan said. "For this procedure she would tattoo the colour of the eyelash between the follicles. This makes the eyelash appear thicker and fuller. One of the most popular procedures young girls are asking for is the beauty mark.

"It just seemed like when Cindy Crawford exploded onto the modeling market everybody wanted to have that mole, something that a lot of people wanted years ago to surgically remove people are [now] asking to put on.'

Other procedures Regan performs are evebrow enhancements - which would benefit people who have plucked their eyebrows too much and the hair hasn't grown back -

FILE PHOTO

Makeup for life: Permanent makeup may make beauty products a thing of the past

"I would call [permanent makeup] the makeup of the future," she said. "I think everybody's going to eventually get it done."

Dinna Koniaris, a makeup artist at Carol Baker Visage at the Fairview Mall disagrees. She said she only sees about five people a year with some type of permanent makeup, and doesn't believe it is going to become as popular as anticipated.

"I don't like the way it looks," she said. "Sometimes the eyebrows are too dark or the eyeliner is smudged."

"Colours always change, styles always change," she added.

But, Regan said, "you can also wear additional makeup over your colour to create a more dramatic look."

Annalee Weston, who works at Skin Works, is a former permanent cosmetic artist.

"I got tired of doing it," she said. "It's pretty intense and a lot of work."

Like Koniaris, Weston does not believe permanent makeup will ever get very popular. Weston said you need to have a lot of patience to be able to perform the procedures.

"It got to be a pain. You charge like \$500 for the eyes and it still wasn't worth it because of time and aggravation."

Prices vary when it comes to the makeup depending on the thickness of the eyes or the amount you get done. Regan said the cheapest procedure is the beauty mark, which costs about \$50. Weston and Regan both have had permanent makeup done to their face.

"I've had my lips and eyes fully done and I love it," said Weston.

Regan and Weston said they have seen a lot of bad corrective makeup.

"Go with the most experienced technician," said Regan, "and don't look for a bar-

Adding essential oils to your diet prevents cramps

By TANYA VERRELLI

Menstrual cramps are an inevitable part of being a woman, but you may be able to ease the pain through many different methods, including changing your eating habits.

Lorene Sauro, a nutritionist at Ambrosia Natural Foods in Newmarket, said cutting sugar and salt intake two weeks before menstruation, could help alleviate bloating.

"Anything they can do to make their diet better will help them during this time," said Sauro. "It doesn't mean you have to be a saint, but if you really pick your treats well, and pick them as treats and not part of your daily diet, people would feel amazingly better."

GET OILED

Sauro also said taking a fatty acid supplement like flaxseed oil and fish oil, is a must for total health.

She said these are essential for strengthening cells in order to retain nutrients and dispose of waste.

These oils, said Sauro, also contain omega three and omega six.

"If you have more omega three in your diet, you will swell less," said Sauro.

According to Sauro, too much omega six can cause inflammation while omega three contains anti-inflammatory properties, and period cramping is an inflammatory condition.

People generally have omega six in their bodies, said Sauro, because it's in seeds, nuts, corn oil, vegetable oil, and lots of meats.

Omega three, on the other hand, is only in a few foods like walnuts and soybeans, but not in high enough amounts to help the body.

Sauro recommends taking flaxseed oil and fish oil capsules. Even though they are fats, they're good for you.

"Unlike saturated fat or other kinds of fat, your body uses it differently and it won't make you fat," she said. "It won't be stored as fat because it's too busy doing other things that it's desperately needed for," she said. Sauro said taking care of the body like eat-- rather than a regular pain killer." he said.

ing lots of fruits and vegetables, decreasing salt and sugar intake, and exercising regularly will have an impact on menstrual cramps.

FOUR MORE, THREE MORE ...

Heather Harris, director of Woman Alive Fitness Centre in Bradford, agreed with the effects of exercise on cramping.

"I do know that for women that have PMS, it reduces their symptoms," she said. Harris said working up a sweat increases

the serotonin and endorphin levels, which have pain-relieving effects on the body.

While Harris said exercise can help reduce the pain of periods, the other benefits are endless.

The more conventional treatment for cramps is found at the pharmacy but it's still important to know which drugs are better than others.

Basil Erdman, pharmacist of 33 years, recommends ibuprofen.

"The reason why I recommend ibuprofen is [because] it is an anti-inflammatory and anti-inflammatories seem to help cramps

Erdman is not as quick to recommend some of the medications specifically for period cramps. He said that while they usually help reduce water retention, they lack other benefits.

"A lot of those contain acetaminophen, which helps for pain but it doesn't help for inflammation," he said. "It's not the most efficient way of treating the problem."

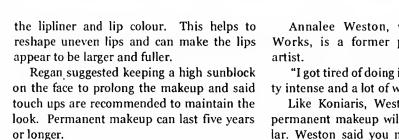
DOCTOR, DOCTOR!

While anti-inflammatories are generally safe and don't require a prescription, Erdman said there might be side effects.

"The downside is that they can cause stomach upset and in very, very isolated cases, they can cause bleeding [of the bowels] and vomiting. Therefore, it's always advisable to tell a patient to take it with food," he said.

Erdman said for the more serious cramps prescription products are available, the most popular one being anaprox.

For those who have long since retired the hot water bottle, the doctor's office should be your next stop.



Health

High heels – looks that kill

BY SHANNON SLACK

is shoes shine off the dance floor. She wears a Hbeautiful red dress. The full skirt, cut off at her knees, shows off the lean leg as she kicks her high heels to the music.

High heels. They look great, but underneath the glamour and the shoes is a price to be paid. Swing is back, and so are bunions and hammertoes.

"In the early 90s, there was a trend going more to the flats, but now everything has become more feminine

again, and the high heel is coming back," said George Corbo, manager of Corbo Boutique in Toronto.

Because many high heel shoes have a narrow front, toes will often be squished and contracted into a clawlike position, causing hammertoe.

"Hammertoes are toes that are bent upwards, because they've been pushed into a different shape, and there's no room for them in the toe box. They have no where to go but up, so they bend," said Lynn Carter, director of the Women's College Hospital Foot Care Centre.

"[It's like trying to] park five cars into four parking spaces, you start developing problems," said Dr. Bruce Ramsden, past president of the

Podiatry Medical Ontario Association.

One of these problems is bunions, which Carter describes as a bump on the side of the big toe.

"The big toe position actually angles toward the middle of the foot, and creates a bulge on the edge of the foot,"said Carter.

Carter said there are some younger girls who suffer from foot

problems, but most are middle-aged women and older. "I would say that the trend is diminishing for new problems, pre-existing problems are still there," said Carter.

According to Hamilton-based chiropractor, Dr. Frank Ramelli, when a woman wears a high heel shoe, the body weight is distributed unevenly and a smaller percentage of the foot is touching the ground, which may lead to discomfort.

"Foot problems from high heel shoes contribute to

knee, hip and lower back problems more than anything else," Ramelli said.

Carter said the most serious problem associated with wearing high heels is pain.

"A lot of difterent things can happen. The foot is reshaped. The structure is changed, deformities occur.

The fact that it changes the foot structure is serious,' said Carter.

Wearing high heels may also cause long-term problems for the achilles tendon. Ramsden said the achilles tendon is shortened when a woman wears heals.

Because there is less of a strain on it, it is not uncomfortable.

But, when older women decide to change to a lower heel or flats, they will not be comfortable because the tendon has already contracted and shortened.

> Ramsden said women often wear high heel shoes because of psychological reasons

"When they look good, they feel good. That is the primary motivating factor for most people wearing high heels and that's why they've stuck around for so long," he said.

Through time, he said, shoe manufacturers have eliminated the really pointy toe and the really high heel, but women enjoy wearing high heels because being taller gives them a feeling of superiority.

"A high heel shoe flexes the calf muscle, so it makes the leg look nice, it extends the leg length, and height. It actually pushes the butt and chest area out as well. Basically you can see why a young female is going to be wearing a high heeled shoe."

Transit shoe store manger in the Woodbine Centre, Ahmed Nahabi said high heels aren't very popular for everyday use, but are still a big seller for special occasions

Aldo shoe store, manager Kavin Khosravi said most women are more concerned about style and looks than comfort.

"About 70 per cent of our sales are because of the fashion and then the rest is just about the quality, the brand and the price. What's in style now is the stiletto type, and a lot of women like that because of how it looks."

There are things women can do to make their shoe as comfortable as possible. If women insist on wearing heels, there are ways to prevent discomfort.

Orthotics, a shoe insert to help raise the arch so that the foot doesn't drop, can help make the woman feel more comfortable.

There are many different varieties of shoe inserts, from rigid and semi rigid, to flexible.

Also, many shoe distributors are putting padding into the shoe so it makes the bottom of the shoe more comfortable.

Some are also making shoes with extra depth in the

"They're making the heels a lot thicker so there's less strain on the foot" Nahabi said. "If the heel is a lot thicker and chunkier, it's taking more stress off the foot."

Both Ramelli and Ramsden recommend a heel height no higher than an inch and a half as they say this is the perfect height for the foot to function.

"She should look for a shoe with a good contour in the heel to give her stability and more heel contact," said Ramsden. "A flexible soled hoe is reasonably good. Women should also look for a shoe

with a more rounded toe."

toes.

Wearing heels sparingly will help limit pain. "If you only wear [high heels] for evenings or when

you go out, then it shouldn't be a problem," said Corbo.

Break free: Chris Vernon who smoked for 15 years, has been smokefree for three months thanks to a little help from Zyban

Where there's a will there's a pill

BY SEANNA MURRAY-NECK

f you still haven't been able to Lbutt out and you've tried everything from the patch to cold turkey, Zyban may be the solution you need.

Chris Vernon was a smoker for 15 years. He had tried everything to quit but nothing seemed to help terminate his cravings for nicotine until he tried Zyban.

Zyban is a nicotine-free pill that specifically helps people quit smoking.

Derived from the parent drug Wellbutrin, an anti-depressant, Zyban uses its active ingredient, bupropion hydrochloride to help get rid of the cravings for nicotine.

"By circumstance they found out that the drug does something to that part of the brain that produces the desire to smoke, but we don't know why," said Dr. Arnie Ein who has prescribed Zyban to some of his patients.

Pharmacist Connie Judge, said dosages will vary depending on the severity of your addiction, but it generally works like this: one pill a day for three days, followed by two pills a day until you stop needing it.

It takes about a week for the your body to be effective so you can smoke for the first week of taking Zyban.

Treatment is usually taken for seven to 12 weeks or longer depending on the addiction of the smoker. The cost of Zyban is about \$65 for a 30-day treatment.

Vernon said Zyban altered his desire to smoke but he was definitely ready to kick the habit.

"It was my time to quit. They say you try to quit about six times before you're actually ready and I guess I was just lucky."

Vernon has been smoke-free for three months.

"Zyban is not a miracle drug," said Ein. "It's a crutch, and without the desire to quit smoking, you will not be successful."

He said the drug does not work for everyone and it is much more successful for some then others.

Ryan Simper has been a smoker for three years and tried Zyban to help him kick the habit.

"It didn't work for me because I'm still smoking," said Simper. "It had some serious side effects that I just couldn't deal with."

He said that he already suffered some insomnia and Zyban seemed to make it worse.

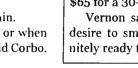
Troubled sleep is one of the more common side effects associated with Zyban, along with dry mouth, headache, constipation, anxiety, blurred vision and shakiness

Some less common side effects include, mood changes, slowed movements, difficulty urinating and a decreased sex drive or drowsiness.

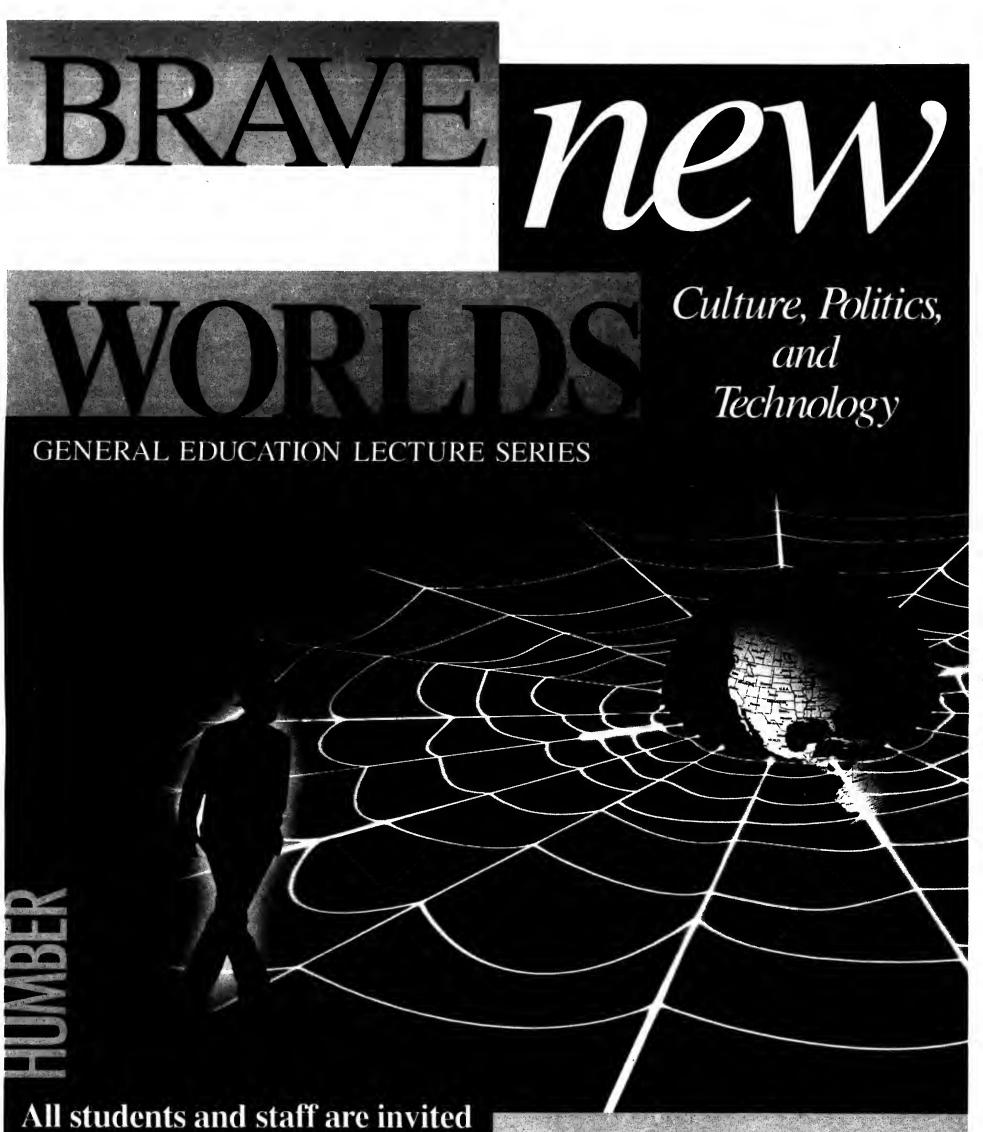
Zyban is supposed to suppress drug to reach the right levels in the urge to smoke but it will not work if the patient is not ready to quit.

> Ein said Zyban is an option to help you quit smoking but he prefers to suggest it as a last resort.

"I'd prefer [patients] to first try cold turkey and then nicotine gum, then the patch and when you've exhausted all of those and are dedicated to quitting then try Zyban. Zyban won't do it for you."







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Irshad Manji Social Commentator

Thursday, April 6, 2000 1:30 p.m. in the Community Room

Health

From seeing red to walking the red road

For many people, anger is not just an emotion but part of every day life

By Sharon Aschaiek

Steven Richards used to be a raging, angry man. It didn't take much to set him off, and when he did get mad, you didn't want to cross his path. He was known to flip tables, cuss like hell and even threaten his family with violence.

One night, during a heated argument, he grabbed his sister's boyfriend and smashed him into the kitchen table. His anger was out of control.

"I used to lose my cool really quick," Richards, 29, said. "I didn't have any assault charges on my record, but I used to get pretty violent with furniture. I used to throw phones, converters and TVs."

The Scarborough man's temper grew worse at the age of 12 when he began experimenting with alcohol and drugs. He started off with pot and hash, but by 15, had begun smoking crack cocaine. Over the next 12 years the addiction grew worse and Richards watched his life spin out of control into crime, homelessness, and outbursts of unbridled rage.

Three years ago Richards ehecked himself into a rehabilitation clinic, sobered up, and enrolled himself in the anger management program at Spirit of the People, an Aboriginal counselling centre in Searborough that helps ex-offenders reintegrate into society. There he learned how to understand his anger, and to keep it under control.

"I used to be a very angry little man. Very angry. I thought the world owed me something," Richards said. "I used my anger as a way to control things, in order to get things that I needed and things that I wanted. I've been doing that since I was a kid."

Using anger to get your way is very common, according to Newmarket psychotherapist Phillip Knight.

"These people, they are like terrorists. They're controlling you with fear, so that they're basically wanting to be bigger, louder and more intimidating in order to overpower you."

Knight, who has been coun-

selling adults, teens, couples and families for the last 25 years, said some people are "anger junkies," hooked on the physical high anger provides.

"The anger junkie is often depressed, so having the anger rush and the yelling, the name-calling and the power-tripping gives them an energy rush," said Knight.

Health professionals agree anger is a complex emotion that's often connected with depression and substance abuse.

"These people, they are like terrorists. They're controlling you with fear"

Humber head nurse Marg Anne Jones said anger is usually mixed up with other feelings like pain, guilt, shame and fear, which makes it a difficult emotion to identify.

"Not many people come in and say '1 need help with my anger' but sometimes they have a blowup in a relationship, and they realize this is a big problem and something has to be done about it," Jones said.

At the health centre, Jones and the other nurses counsel students on a range of issues.

"People don't learn techniques to address frustrations," Jones said. "If all your life, every time you're frustrated, you start yelling at people instead of trying to solve the problem, you just continue to do that."

A lifetime of anger is what Richards said he grew up with. Often on the receiving end of the rage of his alcoholic father, he had the added frustration of growing up as the only Native child in a family of seven children.

Kathryn Jennings, director of the Anger Management Counselling Practice of Toronto, works with court-mandated and non-mandated individuals on getting at the root of their get angry. She said many, like Richards, will rage throughout the day, taking up every invitation to anger that comes' their way. Others, she said, will engage in "stack" anger – piling up their resentments and hostility until they finally erupt in a massive emotional blowup.

"The stack becomes pretty high, and then one day there's an explosion of some sort and it comes out, and it's over a minor incident, but you stacked it so high it ean't be held in any longer," Jennings said.

Richards says he learned to let go of his anger at Spirit of the People. He became involved in his native culture, and learned how to "walk the red road," – to study the history and practices of his Anishwabe heritage.

He has gained a new appreciation for life and has put behind the rage that once overwhelmed him.

"I talk to the ereator and I tell him 'thank you for helping me keep my cool.' It takes a lot for me to get angry now."

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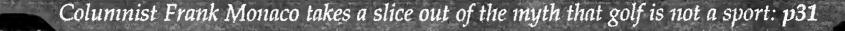
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Hawks honour their own

Awards banquet pays tribute to excellence in athletics

By JAMIE QUINN

Humber Athletes were recognized for their sporting achievements on Tuesday at the 12th annual awards banquet organized by the Student Athletic Association (SAA).

The evening was a thank you celebration dedicated to athletes, staff, and students whose efforts combined are what make athletics work.

"Whether you are a team player or you just work in the office, if you look at the way athletics have developed we're all one gigantic team," said SAA president, Dana Smith.

Outstanding players on both men and women's teams received awards for rookie of the year, most improved player, and most valuable player.

Four students took home the athlete of the year award. Adriana Cataldo, on the female soccer team and Caroline Fletcher, on the women's volleyball team, each took home the award for women. The male athlete of the year award was also shared, by Dexter Miller on the men's basketball team and Matt Tim of the men's volleyball team.

Doug Fox, who has been the athletic director at Humber for the past 12 years, said that a night like this is very important and special for athletes.

"We're all one gigantic team"

"In terms of the athletes themselves it's a long year and this is the one time that they get the recognition back from all the hard work that they go through," Fox said. "It's my goal to make sure that everyone of those athletes that come here walk away saying 'this is a great place, I had a great career and I am really happy with it'. So that's what we work for."

Fox spends a lot of time looking for great athletes across the province. He said that Humber has been blessed and has some of the best.

Adriana Cataldo won a total of three awards on Tuesday for her contribution to the women's soccer team. Other than being named ath-



lete of the year Cataldo was named the most valuable player on her team, and was one of four recipients of the Hawk Heart award.

CONFIDENCE BOOST

Although Cataldo sustained numerous injuries throughout the season, she continued to play games and lead her team to victory. She accepted her award with a broken wrist and said that playing sports has enhanced her overall experience at Humber.

"Playing a sport that you are good at gives you a high that builds confidence. For me, it gives me discipline too. Because I know I am good at one thing, I think hey, I could be good at other things too, like school work," Cataldo said.

The Hawk Heart award recognizes team players who demonstrate great heart for the game. The other three winners were Rich Wand, Marcel Lawrence, and Matt Carr.

Hall of fame awards recognized athletes for good sportsmanship

and athletic excellence.

SAA also took time to thank sports reporters for their dedication and excellence in sports reporting and editing.

The Joe Suzor memorial award was presented to Dean Pinkham, editor-in-chief and former sports. editor of the *Humber Et Cetera*.

"It's my goal to make sure that everyone of those athletes that come here walk away saying 'this is a great place"

"His work alongside reporters as an editor contributed to outstanding sports coverage this year," Fox said. "Dean makes sports happen. He made sure that every team got covered. Every team was given fair and equitable treatment from the paper this year."

CAA chief Smith said that sports are very important to students for a few different reasons.

"Not everyone does really really well academically, but when they get the opportunity to get involved in other things like sports, it helps them academically. Sports is just one of those outlets that helps round out everything else," said Smith.

The evening recognized not only individual athletes and but also the very special role that the athletic program plays for students who are involved in sports.

Nathaniel Singleton, who won the award for most improved player on the men's soccer team, said that being a member of the team has been a learning experience.

He said that dedication, and commitment, and leadership skills combined make for an excellent athlete.

Singleton has been on the team for two years. Being recognized this year as most improved player means a lot to him, he said.

"For me to win most improved player means that I can still play with the best and keep up to par, and still make that long lasting impression on the field," Singleton said.

Excellence: Athletics Director Doug Fox (left) and Warrick Manner (second from right) with winners of the Warrick Manner Athletic Excellence and Fair Play Award Beth Latendresse and Joanna Vitale

Sports





TEAM ACCOMPLISHMENTS

Men's Basketball: OCAA Gold Medal, CCAA Second Place Women's Basketball: OCAA Bronze Medal

Women's Soccer: OCAA Gold Medal, CCAA Fourth Place Men's Soccer: OCAA Silver Medal

Men's Soccer: OCAA Silver Medal Women's Volleyball: OCAA Gold Medal CCAA Fifth Place Men's Volleyball: OCAA Fourth Place Women's Golf: OCAA Gold Medal Men's Golf: OCAA Silver Medal

Men's Hockey: OCAA Bronze Medal Men's Indoor Soccer: OCAA Bronze Medal Women's Indoor Soccer: OCAA Gold Medal

ACCOMPLISHMENTS

Men's Basketball

OCAA League All-star - Dexter Miller - Jason Francis OCAA Tournament All-star - Dexter Miller OCAA MVP - Jason Francis CCAA Mil-star - Dexter Miller OCAA Tournament All-star - Jason Francis

Women's Basketball

OCAA League All-star - Beth Latendresse - Lindsay Higgs - Brenda Chambers OCAA Tournament All-star - Beth Latendresse OCAA Leading Scorer - Beth Latendresse OCAA Coach of the Year - Jim Henderson CCAA Coaching Excellence Award

- Jim Henderson

Women's Soccer

OCAA League All-star - Adriana Cataldo - Joanna Vitale OCAA Tournament MVP - Joanna Vitale OCAA Leading Scorer- Joanna Vitale OCAA Coaches of the Year -Vince Pileggi and Mauro Ongaro OCAA All Canadian - Adriana Cataldo Men's Soccer

OCAA League All-star - Jesse Calabro

- Matt Carr OCAA Leading Scorer - Jesse Calabro OCAA Tournament All-star - Matt Carr OCAA Leading Goaltenders - Mike Silva - Vito Cappone

CCAA Academic All Canadian - Matt Carr

Women's Volleyball

OCAA League All-star - Jen Edgar - Caroline Fletcher - Barb Legiec OCAA Leading Scorer - Barb Legiec

OCAA Tournament All-star - Perfection Powell

OCAA Tournament MVP - Caroline Fletcher

OCAA Coach of the Year - Daye Hood OCAA Tournament All-star - Jen Edgar OCAA All Canadian - Caroline Fletcher

Men's Volleyball

OCAA League All-star - Matt Tim - Dan Salomons OCAA Tournament All-star - Matt Tim CCAA All Canadian - Matt Tim

Women's Golf

OCAA Gold Medal - Angela MacDonald OCAA Silver Medal - Lisa Proctor

Men's Golf

OCAA Bronze Medal - Adam Glenn

Men's Hockey

OCAA League All-star - Marc Hobor OCAA Leading Goaltenders - Duane Crocker, Brent DeNure, and Terry Gilmer OCAA Tournament All-star -Chris McFadyen

Women's Indoor Soccer

OCAA Tournament All-star - Joanna Vitale OCAA Tournament MVP - Adriana Cataldo

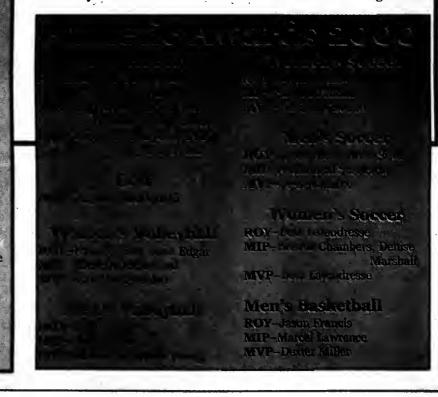
Men's Indoor Soccer

OCAA Tournament All-star - Mike Silva OCAA Tournament All-star - Arturo Alava





Top jocks: Bottom, Humber hoops star Dexter Miller (right) receives the Mike Katz (left) Excellence Award. Top, female co-athlete of the year and volleyball ace Caroline Fletcher with Athletics director Doug Fox.



Sports

Coach Spratt, 'Mr. Positive'

Hawk assistant passes his experience on to his players

BY SHANNON SLACK

enn Spratt is no stranger to the LHumber College varsity hockey eam. As a former Hawk player, he vas more than happy to help coach his year's team.

"It brought back a lot of good memories, it was incredible to be back. We had a great bunch of guys, to be part of the team right from the start and watch the team come together from training camp right through," Spratt said.

He was the Hawks' goalie during the 1990-91 season. That year, Spratt was named to the OCAA first all-star team, and won the Humber College academic/athletic excellence award.

Spratt describes the year he played for the Hawks as one of the most memorable of his career.

"I look at that year as the best overall experience in my hockey career. When I offered to come back this year, it was because of the Humber experience that I had," he said.

Spratt spent one year with the Hawks because the team folded at the end of the season, but says he would have stayed, had there been a team.

"The guys really like him, he's just a very positive person, he's always got a smile on his face"

He also played Junior A in the Ontario Hockey League for the Kingston Canadians, and professionally in the International Hockey League (IHL) for Milwaukee.

Spratt then toiled in Europe for one year, playing in Switzerland, Austria, Germany and Italy. He also was invited to the Boston Bruins' training camp.

"I think by playing in the OHL and playing a bit of pro hockey in Europe, he brought that professionalism attitude, that when you come to the rink for a practice or a game, you work hard, and the [fun] play is [for] later," said Humber's head coach, Joe Washkurak.

"It's great to have somebody of his calibre behind the bench, it's a tremendous asset to the team," said Hawk goalie Brent DeNure.

"The fact that he played for Humber before was nice, because he was in the same boat as me. He

wants you to do well, and he understands the pressures of [balancing] school and hockey," said goalie Duane Crocker.

Off the ice, Spratt leads motivational seminars. His positive attitude is what many of the players and coaches say are his best qualities

"He's a good motivator, he's upbeat, he knows hockey. He's a coach, but he's also a good friend for most of the guys," said forward Chris McFadyen.

"The guys really like him, he's just a very positive person, he's always got a smile on his face and when things are down, or I am uptight or upset about things, he's always the guy that calms me down and calms the guys down.

He's just a real positive, real good role model for the guys, that's kind of his forte," coach Washkurak said.

"I felt that we had a great shot of going to the Canadian Championships this year but it didn't work out"

Spratt used his goaltending experience, to help the Hawk puck stoppers this season, and according to Washkurak, Spratt's patience and reassuring style contributed to the Hawks' goaltenders success this past season.

"You look at our goaltending and we had the best average in the league. He worked with the guys, and was able to talk to them about being a goaltender.

Because he played at such a high level, the guys could ask him questions and know that they were going to get the right answers or get some feedback from him," said Washkurak.

"It was nice to have somebody that understands because different things frustrate goalies that would not [bother] a normal player, so he's really helped out that way, it was a tremendous luxury," added DeNure.

Spratt worked a lot with the goalies on their mental game, and tried to fine tune their technical skills.

"A lot of it was mental. He's been in the situation before, so he knows what you're thinking, he knows how you're feeling. He helped us relax and taught us how to mentally prepare ourselves," Crocker said.

Spratt describes himself as an easy guy to get along with, and very personable.

"I was there for the guys, I was

loyal, I'm a team player, always was, and thought of the way I coached as that too, adding the coaching staff and the players of the Hawks are "a first class bunch of guys".

Spratt says that the biggest challenge for him as a coach was knowing who he was dealing with, and identifying with their different personalities.

"I think you have to be personable with the guys. I'm not saying be best friends, but you've also got to be there for them to support them because you are dealing with 25 or 28 different personalities," Spratt said.

Spratt is married with four children. He has three girls and one boy, ages one-and-half to seven years old. He said that he has already had his three-year-old son Joel on skates, and will support his girls if they choose to play the game as well.

The Hawk assistant is also very involved with his kids' school, and says that he will always give back to the community, whether coaching at the college or minor league levels.

He says that he would love the opportunity to return as a member of the the Hawks coaching staff again next year if they will have him back.

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Alumni: Hawk assistant coach and former goalie Lenn Spratt enjoys the challenge of coaching

"I'd be more than thrilled to JJQ'S SPORTS CAFE come back, I felt that we had a great shot of going to the Canadian championships this year, but it didn't work out, and I think we'll be better Students Only!20% off Food and Pool next year," Spratt said. MONDAYS ¢25 WINGS Free pool Fraternities • Sororities • Clubs • Youth Assisting Youth has peer men-Student Groups Eam \$1,000-\$1,500 toring volunteer positions available for TUESDAYS this semester with the easy CIS three Responsible Individuals aged 16-29 willing to spend 3 hours a week with a hour fundraising event. No sales **Molson Breweries** required. Fundraising dates are filling child experiencing social adjustment obstacles. Contact Paul at (416) 932quickly, so call 1-888-923-3238 today BATTLE OF THE BANDS 1919 or email us at pattard@yay.org... or visit www.campusfundraiser.com WIN 40 hours of studio time COMPUTER SCIENCE TUTOR: C, \$\$\$ PLUS CASH \$\$\$ EARN \$10,000 THIS SUMMER! Build C++, JAVA, ASSEMBLER, HTML Register at Bar and Java Script Tutoring and Programming Lessons Ed 416-785-WED/THURS G.T.A./S.W. Ontario 1-800-361-9877 5115 days 416-785-5938 evgs www.cstutoring.com **CAMPUS KEG PARTY** UNIVERSITY & COLLEGE WHITEWA loonie specials & DJ Soquick.com has 100 summer and 50 TER WEEKEND - Join students from across Ontario at Wilderness Tours on the Ottawa River. A fun filled weekend FRIDAY online at soquick.com. Win Dvd, Palm Pilot, CD Burner, \$100 just by visiting June 9 - 11, 2000. Rafting, camping, **APRIL WINE** meals, live entertainment - special rate Tickets at Bar Canadian Search engine that offers \$150 + GST. Phone 1-800-267-9166 or free e-mail with 10 meg..Click to win. raft@wilderness lours.com SATURDAY The Spa on Maitland, Bathhouse for Bi **ROCKNESS MONSTERS** and Gay Men. Rooms, lockers, sauna, C++, JAVA, VB, database, A+, AS/400, shower, liquor license, Students 1/2 Music of the '90s price all the time with valid sludent ID. Upgrading and Repairing. Selling and 66 Maitland St., at Church St., ToronIo SUNDAY 416-925-1571. Sumitech@allavisla.co, 416-663-0368. WRESTLEMANIA Please print your ad in the space provided. To calculate the cost of your ad: ALL DAY - ALL NIGHT \$8.00 per week 20 word minimum, 15 cents each additional word, Payment ACTION must be made in person or by cheque. If paying in person, please go to room 1231 in the Humber College School of Media Studies. Please make cheques 2 Huge Screens payable to Humber College. (attach sheet for more space. 20 T.V.S Classifieds 416.675 5007 @Rexdale and Hwy27416.747.0829

Sports

R-E-S-P-E-C-T, visors are no guarantee: coach

By Sean O'Hara

The head coach of Humber's men's hockey team is not buying into all the fuss about making visors mandatory in the NHL.

Joe Washkurak said the debate is more of a respect issue than a lack of safety.

In just one month the NHL has been forced to deal with three major incidents of violence, leaving many questions concerning manditory protection for its players unanswered.

Leaf defenceman Bryan Berard's eye injury, the Devils' Scott Niedermayer chopping Florida enforcer Peter Worrell over the helmet with his stick and Marty McSorley's brutal stick attack on Donald Brashear, have the hockey pundits crying that the sport is in need of some sort of change.

Washkurak, who has coached at the junior level for about seven years said there has been a drastic change in the amount of injuries from high sticks.

When he played at Humber, between 1988-90, face masks were not used at all, but he said the respect players had for one another was much different than today.

"You can blame this on the full

face mask," Waskurak said. "There's just not enough respect. There's too many guys who are brave under the mask, but take the mask off and it's a different story."

Washkurak is also a scout for the Mississauga Ice Dogs of the Ontario Hockey

League (OHL). He said the league has done a good job with suspensions, which has helped in keeping down the stick work.

But he said players are still hiding behind the protection.

"High sticking would come down if visors came off," Washkurak

said. "The rough play after the whistle would stop and most coaches would support getting rid of them."

Washkurak said Humber will submit a request to get rid of the full cage at the next OCCA board meeting in Kingston next month.

ARMOUR

Humber's assistant athletic director Jim Bialeck said that since the college mandated full cages for the men's varsity hockey team, sticks have come up and players are not thinking twice about this.

"With visors and full cages, players coming up are taught that their sticks can be raised higher because like all equipment now, it's like armour and players feel they can't get hurt," he said.

Bialeck compared the NHL's decision to make helmets mandatory in 1979 to today's argument for visors.

Players already under contract that summer – like Craig MacTavish, who chose to continue without the mandatory safeguards until his retirement in 1995 – were given the

decision to wear the mandatory helmets or not. He said players treated MacTavish differently on the ice by

not raising their sticks or giving blows to the head because they respected him.

Although Bialeck suggests getting rid of the full cage in college hockey, he says it is not time to fully let go of face protection, opting for the half face visor, like those used in the OHL.

"At this point, age and level [league] we have to assist in making

the decisions for the them because they are not professional hockey players who are ultra-skilled. Here you have a high school or former Major [junior] "A" player and there is too much of a difference in the level of play not to mandate protection for the player," Bialek said.

START YOUNG

According to 17-year-old sensation Jason Spezza, of the OHL's Mississuaga Ice Dogs and youngest player to play at the Canadian national junior level, the decision to mandate visors is not the only solution to the problem.

"It's tough because guys are used to playing without visors and it's a decision that has to be made by yourself also it's a risk that comes with the game," he said.

Spezza admits that like most players in the OHL, who turn pro, he would probably get rid of the visor if he were drafted to the NHL.

He also said it's more of a respect issue than anything, claiming guys are still getting cut beneath the eyes even with visors.

"If guys had more respect and kept their sticks down, I don't think the visors would do that much anyway," Spezza said. "I think initially it starts at a young age, where kids are wearing full cages and they don't have the respect for each other."

Fo-o-o-ore score and 80 strokes, a golf nut is born

Over the weekend, I went to the golf course with my pals and we hit a few from the driving range.

A simple excursion that I originally intended to use as a social outing has left me a changed man.

I took out my two iron and started hitting golf balls everywhere, two feet in front of me, six feet behind me, you get the picture.

My friends, controlling their laughter, tried to give me some helpful advice, "keep your arm straight...your knees too...you are too stiff." It went on like this for a while.

Finally, as my bucket of balls was almost empty "it" happened. Swoosh!

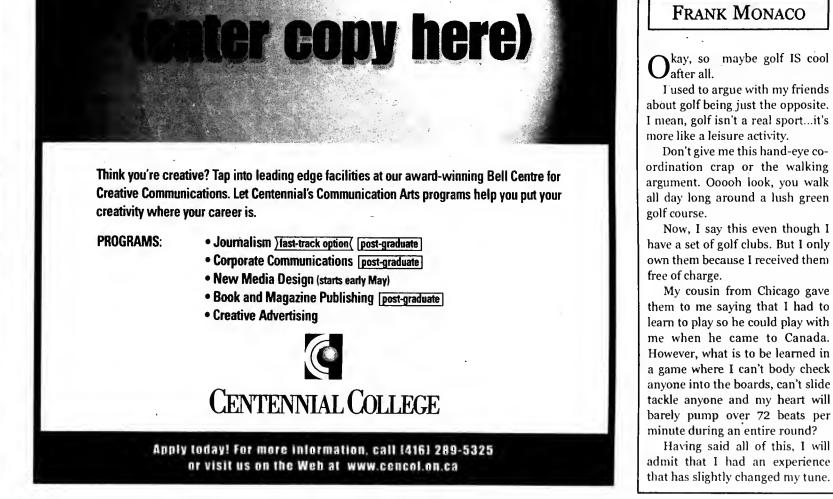
I smacked a ball high and long. It sounded like a golf swing. It looked like a golf swing. More importantly, it was a golf swing! I even drew applause from my caring comrades.

The next thing I knew I was stealing balls from my friends' buckets, not wanting to leave (I had to work unfortunately).

I was adjusting my swing and admiring my shot. Sure, I slice and hook a lot but damn it, I can now hit a golf ball!

A simple trip to a golf course has now changed my life forever. I can't wait to play again and maybe get into a real game.

Is golf a sport? I am not completely sure. Maybe it is. Maybe it isn't. I think I'll classify it as a sport when my game dips below 80.





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Above: The friendly Career Center staff (North Campus) Below: The friendly Career Center staff (Lakeshore Campus) All Photos taken by: David Lui





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