

# Door slams over O.J. verdict

by Mascia Gori

The excitement surrounding the O.J. Simpson verdict on Tuesday, had Humber students and faculty members scrambling to find a television.

One faculty member had the door slammed in his face by another teacher in front of the lecture theatre, one of the few places the trial could be seen.

Donald Holmes, a communications instructor, pulled the door from Journalism teacher Carey French and would not let faculty members, including French, or students in to see the O.J. Simpson verdict.

"I asked if I could have a word with him ... if he had given me an opportunity I would have explained to him all we wanted to do, a small group, was come in, sit quietly, not interrupt the class, watch what went on and leave," said French.

The class in progress was watching the Simpson verdict and, according to French, the lecture theatre was at least two-thirds empty.

"He refused even to listen to me and would not have a word with me. He pulled the door out of my hand and slammed it shut in my face."

However, Holmes said, "Why does another class think they have the right to interrupt three instructors with three classes who are scheduled for this room. We were in the middle of class, there was no time to have a discussion."

Mel Tsuji, a journalism teacher, who was present during the incident, said "I didn't know there was a class. I thought it was being made available because of the interest in the trial ... Whether he knew this or not, we had the understanding it was



SHANNON WILLIAMS

Donald Holmes

being shown there for the public."

Tsuji was told by an employee in the Audio Visual department that the verdict was being shown in the lecture theatre.

Holmes, who was interviewed outside the lecture theatre after his class, said "Well, the teachers were never told it and we're the teachers here so you are

absolutely intruding, you are rude."

"They (Journalism students) were already in the room. We asked them to leave," he said.

French said he was not one of the people who was asked to leave.

"I certainly wasn't kicked out already. I had just simply gone there ... I saw a small gathering outside and they said they had been kicked out."

"People are interrupting our class," Holmes said. "Our class started at 20 to one. Why should people, another whole class, suddenly decide they can come in here."

"We are conducting an ordinary class and no one had permission to come in."

"We certainly weren't looking to intrude on anybody's class," French said.

French agreed that it was

Holmes' class and time, however he didn't understand the attitude.

"What does it cost someone to be civil ... Having had the door slammed in my face, I could say clearly two things. A: this clearly was not a class on resource management and B: it was not a class on manners," French said.

Don McDonald, a Journalism and Radio Broadcasting instructor, was also present when the incident happened. "I thought he was a little unreasonable. I thought we were in the education business and here's an opportunity to enlighten on something that will come back once every 50 years."

The lecture theatre was one of very few, but certainly the largest, areas in the college where it was possible to watch the verdict. Many students crammed into Caps, but students less than 19 were not allowed in.



HUMBER ET CETERA

Students in CAPS cheer as 'not-guilty' verdict announced.

## Black community reacts favorably to O.J. verdict

by Sophia Thompson

The O.J. Simpson case did not hinge on racial issues, said Tony Raimondo, an accounting student at Humber College's North campus.

"It is not an issue of black and white. It's an issue of innocence or guilt," said Raimondo, who was quite pleased with the jury's 'not guilty' verdict yesterday.

However, many members of the black community do not share his view.

Last night, a victory gathering was held at the home of Peter Solcombe, a salesman and promoter for the Canadian magazine, Black Voices. Solcombe was among many who believed that the case had everything to do with race.

"I think that because whites are the dominant majority in Canada and the States, they do not see the significance of how race determines how we live our lives.

"Whites tend to stigmatize race and racism with the black community, whereas blacks on the other hand encounter daily reminders of their race and are therefore more familiar and subjective to racial issues. That's just the way it is."

Solcombe also shared his negative perceptions on the legal system.

"In the past and present time, the legal system in both the States and Canada, have too often failed the black community."

Juliana Thompson, a legal assistant in

the Metro Toronto area, was frustrated with the trial.

"The Simpson case was just another example of how the system tries to cripple the black race," she said.

Members who attended the celebration said that the Simpson case is far from over.

"Although O.J. was found not guilty in the courts, it would be premature to think that this issue is over," said Gillian Richards, a law graduate of the University of Toronto and a data entry clerk at The Jamaican Embassy.

"I'm sure there are thousands of people, particularly racists, out there who aren't pleased with the verdict. A lot of white people are furious because they let a black man walk — which I think rarely happens in such cases. Anyway, O.J. is far from free yet, and it wouldn't surprise me if I heard on the news tomorrow that someone killed him."

Reverend Abdul McPherson of The All People's Church is more optimistic of Simpson's future and the future of the black community.

"I see Simpson's case as a stepping-stone for the black community," said a teary-eyed McPherson. "For me, the not guilty verdict promotes a sense of faith for better things to come for my people."

## SAC candidates ready to rumble

What are your aims if you are elected?

•**Ron Pellerine**, 1st year Hospitality, School of Hospitality, Recreation and Tourism

"To make sure the hospitality division is represented properly."

•**Andrea Thomas**, Final year Travel and Tourism, School of Hosp., Rec., & Tourism

"I hope to show improvement within the Travel and Tourism department as we 'as work with the other reps."

•**Wallace Redker**, 1st year Architecture, School of Architecture & Construction

"My plans if I'm elected are to get new events with a lot of originality in them and to be of any assistance to the other students such as their ideas for activities."

•**Nino Francauilla**, 3rd year Architecture, School of Architecture & Construction

"If elected my plans are to ensure students that their opinions will be addressed and their voices heard. I want to know what's going on and make sure my peers know as well."

•**April Ichiki**, 1st year Health Sciences, School of Health Sciences

"My plans are to work hard with others and add more colour to the school."

•**Maryrose Ruggi**, 1st year Retail Management, School of Business

"I plan to represent my division to the fullest capacity I can by listening to peoples' views and voting with an open mind."

•**Sharlene Henry**, 1st year Marketing, School of Business

"To help make more students become involved in school activities and to represent the School of Business to the best of my ability."

•**Wendy Bishop**, Physio Therapy Assistant, School of Health Sciences

"To make this the best and most memorable year ever."

•**Motihand Bharat**, 1st year Agriculture Construction Energy, School of Architecture & Construction

"If I'm elected I plan to represent all the students in my department and to listen to their complaints. I will try to do my very best job for each and every complaint."

•**Jorge Leitao**, 1st year Architecture, School of Architecture & Construction

"We have many great students in the program who design & create amazing drawings. The Toronto job force should be aware of this! This creates future jobs for Humber students."

•**Mark Petierre**, 1st year Nursing, School of Health Sciences

"I plan to voice the needs and opinions of the Health Science division, faculty and student body and be committed to enhancing the quality of student life."

•**Belinda DaSilva**, 1st year Administrative Executive, School of Business

"My plans are to get involved in SAC and to gain experience."

•**Elizabeth Adu-Gyamfi**, 2nd year Nursing, School of Health Sciences

"My plans are to inform the students of the Health Science department about what SAC can do for them and to be able to have some interaction with these students."

•**Agnes Wojtanowska**, third year business management, School of Business

"To try to bring about change based on students' requests and needs."

•**Glen Harper**, first year ambulance, School of Health Sciences.

"I will bring fresh new ideas to SAC. I will also be a strong voice for students in Health Sciences."

Compiled by Ryan-Anthony Trotman

# Legal Aid at Humber in trouble

by Patricia Wilkinson

Students are going to be affected by the legal aid crisis that is turning the justice system upside down.

Brampton criminal lawyer Wanda Warren, whose practice is 70 per cent legal aid cases, said the cuts will affect students.

"If you go to a store and you get charged with shoplifting and you didn't do it, given that you're a student and you can't possibly afford a lawyer, you won't be able to get a lawyer under legal aid," said Warren. Even though a guilty verdict won't mean a jail term, she said, your good name would be ruined because of a crime you didn't commit.

However, although she sympathizes with students' concerns, she has outstanding bills of about \$25,000 dating as far back as February and can't continue to

work for free.

"I'm already starting to tell people that I don't want to take legal aid. My colleagues are doing the same thing," said Warren.

Warren said the problems aren't new, and the legal aid program has been in trouble long before it hit the papers.

"There are many people already who want to have a lawyer and are not getting one because legal aid has had to say we're only going to give legal aid to more serious offenses," said Warren.

The crisis surfaced three weeks ago when Attorney General Charles Harnick announced that lawyers might not be paid for completed legal aid cases. Although Harnick changed his position two days later, lawyers said they're wary of his promise

to pay for any new clients taken.

"The information is very conflicting," Warren said, adding she didn't know what to believe anymore.

The lawyer who runs a legal aid clinic every second Thursday at Humber said students will be affected by cuts if clinics like Humber's is shut-down.

Ed Brown, another Brampton criminal lawyer, said cutting legal aid would cause chaos in Ontario's justice system.

"The dangers are that people charged with serious offences aren't going to get a lawyer," Brown said.

He also said that even though the government said they will cover the cost of new legal aid cases, the program will take a while to be effective again.

Critics of the system's crisis blame the government's spending

cuts. In 1993, the Ontario government capped legal aid funding and refused to cover legal aid's deficit, which is expected to hit \$62 billion this year.

"There's less money available today," said Brown.

However, many lawyers seem to agree that the recent recession was the final straw.

"When you say you're going to give legal aid to people below a certain income and you have a recession, the number of people who are eligible for legal aid doubles," Warren said.

According to an article in the *Toronto Star* on Saturday a single person earning \$9,192 or less or a couple with two children who earn \$19,608 or less would automatically qualify. If those numbers are exceeded, living expenses are also considered. Young offenders are automatically grant-

ed legal aid if their parents won't or can't help them.

However, there is another side. Toronto Detective Larry Dee for the Special Investigation Services feels it's about time legal aid was cleaned up and reformed into something a lot less accessible.

"I think it's long over due as far as policing the legal aid system. There are a lot of people out there that abuse the system, criminals as well as lawyers," said Dee.

Dee, who deals mainly with fugitives, said he feels people hiding in Canada who are here illegally shouldn't have the right to legal aid. Instead, the money should be should for Canadians who are wrongly charged.

"I do feel sorry for the absolutely innocent person who can't afford a lawyer and doesn't get one," said Dee.

## PR students prepare for fundraising

by Cori Sayer

Students in the Public Relations program are organizing events for their United Way fundraiser scheduled for the end of October.

Public Relations students have been fundraising for the United Way for 15 years. This year, 11 events will be held to raise money for the charity.

Tom Browne, a Public Relations faculty member, is coordinating the events with students. He said the United Way is a good cause because the money

goes to 250 agencies.

"It's a good learning vehicle. Our campaign can tap into the United Way umbrella in terms of resources and advice, and the students get a chance to see how a campaign on a Metro basis works as well as their own."

Canvassing is an event that raises the most money. The PR students go from class to class to tell other students about the United Way. "If you approach the students in the right way," said Browne, "you will get donations."

Last year, students aimed to raise \$20,000 and surpassed that amount by \$7,939.06. The goal for this year is \$25,000.

In their classes, students discuss different ideas for fundraising events.

"What happens is, somebody interested in a particular event will present their idea to the class and how they think it is going to go. We picked the big money raisers from last year," said Shana Shoub, a second-year Public Relations student.

The kick off will be held on Friday, October 27. Students are having a sleepover on the west corner of Bloor and Yonge. They will camp out for 24 hours to raise money and awareness about the homeless problem in Toronto.

"The number of students that we get to come out varies. We just want to get as many first and second-year students to come out as we can," said Shelley Ravelle, event coordinator.

The sleepout has been used as a fundraiser for the past three years

because it attracts a lot of attention, and raises a lot of money. Last year, the event raised \$3,644.57.

Adam Ross, a second-year PR student, said the sleepout was one of his favourite events. "Last year, it was a little awkward because we didn't know each other. But it pulls the students of the program together, raises a lot of money and attracts a lot of attention."

Shoub agreed, adding that although some events didn't raise a lot of money, they certainly drew attention.

"The Swan Race made little money," said Shoub, "but it was covered on TV by CFTO news, drawing attention to Humber, the United Way and the PR Department."

The Humber College Public Relations program has received an award from the United Way for raising the most money among post-secondary institutions

"We probably would have won it last year too, but we won it the year before, and you can't win it two years in a row. We'll be eligible for it this year and may even win," said Ravelle.

## Rep aims to help disabled

by Patricia Wilkinson

The first voting representative from Access for Success, a program for students with disabilities, is on this year's Lakeshore Students' Council.

Phil Sidsworth has many goals this year, but what is most important to him is the chance to represent the disabled in the new division for the campus' special needs students.

Sidsworth, who was acclaimed in the SAC by-elections last Friday, doesn't want to centre out the students with disabilities, but instead he wants to give them a chance to speak about their problems and concerns.

"I want the disabled to get a chance to be heard at the student administrative meetings," said Sidsworth. "Any concerns, any questions the disabled have, I can bring it up and be their voice."

Access for Success students have been on SAC for about six years, but they have been non-voting members for the past three years. This year, the class appealed to the College arguing that they pay full student activities fees and

attend the school full-time for both semesters.

Pete Maybury, Director of Community and Student Affairs, helped the Access for Success representative get approval as a voting member. He said he felt Sidsworth's position is unique

because he doesn't just represent a division. There are students with special needs in every program so Sidsworth represents a large cross section of the Lakeshore campus.

Maybury agrees special needs students deserve to have a say in what happens at the College.

"It's certainly terrific for the

students with disabilities to have representation, and SAC here is very supportive," said Maybury.

Sidsworth said there are several issues that need to be dealt with. He hopes for wheelchair accessible doors on both ends of the campus. There are currently ramps at both

entrances, but only one has the button that automatically opens the door.

SAC president Julie Couturier wants to help Sidsworth with all his concerns, especially the automatic doors.

"I think all main entrances should have automatic doors,"

Couturier said, adding she will try to get something done before the

end of the year.

Sidsworth is also concerned with the cafeteria fire escape the students in wheelchairs use. Sidsworth said if there is ever a fire in the cafeteria, students trying to exit through this door might get burned.

Al Palin, Access for Success program director, said he is thrilled that the disabled are allowed a seat in SAC.

"I think it's very important. Students in the program seem to think they have no voice, they feel sort of disenfranchised," said Palin.

Palin said he agrees with the issues Sidsworth has addressed, but wants to see even more done in the College for the students with disabilities. Plain said the bathrooms in the school are too small and uncomfortable for students in wheelchairs to use properly.

Sidsworth also has more personal motivations for running for SAC.

"This is going to help with volunteer work I already do, which is work with the mentally disabled, and it will make me a lot stronger."



COURTESY PHOTO

Phil Sidsworth represents the Access for Success program.

## Correction

In an article on the student drug plan in last week's Humber Et Cetera, there was a mistake made in one of our quotes.

We printed Loreen Ramsuehit as saying student ID cards would be scanned by pharmacists, providing the name and date of birth of the student.

When the scan is done, the pharmacist is not provided with the students name, which must be provided by the student.

We apologize for the mistake.

# Bernardo reporters visit Humber

by Rosalee Buonpensiero

Humber Journalism students had the opportunity to meet with various reporters from the Paul Bernardo trial, last Friday.

"The summer of '95 was a trip to Hell and back," said Al Zimmer, a reporter for 680 News.

Zimmer, spent his summer in courtroom 6-1 at 361 University Avenue, along with Ron Izawa of CBLT-TV, (CBC Newsworld) and Ellie Sadinsky of CFRB.

Izawa started off by telling students to imagine being in the press gallery. Izawa acted as Crown prosecutor Ray Houlahan giving part of the opening statement on the second day of the trial. He then read the actual transcript as students tried to take notes worthy of

writing a radio newscast. Izawa was trying to show students that reporters have only minutes or seconds before they have to give a report by cellular phone, sometimes having to read from highlighted notes and ad-lib. Zimmer had to make reports as often as every 20 minutes for the four months of the trial.

Sadinsky said that radio people could barely take coffee breaks. "Newspaper people would go for

lunch, or even TV reporters working for six o'clock ... they could afford to have a coffee, go to the bathroom, have a couple of ciga-

rettes. We couldn't take breaks."

Zimmer said that towards the end of the trial, before the verdict, most reporters wanted to leave.



ROSALEE BUONPENSIERO

From left: Ellie Sadinsky, Al Zimmer, and Ron Izawa share their experiences as reporters at the Bernardo trial with journalism students.

"We were exhausted. Many days I went up those escalators at courtroom 6-1, I didn't want to go in. I wanted to call the desk and say 'look I've had enough.'"

There was a competitive atmosphere among the news agencies at 'Camp Bernardo.' Every station had access to all speeches, sketch artists' work, and they shared footage.

"There is competition, but there is camaraderie down there, especially around television," said Izawa. "What reporter can put that information (footage, sketches) into something that makes sense, something that has the most information, captures the mood of the families. That's where the competition begins."

"That crossed all boundaries," said Zimmer. "Print, radio and television. At the end of the day we'd all (all reporters) make sure we all had the relevant quotes."

When the verdict came in, these reporters were extremely busy, and excited. The pressure was on to be the first to report the story. It's hard to say who was first, but "everyone says they were first," he said.

The Bernardo trial has had an impact on the lives of these reporters.

Zimmer said that the case followed him home. "By the time you got to sleep, if you did, because the nightmares were something else, the screams, you've heard reference to the screams on the tapes. It's one thing to hear it once, but to hear it six, seven, eight, nine times, over and over and over. While we weren't seeing the videotapes, the defense and the crown were graphically describing what was in each segment."

When Zimmer was given a day off, he couldn't focus.

"I spent most of the day pacing. I was going through withdrawal," said Zimmer. "I didn't know what to do."

Even though the trial is over, the reporters are constantly reminded of the trial.

"Something will snap you back to Bernardo, like a word," said Sadinsky.

Izawa had an interesting hair appointment. "I figure I'll go get a haircut, relax. I was getting a shampoo from this woman, who goes 'What's your name?' I say 'It's Ron. What's yours?'" She says, 'It's Karla.'"

To journalism students, these reporters and others, are heroes.

"After hearing some of the things they went through, some of the things they had to see and listen to every day, I don't know how they did it," said Luke Hendry, a second-year journalism student.

When asked if he would ever cover a trial of this circumstance again, Izawa responded, "I probably would ... In journalism, if it's a story that the public cares about, you want to be there. You have to be there."



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## New auto program to protect drivers

by Lauren Serio

Humber's parking patrol has a new HEART for staff and students this year.

The Humber Emergency Auto Response Team program is a new service offered to staff, students and visitors who park on campus. HEART will jump start a battery, loan a small amount of gas, provide air for flat tires, and provide emergency assistance phone numbers for other services.

"We're not trained mechanics, but we'll lend you the tools to get you on the way," said Donna Davenport, superintendent of Campus Services.

The free service is available 24 hours a day and can be accessed at the main entrance by the library. Eventually, the service will be hooked up to the blue emergency phones around the campus.

HEART will not cost the students or the school anything. It is a minimal investment, said

Davenport. Very few materials are required and no staff need to be hired.

The service is not available at the Lakeshore campus, but the parking patrol will lend battery cables or an air compressor to people who need it.

Davenport said the service was developed in response to requests for assistance.

"I think we need to be a customer-based service department and provide the best service we can," she said.

Only one officer has been trained, but the remaining officers should be fully trained by the end of October. Davenport expects that winter will be the busiest season for service.

The idea to call the program HEART came from Davenport, who said she wanted a name that would mean something.

"Heart says 'we care,'" she said.



## Hospital to stay open

by Cara Graham

Etobicoke residents are relieved that Etobicoke General Hospital will not close or be merged as part of the recommendations by the Metro Toronto District Health Council.

MTDHC has discussed closing 12 hospitals in the Metro area.

The final report was released September 29 after a two-year study of Metro Toronto's 44 publicly funded hospitals, called for a significant planned reconfiguration of Metro Toronto's hospital system. This has been done in an attempt to rebalance the services, ensure better patient access and quality of care, and expanded health care capacity in critical areas including rehabilitation, mental health, palliative care and cardiovascular services.

Hospitals in the area that have been recommended are Humber Memorial to be merged with Northwestern General and Branson Hospital to be merged with York Finch Hospital.

"The implementations will take about four years. These are only recommendations they are not the final decision," said Vytas Micevicius, the Chief Executive Officer at Etobicoke General Hospital.

"The final decision will be

made by the Minister of Health."

The MTDHC anticipated that about 12,000 hospital employees will be affected by these changes. About 2,800 full-time, part-time, casual and contract staff will be directly affected by workforce displacement and reduction. There will also be a 13 per cent reduction in beds.

The report stated that financial consolidation will result in cumulative cost savings of more than \$1.3 billion by the year 2001 and ongoing system cost savings of \$410 million each year thereafter. The number of direct patient care providers is also expected to increase by the year 2001.

The report does not state a decrease in demand for physician services, although it does emphasize the importance of expanding primary care services in Metro Toronto to ease the pressure on hospital emergency rooms which will be reduced from 21 to 14.

"We will continue to operate how we have for years now which is working closely with other hospitals," said Micevicius. "Basically we will continue to respond to the other communities as they need help."

"I had read the story in the paper about the 12 proposed hospitals to be closed and was wor-

ried that Etobicoke General might be one of them," said Donna Boudreau, an Etobicoke resident. "I have three boys who are always hurting themselves (and) the emergency room here is very close to my home, so it's comforting knowing that if something does happen to my boys, we're not far from the hospital. If the hospital closed I wouldn't be too happy."

"Each hospital currently operates independently with respect to planning, setting priorities and delivering services," said Edward Crawford, Chair of the Hospital Restructuring Committee. "In an environment of severe fiscal restraint and rapidly changing medical technologies, this is leading us towards serious imbalances in program delivery throughout Metro. Inefficient and redundant administration and support services, and ... frustrated patients."

"It recommends significant cuts in service without providing adequate time for communities and affected organizations to respond," said Wendy Curley, Chair of Ontario Public Service Employees Union, which represents more than 1,200 workers employed at 17 hospitals in Metro. "No position is taken against the privatization of hospital laboratories or support services."

## Truck tires still flying

by Mike Ferrara

Flying tractor-trailer wheels and negligent truck safety continues to threaten the safety of Ontario roads despite attempts to resolve the problem.

"There is still a lack of maintenance on the part of many commercial truck companies," said Ted Bentley, an information officer for the Ontario Ministry of Transportation.

An inquest is being conducted into the January death of a Whitby woman. The woman was killed on highway 401 when a wheel from an on coming truck flew off and crushed the roof of her car. Two months later a Mississauga man died in a similar accident.

Bentley said that too many trucking companies do not service their vehicles regularly or enough because of the time and cost involved.

"They keep the vehicles on the roads because ... lost time is lost money," he said. "On average, a good truck tire will run about \$700. Now times that by eight or 10 tires and you're talking big bucks."

There are truck inspection stations spotted all over Ontario's major highways. Trucks over five tonnes must pull into the open stations. The truck will drive onto a scale where it's weight will be checked. MOT Compliance and Enforcement Officers may then inspect trucks for proper safety and maintenance. Any truck over the legal weight limit or deemed unsafe by an officer

may be pulled off the road, and charges may be levied against the driver.

"It's hard to completely control the safety problems we have with tractor-trailers because we are understaffed. We rely on the drivers to do their part in making sure their truck is safe," said Bentley.

Truckers are expected to hold a pre-trip inspection before leaving on a run. They should check over the entire tractor and trailer for signs of danger.

Stan Short, coordinator of the Humber Truck Driving School, said the college does a top-notch job in teaching the students every detail of truck safety.

"The entire program is built around proper truck safety. There is no room in this industry for unsafe or careless driving," said Short.

At the Humber Truck Driving School, students are taught to check for the three L's: loose, leaks, and levels.

Students are guided through a five-step safety check. An engine check, exterior check, audible air leak check (for air-powered brakes), in cab check (inside the truck) and brake check must be conducted before leaving the yard with a vehicle.

Students check for loose wheel nuts and make sure that the tire inflation is correct. Hoses and pipes should not be leaking, and fluid levels should be correct.

Under the Vehicle Safety Act, drivers and companies operating unsafe commercial vehicles could face fines of up to \$25,000.

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 Advertising: James Cullin Phone: (416)675-5007

Editor: Michael J. Miller

Managing Editor: Nada Krizmancic • Production Editor: Chad T. Keogh

News Editors: Lisa Weir, Sean Ballantyne • Lifestyles Editors: Maria Birmingham, Lisa Sauer

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## Simpson trial a sporting event

For the past year, the murder trial of O.J. Simpson has been dubbed "the trial of the century".

Yet the focus of the Simpson saga rarely had anything to do with the justice system or uncovering the truth about who brutally murdered Nicole Brown and Ronald Goldman in June of 1994.

The case became more of a spectacle for the world to watch than a legitimate legal proceeding. This became painfully clear early on, when police cars chased Simpson's white Ford Bronco down a Los Angeles freeway as he crouched in the back seat holding a gun to his head.

Cars pulled over to the side of the road and drivers urged the Bronco on as they chanted words of support for Simpson. As he returned to his Brentwood estate, still more people crowded the residential streets waving signs that cheered the football hero on. The scene looked more like a parade than a police chase.

This is how it began, and Tuesday, it ended the same way.

Humber students crammed into Caps at 1 p.m. on Tuesday afternoon, everyone buzzing about the possible outcome. And when Judge Ito's clerk, Dierdre Robertson read the words: "Not guilty," the crowd erupted, cheering and clapping in the same way as the Buffalo Bills fans did during Simpson's playing days. The same was true in L. A., where hundreds of people shouted their support outside the courthouse.

The truth is this has been the reality of the Simpson case from the start. It has moved along as though it were some sort of a sporting event. His televised trial provided spectators with a play-by-play of every courtroom moment.

People seem to have latched on to Simpson, treating him like the underdog in a competition, rather than a man on trial for murder. The trial became more about picking sides, than about following the proceedings. In the public eye, it was the prosecution, lawyers who represent the *people* of the state of California, who were seen as Simpson's opponent. When pictures of Christopher Darden were shown on television in Caps after the verdict was read, students jeered Darden as if they were irate fans showing their distaste for an opposing player.

Sadly, most viewers were caught up in a wave of enthusiastic support for the football great and neglected the real tragedy at the heart of the trial.

From the start, Nicole Brown and Ronald Goldman were quietly lost in the shuffle.

It is a disgrace that when the verdict was read, the victims of June 12, 1994, Nicole Brown and Ronald Goldman remained the furthest thing from so many people's minds.

That is the real crime.

## Mail votes may flaw referendum

A group of Ontario students has spearheaded a campaign for voting by mail in the Quebec referendum, and there are an estimated 100,000 people in Metro Toronto that are eligible to vote.

But what everybody wants to know is how the voting by mail will affect the results. The killer phrase included in the referendum question is whether any former Quebecer, who is living outside Quebec is intending to return. How would they know?

Apparently, in order to vote by mail, you have to be able to produce a piece of Quebec identification, because the electoral office in Quebec assumes if you kept your ID, then you're likely to go back. Since neither side is vehemently opposed to the inclusion, and neither is obviously vocally supportive, the implications for both sides need to be considered.

The 'Yes' side, those who want Quebec to be sovereign, are probably using the premise that if they lose, they can argue that voting by mail invalidated the entire referendum process. The 'No' side may be working with the idea that a person who had moved from Quebec, probably doesn't want to go back. Regardless of what side wins, it definitely won't be the last Canadians hear about the games the Quebec government is playing.

## Humber's parking 'cash grab' source of extreme irritation



In my opinion...  
by Darin Easton

I'm sick and tired of being milked for every last one of my hard earned dollars and I know I'm not alone. My most recent experience with this involves Humber College's parking policies.

When it comes to parking, Humber is always digging into our pockets, so this latest money sucking scheme is not surprising.

Thanks to a ridiculous new rule

which states that parking permits must be "affixed" to the lower left hand corner of the windshield, I am being forced to buy a \$15 "multi-vehicle permit" from the school. So far I've refused to succumb.

My permit is still stuck to the little plastic sheet it was issued on, and is placed on the left side of the dash, in clear view. I have seen many other permits displayed this way, and unless the permit is obstructed from view, I don't see the problem. My permit is not stuck to the windshield, so it's easy to switch from one vehicle to another (I don't always drive the same car to school). However,

Campus Services says this practice is unacceptable.

Why? you might ask. The answer is simple: College administration is trying to dip its greedy hands into my rapidly depleting funds yet again.

This \$15 multi-vehicle permit consists of two clear plastic pouches that are mounted on the windshields of the cars being driven to school, and a new decal that holds the licence plate numbers of the cars.

The idea is to slip the decal in and out of the pouches from one car to the other as needed. The fee for a third or other car is \$6 and you must provide proof of vehicle

ownership.

Admittedly, the \$15 isn't going to make or break me, but the principle of the matter has my shorts in a very large knot. I refuse to hand over money to an organization that is clearly trying to rip me off.

Administration claims this new policy will reduce the amount of parking permit theft that has occurred in recent years. I know otherwise.

Ron White, the coordinator of Safety and Parking, admitted to me that the multi-vehicle permits can be stolen just as easily as any other permit.

If Humber is truly worried about theft, all permits should have

licence plate numbers on them. This would end the exchange of permits among students, and the decals could be produced in a format that can be switched from car to car.

This should be done at no extra cost, because God knows we already pay so much for parking that slightly more elaborate decals shouldn't be a problem.

My permit is in clear view. It's proof that I've paid to park my car on campus. Why should I allow myself to be taken advantage of? Why should I be forced to buy a multi-vehicle permit? So the college can make another buck? Forget it.



## LETTERS TO THE EDITOR

### Student upset by teacher's comments

Cursing and vulgar words; something you'd expect to hear outside, during high school lunch period, not in the classrooms of Humber College, and especially not from the mouth of a teacher!

I'm a first-year student who recently heard the most unprofessional statements from a teacher. These statements cause me to question the professionalism of the teacher, as well as Humber's hiring policy.

The other courses I am enrolled in are well taught, with a professional, respectful relationship between teachers and students.

On Friday, September 27, I was in Communications 200. An assignment was due, and a student approached the teacher to present his work. The student was honest about the quality and completeness of his work.

The teacher simply told the student to F\*\*K Off. What?? I couldn't believe what

I heard. I'm sure this does not reflect the professional level of all teachers at Humber College, but it makes me think this teacher should not be teaching. No matter who you are, you shouldn't be subjected to the use of such vulgarities, either in private or in public.

The conversation between the student and the teacher is not important, but the level to which it sank is. I am only expressing my opinion on this subject, but the issue should be addressed and resolved.

Is this how I'm spending my tuition fees, being forced to listen to outrageous remarks directed at students? If I wanted to hear this kind of language I would go back to high school.

Sincerely,

Troy Cheeman

Computer Information Systems

# HEAD TO HEAD

## Should students be encouraged to apply for bank credit cards?

by **Adrian Adamson**

**NO** Students who are thinking of applying for credit cards should check with a student who already has several to see what is involved. Those who do check may be surprised at the answer, because many experienced students will tell them, "be very, very careful."

What's the danger? Don't all adults have credit cards? Isn't it a good way to establish credit? It's possible for students to get automatic credit, and besides, isn't it harder to get a credit card after graduation? And, after all, they're free. What's the harm?

The problem is most younger students, who do not have to budget for items like

most adults do, simply don't have the experience of using credit. They are very experienced spenders. If they have the money and want to buy something, they do. If they don't have the money, they walk away, because poverty is a natural resistance to buying that keeps most of them out of trouble.

But credit cards are different. They cost nothing, so why not get one?

When students who own a credit card go shopping, they don't have to walk away from any purchase, even if they don't have any money. They simply charge it.

But when the bill comes in at the end of the month, they can barely find the figure that

shows how much they owe.

The only figure that shows in bold letters is the minimum balance, perhaps only \$20. It's easy, so they pay it.

But as the weeks go by, the balance mounts up. There's a limit of \$500, so they can't get into too much trouble at that stage. But, when they reach the limit, guess what? If they've made a few payments on time, the bank considers them a good customer, and increases their limit to \$1,000.

The student can go on spending. The normal resistance to not spending when there is no money simply never clicks in, and they get deeper and deeper into debt.

Credit counsellors say it usually takes two to three years for

most young people to get into trouble they can't get out of, but by that time it's too late. They are now slaves to some bank, the most profitable institutions in our country.

A former student of mine has three credit cards, and never uses them. Wise person? Not really. She is at the limit on all three cards, and can just barely pay the interest charge each month.

The cards are now useless to her. She can't save any money because the pay from two part time jobs goes largely to the bank, and brings no benefits to her at all.

This former student can't buy anything, because her cards are now useless. She would like to take a holiday, get some new

furniture, save up to buy a car and take evening classes at university, but none of this is possible.

Yes, adults have credit cards, but they've learned how to use them, often through bitter experience. Yes, this student established a credit rating, but unfortunately, it was a bad one. Yes it was easy to get a credit card as a student, but now it's impossible for her to get another one, or even to use the ones she already has.

To the careful person, credit cards are a useful mechanism. To inexperienced persons, they can be like quicksand, sucking them in deeper and deeper.

**Adrian Adamson is a Humber College Arts and Sciences professor.**

**Joyce Cole**  
Advertising  
Second-Year



No, because instead of helping them it puts them in debt. In the long run, it could end up giving them a bad credit rating, rather than a good one.

**Nadia Morrison**  
Legal Admin.  
First-Year



No, because some people aren't responsible enough to hold a card. When they have access to a great deal of money they take advantage of it.

**Chris Hann**  
Engineering  
Second-Year



Sure, why not? If they have the means to pay for their bills, why not get a credit card? It's better for them to establish a credit rating right away.

**Mike Wilson**  
Business Admin.  
First-Year



Yes, because it gives them a good credit rating, and if they have no cash on them, but need money in an emergency, it comes in handy.

**Tricia Richards**  
Chem Lab Technician  
First-Year



No. Students shouldn't have to be pressured into anything that has to do with money, because students will obviously spend more money.

**DJ Dhaliwal**  
Air Cond. & Heating  
First-Year



Yes. Why not? When they need it, they can use it. It's pretty convenient, and better than carrying cash around.

by **Deborah Waldner**

**YES** There is no reason why students shouldn't take on both the responsibilities and advantages of credit. They simply need to make informed choices which reflect their personal needs and payment capabilities.

Gary Berman, an economics professor at Humber, says it's unfair to lump students together and argue that as a group they shouldn't have credit. He says personal discipline, economic background and employment are all factors to take into account when someone takes out credit. Moreover, said Berman, not all college students are teenagers. Many stu-

dents are out in the work force, have children and are very familiar with money management.

"When you're looking for credit, the most important thing is the interest rate," said Berman, who advocates shopping around for the best deals. He said most department stores, such as The Bay or Eatons, charge exorbitant interest rates, but that both Master Card and Visa offer very reasonable rates, depending on which card you get.

Berman said assuming students are incapable of controlling their spending is an insult to their intelligence. Most students understand that if they eat or drink excessive amounts,

they'll be sick, so they use their common sense. Exactly the same discipline can be applied to judicious use of credit. Spending unwisely, then having to pay for those excesses can be a valuable lesson.

According to Berman, credit is the most wonderful thing since sliced bread. He used the example of a student needing a book: If you don't have the cash, buying a book on credit is the smart thing to do. If your options are limited to buying on credit or failing the course because you can't afford the book, the solution is obvious. Berman also said an added bonus with credit is if there are any problems, you can always deal with the credit company.

From the perspective of a student, or indeed anyone who is just starting out, easily obtained credit is a godsend.

I still remember the inconvenience of having to write cheques in the days before I had a credit card. The process involved a set of criteria which became pretty complicated. It didn't matter how much money I had in the bank; I was invariably asked for a credit card.

If you don't have a credit card or a driver's licence, our society's most valued forms of identification, most establishments won't accept your cheque. Ironic, isn't it?

For the most part, students don't have collateral. We don't own houses or property. We're

caught in a vicious circle: we have no credit rating, and few means to get it. Banks are leery of people with no credit, so we certainly can't acquire it from them. This is where student credit applications are invaluable.

It's considered to be extremely unwise, in these dangerous times, to carry cash. Even from a security point of view, many experts consider credit cards to be the best alternative.

Lost or stolen money is rarely recovered, whereas cancelling a credit card simply requires one phone call.

**Deborah Waldner is a third-year Journalism student.**

## COMPUTERS &amp; TECHNOLOGY

EDITOR: Lorrie Kralka

# PC Lab to reopen

## Students kept waiting for computer access

by Christine Siemiernik

The Power PC Lab, located under the Students' Association Council office, is scheduled to open this week, according to SAC Vice-President Chris Sawyer.

The Lab has not been opened yet because SAC is still in the hiring process, Sawyer said, but the interviews have already been conducted.

"We're hiring a Lab Coordinator basically to manage the Lab, to keep things all straightened out, to make the Lab run more efficiently," said Sawyer.

The Lab has 12 Macintosh PC's and a wide variety of software, including Microsoft Word,

Adobe Illustrator, Photoshop and Premier. The Lab is geared towards students in the Graphics and Multimedia departments.

Sawyer said that Syquest drives still have to be purchased by SAC, but they are on the way.

"The Lab downstairs offers (services) from laminating to resumes, typing, plotting, (and) doing business cards," said Sawyer.

There is an hourly charge to use the computers, but Sawyer didn't have the exact figures at the time of the interview.

"You would come up to the A+ and you buy time. They would put it on your account. You go downstairs, you use the computer and

that computer will log the time you're on for," said Sawyer. A+ is located beside the SAC office.

Sawyer couldn't say if the SAC PC Lab was paid off last year, but said that this year they plan to run the Lab more efficiently.

A Lab Monitor from H217 said that the closing of the PC Lab has been inconvenient for students.

"I'm really disappointed that the SAC computer lab isn't opened yet. I did my resume on their computers last year and it looked great," said Heather Hanson, a second-year Legal Assistant student. "I want to update mine this year to take over to the mall, and I haven't been able to yet."



CHRISTINE SIEMIERNIK

The Power PC Lab, which has been closed since last summer, offers students computer access for an hourly fee.

# Surfin' the Net for school

by Kris Mueller

For Humber Students taking the landlord and tenant law course, attending class can't be a difficult thing to do.

There are no classes.

Instead, they are plugging into the Internet, taking advantage of Ontario's first teletutored college course.

"We decided to try a course in some alternative delivery method," said John Riccio, chair of the Business Department. "It is a method that will make it easier for students who aren't always capable of coming into the college to take a course."

Students take the course from their own home or office computer and modem. Each week during the semester, pupils obtain lectures and assignments, have discussions with other students and the professor, and submit assignments, all through the college's electronic bulletin board. They are also able to gain access to the World Wide Web, which provides them with relevant information.

"This helps them to manage their time. They can do what they want, at any time of the day or night," said Riccio.

Foreseeing the benefits of this type of education prompted Humber Law Professor Kent McClure to design the course.

"This opens horizons for students. They can communicate through the bulletin board with students who are down the street, or in Windsor, or Barrie, or North Bay," said McClure. "And once they're on the Internet, they can dial into anything. You're no longer in class, you're in a conference with people around the world."

Currently there are seven students enrolled in the course, which started this semester. But McClure expects many more students to become interested once they see the advantages.

"We hope (the course) will produce more job opportunities, because it's a great way to develop high grade contacts with future employers, and that increases their job prospects," he said. "The student is on the leading edge, and that's an edge up from everybody else."

The leading format also provides advantages for the college because classrooms and school hardware are not used, and very few materials are required for the

course. It also gives prospective new students incentive to choose Humber College over other schools by offering such diversity.

"We feel that the market, the education industry, is changing rapidly. There is more competition, including private sector competition," said Riccio.

Many private companies are offered education that is more accessible for students, and the college fears that if they don't exploit these technological advancements, they will fall behind.

"In order for us to compete in the marketplace, we're going to have to provide these kinds of alternative delivery methods," said Riccio.

McClure is also planning to introduce his method to outside programs, to allow other areas of the school to take advantage of his work. By developing modules of protocol, McClure hopes to provide a base for other faculty to use to start up their own courses.

"We'd like to have an option for other students, both full and part-time, to be able to take a course in this format," Riccio said. "We see that as a real opportunity for all of us."



# Life Bytes

by Lorrie Kralka

What will you be lining your bird cage with in 10 years?

With new advances in technology coming onto the market everyday, and an increasing number of people using the various resources on the Internet, there will be no need for paper at all.

Interactive newspapers and magazines are already in use, and undergoing further developments, and in the scheme of things, newspapers theoretically should be the first medium to go completely computerized. As the CFRB posters on the TTC read, newspapers deliver news as it *happened*, not as it *happens*. By going interactive, they can be updated, like radio, as new information surfaces.

Car phones, fax machines, automated phone services, voice mail, E-mail, and palmtop computers. Every possible way of getting information to people faster has been invented. Pretty soon we'll be hearing "I'm not at my computer right now," instead of "we're not home."

The only setback now is the speed at which the data can be transferred. Far more efficient than the lowly piece of paper.

When you think about it, paper is not at all spectacular as far as inventions go, though it was (and still is) very useful. Developed by Ts'ai Lun, a eunuch for the Chinese emperor Ho Ti, in the year 105 A.D., paper proved itself to be essential to our everyday lives for almost 2,000 years.

It's nothing at all like the millions of connections, capacitors, resistors and other electronics that fit onto a microchip about the size of the nail on your pinky finger. Not nearly as exciting as being able to send information through the air itself, to be received, pieced back together and understood hundreds or thousands of kilometers away.

The Internet has become such a fast and easy source of information that newspapers, television news programs, and even radio stations are designing Web sights around their daily programming (or issue, as the case may be).

The technology even allows for mini-movies to be included. There's nothing like seeing 10-15 second clips from upcoming movies, or late-breaking news stories right there on the computer screen. No more still pictures for me.

Choosing exactly what you want to read is as easy as the click of a mouse button. You can find the articles just by typing in a keyword or subject, and read papers from around the world without having to find a specialty newsstand that sells them.

With environmentalists fighting over the cutting down of old growth forests for pulp, and the rising cost of newsprint, and the ease of finding the information gathered and packaged by the electronic newspapers, I can't see newspapers staying 'paper' for very much longer.

Memos are routinely sent through E-mail, avoiding the sometimes thousands of copies that have to be run off for some big businesses. And no more losing those tiny pieces of paper that you write the most important bits of information on - it's all saved in the computer.

Police stations rely on the Internet to transfer information on suspects and criminal records (photos, fingerprints and all), avoiding having to use the kamakazi bicycle couriers that plague the city and take forever to get there in comparison.

The speed at which the Internet can transmit information around the world is staggering, too. The latest gossip on just about anything can span the globe a dozen times by the time any of the major media could even think about assigning a reporter to it, let alone get to the scene. The only thing that newspapers still have going for them is their extreme portability. I can't remember the last time I saw someone take their computer into the bathroom with them.

Even books don't enjoy any degree of immunity. William Gibson's *Neuromancer* was released on computer disk, the first of it's kind a couple of years ago. William Gibson is touted as being the father of Virtual Reality because of the ideas expressed in *Neuromancer*, so it's no wonder that this book began the idea of electronic publishing. I'm sure it won't be the last. Gibson is also credited with coining the term 'Cyberspace.'

What is ironic, though, is that the book, which revolves around VR, and a futuristic Internet, was written completely on a typewriter. He didn't get his first computer until two or three years later.

So, what will you be lining your bird cages with in the year 2005? Certainly not newspaper. So I'd start saving up now if I were you, because you're going to need it in the near future.

NEUROMANCER  
WILLIAM GIBSON



# Voice recognition has health risks

by Blair Sanderson

Speech pathologists say that users of voice recognition computers risk damaging their vocal chords.

Voice recognition allows computer users to input information by speaking rather than typing and whatever is said is converted into type by the voice recognition system.

In an article in the *Globe and Mail*, Lois Singer, director of the Voice Laboratory and Treatment Centre of Ontario, attributed vocal problems to the way computers analyze spoken words.

She said that users are forced to change their speech patterns, thus straining their vocal chords. At this early stage of voice recognition's capabilities, the user has to take short breaths rather than allow a steady flow of air in and out of the larynx.

Singer said the limitations of voice recognition cause violations of "certain basic principles of how you use a muscle."

However, there is disagreement among speech pathologists as to what is more to blame for the problem of vocal strain, the user or the technology.

Speech/language pathologist and director of the Voice Centre, Elizabeth Hunt, acknowledges technical shortcomings of voice recognition. But she also said that computer users have to take pre-

cautions just as a person who uses heavy equipment has to be careful about possible back problems.

"Just like any new tool when people start to use (it)," said Hunt. "Until they learn how to use it properly, they're going to be at risk. The people that are using (voice recognition) are moving into a new vulnerability."

Hunt said there is currently only a small variability in the voices computers can recognize. This means that if a user's voice changes, the computer may not be able to recognize the difference. This commonly occurs when a user is tired or becomes frustrated.

The lack of flexibility in voice recognition's ability to recognize changes in a person's voice is one of its drawbacks. What this means is that a user whose voice is affected by a cold, or something as simple as a mood change, may find that their voice recognition system doesn't comprehend what they are saying.

Most voice recognition systems require extensive exposure to a person's voice before they will recognize it, because the computer has to break down words into small components in order to understand the speaker. Thus, if the voice of the user changes, the computer may not be able to recognize it, depending on the sophistication of the technology of the

voice recognition system.

Hunt said the tendency is for users to lean their head close to the computer when their voice is not initially comprehended. However, according to Hunt, "that's not at all necessary because you don't have to get any closer to the computer; you're already wearing a microphone."

Hunt stressed that bad head and shoulder posture can contribute significantly to vocal abuse, the term used by speech/language pathologists to describe excessive

strain of the vocal chords.

The *Globe and Mail* reports that some computer manufacturers are now recognizing the problems caused by their voice recognition computers.

Dragon Systems Inc. of Newton, Mass., decided this past summer to bring together speech therapists to study the problem. Jed Roberts, company vice-president of development at Dragon Systems, said therapists are working on a brochure which will tell users how to avoid voice strain.

## Steps to prevent vocal abuse

The following advice is given by Elizabeth Hunt on how voice recognition users can avoid voice strain:

- take preventative action early, so you're less likely to encounter voice problems.
- Instead of "barking," use a forceful, consistent tone.
- Do head and neck exercises daily.
- Do articulation exercises. This allows you to adjust your voice to the one you'll be using while on the computer.
- Vary your voice occasionally. It is just as dangerous to use one monotone voice as it is to yell at the computer in frustration.
- Maintain good body posture. Straining your back doesn't facilitate good vocal chord use.

• Drink warm liquids. Cold conditions are more likely to produce voice strain.

• Take silent breaks. Transferring your vocal strain to a phone conversation is not a silent break!

Health problems like asthma are an obvious place to look for factors complicating vocal abuse. Certain professions, such as lawyers and teachers, are more at risk than others. Consult your physician or a speech pathologist to find out what the other contributing factors might be.

Finally, referring to vocal abuse from voice recognition, Hunt said, "It's not very mysterious. It's the overuse of muscles."

Treat your vocal chords with respect and you shouldn't have any problems.

## Cool sites on the Internet

by Lorrie Kralka

<http://www.paramount.com>

This is a really cool place, especially for those *Star Trek: Voyager* fans out there.

Full biographies of all of the characters, and the actors who play them, is available, as well as information about past and upcoming episodes. It even gives complete television listings of when and on what station *Voyager* is playing anywhere in the States. For Toronto it's FOX 29 out of Buffalo NY.

Also has great pictures from past episodes, a complete tour of the ship and main functions. Give them your E-mail address and they will send you more information about upcoming conventions, news releases, etc. for your area.

<http://www.greynware.com>

Part of the GENie network out of the States, but a direct access point for Science Fiction and Fantasy stuff. Any Web site that is anywhere as far as SF/F goes has a jump point here.

Information on fan clubs, the latest book reviews, biographies about authors, television programs, comics, and card games (such as *Magic: The Gathering*) have listings here. Check it out! A definite place to spend a few hours to Surf the Net!

it's a long time 'til  
last call.

Available at  
**campus**  
stores

More convenient than cash, you can make local and long distance calls with the new Bell QuickChange™ Payphone pass. At 25 cents a call, you can make 40 local calls with the \$10 pass or 80 with the \$20 pass. The Bell QuickChange Payphone pass works on the yellow cardreader payphones all over campus. Now last call is your call.



The Bell QuickChange™ card.  
Call it quits with quarters.







DENETTE LOCSIN

Gord Lewis, a first-year business management student takes time out of his schedule to exercise.

## Keeping fit takes time

by Denette Locsin

When it comes to keeping fit, time management is one of the most important skills needed.

"People either lack the time and energy to get motivated enough to go work out or even just take a walk, while others are very good at balancing school, exercising and work," said Colleen Gray, Humber's fitness coordinator.

Many students try to cope with school and work, as well as making time for exercising. Claudia Peralta, a third-year Computer Engineering student, works out in the cardiovascular room in Humber's Athletic Centre and manages to balance her time.

"I just started working out every day for about half an hour to an hour," said Peralta. "I work full-time in the evenings, but I'm able to manage my time. Any free time I get, I work out, rollerblade or ride my bike."

Whether someone feels out of shape or overweight, getting the motivation to stay fit may be a tedious task in the beginning.

Michelle Nechay goes to school full-time, commutes from Newmarket and works two jobs. Last year, she used to work out more than three times a week. Now, she's lucky if she can make it to the gym once a month.

"My hours at school are different every day, and my heavy course load doesn't leave me with much time to work out," said Nechay, a first-year Pharmacy Assistant student. "Juggling school and work is hard enough, but trying to fit working out into my schedule gets pretty hectic."

Natalie Wilkinson is having a similar experience. Wilkinson used to work out five times a week. But she recently started university, and continues to work, so she is unable to go to her health club.

"After a long day at school or work, the last thing you want to

do is maintain your drive and work out," said Wilkinson, a first-year Arts student at the University of Toronto. "I don't even have time to go (roller) blading. Believe me, the desire is there, but I guess I'm either just too tired or just don't have the time."

For most people, being thin means being sexy, admired and desired, while being fat, means being sloppy and lazy. For many, weight has become a way of judging others.

"It has become an obsession," said Dr. Alice Wong, a family physician in Mississauga. "It's one thing to be in shape and in better health, but it's different when a person wants to lose weight because of the way they think they are being perceived by others."

But it's easy to see why being thin has become an obsession. Most of the people seen in movies, on television and in advertisements are extremely thin.

"The media makes everyone out to be perfect in the way they look, dress and act," said Dr. Wong. "Some people look at models, actors and actresses and want to be just like them."

"Exercising alone is only half of the formula," said Carole Kenny-Peters, a dietician consultant in Toronto. "Eating healthy completes the equation. It is important to cut out as much fat as possible, eat fruits and vegetables and drink plenty of water."

Kenny-Peters said people should drink about six to eight glasses of water a day because it cleans out their system.

Dr. Wong said time management is also an important factor.

"Perhaps, try and take about 20 minutes and take a walk or rollerblade. Or while watching television, do some sit-ups or leg lifts .... Staying in shape, it may not seem as difficult as it initially appears to be."

# Get in shape – cheap

by Tanya Duggan

Getting fit on a budget isn't always easy, but there are a variety of options to consider.

At Humber College's North campus, the athletic facilities are available to full-time students free of charge.

Humber's athletic facilities include three gyms, a weight room and aerobics classes. For students interested in joining a league, there are team sports like volleyball and co-ed softball. The facilities also have drop-in activities for people who want to learn how to play sports like squash and volleyball. The change rooms are equipped with saunas and there is a swimming pool that Humber students can use. It's open every day and offers a variety of programs such as length swimming and lessons.

Toronto Parks and Recreation has 31 community centres around the city with facilities that can be used free of charge for Toronto residents. Whatever your interest, Parks and Recreation have it covered.

Aerobics, team sports, aquatics, indoor race tracks and weight-lifting are their specialties. The centres offer all levels of strength from beginner to expert.

Lisa Locke, who works at the Information Centre for the Parks and Recreation Department said,

"there are a variety of sports teams across the city. We have house leagues in volleyball, baseball, floor hockey as well as others."

Gymnastics and Karate are also options.

The YMCA is another organization that offers excellent prices for students.

There is a fee, but it is significantly cheaper for students than some of the other clubs. For students over 21, the fee is \$289 per year. If a student decides they no longer want to exercise at the YMCA, their money will be refunded, based on how much time is left on the membership.

Membership includes use of all the programs the YMCA has to offer, as well as access to the weight rooms, aerobics classes, swimming pool and the locker room.

The membership can be used at any YMCA around the city.

Fitness assessment classes are also included so members can determine how fit they are.

Michael Delarmee, who has been working at the downtown YMCA for eight years said, "the problem with the other clubs is that when you walk in you feel like a number ... here you feel like a member."

The purpose (of the YMCA) is to expand a person's life and

social skills. "We don't just emphasize getting fit ... we have a code on the back of the membership card, a code of ethics, that we respect each other," said Delarmee.

Both the YMCA and the Toronto Parks and Recreation fitness clubs offer a community spirit.

Michelle Blandford, a George Brown student, takes advantage of the programs offered by the Toronto Parks and Recreation. She goes to the Annette Recreation Centre because she said there is a warm, friendly atmosphere.

"What is nice about community centres is that you can meet people in your neighborhood ... like networking. There is so much to choose from."

### Information

**Athletic Centre**  
Monday through Thursday  
7:30 a.m. to 9 p.m.

**Friday**  
8 a.m. to 8 p.m.  
**Saturday and Sunday**  
10 a.m. to 4 p.m.

**Annette Recreation Centre**  
333 Annette Street  
High Park (area)

**Parks and Recreation**  
392-1111  
**YMCA**  
922-7765

## Rollerblading – a popular sport

by Angela Gilchrist

Gone are the days of long strenuous jogs through the park, and knees aching after each foot bangs into the hard pavement.

Welcome to the 90s where rollerblading, or as many like to call it, in-line skating is the hottest fad since chewing bubble gum!

Rollerblading took Canada by storm a few years ago and has not stopped since. Rollerbladers are everywhere; on roads, sidewalks and even down sets of stairs. It's the way to exercise and keep fit and many students will even tell you it's addictive.

"It's pre-training for skiing and it's a fun way to get exercise," said Becky Evans, a second-year Hotel and Restaurant student. "It's an activity you can do with your friends."

Students enjoy rollerblading for different reasons. Some do it to get out, while others use it to help them train for other sports.

Manager of Facilities and Recreation at Humber, Jim Bialek said, "It's hot, it's big, and it's going to stay that way." Bialek held clinics at the beginning of August for staff members and was pleased with the turn-out of about 40 people. There are still 25 or so staff members who regularly rollerblade together around the

school, or on the Arboretum path during their lunch breaks.

The Arboretum, located behind residence, is a popular location for rollerbladers. Not only does the Arboretum offer the skater beautiful surroundings, but it's also secluded enough to save beginners from the embarrassment of frequent falls.

Rollerblading is a cardiovascular sport that works on your heart and endurance. It also helps to strengthen leg muscles, but does not harm your knees as much as running.

Ready to Roll is a company designed to fit the needs of every rollerblader from beginner to professional. Six years ago, the founders went to California and brought back a couple of pairs to try out. Six years and four stores later, the company sells rollerblades, gives lessons and even rents out skates.

"To ensure the safety of our customers, with every pair of skates we sell there is a free lesson also given," said Ian Smith, manager of one of the stores. "Just so we don't send people out unprepared."

Rollerblades range anywhere from \$30 to hundreds of dollars. As with anything else, the more expensive the skates, the better the

quality.

Beginners are better off investing in a less expensive pair of rollerblades, in case they decide they don't enjoy it.

If students would like to know more about rollerblading, Bialek has put together a manual that gives tips on what to buy and how to brake. Manuals can be picked up in room B116.

"If you haven't tried it, be sure you do," said Bialek. "It's still big and it's going to get bigger."



ANGELA GILCHRIST

Rollerblading is a sport that keeps growing in popularity.

# Perfect bodies: a risky fixation

by Maryan Florio

Let's face it. We all want to look good, and sometimes we'll go to extremes to achieve it. The problem is this: how far is too far, and when does it reach the point of obsession?

"If you have a good self-image, and you like yourself enough, that's a good enough sign that you're not in any danger (of becoming obsessed with the way you look)," said Registered Nurse, Lolita Piccininni.

However, Piccininni said that if a young woman has low self-esteem, and is fixated with the idea of looking perfect, she will probably do anything to achieve it. In such cases, consequences like eating disorders might arise.

The images of tall, willowy, size two figures in designer clothing in magazines and on television are powerful images to young women who perceive models as having perfect lives; raking in the cash or fending off men. A young woman may not realize that she doesn't have to compare herself to supermodels.

Piccininni explained the women in most danger are the ones clinicians should be worrying about. These are women who are, "always looking in the mirror and not liking what they see, or worse, they're picking for flaws that are not even there. Some of these girls look at themselves and think 'I am so fat!' when they're not at all, and then they starve themselves."

She added that this is the point when they start becoming obsessed with the way they look; believing they can make them-

selves over to look like a celebrity.

Marylu Ferrante, a 20-year-old languages student at the University of Toronto, and a member of a health club said, "When I was 14 or 15, all I wanted to do was lose weight, and that makes no sense, because I'm thin

she said. "If that's what's supposed to be attractive, everybody is going to start dying of starvation."

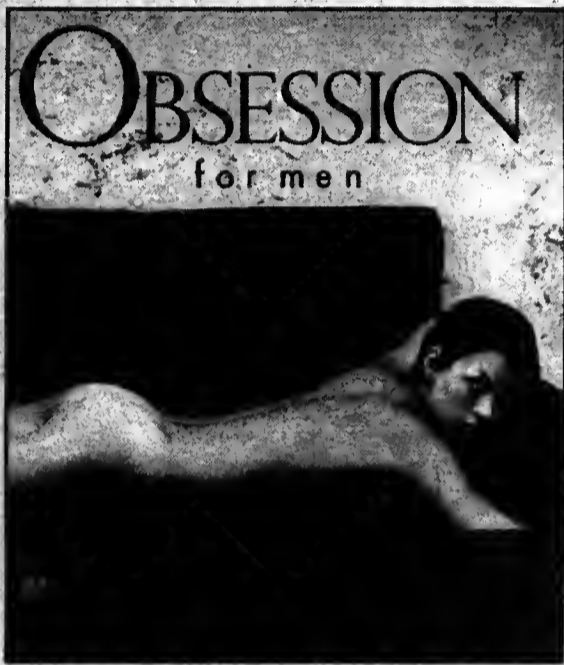
Piccininni also pointed out that in the battle to emulate waif-like models such as Kate Moss or Niki Taylor, the average sized girl can easily develop an eating disorder like bulimia or anorexia. Some become bulimic by going on food binges, and later purging the food, either by forcing themselves to vomit or by taking laxatives. Others may refrain from eating and become anorexic.

Ferrante compares anorexia to a tunnel, for some young girls who are trying to get the body of their dreams. She said that they are so closed off from reality, the only thing they can see at the other end of the tunnel is the way they are going to look.

"I never did anything stupid like try to stick my finger down my throat," said Ferrante. "That's really gross. But I can understand why someone tries it. And not just teenagers. I know this girl who's 23 or 24 and she's always complaining she's too fat, so she doesn't eat much."

Piccininni also said it's not only the sight of the celebrities themselves that might push someone to make over their body, but rather what they are wearing. Most models prowl the runways in skirts that barely skim their thighs, and blouses with a midriff cut, which require a thin and shapely body.

She also said that if anyone wants to make over her body, whether it be by losing, or gaining weight, she should first seek her doctor's advice.



Young women attempting to emulate super-thin models risk serious health problems.

enough. Everybody thinks that I'm too skinny. I don't think about it anymore."

Ferrante said she joined the gym for the atmosphere, and to stay in shape, but not to agonize over her weight.

Piccininni blames a lot of today's obsession for the perfect body on the media, as well as fashion designers and their models.

"Some of the girls on the stage at fashion shows look like those starving children that they put on posters to make you send money,"

# Healthy mind key to fitness

by Lorraine Hills

Being fit and keeping fit requires both mental and physical well being.

"There is an interrelationship between mental and physical health," said Alysia Pascaris, a representative from the Ontario Federation of Mental Health.

Pascaris explained mental and emotional tensions, such as stress, can cause very physical symptoms. Lack of sleep, change in eating habits, change in behavior and lack of activity are just a few of these symptoms.

There are several places across Metro Toronto that can help people deal with stress. The Relaxation Response Institute, founded by Eli Bay, is one such place.

"In order to be fit and well, I believe there are four pillars," said Bay. "First is exercise, second is proper nutrition, third is you have to shut down the stress and learn to relax and the final pillar, and most important, is maintaining a positive attitude." Bay's focus is on deep relaxation.

"I teach people to turn on the parasympathetic nervous system, the relaxation response," he said.

"When you turn it on, brain waves and heart rate go down."

Four different types of people come to the Institute, said Bay.

People suffering from stress-related illnesses, healthy people who have recently developed problems such as allergies, headaches and sleeping problems, and young people, mostly students, who have read about relaxation and its relationship to better learning. Relaxation is said to create a better

state of mind, improving concentration and creativity.

The final group includes people in spiritual search.

The Emerge Internal Arts Tai Chi and Meditation Centre takes a different approach to mental health. The Centre teaches both body-centred and mind-centred programs to roughly 100



COURTESY PHOTO

Martial arts, like Tai Chi, bestow both physical and mental benefits.

students.

There are classes for all ages, ranging from Chi Kung (chinese yoga) for children, to women's mind-body self-defense, to insight meditation.

"When you meditate, thoughts flow down and you become neutral emotionally. You are then more able to deal with stress," said Neil Benvenuti, an employee at the Centre.

Emerge Internal Arts stresses the idea of 'whole health'. Both a healthy body and a healthy mind are important to meet everyday demands in life.

# Exercise overload - a danger

## Knowing physical limits can help prevent injuries

by Amy Vereggen

Exercise is a sure way of getting fit and staying healthy, but injuries can occur if people take exercising too far.

Many problems occur when people don't have the knowledge to know what their limits are, said Colleen Gray, fitness coordinator at Humber College.

"A lot of things could go wrong if you exercise too much," said Gray. "You can burn out and become drained. Or, you can get bored of doing it and just drop out, which doesn't help you at all."

If a person does become drained, it could lead to improper tactics and that's where the serious problems begin, said Gray. Pulled muscles, torn ligaments, tendons and sore backs are just a few of the injuries people might incur.

Sarah Pinniger, a second-year Advertising and Graphics Design

student, has had such injuries. "I remember all too well the morning after my first day at my gym," said Pinniger. "I had worked out way too much and the weights I lifted were too heavy. I was in so much pain that I had to go to the doctor. He told me that I pulled some muscles and there was nothing I could do but wait."

"If the person is not experienced enough, there could be a few health problems," said Joe O'Leary, a trainer at Arnold's Gym in Etobicoke. "Some people come in almost everyday, which is okay as long as they work on different



VERENA YARGA

Over-exercising is not a short cut to physical fitness.

muscles each day to give the muscles they worked (on) a rest. It is very important to rest your muscles, because if you don't you could put tremendous strain on them."

Gray said regardless of what part of the body a person exercis-

es, they should give their body at least one day of rest.

"Working out more than five days a week, gets the person nowhere," said Gray.

"Instead, work out three days and give your body a break. You'll get much better results."

An obsession with having the perfect body is another danger of exercising too much.

"It could lead to anorexia," said Irene Bond, a registered nurse and a health counsellor at Humber College's Health Services Centre.

"It could become a compulsion. Usually if someone is anorexic, not only do they starve themselves, but they'll exercise a lot too."

Usually, people with anorexia will exercise into exhaustion, said Bond. Anorexia and bulimia affect around five per cent of Canadian women.

Anorexia nervosa and bulimia are eating disorders characterized by an intense fear of weight gain and feelings of ineffectiveness and low self-esteem, said Marg Anne Jones, a registered nurse and health counsellor at Humber.

"Exercise is very beneficial," said O'Leary, "but only if you do it the right way. Your best bet would be to ask your trainer (at) your gym what you should and shouldn't be doing. It's better being safe than sorry."

# Author Naomi Wolf overwhelms audience

by Kathleen Ellis

An unexpected ovation was given to more than 100 men last week who stood at Roy Thompson Hall to show their support for an assault victim.

Author, feminist, and social critic Naomi Wolf spoke to a sold out crowd last Wednesday evening. After her speech, during the question and answer period, a woman got up and told Wolf about her experience as a victim of sexual assault.

"Marianne Williamson did something once that is easy to ridicule, she asked white people to stand up and say they were sorry to the black people in the audience," said Wolf. "What I believe from working with people who are victims of assault is that the one man who assaulted you, comes to represent all men. Would it be helpful to have men in the audience stand up and say 'I am committed to never assaulting a woman.'"

As Wolf said these words, every man in the audience stood.

The emotion felt across the auditorium was overwhelming. Women were applauding and crying as Wolf stood speechless with tears running down her face.

Wolf was the last speaker in a series called "Conversations", presented by Mushroom Productions. Her Topic: "Promiscuities: Reinvisioning Female Desire and a New Sexual Ethic."

Wolf explained that she believes there are three myths that

women of the Western world are brought up to believe about their sexuality. Wolf said these myths being fed to women about their sexuality are all lies, and are wrong.

She explained that as girls mature into women and mature sexually, they are given messages by society. These messages, she said, are 'Either - Or' messages, especially when it comes to female sexuality and desire. You are either one or the other, but you can't be both, according to Wolf.

This message was brought to her attention when a young woman asked her the

question "Madonna: Feminist or Slut?"

This question brings about the familiar sense of duality shared by many women: Politician or Slut, Entertainer or Slut, Feminist or Slut.

"If you are fully erotic you might endanger yourself, if you are fully erotic you might lose respect," said Wolf.

"The story we are told about female desire in the West goes something like this, everything was a blackout following the

Vatican right up until 1965. Then with the pill, the second wave of feminism, hot tubs, *The Joy of Sex*, and the sexual revolution, now we are all free ... That is the story of desire and the story of women's desire that I was taught while growing up in the '70s."

Wolf said women in the West are brought up to believe that

women are naturally monogamous and shouldn't enjoy their sexuality. What fascinated Wolf during her research is that "ours is the only culture (in the past 200 years) in the only era that this truism has existed."

"Up until this time" she continued, "it was taken for granted that women were insatiable, it was a matter of common knowledge that women were the carnal sex."

Wolf questioned whether this really is the freest time in women's sexual history. She then proceeded to take the audience on a journey to "two erotic paradises for women that existed in the past," where she said women's desires were valued much more highly than they are today.

Wolf talked about the Chinese

Dynasty, where the names for the female anatomy were names of flowers and things beautiful and respected, not dirty and demeaning. She tells the audience that in this culture, a woman's sexual desire and orgasm are respected and that they believe if a woman is not kept sexually pleased, the order of nature would be unbalanced, the Yin Yang relation.

Wolf also talked about the pre-Colombian peoples called the Zuni. In their culture, when babies were born, they would put flowers over the baby girl's genitals and pray the gods would make her grow big and be fertile.

Once a year, the women would get together and dance naked for hours in front of the men. This would then culminate in "hilarious, fun orgies" where the women were worshipped because of their sexuality.

"What would happen if our society was not allowed to forget women's primal desire and eroticism," asked Wolf at the end of her lecture. "Are we really as free as we would like to be?"

"Women," she said, "are not what we believe them to be, they are far more magical."

Naomi Wolf was born in 1962 and was educated at Yale University. She was also a Rhodes Scholar at New College, Oxford University. She has published two books: *The Beauty Myth*, and *Fire with Fire: The New Female Power And How It Will Change The 21st Century*.



COURTESY PHOTO

Wolf explains female sexuality.

## Wolf fights fire with fire

by Kathleen Ellis

*Fire with Fire: The New Female Power and How To Use It* is reknown author Naomi Wolf's second book dealing with the controversial topic of feminism.

In her latest book, Wolf tries to mend relations between men and women. She celebrates women and their new found power and sexuality.

Compared to her first book, *The Beauty Myth*, *Fire With Fire* is an easier read. The book captivates the reader from the moment you begin reading the preface.

Wolf redefines the feminist movement, telling women to stop being victims. She sets out a new definition of feminism, which she says is as threatening to some as second-hand cigarette smoke.

Wolf calls for women to band together rather than fight one another. She tells women it is not about being a conservative or a liberal, she said that issues such as pro-life may be integral to equality, but those who oppose this view should not be excluded from the movement.

In her book, Wolf writes that she believes above all else, feminism is a civil rights movement, not a 'women against men' movement.

*Fire With Fire* sets out a map for women of all backgrounds to tap into unclaimed sources of political, sexual, and personal power.

## If there was a gauge on your forehead, would the little needle point to the E?



by Chad T. Keogh

Is it just my cynical perception, or are people getting dumber? I'm not saying that Einstein and I are twins, but there are some things which I believe to be common sense, that others don't. Was it just my copy of the driver's handbook from the Ministry of Transportation that said slower traffic keep right is a rule? You see people every day putting along in the left lane at the speed of mud. Their kids are usually in the backseat jumping around without their seatbelts on and the driver is reading the newspaper or stretched across the front seats looking for something in the glove box.

A/ slower traffic keep right, B/ make your kids wear their seatbelts (unless you don't really like them anyway), and C/ pull off the highway if you want to look for your Vapo-rub or whatever it is you're looking for.

These little suggestions seem like common sense, don't you think?

Then there are always the people who whine and complain when laws are introduced to protect us from ourselves, such as helmet laws.

When the motorcycle and bicycle helmet laws were introduced, some people bitched and moaned that these laws take away some of their freedom.

Ya, their freedom to crash their bikes, whether it's their fault or not, and spread what few brains they have across the asphalt.

If they are a resident of Ontario, they have a little piece of plastic known as a Health Card. When they damage themselves, we all pay.

It's been argued that soon the government will be making us wear helmets in the bathtub, since many injuries in the home happen there. I don't know about you, but I haven't gotten much faster than 5 km/h in the shower (depending on whether I have company or not) and I definitely haven't had any close calls with cars in there. At least not since the days when I used to play with Matchbox cars.

I think helmet-head looks considerably better than road-rash-head.

## Western worlds sexual myths

by Kathleen Ellis

Naomi Wolf believes that there are three major myths in the Western world when it comes to women's sexual ethics and desire.

- "We are raised with a truism that says men want lust and women want romance and flowers. Men are naturally promiscuous and women are naturally monogamous," said Wolf.

"This," she said "is just not true."

In ancient Greece, women were considered the lowest in the social and political infrastructure. One of the major exports from a small port on the Greek coast was phallics made of leather and wood.

Women's insatiable desires were accepted and male prostitutes were hired to keep the women 'company' while the husbands were out.

It was also a truism during the 14th century when witch hunting and burnings were rampant throughout Europe. According to Wolf, the handbook on witchcraft identified women's wild carnality as the reason they were more likely to be witches than men.

"The book flat out states that

the primary reason for witchcraft is lust which in women is insatiable," said Wolf.

- "Men are turned on by sight and women are aroused by romance and flowers," said Wolf.

This is not to say that women don't enjoy romance, but women do become just as sexually aroused looking at the opposite sex. According to Wolf, this was proven in a study that hooked up women to a diagnostic machine that read their sexual response patterns when they were shown sexual material.

- "The idea is that the sexual women in society are young and virile. That as you bear children you become progressively less sexual," said Wolf.

This is also a falsehood, according to Wolf. As women bear children they become increasingly erotic and sexual. This is because as women bear children their pelvis becomes more vascular.

Women also become more comfortable and confident with their bodies as they age and can continue to be sexual and erotic for as long as they want.

# Media targets young women in body piercing craze

by Ryan Craven

Body piecing has attracted widespread interest due in part to the media's exposure targeting young women.

"The icons that the kids look up to have a lot of work (piercing and tattooing)," said Mikey Schmidt, president of New Tribe Piercing and Tattooing, located at 232A Queen St. West. "Stuff like the Aerosmith video where the girl gets her navel pierced is why navels are so popular along with people like Madonna who has one as well."

New Tribe, which conducted a 16-month customer survey, has found that the majority of its clients are 18-25 years old, white, upper-middle class, suburban females.

"Up until the last five or six years, piercing and tattooing have always been used on the bad guys in movies, it was a way to connote bad guys and a lot of people still associate it with hoodlums," said Schmidt.

He encourages potential clients to shop around and find a professional that they are comfortable

with before deciding where to get their tattooing.

"There's some great artists out there and there's some really bad ones as well," said Schmidt. "That's one of the reasons I tell people to shop around. I would rather lose business if they're comfortable somewhere else."

People get pierced for various reasons, the most common being the visual image and to boost their self-esteem.

"It's sort of a thing you just want to try, and after you get the first one (piercing) done, it's kind of addictive and you want to get more," said Jay Woestenenk, a Civil Engineering student at Humber. "I had to do something different and I got the eyebrow done instead of getting an earring or a nose ring."

"I wanted to do something different

... so I decided to pierce my nose, which was a way to make myself look different," said Sarah Bishop, a first-year Advertising and Graphic Design student at Humber. "But I couldn't get a job when I wore it so I had to take it out."

The most common misconception is that piercing is agonizing, but the procedure involves a minimal amount of pain and is very quick.

Schmidt, who has been piercing

for six and a half years, spends about 45 minutes with each client, though the actual piercing only takes about seven minutes.

"I'll tell them what types of methods we use and that if they're not willing to care for it, not to bother getting it done ... it only takes about four minutes a day to care for it, so if you have enough time to brush your teeth, you have enough time to take care of your piercing," he said.

All piercings, including lip, nostril and genital work, are "surprisingly easy." The septum (between the nostrils) and the nipples tend to hurt a little more, but even then, the pain only lasts a few seconds. The tongue is the easiest and least painful of all areas to pierce.

For most people, the most stressful part of being pierced

occurs prior to the actual procedure. The way to calm the anxiety is to be properly educated about piercing. New Tribe, along with another body art studio, produced a pamphlet called "Breaking Skin: Safety in Body Art," to keep potential clients informed.

New Tribe uses surgical needles to do their piercing, making for a cleaner incision. All tools and equipment are sterilized and shown to the client before they are reused.

If the piercing is properly taken care of, there is only a five per cent chance of infection, according to Schmidt. New Tribe provides all of their clients with an aftercare pamphlet that outlines how to take care of the piercing.

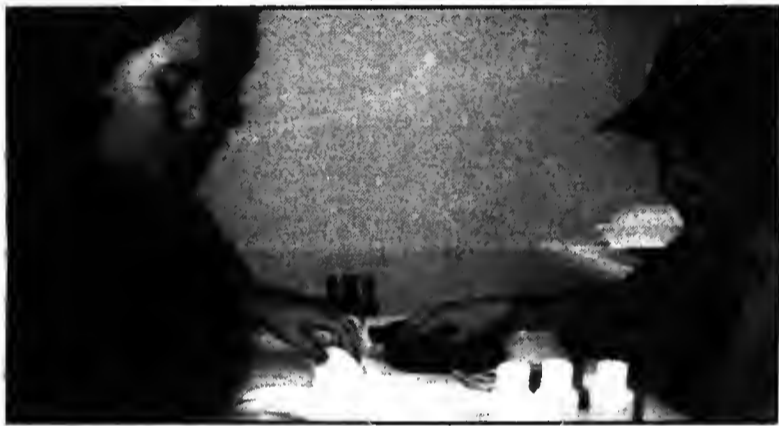
The minimum legal age for someone to get pierced is 16, but it requires parental consent. Otherwise, the age is 18. Anytime a client's age is questioned, New Tribe verifies the age of the client by contacting the parents or the legal guardian.

"There's always the odd person that slips through, I worked in bars for five years and we I.D. check heavier here than we did at the bars," said Schmid



MARCO TARANTINO

I wanted to be different said Tammy Caselton, a Humber photography student.



VERENA VARGA

Most services at the cosmetic studio only cost \$5.

## Humber's cosmetic studio reopens

by Verena Varga

October has marked the grand reopening of Humber's cosmetic studio.

Students and staff who are experiencing a hangnail emergency or just looking to be beautified are invited to come and visit the studio located, between Tall Hats and the Humber Room at the North Campus.

The studio is run by students of the Fashion Arts program. "It's for the second-year students to get the practice," said Mona Pettersson, who will work in the studio opening week.

Every week, three different students run the studio - a manager, a technician and a receptionist. The money that the studio brings in "is put towards an award, and the group that makes the most money gets the award," explained Pettersson.

There are no new additions to the studio, but Pettersson said different students know how to do various treatments, which will be applied when those students work in the studio. For example, this week, Pettersson will be doing lash and brow tinting. The treat-

ments available include manicures, pedicures, waxing and makeovers. All treatments are \$5 except for pedicures, which are \$10. The studio provides good hands-on experience, but "a lot of people know how to do a lot more than we are taught. If the studio were bigger, we would be able to do more, but because of the size of it, we can't really do anything else," said Pettersson.

"We wanted to do ear piercing, but we weren't allowed to do that," she said "because of the HIV and because the school is liable for what we'd."

"There will be different themes at the studio each week, and a variety of special promotions and draws. For Thanksgiving, there will be a turkey draw, she said. The cosmetic studio is open Mondays from 12:30 p.m. to 4 p.m. and Tuesdays to Thursdays from 10 a.m. to 3 p.m.. For pub-goers who want to look just right for Caps, the studio will stay open until 8:30 p.m. tonight. Appointments should be made in advance, but if there are spots available, walk-in customers will be accepted.

## Volunteers Etobicoke wants you

by Sean McGrillen

Humber students can make a difference in someone's life, find something to fill their spare time with and improve their resume, by teaming up with Volunteers Etobicoke.

The non-profit agency, which began in 1988, serves the Etobicoke area and is always looking for more volunteers.

"We're providing essential services to the community," said Lynda Robinson, office manager of Volunteers Etobicoke's main office. "They're agencies that would be too expensive for the government to fund," she said.

Currently, Volunteers Etobicoke serves 180 agencies. Last year, 2,200 people were referred from their main office and their satellite office at the Lakeshore campus. The Lakeshore office, in conjunction with the main office, refers those interested to the agencies needing volunteers.

Students can be placed in areas that are relevant to their field of study.

Students who volunteer can not only help out agencies, but also help out themselves down the road.

"Students can benefit," said Beverley Burke, office coordinator at Lakeshore. "(Volunteering) looks good on a resume - which is something employers are looking for. Students can also get job ideas and see what it's like out there."

Burke said the greatest need is for one-on-one consultation where volunteers work on a wide range of activities with seniors and children to help "those that need that extra push to break down the isolation barrier and get involved in

the community."

Some organizations looking for volunteers include: literacy programs such as the North Albion Community Project, the Children's Aid Society, where volunteers serve as 'buddies' to kids from disadvantaged backgrounds, and the Metro Toronto Association for Community Living which helps out developmentally delayed people.

Daycare, correctional services, the environment, hospitals and health centres, tutoring, and infor-



SEAN MCGRILLEN

Beverley Burke

mation lines area all served by Volunteers Etobicoke.

Starting this month, Tele-Care, a distress hotline, will be established and volunteers are needed to help man the phones. Volunteers will be required to take a 60-hour training course to help them deal with issues they may face such as suicide.

Fundraisers and Bingo nights for Volunteers Etobicoke are ongoing, but the agency still relies heavily on grants. Currently, they are funded by a \$17,000 grant per year from the City of Etobicoke and an \$8,400 grant from Metro Community Services.

The satellite office space,

donated by Humber's Lakeshore campus, was opened in January 1992 to make information more accessible to the public. "We wanted easier access for our residents to get to our information," said Robinson. "Humber was interested in getting the information to the students and the community so they supplied the office space."

Burke said opening an office at Lakeshore was a good idea. "Because of the community services programs offered (at Lakeshore), we thought we'd fit in," she said.

But even with this support, Volunteers Etobicoke is worried about the future.

With Ontario municipalities preparing for severe cutbacks, organizations like Volunteers Etobicoke could be affected.

"It's on our minds (the cutbacks). We're constantly trying to find other sorts of funding because we know the cuts are coming," said Robinson.

Fear of cutbacks may be one reason for the decrease in volunteers at the Lakeshore office. Last year, Burke recruited 200 volunteers, but she has noticed fewer people volunteering this year.

"I'm finding this fall to be slow," she said. "I also work in the community and have seen fewer coming from there too ... We never have enough people. We always need more volunteers."

Students requiring additional information can drop by the office or call 675-6622 ext. 3317 every Tuesday or Thursday. An information fair will be held at Lakeshore campus October 19 from 11:30 a.m. to 1:30 p.m.

# Early detection crucial in breast cancer cases

"... 'Mummy was the best mummy' is the epitaph on my wife's grave. It was written by our seven-year-old son Bruce, the day I told him his mother was about to die of breast cancer.

Neil Docherty  
Family Member

by Leanne Lavis

One in every nine women will develop breast cancer.

For those diagnosed with the disease, the prognosis is often scary and uncertain.

"Breast cancer is curable if caught early enough. However, once it has spread or recurred you might live five to ten years," said Stephanie Oldfield, who is the research coordinator for Medical Oncology at Women's College Hospital in Toronto.

As a woman gets older, her chance of developing breast cancer increases.

But the disease is becoming more common among young or pre-menopausal women.

"If you are a woman you are at risk for breast cancer. Your twenties are not a free decade where you can do whatever you want. (Breast cancer) isn't just a disease that strikes a certain group of peo-

ple. Understanding there are risks is part of taking care of yourself," said Manager Barbara Mains of the Ontario Breast Cancer Support and Research Centre.

"The youngest person we have ever seen at Women's College Hospital was 22 and we are seeing more and more younger patients," said Oldfield.

A breast cancer diagnosis is terrifying at any age. But it's particularly harsh for a young woman faced with her own mortality when her adult life is just beginning.

"With young people who develop cancer, I would say it's a much different disease. It's a much more aggressive form of cancer," said Stephanie Hall, who was diagnosed with breast cancer at 31 and is a member of the Alliance of Breast Cancer Survivors.

There are many unanswered questions about how to treat younger patients because most breast cancer research has been conducted on women over 50.

Treatments can be the same for women of any age, but some treatments are used predominantly on younger patients.

Taxotere, a new drug on the market that was only announced as being available to patients on



COURTESY GRAPHIC FROM CANADIAN CANCER SOCIETY

September 15 of this year, has shown great success in helping to fight the disease.

"It (the drug) is really exciting. You get a really promising treatment for cancer once in a blue moon," said Oldfield, adding that Dr. Maureen E. Trudeau of the Women's College Hospital conducted the research on the drug and is now world renowned.

Other drugs that are currently being used as treatments are: Taxol, which has already been

approved to treat breast cancer that has spread to other organs, and tamoxifen, which has been shown to reduce the risk of a recurrence in post-menopausal women.

Recently, the breast cancer gene was isolated, which means doctors can now tell who is carrying the gene, said Oldfield.

Testing for the gene is already available in the United States and will soon be available in Canada.

"As far as surgery is concerned, the treatments are the same. A woman can have a lumpectomy (surgery to remove the tumor and small amount of tissue around it); a partial mastectomy (removes the lump and some normal breast tissue around it); or a mastectomy (which is the removal of the complete breast)," said Oldfield.

"As for chemotherapy, this treatment generally is used by younger patients while hormonal therapy is used more often in post-menopausal women," she said.

The most important thing a woman can do is detect cancer at an early stage.

Women should be checking their breasts once a month. The best time to do a self-examination is usually one week after her period.

"You should be doing this (self-exams) monthly. It is very important whether you're 19 or 79," said Oldfield.

Humber College has nurses available to teach women how to examine their breasts properly, and Dr. Parmila Sehgal will also perform breast examinations upon request.

Women need to be careful when checking their breasts.

"When doing self-exams, women need to be reminded that a breast isn't just the bit that fills the bra. It goes up to your neck and under your arms," said Hall. "My lump was the size of a golf ball when it was discovered. I hadn't been doing self-examinations. I thought I didn't need to. Now, this thing (cancer) is sitting on my shoulder for the rest of my life."

Anyone who is concerned with a change in her breasts should have them examined by a doctor.

"The more familiar we are with our bodies, the more confident we will be going into the doctor's (office) if we notice a change," said Hall. "Your body is the only thing you really own and it's up to you to take care of it. So, take control. Take charge. Knowledge is power."

Woody Allen  
Academy Award 1976

Jane Campion  
Cannes 1988

David Cronenberg  
Genie Award 1992

Steven Spielberg  
Academy Award 1993

John L'Ecuyer  
TVO Telefest's Jay Scott Award 1994

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It's not the Oscars... it's better!

## Humber graduate in pageant

by Maryan Florio

We're all living in a giant race to better our resumes, get our foot in the door, and earn our dream jobs. In this respect, Korona Felix has definitely put herself in the running.

Last July, the 25-year-old graduate of Humber's Radio Broadcast program competed in the Ontario Search for MISS WORLD 1995 pageant, and placed second runner-up.

"Originally, I had no intentions of doing it, and then I thought, hmm, let's see what this thing can do," she said.

The idea was first put to her when Marie-Josée, president of T-ERA Productions Inc. and producer of the pageant, approached her with the suggestion of entering.

After deciding to participate, Felix discovered she was going to have to go through a whole new learning process, much like what she went through in her broadcasting studies at Humber.

"When I entered radio, I didn't know that I didn't know how to read ... I didn't know how to speak and ... I didn't know how to breathe. When I entered the pageant, I didn't know that I didn't know how to walk."

Felix was given lessons on skincare, make-up, and walking and turning on the runway, all of which she was graded on for her final mark in the competition.

She had taken an acting workshop for her own interest, as well as "to loosen up and have fun," which she said helped her.

The pageant, which is an official preliminary to the MISS WORLD Canada pageant, judges its contestants on appearance, poise, personality, the ability to work well under pressure, and public speaking.

Jerry Chomyn, station manager for CKHC (91.7 F.M.), Humber's radio station, and man-



COURTESY PHOTO

Korona Felix

ager of technical services, said it's "very exciting for her to have an opportunity like that ... and that it proves that the things we teach in Radio Broadcast (like) presence and confidence can be transferred ... that it's not confined."

Felix also said attitude is a big factor. "If you have a bad attitude, don't expect to win."

But winning, or even going on to compete in further pageants, was not Felix's prime objective.

She said she wanted to compete to say she had done it, and because it was a valuable experience that she could put on her resume.

"This cannot hurt my career," said Felix, citing the success of many celebrities who have taken part in pageants, including her role model Oprah Winfrey.

## Variety on the menu for Humber Room

by Alyson Morgan

Baked teriyaki chicken breast with prunes, bok choy, a vegetable spring roll and steamed rice. These are only some of the aromas you might smell now that the Humber Room has opened again.

The Humber Room is the North Campus' restaurant which is organized and run by students in the Culinary and Hotel Restaurant Management programs.

"The function of the Humber Room, as well as providing good food at reasonable rates to the population of Humber College, is also a classroom," said the Culinary Program Coordinator Geoffrey Dunn.

The restaurant provides a vari-

ety of dishes and desserts that have been created by the culinary students. This year, the restaurant has a completely new menu.

"It's a little more contemporary, and it responds a little bit more to the customers' demands," said Dunn.

Dishes range from pastas and noodles, to seafood and stir fry, with the most expensive dish being only \$7.95.

"The food and service was excellent and (the students were) very professional. The teachers do an excellent job," said Nicki Sarracini, a customer, as well as an employee from the counselling department.

Brett Turnbull, a new student in the Culinary program, said it is good for everyone because it is

affordable, and there is a variety of food for people to try.

This year, the Humber Room has new hours of operation. They are open Tuesday to Friday for lunch, and Tuesday to Thursday for dinner.

Dunn said every Wednesday night it's dinner as usual, but they also have a new concept called the Chef's Table.

The Chef's Table is run by second-year Culinary Management students who design their own menu or event for a select number of people.

Dunn said the prime function of the restaurant is to enable students to learn how to do the job that they will hopefully do in the future.

## Students cooking up a storm for marks

by Cindy Line

Humber's North campus Culinary students have an opportunity to show off their skills and earn credits through a course called the Chef's Table.

This self-directed course, which has been open to students for three years, is designed to provide the cuisine students with the opportunity to design, organize, implement and evaluate a special dinner event.

"To have the person who actually prepared your food, serving it to you cuts out the middle man,"

said David Jones, the Chef's Table instructor. "It's like eating in a hotel environment."

Traditionally, the Chef's Table was an event where the customer would actually eat in the kitchen as a guest of the chef. Now, students can either run their table in the kitchen or in the Humber Room.

A group of two or three culinary students are responsible for filling 12 seats. One culinary faculty member must be present, along with eleven other guests.

"You get marks for original-

ty," said second-year Chef Culinary Management student Ian McKinstry. "You have to really plan your menu. You don't just want to serve people plain old roast beef and potatoes."

The students are responsible for every aspect of their chef's table from the written menu and decor, to the entire room layout and the development of recipes.

"Our entire outcome of the course depends on that one evening," said second-year Chef-Culinary Management student Sandra Tartamella. "We spend two days cooking, and as much time as possible preparing. The experience is great. I'm from Montreal and I wouldn't stick with the program if I wasn't fully dedicated to it."

"Part of the reason for having it is that the customer feels that they're part of the preparation," said Jones. "They're involved from start to finish during service."

Anyone can attend a Chef's Table. The price is \$25 a seat and all proceeds go to the Chef Culinary Management program. For reservations call The Humber Room at (416) 675-5022.



Culinary students Sandra Tartamella and Ian McKinstry take part in a self-directed course at Humber.

## Residence students raise concerns about meal cards

by Bob Salverda

Many Humber students have expressed concern over some of the drawbacks of the residence meal plan.

Sean Yong Hin, a first-year Vocal Music student living in residence, said the meal plan is "a good idea because it gives us (students) less to worry about when we're on a student budget, but it should be our own choice if we want the plan or not."

Yong Hin said he wasn't aware of the 12% service charge that students have to pay if they have money left on their meal cards at the end of the school year.

"I wasn't aware that they take that percentage ... it's not fair at all, because it is our money and if we don't use it, they shouldn't take it," he said.

Dina Ayas, a first-year Hotel

and Restaurant Management student living in residence said, "They shouldn't take our money if we don't spend it ... it's no loss for them (if all the money isn't spent)."

Not only does Ayas disagree with the administrative fees, she disagrees with the entire meal plan.

"I don't like it, and don't agree with the fact that we have to (be on the meal plan), I only use it for drinks," she said.

The current procedure requires that all students living in residence must have a meal plan.

Students are entitled to choose from four different packages, with prices ranging from \$1400 to \$2640.

But residence students do have a place where they can voice their concerns about the meal plan.

The Food Forum, made up of two or three representatives from each floor in residence, allows the students input on any suggestions they may have about food services.

Representatives take these suggestions and present them to the management at their meetings every second Wednesday.

"The Forum provides a community link," said Jennifer Ward, a Food Forum representative and a Public Relations student.

The Forum also organizes special events such as barbecues and special food nights.

Currently, the forum is working on giving students more places to use their meal cards. Right now, it is only valid at the residence cafeteria, the Pipe and Pizza Pizza.

"It's nice to see what we are doing is having an affect," said Ward.

## Morning after pill serves as "back-up"

by Sharon James

For many women, the morning after pill has become an acceptable form of emergency contraception.

The MAP (also known by its generic name, post-coital contraception) is a special type of birth control pill that can prevent pregnancy. It must be prescribed by a doctor and is about 98 per cent effective. Any woman who can take birth control pills can take the MAP safely.

"It's reasonably effective. It is a rescue for an emergency situation for various reasons such as rape or condom breakage," said Marg-Anne Jones, a health counsellor at Humber's Health Services.

The MAP can be used as a back-up when other methods of contraception have failed, such as a ruptured condom, a displaced diaphragm, or an expelled IUD.

Although the MAP is used for emergency situations, it is not a form of birth control. The MAP does not protect you from pregnancy for the rest of your cycle. If you know you are going to be having sexual intercourse, condoms are strongly recommended.

Situational factors such as alcohol and drugs can also increase the risk of contraception failure. These factors can limit the ability to think clearly and can result in forgetting to use birth control, or using it improperly.

"Alcohol is one of the main problems with unprotected sex," said Jones.

For the MAP to be most effective, it must be taken within 72 hours of having unprotected sex. According to an article (Contemporary Ob/gyn, Feb. 1994) by Dr. Albert Yuzpe, creator of the MAP, the treatment works two ways.

When the MAP is taken correctly, it prevents the fertilized egg from attaching itself to the uterus and secondly, it creates a

hostile environment within the cervical wall, making it harder for sperm to travel and migrate.

Dr. Yuzpe came up with the Ovral 2+2 regimen. The name stems from the actual dosage taken. There are four pills, two are taken immediately, and the following two are taken 12 hours later.

The MAP has minimal side effects that include: nausea and/or vomiting. However, if vomiting does occur within two hours of treatment, the dosage should be repeated. You may have to get more pills from your doctor to make up for the lost dose.

Because there is such a high concentration of estrogen in the pills, Dr. Yuzpe recommends in his article that a 50 mg dose of Gravol be taken with each treatment.

And if your period is two or more weeks late, a pregnancy test should be done. This will distinguish between those who are experiencing a delay but are not pregnant and those for whom the treatment has failed.

Some women may feel uncomfortable asking their doctor for the MAP, but it is recommended. The longer you wait, the less effective the treatment will be.

"We try not to be judgmental," said Jones. "The whole matter of sexuality is very difficult for some to talk about."

Alison Brown, 21, a second-year Journalism student, who found out about the MAP through a friend, took the pill when she was 16.

"I went to the hospital, to emergency. I didn't want to go to my doctor. It was horrible. It was this horrible sinking feeling. But at the time, I felt that there was no other option for me."

Health counsellors suggest that those who continue to be sexually active should seek a more permanent form of birth control.



Some residence students said they should not have to pay a service charge for money left on their meal cards.



JASON PICKUP

Sour Landslide's Vince Nicholson slashes his Rickenbacker.

## Relaxed power trio await media frenzy

by Jason Pickup

The two drunk guys at the bar door were looking for the woman they called "the friendliest brunette."

They'd never heard of **Sour Landslide**, the headliners at the Rivoli on September 27, but in the absence of their friend, they were ready to pay the modest \$5 cover charge.

Unfortunately for **Sour Landslide** drummer Dee Horvath, who was taking admissions for the show, "the friendliest brunette" showed up before the exchange was complete. The two guys stuffed their money back in their pockets and staggered off to play pool with the brunette, who didn't seem too friendly at all.

"That happens about 14 times a night," Horvath shrugged. And, some people will keep turning away at the door as long as the band has a low profile.

**Sour Landslide** have played (and held their own) with great acts like **The Lowest of the Low**, **Cadillac Tramps**, and Art

Bergmann. But they're still looking for "a little media frenzy," said vocalist/guitarist Vince Nicholson.

They're hoping to generate that frenzy with a new CD, which they plan to record as early as this month. A four-song pre-release tape, now available at their live shows, suggests they deserve some hype. Songs like "Hero vs. Heroine," which tells the story of a musclebound male superhero outwitted by her conniving female counterpart, are both lyrically interesting and musically powerful.

"Vince definitely runs the band as far as the musical aspect," said Horvath, Nicholson's real-life heroine. But his slashing Rickenbacker guitar playing is complemented by Horvath's primitive, "no bullshit" drumming and brother Vern Nicholson's rock-steady bass playing.

The band will re-record the four songs from the tape, along with eight new ones, for inclusion on the CD, a follow-up to their 1994 independent debut, *Friends of*

*Dracula*. Pending a distribution deal, it could be available by December or January.

The Toronto-based trio are all devoted to **Sour Landslide** full-time now, so they understandably feel more of an urgency about the band than in the past. But first and foremost, they play music to have fun.

"We used to be really serious when we played," Horvath said. "Our attitude wasn't as relaxed as it should have been."

They're well at ease now, as was seen in Vince's gentle prodding of his brother during the show.

"It's hard being a three-piece," Nicholson told the crowd. "It's even harder being a two-piece. You okay there, Vern?"

Vern didn't say anything. He didn't even look up from his bass, as the band launched into their next song.

He's probably saving himself for the media frenzy.

## Lyrical GURU preaches mind revolution

by Carl Mitchell

Jazz and hip-hop lovers alike filled Lee's Palace to capacity on September 21 to see GURU's Jazzmatazz.

GURU started the Jazzmatazz project four years ago, pioneering the fusion of hip-hop and jazz music. The first album, touted as "an experimental fusion of hip-hop and jazz," was obviously an experiment that went well.

On the new album, *Jazzmatazz Volume II: A new reality*, GURU enlisted the talents of many jazz greats.

The show started after 11 p.m. with the Jazzmatazz band taking the stage. The band featured jazz legend Donald Byrd on trumpet, legendary Blue Note recording artist Reuben Wilson on organ,

and Kenny Garrett on saxophone, along with DJ Sean-ski and Big Shug from the Gangstarr Foundation.

Byrd played MC, getting the crowd and the band ready to jam. The crowd rocked back and forth to the mellow jazzy grooves that filled the club.

Right off the bat, GURU had people jumping and throwing their hands in the air. "Loungin'," the first song heard, and "Trust me" were two songs he performed off the old album.

The show, like the new album, seemed to have an underlying theme. Songs like, "Lifesaver," "Lost Souls," "Revelation," and "Watch What You Say" were standout moments of the night.

GURU spoke to the crowd

about "a mind revolution, a total change in our way of thinking, and looking at things." GURU is a timeless artist because of the message he conveyed through his music.

GURU expertly harnessed the crowd's energy. He and the Jazzmatazz band could have played all night and I'm sure no one would have minded. But, all great things must eventually end.

With the crowd yelling for more, GURU returned for an encore with Big Shug and DJ Sean-ski, from his hip-hop group **Gangstarr**. GURU and Big Shug treated the fans to a 15-minute freestyle session, showing fans that GURU still has a lyrical gift, even after seven years in the business.



CARL MITCHELL

Big Shug joined GURU and DJ Sean-ski for an encore.

## Caffeine-deprived DDT fans jump around for fun

by Renee Desjardins

It's not just a pesticide anymore. **DDT** is a band of wacky-haired West coasters vying for success in the dog-eat-dog Canadian music scene.

**DDT**'s sound is high energy and loud – the kind of music that makes you want to jump around the room just for fun.

Citing their influences as mainly ska, rap and punk, the quintet brought their unique sound to the Rivoli on September 23.

"Positive-aggressive – it's a

good aggressive," said drummer Bobby James, in an interview before the show.

"(Ska) is heavy, but not too heavy. We can get really aggressive on stage without freaking people out."

**DDT** doesn't want to be pigeon-holed, and they like to make fun of the critics who try.

"Schizophrenic skunk rock," said Brian Howes, a vocalist in the band. "Every article has a different take on us."

"We are so heavily influenced

to the point you can't tell who we are influenced by," said guitarist Mike Stand.

The band described their music as SAP (short attention span) music, or music for the TV generation.

**DDT** said the best representation of their sound are the jams they do between songs. In the jams, they just improvise and have fun and let the music take any shape. Each member contributes to the writing of the songs, adding what they think they can.

However, there are drawbacks, admitted James. "It can take us five months just to finish one song."

Their CD *Lotgoop* (Living off the generosity of other people) was released on September 19. The title was designed as a thank you to people who helped them along the way.

The band funded the production of the CD themselves, so they relied on all the help they could get.

The songs on *Lotgoop* vary

widely from start to finish, but are high energy and fast. The CD is a very good choice for those all-nighters when you run out of coffee. It's loud but original.

Their live sound is stronger with more of a ska beat and a lot of rapping. You can hear the ska on the CD, but the rapping is lost in the shuffle.

**DDT**, which also includes Cory White and Jon Taschuk, just signed to Smash Records in Montreal.

## FILM JUNKIE

by Sean Ballantyne

Vive le cinemal. Directors unite and make your movies YOUR way, not the studio way.

Most directors do not share the same vision as their producer. The movie company often has radically different ideas than the films director on the final product. While the director wants to express his artistic freedom, the producers study market research and are more concerned with the bottom line. A frustrated director usually bows to the whims of the studio heads and is forced to honor the power of the almighty buck.

Alfred Hitchcock had this problem with his film, *Suspicion*. The ending Hitchcock originally planned was to have Cary Grant make an attempt on Joan Fontaine's life. But the studio head didn't want pretty boy Grant being a bad guy, so they told Hitchcock to change the ending. Hitchcock probably told them a few things too, but he went with the studio decision.

Ridley Scott faced a similar situation with *Blade Runner*, when the studio told him his film needed something extra. So Scott was forced to add a clumsy narration by Harrison Ford, and a new, happier ending. It took more than a decade before Scott's true version of the film appeared.

Scott removed the narration, and the happy ending, to make a much more intelligent, and even slightly different film.

Director's cuts are more common now, as filmmakers revamp their work. Scenes once thought to be lost forever have been integrated with the film, to present a

different form of the same movie

There are also the lemons. Films where the director hasn't added anything worthwhile to the movie. Case in point: *Highlander 2: The Quickening*. Just before the arrival of *Highlander 3*, the Director's cut of *Highlander 2* was released on videocassette. WHY? The regular version was crap. What made Russell Mulcahy think a few extra minutes of the same garbage would help?

Don't forget those silly sex films like *Body of Evidence* and *Color of Night*. It seems like the producers had those extra sex scenes added to attract the multitude who were smart enough to shy away from these flops in the first place!

But, don't let the bad keep you away from the good. Keep an eye out for classic films being redone. *Spartacus* was remastered a few years ago, and the controversial bath scene was added in. Also, Sam Peckinpah's *The Wild Bunch*, another controversial film due to its excessive violence (for the time it was made), has also been redone and is now available on video in all of its glory. (Widescreen and all!)

The director spends literally hundreds of hours in the editing room, fixing, cutting and molding his work of art until it represents his vision. But if the boys in the boardroom decide the director's vision can be made more marketable, the director becomes merely a pawn in the battle for box office bucks.

Of course, in a perfect world, it would be the meddling producers who end up on the cutting room floor.

## Riots in Toronto

### New play explores racial issues

by Sophia Thompson

Andrew Moodie's *Riots* is a racially refreshing play, depicting a black perspective of the Rodney King aftermath in Toronto May of 1992.

*Riot*, which premiered at The Factory Theatre, (at 125 Bathurst St.), last Wednesday, explores issues extending from the 'unseen' forms of oppression in Canada, and white stereotypes of young black men and crime, to the reconstruction of black history.

The informative, yet humorous story surrounds five black roommates, and one friend, ranging from 18 to early 30's. The characters express their views and experiences of racism. They also vent their anger and frustrations after seeing the acquittal of Los Angeles police officers charged with the brutal beating of Rodney King.

Wendel, fabulously performed

by Conrad Coates, radically exemplifies the hostile feelings of many in the black community. A native Maritimer, Wendel, (like the majority of his roommates), is a University student, "who's not afraid to compete in the global market."

Not only does Wendel lash out at the racism in Canada; "this country is racist from top to bottom," he also plays a devil's advocate role, where he complains about Jamaicans whom he sees as contributing negatively to the black community.

Playwright, Andrew Moodie, who plays Alex — a character representing the 'sell-outs' in the black community does an outstanding job portraying the diversity of the black community by depicting society's stereotypical notions of blacks.

*Riot* will be playing at the Factory Theatre until Sunday, October 8.

## Student has Five minutes of fame

### Film gets shot at Albany International Film Festival prize

by Amy Lennie

Many aspiring filmmakers dream of competing in a professional film festival.

For Mark Steinberg, that dream became a reality when his film, *Five* was accepted into the Albany International Short Film Festival in New York.

The competition features professionals from all over the world vying for recognition.

"They (festival officials) don't know I'm a student. They'd never let me compete if they did," said Steinberg.

He is a third-year Film and Television student who, in his second year, had to make a film as part of his film program. *Five* was the result. This five and a half minute piece is about the narrator; a man, talking about his sexual fantasies with young kids.

"It (the idea) literally came to me I woke up at 3 a.m. and typed on my computer for five hours," said Steinberg.

"The film was very well lit and shot. It's not very complicated. It was a nice piece of work," said Rory Cummings, the Film and

Television coordinator.

The film was shot on black and white 16mm film. Steinberg was solely responsible for the writing, directing, casting, shooting, and



Lisa Weir

Mark Steinberg

editing of the film. He started writing it last March, shot it in the last week of March, and it was finished by the end of April.

"I was able to do it with equipment that's as old as my parents, and was able to get it into a festival," said Steinberg.

He said he wouldn't have been able to do it without the help and support of several teachers. Michael Glassbourg, a scripwriter

and directing teacher at Humber, went over his script with him. For camera and film help, he turned to his teacher, Bob Bocking.

"He (Bocking) was probably my biggest help," said Steinberg. Without Bocking, he wouldn't have had a clue about filters, exposures, and film.

"We encourage students, if we think the film is good, to send it around to festivals," said Rory Cummings, the Film and Television program coordinator.

Steinberg said there are five categories and 112 films in the competition. His film is in the fiction category. If he wins, he gets prize money and his film is shown in New York.

Steinberg is in his last year at Humber. When he graduates he hopes to work as an assistant editor because "it's the only way to get into directing." He also wants to get into the Canadian Film Centre because there the government pays to do your film.

Steinberg and *Five* will be in Albany, New York from October 12-15.

## Showgirls reveals its naked truth

### Thinly disguised porno movie strives for substance

by Ryan Craven

The curtain has been raised and *Showgirls* is luring audiences to theatres all over Toronto. Unfortunately, the film doesn't live up to all of the hype and media attention it has received.

Writer Joe Eszterhas, one of the men behind *Basic Instinct*, should have spent a little more time developing the characters and plot instead of making almost daily appearances on talk shows and tabloid shows plugging his movie.

The publicity has been enormous, fuelled by rumors of excessive nudity and the first NC 17 rating for a major movie company release since *Henry and June* in 1989.

Former *Saved By The Bell* sweetheart Elizabeth Berkley plays Nomi Malone, a young alluring lap-dancer, who is looking to bump and grind her way to stardom in a big time topless dance show entitled "Goddess".

The plot, which constantly strays from the main story, is carried by the dazzling dance numbers and sexy costumes which are a welcome distraction from the dialogue. Berkley's best moments, though there are few, come when she shows her versatility performing in several seductive dance routines.

Another movie newcomer, Gina Gershon, gives a strong performance as Cristal, the star of "Goddess" and nemesis of

Berkley's character. Gershon, whose performance easily upstages Berkley in every scene they appear, gives her character the necessary cunning and strength to make her the ideal "bad girl".

Director Paul Verhoeven who also directed *Basic Instinct*, does a superb job of capturing the atmosphere of Vegas with spectacular scenery and special effects. However, Verhoeven tries to one-up *Basic Instinct* with prolonged and tasteless love scenes and a graphic rape scene, which sent a steady stream of movie-goers heading for the exits.

The movie touches on several important issues including sexually transmitted diseases, rape, drug abuse and prostitution, but it never dares to explore this side of life on the Vegas Strip in-depth.

"It's not really degrading to women," said Michelle Virtue, a second-year Humber student. "It's a shocking reality in the sense that it does, actually happen to a lot of women."

*Showgirls* gives a good overview of what life is like for the women who dance on the Vegas Strip, but it fails to give the audience a solid storyline to maintain their interest between nude scenes.

After all the soul-selling, scheming and simulated sex, *Showgirls* may offend more movie-goers than it entertains, and that could leave Elizabeth Berkley hoping to be "Saved By The Bell".



Elizabeth Berkley' relies on her body and not her talent in the sleazy new movie *Showgirls*.



# Hawks in first place after victory

by Robert Amoroso

In their toughest battle yet, the Humber Hawks showed their true championship colors, defeating the Mohawk Mountaineers by a score of 3-1.

"It was a very good game, Mohawk is one of the top teams. It was one of the toughest games," said Humber Hawks coach Germain Sanchez. "We're happy with the win, we are going in the right direction."

In the first half, a scoreless draw, both teams had their scoring

opportunities. The Hawks dictated the play and controlled the tempo of the game. After 15 minutes, Humber opened the scoring with a brilliant goal from captain Phil Caporrella as he rifled a shot past the Mountaineer goalkeeper.

"There was good ball movement," said Caporrella. "Rob Ursino gave me a good ball in front of the net, it was an easy finish."

But the Hawks lead was short lived. On a controversial goal, the Mountaineers tied the game 1-1.

The linesman awarded the goal which the referee never saw.

When asked if they had a game plan, Hawks assistant coach Vito Colangelo said: "We wanted to open up our game by being a little bit more offensive and be creative offensively."

Early in the second half, Humber had numerous opportunities in the Mountaineer zone.

Humber defender Louie Dellarovere joined the play, rifling a scintillating drive which bulged the twine. The Hawks were in full control by a 2-1 count.

The Hawks continued to put on pressure, knowing full well the game was far from over. In the dying minutes of the second half, Phil Caporrella worked his magic touch as he left-footed a shot past the diving Mohawk goalkeeper.

"I had a bit of space-taking a

defender one on one, I just put the ball by him," said Caporrella. "I took a shot and luckily it went in."

Sanchez said his players made several mistakes in the game. "Very fine details," he said, "Making the right decisions at right times-making precise passes, shooting when the opportunity is there."

But Sanchez said that his team is close to their peak level. "We are very close, Mohawk is one of



ROBERT AMOROSO

This mid-air collision resulted in one of the Hawks goals in the game.

the best teams we have played, our team showed a lot in beating them."

The Humber Hawks record now stands at four wins and no losses.

The upcoming schedule for the Hawks includes: a return match against the Mountaineers on October 11. Then on October the 12th, they have a home game against the Redeemer Royals at 4:30 p.m.



ROBERT AMOROSO

Hawk players celebrate after a goal against Mohawk.

## CFL needs to have face lift or fold

### Jump's shots

by Jason B. Jump

The Canadian Football League has existed for over 100 years. However, you would never believe it based on how the league is going. With expansion into the

United States being a joke and teams such as the Toronto Argonauts not being able to pack a stadium, the league is due for an overhaul. If the CFL is ever capable of fixing this mess, it would be the eighth wonder of the world.

Instead of people talking about the performances of teams or individual accomplishments, such as Baltimore Stallions running back Mike Pringle closing in on being

the first player in league history to rush for 2000 yards, the talk is about the disappointing attendance throughout the league.

Only six of the total 15 teams (Baltimore, B.C., Calgary, Edmonton, Winnipeg, and Saskatchewan) have drawn respectable crowds. Their average crowd is between 25,000-30,000 fans. Looking at the league in general that's not acceptable.

Commissioner Larry Smith boasted that expansion into the states was going to be a success, but how does he explain that in Memphis they're drawing under 10,000 fans, and excluding Baltimore, the other four teams are drawing under 20,000. Surprisingly, the U.S. owners are still committed to the league, but Memphis Mad Dogs' President Pepper Rogers is talking about

instituting four-down football. It appears the term the CFL will be a thing of the past.

Sports fans want to see the best players on the field and it's a fact the best players come out of the U.S. colleges. The CFL will not be able to guarantee Canadian players a spot on the various teams.

Depending on how you look at this, it can be the best thing for the league.

## Men's basketball roster is in

by Eric Smith

This year's edition of the Humber men's basketball team was officially unveiled Monday, and expectations are high among new and returning players.

Although five Hawks from the 1995 National Championship team are not returning, players

like third-year forward Warrick Manners think the new additions to the Humber squad will not hurt the team's chances.

"We have a lot of young guys that can play and they should be able to fill in the spots for us," said Manners, "We'll just have to wait and see how we come together as a team."

Joining Manners on this year's team will be veterans Kevin Shand, Mark Croft, Dennis Barham, Steve Nelson, Jason Daley, Everton Webb, and newcomers Al St. Louis,

Scott Armstrong, Craig Rose, Eric Guy, Patrick Nelson, O'Neil Marshall, Adrian Clarke, W. Fairclough, and Wes Giles.

But the roster may change before the season begins. Head coach Mike Katz said he is not sure if he wants to carry a 16-man team.

"We haven't done anything else but make one serious cut," said Katz, "but as it stands right now, these are the 16 that made the cut."

The number of men the Hawks decide to keep will depend on the performance and eligibility of certain players.

Former M.V.P., Mark Croft, for example, may not be able to officially join the team until the end of this month.

"There's a number of factors that still require us to take more players than perhaps we'd like to," said Katz. "(But) I really

think after everything settles down, we'll have 12-14 players."

For now, the players must concentrate on preparing themselves for the upcoming season and defending Humber's fourth National Championship.

"I heard about (Humber) being National Champs the past few years," said first-year player Wes Giles. "There is a tradition to uphold. I think we'll do very well."

The 95/96 Hawks have come a long way in the past two weeks. What began as a 40-man battle royal is now a sweet-16, the team is working toward coming together as a group.

"We may be carrying 16 players this year, but I don't think that will be a problem," said last year's MVP Jason Daley. "We'll have a strong team no matter what."



ERIC SMITH

Two aspiring Hawks battle during tryouts.

### ATHLETE OF THE WEEK



### Phil Caporrella

Led the Hawks to a first place victory over Mohawk with two goals.

Phil was an All-Canadian during the 94/95 season and is continuing his All-Canadian ways.

He was also the Hawks men's soccer MVP



COURTESY PHOTOS

Mireille Boulianne (left), Karine Croteau (centre), Tina Jones

## Three new athletes leave home to join the Humber Hawks

by Joe Mercer

Women's basketball Head Coach, Jim Henderson, has added something special to this year's team. Three women, from different backgrounds, face the same challenge: Adjusting to a new province.

The women, come from Quebec, and Alberta.

At first glance, they appear to be regular athletes, but a closer look shows a trio of women who are not only fighting to balance their schoolwork and athletics, but are also adjusting to a new province, a new lifestyle and in two cases, a second language.

### The defensive specialist

Mireille Boulianne, a 5-foot 8-inch, 19 year-old guard, came to Humber from Quebec in an exchange program, offered in her Advertising and Graphic Design course.

"I wasn't sure about playing basketball," she said. "I came and I played with the team, and I liked it."

Henderson, couldn't be happier about Boulianne's decision to play for the Hawks.

"Mireille especially, is a great defensive player," he said.

"And going by last year, that was our strength, our defense, so Mireille should fit in easily."

Boulianne said she isn't homesick, and likes living in residence. Her only complaint is that because she's French, it's hard to communicate with English speaking people.

### The youngest Hawk

Quebec native Karine Croteau, one of the youngest players on this year's team, just completed Grade 11 last year.

Croteau is a 5-foot 5-inch, 17 year-old guard, whom Henderson recruited. Henderson had a meeting with her and told her about the school's basketball program. But Croteau is interested in Humber for reasons other than

athletics.

"I went to a tournament one time, and Jim told me about the school," she said. "I want to learn my English and (Humber) sounded like a good school."

Henderson knows that Croteau is still young, and he isn't expecting a tremendous output from her right away.

"She will be playing her role," he said. "Adding to whatever we need at the time."

Croteau's goals for the year are simple. She wants to learn English and help the team.

"I want to be able to talk to people, and understand almost everything."

### The impact player

Tina Jones is the Alberta import in the trio. Jones, who is over six feet tall, will provide the most offense of the three, according to Henderson.

"(Tina) will be the biggest impact player of the three," he said. "She should be one of our top rebounders and one of our top scorers."

Jones, who is in the Civil Engineering course, came to Humber in search of something other than Grand Prairie Alberta, whose population wouldn't even fill half of the college.

"This is something different," she said. "I have an hour and a half subway ride here every morning."

Jones was also recruited by Henderson, but it was word of mouth that finally convinced her to attend Humber.

"The guys told me about the girls team, and I knew the quality of ball at would be better here. It would be a good experience for me."

Athletically, Jones wants to develop as a player and, help her fellow players to improve.

"I want to push myself to the limit I know I can do," she said. "And push my teammates as well, just get better as a player."

Jones doesn't feel any added pressure being a recruit, and is only concentrating on her goals.

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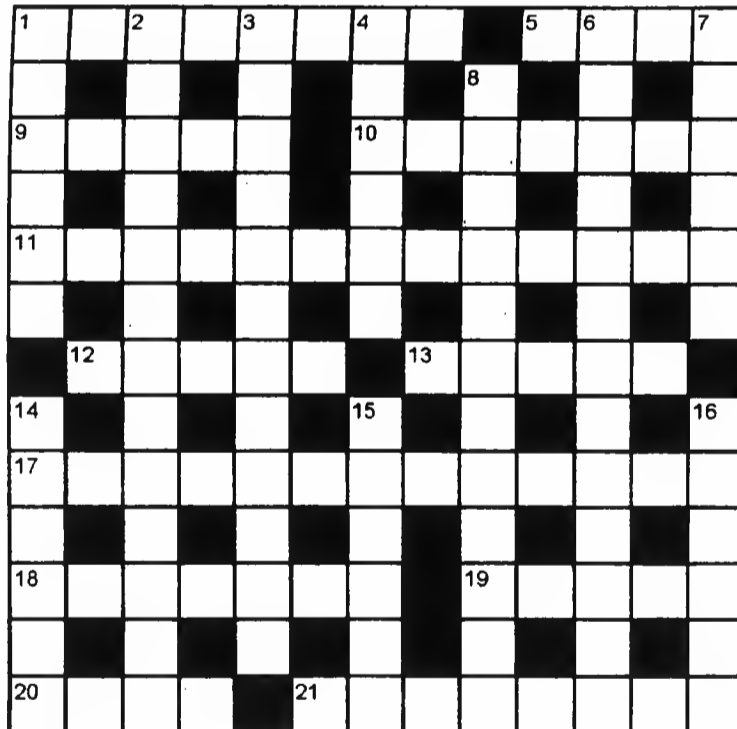
## Crossword Puzzle

### DOWN

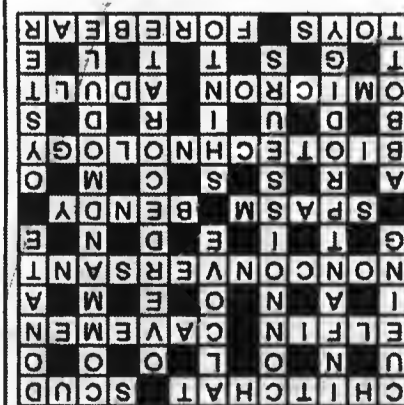
- 1/ Hinting
- 2/ Brilliant youngster (6,7)
- 3/ Aficionados
- 4/ Niche
- 6/ Part of spacecraft
- 7/ Give
- 8/ Make vulgar
- 14/ Prior
- 15/ Japanese cult
- 16/ Type of shellfish

### ACROSS

- 1/ Gossip
- 5/ Iraqi missile
- 9/ Mischievous and charming
- 10/ Primitive people
- 11/ Not familiar with (3-10)
- 12/ Tic
- 13/ Flexible
- 17/ ie. genetic engineering
- 18/ Greek letter
- 19/ Grown up
- 20/ Play things
- 21/ Ancestor



### Answers



# Hot off the Wire

## Bars cash-in on O.J. verdict

(CP) Some Toronto bars were cashing in on the O.J. Simpson verdict on Tuesday.

One bar was serving free orange juice for Simpson's acquittal, while another bar had a special on Bloody Marys and Killer Kool-Aid.

Lindsay O'Connor, operations manager of the Sports Café, said they've gone all-out.

He said they converted the washrooms to "Ito's Chamber" and "Marsha Clark's Make-Up Room."

The smoking and non-smoking sections were the guilty and not-guilty sections.

Many bars were using their big screens, usually devoted to sports, to carry the verdict coverage.

## Bank cashes phony junk mail cheque

(CP) A San Francisco man has to pay \$95,000 he successfully deposited through a phony junk mail cheque in his bank's automated teller system.

Patrick Combs, 29, says it was just a lark when he deposited the cheque six months ago, and figured someone would realize it wasn't real.

But it took First Interstate Bank a month to figure it out and Combs agreed to return the cash.

However, when a security officer accused him of fraud, Combs refused to return the cheque until he could get something in writing from the bank to clear him.

The bank refused and sued.

Now that the bank has given him a letter of explanation, Combs says he

# PICK-A-FLICK



**Can you name the movie which this clip is from?**  
The first student to come to the Newsroom (L231) on Tuesday with the correct answer wins a prize.

**Last Week's Winners:** Andrex-Claudia Davis, third-year Public Relations; Naveed Imran Khokhar, second-year Computer Information Systems; Ron Khan, second-year Computer Information Systems; Roberto Wright, Computer Engineering; Stephen Welch, first-year Industrial Design; Geoff Clark, first-year Computer Engineering; Chria Semlnowicz, first-year Computer Engineering; David Riches, fifth-year Business Management; Marcia Harris, first-year Accounting; Veronica Norambuaro, first-year Accounting; John Jarosz, first-year General Arts and Science; Brian Morrison, first-year Marketing; Sharlene Henry, first-year Marketing; Kristen Main, first-year Marketing; Clara Aomelda, first-year Marketing; Dona Moyer, second-year Environmental; Adeola Noble, first-year Human Resources Management; Rochelle Reid, second-year Public Relations; Kevin Grumbs, second-year Public Relations; Peter Wright, Computer Engineering; Maxine Hinds, first-year Marketing; Holly Blishop, first-year Marketing.

## Basketball was marred by brawl



Basketballs and fists were flying at the Hawk's season opener last night. Players from both teams were ejected as the Hawks rode to victory.

by Lisa Brown

Humber usually has only the men's hockey team to worry about for bench clearing brawls, but the basketball Hawk's season opening win last Wednesday was marred by a similar occurrence.

The fight started with less than four minutes left in the game when Conestoga Condors' forward Gary Minkhorst refused to take his fifth foul. A snicker from Hawk centre Donovan Howell enraged the Condor.

Name calling moved to the centre court and finally ended when Humber's Cohayne Sutherland pushed Minkhorst and they went at it again, this time with fists. The benches cleared in an effort to break it up.

Overshadowed by the melee was a strong Hawk performance resulting in a 76-61 victory.

"A win is a win," said Humber coach Mike Katz.

Game ejections went to Conestoga's Minkhorst, Greg Pinsen and Trevor Thompson. Ejected from Humber side were Howell and Sutherland. The ejections also mean these players can't play in their team's next league game.

Before the fight broke out the game was close. Both teams traded baskets the first few minutes. A last-second hook shot from Howell tied the game at 39 to end the half.

"The team was shorthanded because of injuries," said Katz. "I really thought we

were in trouble."

The fight seemed to change the entire game. Robert Morais was four for four from the foul line, sinking all technical shots for the Hawks. The ejections thinned out the benches and because of their injuries, Humber was left with only six players. Seemingly not affected by the fight, the Hawks took control of both ends of the court and ended the game ahead by a comfortable margin.

Leading the scoring for the Hawks were Howell with 18 points, Tony Cervello with 15 and Sutherland with 12.

"For the last few minutes there was a bad tone," said Conestoga coach Eugene Todd. "For me, it was win or lose from then on."

Both coaches believed the fight was unfortunate.

It could play a large factor in the Hawks' next game against Seneca.

With two players still injured, combined with the ejections and Howell leaving the team for work on the police force, Humber now lacks a centre for bench strength.

"Here we are going to play another game that has nothing to do with the one against Conestoga, but we will still feel it," said Doug Fox, associate director of facilities and coordinator of Humber's basketball. "The timing was awful."