

Student charged in slayings

by Angela Gilchrist
and Luke Hendry

A Humber College student has been charged with murder in the Boxing Day slayings of an elderly Thornhill couple.

Humber Hotel and Restaurant Management student Joel Alexander Clark was charged with two counts of second-degree murder on Jan. 11 in the deaths of William Tweed, 86, and his 81-year-old wife Phyllis.

The 22-year-old was arrested without incident Jan. 10 by York Regional Police.

Clark lived with his grandmother across the hall from the Tweeds in an Inverlochy Boulevard apartment building in the Yonge Street-Royal Orchard Boulevard area.

Clark's grandmother, Ruby Hutton, discovered the bodies around 12:45 p.m. on Boxing Day after letting herself into the Tweeds' apartment to check on the couple.

According to Sgt. Bruce Powley of York Regional Police, Hutton had become worried after seeing mail and newspapers piled up in front of the Tweeds' door, and receiving a constant busy signal when she phoned them. Powley said Hutton and Clark had helped the Tweeds with small chores after William suffered a stroke.

After finding the bodies in the bedroom, Hutton called the building superintendent, who called 911.

Powley said Monday that William Tweed had been stabbed twice through the heart; Phyllis suffered multiple stab wounds.

He added investigating officers

found the couple's apartment had been ransacked. Powley said it later became obvious the ransacking had been an attempt to stage a break and enter, as money and other valuables were untouched.

"If you're going to do a break and enter then you would think they (the offenders) would steal something," Powley said. "In an investigation like this, we look to someone who had opportunity, access, and motive."

Powley was satisfied with the two-week investigation, and said he was pleased with the relatively quick arrest.

He said a clue in the case was William Tweed's credit card, which had been used several weeks before the murders. Tweed's stroke would have prevented him from getting out to use the card at the time.

"They (police) seized some property from the apartment which they think will tie into the homicide," said Powley, but he noted the murder weapon has not been recovered.

Meanwhile, those who knew Clark are reeling in shock over his arrest.

Most affected are residents of his apartment building, who knew both the suspect and the victims.

Only one resident would speak to Et Cetera reporters, and asked not to be identified.

"We've been dealt a double blow," she said, adding 'no one' in the building could comment. Et Cetera reporters were not allowed past the building's front door.

At Humber, Hotel and Restaurant Management faculty



COURTESY OF ALEX UROSEVIC/THE TORONTO SUN

Humber student Joel Alexander Clark is escorted by police following his arrest.

refused to comment, while Clark's classmates are still trying to comprehend the situation.

While many in Clark's program spoke to the Et Cetera, most said they never really got to know him well enough to comment accurately.

"He separated himself from the rest of his classmates," former classmate Karen Moore said. "He just seemed kind of shy and quiet."

Starr Belair, an old friend of Clark's, told the Et Cetera she saw Clark at Humber playing video games the Monday before his arrest.

"I was surprised, shocked," an emotional Belair said of her reaction after hearing of the arrest. "I know a lot of people didn't get to know him that well, but he was a friend."

According to Belair, Clark

worked a couple of part-time jobs. "Really deep down, I hope he didn't do it," Belair concluded. "I'm just crossing my fingers that everything works out for him."

Clark appeared in Newmarket Provincial Court Jan. 11, and was remanded in custody until his next court appearance Feb. 16.

Clark is currently being held in the Metro Toronto East Detention Centre.

Customers searched following Kites theft

by Mike Browner

A bag of money was stolen from Kites Tuesday morning and Humber's security has no suspects.

John Mason, director of Ancillary Services, said a bag containing \$200 went missing when an employee, Richard Rzepa, left it unattended at around 11 a.m. that morning.

"(Rzepa) put the money under the till, and noted that the coffee was running

low," Mason said. "He left the till to brew more coffee. While he was away, the money went missing."

A visibly shaken Rzepa said "Somebody grabbed it and left. I don't know who."

Kerry Bader, a second-year Journalism student, who was in Kites at the time, said when Rzepa noticed the money was gone, he began to search the restaurant.

"He was looking in the trash, everywhere," she said. "When I was leaving he asked to search my bag. I let him because he looked

so frantic."

Mason said the workers may have gone too far.

"I feel that we overreacted in taking the approach of wanting to search people for the money," he said. "That's the portion I regret the most. It probably caused an inconvenience to the customers."

Gary Jeynes, director of Physical Resources, said there are no suspects, but Humber security would like assistance from students to help catch the thief.

"We are asking anyone with

information to contact the Public Safety office at extension 4077 or to call Crime Stoppers at 222-TIPS," Jeynes said. "A cash reward may be offered. Callers will remain anonymous."

Although security is trying to find clues, Mason does not think the money will be found.

"The reality is we probably will not recoup the money," he said. "The most important thing we can do is correct our procedures so that we don't leave money unattended for any period of time."



PHOTO BY LUKE HENDRY

Business as usual at Kites.

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Fear of the 'F' word
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Review
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Shooting in after-hours club leaves man in hospital

by Karen Elsworth

A man is recovering after being shot last Saturday while dancing in an Etobicoke after-hours club, right in Humber's backyard.

Glenmore Sawyers, 24, of Malton was released from Etobicoke General Hospital Tuesday, after a bullet pierced his hand and lodged in his abdomen.

"I didn't see the bullet, I just felt it," said Sawyers. He does not believe it was aimed at him. "I just happened to be standing at the wrong place at the wrong time," said Sawyers.

"There were a couple of shots fired, one striking the victim, but it was not life-threatening," Metro Police Detective George Buchanan said. He said he believes the shots were random.

Police have a suspect, but are not releasing his name.

The dance was held at Borderline Catering, an industrial building on Westmore Drive, near Finch Avenue and Hwy. 27.

Sawyers said he attended the club frequently.

"It was a birthday party, according to the woman who owns the business," said Buchanan.

When police returned to the scene the next day, the building was empty.

"I'm just happy I'm still around," said Sawyer, who has no intention of returning to the scene.

Buchanan said incidents like this occur frequently, but a spokesperson from the Metro Police Department was unavailable for comment.

Gary Jeynes, director of Physical Resource Services at Humber College said this crime is not a reflection of Humber's community.

Jeynes believes strongly in the safety of Humber's campus.

"I feel Humber is very safe, both to learn and to work," he said.

An informal poll, conducted in the halls of Humber showed most students generally feel safe while on college property.

"Where I live, I feel it is a safe area," said Halmina Saab, a Marketing Management student who lives in the West Mall area.

But Angela Taylor, 19, a first-year Architecture student living in Humber's residence said, "I've never been approached by anyone, but I would never walk alone, never."

Faculty hiring accountant to review layoffs

by Mike Browner

Humber's faculty union will be hiring an accountant to determine if the intended cuts to the college's staff are necessary.

Maureen Wall, Humber's faculty union president, said the college plans to reduce the faculty by more than 20 members, and the union wants to see if they can prove there are alternatives.

"Other colleges have very productively hired an external accountant to look over their budgets," said Wall. "It's an objective review that makes our recommendations have more validity."

But Robert Gordon, Humber College's president, said he does not think any amount of reviews will result in fewer layoffs.

"Good luck," said Gordon. "We're \$12 million short of last year's budget. There's no room to play. It's obviously going to be a slanted report. Guess who they (the faculty union) would like to cut. But it's not quite so simple."

Wall said that should the accountant come up with alternatives, the Board does not have to go with them.

"They are under no obligation to accept our proposal," she said. "But then it becomes a political issue. It would raise political

questions as to why is he deciding to push ahead with these cuts if there are other valid alternatives."

Another way staff could be cut is through an early retirement package, which Gordon says could help save the jobs of others.

"Every time someone takes (the package), we don't have to cut somebody younger," he said.

"Over the years we have never cut any teaching staff, but it's inevitable."

Wall said the board is planning to cut enrolment by five per cent (about 600 students) for next year and reduce teaching contact hours to 18 per week.

Other cuts include approximately 35 members of the support staff, said Roy Giroux, vice-president of education and faculty services.

Giroux said the actual numbers of the faculty layoffs might not come until February.

Although layoff notices were being handed out to non-academic support staff members before Christmas, Murray Tuck, vice-president of the support staff union would not comment on any of the details.

"Things are still in the confidential stage," said Tuck.

"We probably won't know anything until the February (Board of Governors) meeting."



"Good luck..." says Gordon.

New parking lot open to students

by Amy Lennie

Some of Humber's parking problems have been eased by the completion of a new on-campus parking lot.

It has been open since January 8, and is located on the site of the former equestrian centre. Designed to hold 156 cars, the lottery for passes to this new lot was held before Christmas. The list of lottery winners is posted outside Room H105.

This replaces the Woodbine Lot that will close as of 6:30 p.m. on January 31, 1996. "It (Woodbine Lot) has run at a loss because of the shuttle service and renting the space," said Campus Service co-ordinator Ron White.

The price of a parking permit doesn't cover the costs of parking, so the college has been subsidizing the extra costs.

"We have to rely on our own resources more," said Donna Davenport, the superintendent of Campus Services.

"We will also have a small lot that will hold approximately 75 cars at the northwest corner of Queen's Plate Drive and Hwy. 27 for students, and you will need a permit for that one."

"There will be adequate parking between the college and Woodbine lots," White said.

Davenport said they had to close the Race Track lot mainly because of government cutbacks.

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Protesters fight cuts

Queen's Park march draws thousands

by Kerry Bader

Tens of thousands marched from Toronto's Nathan Phillips Square to Queen's Park Saturday in what may have been the largest demonstration in the history of the Ontario legislature.

Protesting a proposed \$400 million in cuts to education, the crowd shut down three lanes of traffic as they marched up University Avenue chanting, "Heh heh, ho ho, Mike Harris has got to go."

"We have really grave concerns with the fact that this government is taking \$400 million out of the school system," said Marilies Rettig, protest organizer and head of the Ontario English Teacher's Association.

"Despite what they (the Harris government) are saying, there's no way they can take that kind of money out of the education system without having an extremely severe impact on the child in the classroom," said Rettig.

Junior kindergarten and special needs programs have already fallen under the axe, and student-teacher ratios are expected to rise.



PHOTO BY KERRY BADER

Teachers and students from across Ontario came to Nathan Phillips Square after proposed cuts of \$400 million to education were announced.

The cuts equal three per cent of Ontario's \$13.8 billion education budget.

"I believe education starts at birth," said Laura Oyama, an

Early Childhood Education teacher at Humber College. "I personally think junior kindergarten is important... as a parent I'm concerned."

'Cuts Hurt Kids' was the theme for the afternoon, and demonstrators stood in the snow for over an hour holding placards protesting everything from the Harris

Omnibus bill to post secondary tuition increases.

"These cuts may save us money in the short term, but without quality education we will suffer in the long term," said Sara Sallow, a Toronto teacher and mother of two. "I'm here for my children, not for myself."

Participants came from as far as Timmins, Ont., arriving on more than 380 buses. Organizers said 37,000 teachers, students, and concerned citizens had descended on Queen's Park by 1 p.m.

Roy Giroux, vice-president of Education and faculty services at Humber said he fears the government may be creating an educational ghetto.

"If I was the education minister I would be rethinking and redesigning colleges, universities, secondary school panels and boards as well as elementary schools to try to obtain the same outcomes (for less money)," said Giroux.

Mike Harris was in India on a trade mission, neither he nor any member of his government attended the rally.

Support staff, administration get pinched by drastic budget cuts

by Mascia Gori

Approximately 35 layoff notices to support staff employees have been issued and an estimated 20 positions will be eliminated from administration according to vice-president of Administration Rod Rork.

The College began to issue layoff notices just before Christmas after a meeting with the Board of Governors.

"All the discussions with support staff and administration are taking a fair amount of negotiation. I think we were a little more optimistic that things would go more quickly," said Rork.

On December 11, 1995, the College held an unscheduled meeting of the Board of Governors to present a proposed budget plan for 1996-97 after the provincial government announced its funding cuts last November. The proposed budget included increases in tuition and ancillary fees and program reductions or funding cuts. The Board was also told that the college is looking at eliminating jobs that are considered redundant.

The college had asked all its 'schools' to come up with plans to offer the same quality of education with less money. The plans were due January 15 and are now being reviewed by the administration.

Anne Bender, dean of Health Sciences, said it was not an easy task.

"The greatest cost is the operational cost," she said. "It is very difficult to reduce those costs and still have a good quality program. What is the point to which we can reduce the cost substantially in order to meet the targets and not undermine the quality of what we do?"

However, Bender said that the school "will continue to offer the same range of programs with this reduced financial target."

Health Sciences is allowing Sheridan students into the nursing program on a "one-time basis only" after Sheridan cancelled its nursing program.

Since the plans tabled by the different schools are simply proposals and nothing has been confirmed, some people are reluctant to release information.

Toby Fletcher, one of the chairs of the School of Business, refused to comment on the school's plan.

"I won't tell you. I can tell you, but I won't," Fletcher said when asked for information relating to his plan. He said, "people are very concerned, very vulnerable."

The college is aware of the concerns of its employees and has set up counselling and retaining ser-

vices for those who are being laid off.

"The college is trying to take the time making sure that employees are transferring into another department, that there is a match between the jobs and skills," said Rork.

At the December meeting, BOG was told that over 100 employees will be rerouted.

Michael Hatton, director of the School of Media Studies, is concerned with all the cutbacks, however, he is trying to remain optimistic. According to Hatton, "media is a growth industry" and the programs in his division are looking at alternatives such as the internet to off-set this difficult time.

"(We are) trying not to get lost in financial issues," said Hatton.

The college has been looking at all areas to see where restructuring can happen. In the January 2nd issue of the 'Communique', there were proposals for different early retirement packages. Rork said that there have been almost 50 inquiries into these packages.

The next Board of Governors meeting is on Feb. 12 and by the end of that month, Humber's administration is to receive a budget from each of the schools.

Humber Increases for next year

	1995/96	1996/97
Varsity Uniform/Equipment Fee	\$0.00	\$100.00
Voice Mail (2000 boxes available)	\$0.00	\$10.00
Residence Food/Meal Plan (Mandatory)		
Small	\$1400.00	\$1500.00
Regular	\$1675.00	\$1795.00
Medium	\$2150.00	unchanged
Large	\$2640.00	unchanged
Residence		
Rental rates (paid per semester)	\$2900.00	\$3138.00*
Rental rates (paid fully in advance)	\$2650.00	\$2888.00*
* local phone service as part of the rent, beginning in fiscal 1996/97.		
Parking		
Student General Lot - 1 Semester	\$84.20	\$170.00
Student General Lot - 2 Semester	\$158.40	\$320.00
Student General Lot - 3 Semester	\$237.60	\$490.00
Full-Time Employee		
General (annual)	\$237.60	\$490.00
Preferred (annual)	\$297.00	\$525.00
Designated (annual)	\$356.40	\$595.00
Part-Time Employee	\$23.00	\$45.00
Motorcycle (per semester)	\$32.00	\$35.00
Pay Parking (flat rate)	\$4.00	\$5.00

Week long closure coming for Loyalist college students

by Scott Cronkright

Loyalist College in Belleville announced Jan. 8 that it will close its doors for one week in the 1996/97 academic year to save up to \$400,000 to help compensate for the provincial funding cuts.

Humber College has no immediate plans to follow in Loyalist's footsteps according to President Dr. Robert Gordon.

"I'm aware that some colleges are considering it," said Gordon. "But to us it's a bit of a desperate move."

Loyalist's plan to close the school for a week is part of a larger plan to offer early retirement to 10-15 staff members in order to permanently reduce annual operating costs.

Although the specific dates the college will close has yet to be announced, Doug Auld, president of the college said the details will

be worked out within the next five weeks.

"Basically, we'll be laying everyone off for a week," Auld said.

"The money we save in wages and salaries will be used to help increase the college's early retirement fund."

Shutting down the school was discussed two months ago at a Loyalist Board of Governors meeting, when the college learned it will have \$2.1 million less in provincial funding this year.

"We asked the (education) Minister if we could do this and he said, 'sure', but if we do it during class time our funding will be cut," said Auld.

The funding cuts at Humber are much deeper than at Loyalist, Humber's funding is being cut by \$8 million, bringing Humber's total funding cuts for next year to a

whopping \$12 million.

"With numbers that high," said Gordon, "You can't get around laying off staff and accepting fewer students."

Gordon said Humber is looking into the possibilities for early retirement, especially for those who don't need to be replaced, as well as vastly modifying or even closing some programs.

Even with budget reduction plans underway, Gordon wouldn't dismiss the possibility of closing the school in the long run.

"I suppose you could close the college between Christmas and New Year's which we do anyway, but we still pay everyone," said Gordon. "We could do that, therefore the students wouldn't be compromised, but we would still save the money from not paying all the staff for four or five days. But we're not planning that right now."

Meanwhile, some students at Loyalist, such as first-year Chemical Engineering student Jason Pedracine fear they will be getting less education for more money.

"If they close the school down for a week during classes it's like you're paying for something you aren't going to get," said Pedracine. "And when you figure that tuition is going up and the class time will be going down, then you really begin to feel ripped off."

However, second-year Loyalist Radio Broadcasting student Amanda Toms likes the idea.

"They have to save money somehow. And if you work it out you would lose less than fifty dollars of what you paid for," said Toms. "But I think they should add a week on spring break, that would work out best."

Radio Station breaks story before college president

by Scott Cronkright

The announcement made by Loyalist College president Doug Auld that the school will close for a week in the 1996-1997 academic year came as a surprise to even Auld himself.

Auld's announcement came on Jan. 8, five days after Loyalist radio station CJLX aired information they received of the closure plan.

"The information came in on Wednesday (Jan. 3) and CJLX went to air with it," said Amanda Toms, a second year Radio Broadcasting student who works part-time for the station.

The fact that the information was leaked out to the radio station has student Jason Pedracine wondering if they were ever going to announce it.

"It all seems a little shady to me," Pedracine said. "I think that he (Auld) was going to wait until the plan was about to take effect before he announced it so it would be too late for people who will be opposed to it to react."

However, Toms feels the information about the closure wasn't being hidden from students or faculty.

"I think that he (Auld) was just going to wait until he had all the details of the plan established," said Toms. "I can almost assure you that if the school wanted to keep it a secret the information would never have reached the radio station in the first place."

Mississauga Transit adjusts fares to benefit students

by Karen Becker

Mississauga Transit is now giving post-secondary students a break despite newly increased fares.

As of Jan. 8, students in colleges and universities began paying the same rate for transit tickets as high school students.

The new student fare of \$14.50 for weekly passes saves students

about \$2 a week.

Previously, post-secondary students over age 20 years of had to pay the adult fare which has increased by \$1. The standard cash fare remains the same at \$2.

Ed Dowling, general manager of the Transportation and Works Department, said the fare increases were dictated by government cut-backs and mirror the increases done by other Metro transit sys-

tems.

"We're now in the ballpark of fare structure in the GTA," he said.

It is the first time Mississauga Transit has allowed post-secondary students to pay student fares. Dowling said that in the past, transit drivers had to question riders if they were students.

"There was a lot of abuse in the system," said Dowling. "This was deemed to be the best way to han-

dle it. Students are getting a break."

Russel Black, a Humber student who uses Mississauga Transit, said the new system is fair to all students.

"I'm glad they decided to include all students in one rate," he said. "It makes a lot more sense and is more affordable for students."

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LAKE SHORE

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SAC aims to increase exposure to students

by Patricia Wilkinson

Special events and increased contact with students are on the agenda for Lakeshore's Students' Association Council this semester.

SAC Vice-President Mike Villeneuve said the council is holding a Charity Casino night and Spring Fever week to inform students about the council and the services they provide.

"As we advertise for pubs and special promotions, people get a better awareness of SAC. The more (students) see us, the more they realize who we are and what we can do for them," said Villeneuve.

The Charity Casino, planned for the end of January, will help raise money for the Inner City Angels, a group that starts art programs for children and helps send them to events such as operas. SAC is hoping to auction one of two trips to Daytona during the night, with the proceeds going to the group.

The other trip might be saved for the Spring Fever week from Feb. 12 to 15. One of the activities planned for that week is the Campus Caravan, which has displays and give-aways of free CD's and other goodies.

Villeneuve said these events help SAC promote itself and

encourage students to respond to the council's open-door policy.

"The best way to increase communication is to be out in their faces," said Villeneuve. "So we're out there on a regular basis in the hallways talking to people."

SAC President Julie Couturier said the directors who represent the different programs play an important role by communicating their classmates' concerns.

"I'm sure we are pretty up-to-date with the concerns of the students and what their needs are," said Couturier.

er in the cottages (classroom buildings).

"It's been a concern with the students because they don't want to walk all the way over (to the main campus), so we are trying to accommodate them," said Redpath.

She said nothing is definite. Photocopiers are very expensive, but they are still trying to fit it into the budget.

"When they said they wanted a bank machine, we pushed really hard to get one," said Couturier, referring to the new machine that

was installed last semester. "I've talked to quite a few students who are very happy that it's there and use it quite a bit."

Other events planned include a vendor fair with about 10 different booths in the lower cafeteria and a poster sale in the spring. There will also be the annual grad formal at

the end of the semester.

"Things are looking really good, this is going to be a great grad formal. We will have good entertainment, a five course meal, two bottles of wine per table, and an open bar."

Couturier added that many of the directors are working on other activities to be announced later.



PHOTO BY PATRICIA WILKINSON

SAC members from Lakeshore have lined up a number of activities, including a Charity Casino and Spring Fever Week, to raise money for the Inter City Angels.

Chris Redpath, vice-president of finances, added that whenever the council holds an event, they try hard to let the students know SAC organized it.

Redpath said this awareness helps SAC respond better to the students' needs. One of his major projects right now is working with Minolta to try to get a photocopier

The old haunt returns Chatters takes over JP Sports Bar and Grill

by Patricia Wilkinson

The 'Chatter' around Humber is that the old bar is the new venue for Lakeshore's Wednesday night pub.

Chatters, which had their first pub night last Thursday, took over JP Sports Bar and Grill during the Christmas break.

"Chatters has a very excellent name, they were there a few years ago," said Mike Villeneuve, vice-president of the Students' Association Council. "So we think our pubs are going to be ... better than they were last semester."

Villeneuve said the council is happy with the ownership change and hopes the new management will help attract more students.

"We've talked with the owner and he seems to know what the students like, so we're looking forward to working with him," said Villeneuve.

Villeneuve added that Chatters was the only bar that has been successful in that location. He said they had to shut down for some unfortunate reason but not for lack of business.

SAC President Julie Couturier said although the location of the pub hasn't changed, Chatters had a good reputation before and the name alone should draw attention.



PHOTO BY PATRICIA WILKINSON

Chatters moved in over the Christmas holidays, and hosted its first Lakeshore pub night on Jan. 11.

Teacher remembered with scholarship fund

by Sean McGrillen

A scholarship fund has been established in honor of Audrey Goldson, a part-time instructor in the School of Business at Humber Lakeshore campus, who died in her sleep on Jan. 2.

Goldson had been with the school since May 1989, and was very active around the campus. Many faculty and students were shocked at her sudden death.

"I can say it was very sudden. It was sudden for the family as well," said Pat Ferbyak, vice-principal of Academics at Lakeshore.

In addition to teaching business students, Goldson co-ordinated training for private organizations, and was very active with in her church. Goldson also worked in Continuing Education at Lakeshore.

"I've not only lost a colleague, but a close friend," said Jane Russ, manager of Continuing Education at Lakeshore. "She was one of the

most excellent teachers in Continuing Education."

Her commitment to the students was obvious and some said she did more than a regular teacher should have.

"If you needed a favor, she'd bend over backwards for you. She was a teacher and a counselor," said Chris Meyer, a Business Administration student.

Faculty members said she was a nice person to have around and that she always expected the best from her students.

"She will be greatly missed," said Lakeshore Principal Michael Harper. "We're still Humber, but we're also a community because we're so small down here. It's tragic anytime this happens, but when it is someone whom many are close to, it's that much worse."

Donations to the Audrey Goldson Memorial Fund can be made c/o North Bramalea United Church, 363 Howden Ave., Brampton, ON.

Staff member of 20 years dies suddenly at meeting

by Sean McGrillen

A commemorative gathering was held yesterday at the Lakeshore campus for Cindy Niemi, co-ordinator of the Access for Success, Futures, and Career Development programs, who died of a brain aneurysm.

Niemi was in a meeting on Jan. 5 at the North campus when she collapsed. She was later pronounced dead at Etobicoke General Hospital.

As Chair of the program, Niemi worked with students

who may not have had the same opportunities at other institutions, said her colleague and friend, Al Palin. Palin, who was shocked by the sudden loss, said Niemi was a dedicated worker.

"She was great. Her whole work was dedicated to the underprivileged

so they could get a level start in life ... It was quite unexpected: I talked to her in the morning and by noon I learned she had died," Palin said.

Niemi worked at the

Lakeshore campus for six years, but has been a part of Humber for over 20 years.

She was described as someone who did more than what an administrator was required to and was very proud of her job.

"She was very supportive. She was very prepared to take care of a person who needed to be taken care of," said Palin.

Phil Sidsworth, Access for Success' representative with Lakeshore's Students' Association Council, said Niemi and her

work will be greatly missed. "She looked out for the best interests of the students. She also brought in a lot of money for the program."

A scholarship fund has been established in Niemi's honor and donations can be sent to Holsee Sahid at the Financial Aid and Awards Office.

Funeral services were held on Jan. 8. Niemi is survived by her husband Barry Rainsforth, her mother Doreen of Thunder Bay, ON, and her brother Todd of Cornwall, ON.



COURTESY PHOTO

Cindy Niemi was dedicated to her work so all students would have the same opportunities.

The Computers & Technology section will return in next week's Humber Et Cetera.

EDITORIALS

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HUMBER ET CETERA

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Bob Rae an important key in fight against cuts and separation

Last weekend Bob Rae quietly announced his resignation as leader of the Ontario NDP.

We won't pretend to admire what Rae and his party accomplished in power — 'Rae Days', the Social Contract and the doubling of the provincial debt to \$90 billion, are just a few of the legacies he leaves behind.

What is admirable, is Rae's class, dignity, and strong commitment to a united Canada. On referendum night, Rae, more than any other politician, strongly condemned Jacques Parizeau's racist speech.

Bob Rae's attempt at governing was a disaster, but as an opposition leader he shone as a strong orator. During this stressful time of cutbacks and layoffs, dynamic and compassionate voices are needed.

It's unfortunate Rae's resignation comes at a time when Ontarians and all Canadians need him more than ever.

Students left in the dark as Harris' axe crashes down on staff and faculty

A disconcerting hush has fallen over Humber.

In reaction to the support staff layoffs prior to Christmas vacation, staff have been angrily debating and discussing the layoffs with each other in bathrooms, over coffee and in their offices, leaving students in the dark.

Understandably, many of them are silenced by union contracts, pressure from their superiors, as well as the fear of losing their own jobs.

But once the dust settles and tensions subside, the administration, faculty and SAC should break this silence and rally the troops. After all, what better way to lobby against cuts to programs than to mobilize the largest population in the college — students.

Perhaps if the faculty brought this issue home to students and made them aware that they too will be personally affected down the road, this would illicit reaction. There's no guarantee that protests and lobbying will change the reality, but students have a right to know how and when these cuts will directly impact their lives.

Students deserve to be informed enough to try to do something about it now. Let's hope it's not too late.



LETTERS TO THE EDITOR

Humber more than just a study hall

We are three journalism students, currently sitting in Caps, who are perturbed by the letter written by Chris Attard in the Dec. 7 issue. We think his opinion is off-the-wall and inconcise.

College is more than just a place to go to learn strict rules. It is a place to grow, both scholastically and socially. Just because Mr. Attard's daily routine doesn't involve Caps, the arcade, or any other such social gathering areas, doesn't mean students who go there are slackers.

To label us as students who "aren't preparing themselves for the future," is a totally biased and unjustified statement. On the contrary, we accomplish many good and wonderful things in these gathering areas. We converse about projects, stories, current

events, fashion tips, and the world at large.

If we didn't have these services available to us, the college would be full of high-strung, over-stressed students who would be burned-out by age 25. This would of course hinder the education process.

The next thing he'll be complaining about is people in the SAC lab who are using the Internet instead of word processing! C'mon, get serious. There is more to the college experience than just studying. It is supposed to be the most memorable time in our lives. Why then, should we waste every precious moment worrying about our studies and grades?

Darren Leroux, Kristan Jones, Jeff Thow
 first-year journalism

College's radio station is out of tune with students' tastes

O.K., so the school wants to know what pisses me off. Thanks for asking. This is something I have been complaining about for a while, mostly to my friends — people who can do just as much about the "problem" as I can. Until now, that is.

So here it is. What's up with Humber's so-called radio station?

I mean, you walk down two or three hallways and what do you have following you? COUNTRY MUSIC! Who listens to country music? I bet maybe three per cent of the students actually appreciate this type of music. What about the rest of us with some taste? Don't we matter?

If the "station" wants to do any

good, for the students in broadcasting and the students who get bombarded with this crap, they should have more variety. Maybe play a different type of music every day. Possibly, they could include a "talk-radio" program in which students share opinions, like they can in the newspaper.

Also, how about playing the

music over more than 10 speakers in two hallways? Set it up so that The Pipe and Kites have some background music. If there are songs to fill the air people are going to be in a better mood — as long as it appeals to more people's tastes.

If the students were into country music you would see more

cowboy hats and spurs, and less "grunge wear" and coloured hair.

Get with it, broadcasting students. If you can't please your audience, then you're not doing your job.

Brian Dubien
 second-year environmental engineering

GRUMBLINGS AROUND CAMPUS...

- The teaching effectiveness of Humber's teachers. Can they teach?
- Plans to reduce the amount of student/teacher contact next semester.
- Employers having the right to refuse to hire smokers.
- Next year's inflating parking rates.

Anything else on your mind? If you want to respond to these or other issues, contact the opinion editor.

OPINION

EDITOR: Lauren Blankstein

675-6622 Ext. 4514

'Professors' fail to make the grade

Human errors permeate Humber's lax marking system and students are left to their own devices to sort out the careless mistakes

This year, I studied my transcript carefully, on the lookout for any errors that may have been made. If there's one thing I've learned during my time at Humber, it is never to take the grades on transcripts as necessarily correct.

I was shocked when on my final transcript last spring two of my final grades were at least 20 per cent lower than I had anticipated. One of these marks dropped from an 84 at mid term to a 64. The reason was that the instructor had lost our marks not once, but twice during the semester. Apparently, the second time, he never received my previously marked assignments which he requested we resubmit. I had resubmitted them but, unfortunately, they too went missing. The result: near failure.

I had done everything right and he had done everything wrong, yet I was being punished.

With very little hassle — perhaps because the college is so used to these sorts of grievances — the grade was corrected.

Missing grades seem to be oddly common-



by Lauren Blankstein

place at Humber. At the end of last semester, an instructor in a marketing class also lost his class' marks. But in this case, instead of asking to see the original marks, he casually asked the students to tell him what their marks were. Isn't that a little like leaving the cat to guard the cream? It makes you wonder if he cared at all.

Then there are cases where the instructor, without notifying the class, abandons the marking scheme set out in the course outline. This was how my second miserable mark came to be. My photography instructor had taken it upon himself to reweight all of the assignments

so that no one had a clue how the marks were calculated. Almost everyone in the class received a mark he/she was not expecting. Some lucky ones who were receiving Bs ended up with As and others who were receiving As ended up with Cs. In the end, the instructor couldn't justify his marking scheme and my mark was raised, no questions asked.

A mockery is being made of the college's system — if, in fact, there's a system at all. It appears to be more of a free-for-all rather than a well-instituted procedure complete with checks and balances. Unless a student takes issue with a foul-up, the mistake will remain.

When we leave Humber, grades are the only tangible indication of our academic performance. Instructors — they like to be called 'professors' — should remember this the next time they hand out arbitrary marks. Professors? Not with these unprofessional standards.

Lauren Blankstein is the opinion editor.

New student gets first taste of college life and likes it



by Benita Sangha

Walking down the crowded halls of Humber College, I can already see a distinct difference between college and high school life. Although some may call me crazy, I see many traits that make Humber a good school.

I have only been here for a week and I'm impressed with the fact that there are so many different programs available to help students succeed. For example, various counselling programs are provided to help students with all types of problems. There are special study skills and note taking workshops. As well, the school provides classroom assistants and sign language interpreters so that all students have the opportunity to succeed.

Many people see me as a poor soul who was not intelligent enough to get into university. They think Humber College was my only opportunity to receive a post-secondary education. Those people could not be farther from the truth.

I am glad I'm at Humber College rather than at a university. Humber was clearly the better choice, because here, know-it-all attitudes are virtually non-existent. My teachers know me and I do not have to compete with a hundred other people to voice my opinions.

At Humber College students' difficulties don't go unnoticed as they might in other places of higher learning. It's comforting to know that there is a school that supports its students throughout all avenues of learning.

Benita Sangha is a first-year student in the pre-university program.



Rosa Leto first-year accounting

"(My marks) have always been fine."



Tara Shafley first-year creative photography

"One of my marks was not put in...as of now I'm on probation and I didn't do anything."



Frank N. first-year general arts and sciences

"There was a delay in marking...(the instructor) actually did me a favour and marked me incomplete as opposed to failing me outright. He's still marking it so I won't get my first semester marks until second semester."

Asked by Patti Enright and Matt Guerin

Student condemns Ryerson's 'hooking prof' but learns invaluable lesson in freelancing

Just what was it that prompted Ryerson's "playboy professor" to recently discuss his hooking sideline with the media? Obviously there are others out there engaging in prostitution just to make ends meet, but they aren't going public about it. What part of this professor's brain snapped and made him decide he was going to tell the world? Apparently, he wasn't thinking about anyone but himself.

Although society is becoming more tolerant and accepting of lesbianism and homosexuality, surely Hannon realized his attitudes would upset some staff and students. People have a hard time dealing with a man who says it's okay to be a prostitute to earn extra money because teaching doesn't pay enough. And what the heck was he thinking when he said sex with a nine-year-old boy and a 54-year-old man was acceptable and that he saw it as a positive experience? Even those who have no



by Shannon Williams

problem with that type of behaviour feel those secrets are still best kept under his hat, or in this case, under his bed.

I applaud the courage it took to reveal his bedroom secrets, but this part of his private life really needed to remain private. No one needs to know how this man makes his extra money.

I also question why Ryerson's administration was so lenient with this "playboy prof." Hannon has been given a simple slap-on-the-wrist and has been told not to talk to the media about his lewd activities. How freely he will

continue to speak in class about his sexual preferences and night-time jaunts still remains a question.

Furthermore, what will employers think when one of Hannon's students applies for a job? Are they going to think that the journalism professor is still a reputable one, who produces graduates who are well-rounded and have good ethics? Or will they have questions about the attitudes and ethics the graduates may have developed?

Whatever happens in the future, I will never forget how Professor Gerald Hannon showed his students how one freelancer makes his money. He, also showed me that if ever my journalism career doesn't pan out I can always make money on my back.

Shannon Williams is a second-year journalism student.

PISSED OFF?
DON'T JUST SIT BACK AND COMPLAIN.
DO SOMETHING.
 The Humber Et Cetera is opening up its pages in the opinion section to you.
 We're looking for well thought out opinion pieces dealing with issues both in and out of the college.
CONTACT THE OPINION EDITOR.

CALLING ALL STAFF AND FACULTY
THE PAPER IS INTERESTED IN YOUR OPINIONS
ON ISSUES RELATED TO YOUR FIELD OF
WORK OR STUDIES.
 It is our hope that intelligent, insightful pieces written by experts in a field will help enlighten the Humber community.

Lifestyles

EDITORS: Shannon Armstrong • Lisa Lazar

675-6622 Ext. 4514

Feminists set the record straight

There are many misconceptions about feminism

by Amy Vereggen

When some people hear the word feminist, certain stereotypes pop into their heads. Images of anti-male butches, lesbians, militant-thinkers, and extremists.

"When I tell people, especially guys, that I'm a feminist, usually their reaction is 'oh, you hate men' or 'are you a lesbian?' - which I definitely am not," said Michelle Nechay, a pharmacy assistant student at Humber College. "I just believe women should have the same rights as men. We are all equal and some people still don't think we (women) are."

Tracy White, fund-raiser at Match International Centre agrees. "Feminism, in my opinion, is the fight for the equality for women. Most women who call themselves feminists don't want to be better than men, they want to be considered the same rank as men." Match International is working to improve the status of women globally.

Many of the negative views of feminism and women's rights are ingrained into children at a very young age. Society has old-fashioned views about the roles of women and men and we must try

to change those views for future generations, said White.

Manny Jose, a Humber College advertising and graphic design student, agrees he sometimes thinks in a stereotypical way about feminists. "When I hear that a girl is a feminist I have this knee-jerk reaction and think she's against guys...it's intimidating," said Jose. "I know it's wrong because I know there are many different types of feminism. I think I react like the average guy does."

Jose is not alone in this view. White said many men will get defensive when they hear a woman is a feminist.

White grew up in the late '70s, when the women's movement really started to take off, and remembers there were a few radical feminists such as Gloria Steinem who

turned men against the movement.

"The message got so screwed up in the '60s and '70s," said White. "We've got to remove the view that all feminists are radical

Public Violence Against Women and Children), agrees society has to change its views on feminism.

"Sure, in the last 30 years it's more acceptable for women to work, but they are frowned upon if they put their kids in day care," said Dutton. "It's a vicious double standard."

"It should be acceptable to see a woman going out to work and the man doing the housework and taking care of the kids," said Dutton. "We still have this sexist notion women are better nurturers than men."

Many women don't really consider themselves feminists but believe women are not treated equally.

"I guess I am a feminist, I really haven't thought about it," said Humber College legal assistant student, Charlene Minkowski. "I

don't think it (feminism) is making a difference either way."

According to the book, *Sociology* (Canadian Edition) there are three basic categories of feminism: liberal, socialist, and radical. Liberals say individuals should be free to develop their own abilities and pursue their own interests. Socialists believe women and men must work together to change the view of their roles in the workplace and the family. Radical feminism argues that the root of sexual oppression is the concept of gender itself and that society should eliminate all social distinctions based on sex and gender.

"Some things have changed with the help of feminists across Canada," said Dutton. "On some level it's (women's situation) better and on another, it's worse, like the increased violence against women. We still have a long way to go."

"There must be a social adjustment about equality for women and the word feminism," said White, "so women can be comfortable calling themselves feminists and men not feel intimidated with that."



PHOTO BY BOB SALVERDA

Three female Humber students bond together.

and extreme, because it has stunted the growth of women's rights in Canada."

Lynn Dutton, a volunteer and socialist feminist at METRAC (Metro Action Committee on

Humber commemorates King

Intercultural Centre showcases the life of a black hero

by Mike Trus

An assassin's bullet may have ended Martin Luther King's life, April 4, 1968, but not before he mobilized a mass black electorate which effectively ended overt racism in American politics.

While not a holiday in Canada, some Afro-Canadians commemorate Martin Luther King Day. King may have been an American, but to many his message was and still remains an international one.

"He was a great man," said Dalcyce Newby, Humber's Intercultural Centre's program coordinator. Newby is a seventh-generation Canadian of Afro-American heritage.

"(King) had charisma and he was able to draw attention to himself and his cause through the power of his voice," Newby said. "Along with President Kennedy and Malcolm X, Martin Luther King became a focal point of a generation of American civil rights activists in the '50s and '60s."

In memory of King, Newby has set up two displays here at Humber. There is one in front of

the library and another by the Intercultural Centre. The showcases include photos of historic and intimate moments in King's life, as well as some of his more famous quotes.

Newby says many young black Canadians can't truly appreciate what their parents and grandparents faced when racist agendas were integral parts of the federal governments of both Canada and the United States. Nor can they appreciate King and

men like him who trod the revolutionary path of non-violence — even when faced with threats and

murder. She said it's just not a part of their experience and she's glad it isn't.

Second-year Business Administration student Warren Paul, is a 27-year-old Canadian of Afro-Caribbean descent.

"I didn't even know (Martin Luther King Day) was coming up," said Paul. "I thought it was sometime in February."

"I guess it's a day all black people should

remember, but it's more of an American thing, really."

Asked if he and his family do anything special to commemorate King's day, Paul shrugged and said, "We watch the documentaries when they come on and my parents recall their past experiences with racism. But other than that, no, not really, we don't do anything."

He said times have changed for the better in Canada.

"It's funny," he mused. "Sometimes I find myself expecting prejudice, like in a small town somewhere up north, but I'm often pleasantly surprised at how open and curious some people can be."

During his Nobel Peace Prize acceptance speech in October 1964, Martin Luther King said, "I feel as though this prize has been given to me for something that really has not yet been achieved."

In response, people in some parts of the world would say, yes Mr. King, it's close, really close. Possibly as close as anyone will ever get.



COURTESY PHOTO

King in a moment of solemn reverence.

"There comes a time when a moral man can't obey a law which his conscience tells him is unjust. And the important thing is that when he does that, he willingly accepts the penalty... There were those individuals in every age and generation who were willing to say, 'I will be obedient to a higher law.' It is important to see that there are times when a man-made law is out of harmony with the moral law of the universe."

-Martin Luther King Jr.

Humber's writing school attracts renowned authors

A popular haven for aspiring writers, the school has acquired quite a reputation

by **Biatriss Danso**

To get Timothy Findley, D.M. Thomas and other world renowned authors to participate in his School for Writers, all Joe Kertes had to do was ask.

Even horror novelist Stephen King returned Kertes' phone call saying he was flattered by the invitation. King also said he would make an effort to clear some time in his schedule for the 1997 summer session.

Now in its sixth year, The Humber School for Writers is being described by *The Globe and Mail* as Canada's foremost creative writing school. The reputation of the school attracts writers worldwide. Doctors, lawyers, judges and even a farmer were some of the over 100 applicants vying for a position in the 1996 correspondence program.

The 30-week certificate program in creative writing offers promising writers an opportunity to send their work directly to a professional author. The author will provide editorial feedback by mail or computer throughout the equivalent of an academic year,

said Kertes. For writers who are looking for a more hands-on education, the school also has a one week summer program where the authors and authors-to-be can interact daily.

Publishers, editors and other industry people are some of the participants in the week-long session.

Cecil Foster, a novelist and teacher at Humber College, was among the group of writers who offered his expertise in the summer 1995 workshop. "Meeting all those aspiring writers was very stimulating. I enjoyed the discussions and was impressed by the students' determination," said Foster. "The only negative aspect to the summer program is that once you get to know everybody



COURTESY PHOTOS

Top: Authors in the 1995 summer workshop (l-r) Tim O'Brien, Carol Shields, Cecil Foster, Constance Beresford-Howe, Paul Quarrington, Catherine Bush, D.M. Thomas, Eliza Clark. Right: Director, Joe Kertes.

it's time to say good-bye."

As founder and director of the school, Kertes explained that different types of people gravitate to the two programs offered. "In the summer you get more of the people who want to rub shoulders."

Whatever the draw is for novice writers, everyone accepted into the program must show considerable potential. To be admitted, writers

must submit a 15-page sample of their writing along with a proposal detailing the work of a complete book.

"All of the writers have natural talent, what we do is help them develop their writing skill and accelerate the process of creative writing," said Kertes.

Like a proud father,



Kertes beamed as he related tales of the school's success. "We have had over 20 students go on to publish novels." One example is graduate Donna McFarlane. Her novel, *Division of Surgery*, was recently short-listed for the Governor General's Award. She may someday add her name to the distin-

guished roster of writing coaches at the school, said Kertes.

Unlike many other programs at Humber College, the School for Writers will not be affected by budget cutbacks. "The school earns its own way with its reputation. President Gordon is fond of the program (the marketing potential)," explained Kertes.

Although the program has secured a position for itself at Humber, Kertes is still looking forward to the day when he is not worried if the program will fill or not. "The school depends entirely on the student enrolment," said Kertes.

He encourages hopeful writers to take a course or two, refine their style and most of all, to keep writing. For more information on The Humber School for Writers contact:

Joe Kertes, Director
The Humber School for Writers
Humber College, Rm K107
205 Humber College Blvd.
Toronto, Ontario, M9W 5L9

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Take advantage of
SAC's FREE
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One-on-one appointments can be booked in the SAC office.
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SAC Power PC lab is now open.
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Hours of Operation
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Jan. 29 to May 8 a.m. to 3 p.m.
unless otherwise posted on door.

Polish broadcasters visit Humber searching for new technology tips

by **Maredyth Shevchenko**

On Dec. 11, Humber College hosted nine people from the Polish Public Broadcasting industry.

"They are investigating broadcasting in Canada and they will take back their findings and apply them to their education and public broadcasting systems," said Joe Andrews, the radio broadcasting program coordinator.

The group toured various colleges and institutions within their field including the CBC, Algonquin College and Humber College.

Western countries had promised, with the fall of communism, to help the former Soviet Union with their broadcasting system, said Sheila Watson, project officer for Europe at the Association of Canadian Community Colleges.

The project was formed in conjunction with central and eastern Europe. "Before the fall of communism their media was used by the government. The government had control over the airways. Their messages were

sent through the media. Now they want a voice of their own and we hope to help them develop their own style and voice," said Watson.

The group toured Humber's radio and print journalism sections learning the new technology through demonstrations.

According to Stanislaw Jedrzejewski, vice-president of Polskie Radio, Polish broadcasting is in the middle of a transition to digital technology. He said they hope to learn as much as they can to make the transition to digital technology easier in their 150 community radio stations and three nation-wide networks.

They also want to learn the structure of the college media system and hope to apply it to their school of communications established by Polish radio stations.

"We learned a lot here. Our tour was very interesting for me. We learned about the structure of the radio industry of Canada and some of the regulations of the CRTC," said Jedrzejewski.

"They are investigating broadcasting in Canada and they will take back their findings and apply them to their education and public broadcasting systems."

Recovering from a workout is no sweat

Bounce back: Helping to make fitness safer for older exercisers

by Lisa Lazar

When the press questioned Martina Navratilova on why she was retiring from the pro-tennis circuit, the 37-year-old renowned athlete answered, "It's just tougher now to bounce back after a hard match."

Navratilova is not alone. Scores of older exercisers would agree as the body ages, exercising doesn't necessarily become more difficult, but recovering from it can be.

David Higdon of *Longevity* magazine, John Ivy, director of the exercise-science laboratories at the University of Texas, Michael J. Alter, author of *Sport Stretch* and Allan Levy, author of *The Sports Injury Handbook: Professional Advice for Amateur Athletes*—all offer remedies, based on expert research, for bouncing back from a difficult workout.

1. Drink plenty of water: It has always been important to drink a lot of water before and during workouts, but hydration is even more critical to an older body. As one ages, the water content of muscles and connective tissue decreases, so plenty of fluids can be crucial for heading off stiffness. You can start consuming

water the night before your workout, rather than waiting until the day of the workout. While working out, try to drink four to six ounces of water every 10 to 15 minutes. Don't wait until you're thirsty and keep drinking after your thirst is quenched (even if, as a result, you must interrupt your workout to go to the bathroom).

2. Eat before working out: Food, especially carbohydrates and proteins, are good at acting as fuel to sustain a workout. Research by Professor Ivy has shown carbohydrates to be most effectively absorbed within two hours of a workout. In other words, eat before the workout to feed your muscles and avoid fatigue. If you don't have time to eat an entire pasta dinner prior to your workout, then try eating a sports-energy bar or have a power drink.

3. Warm-up before exercising: A warm-up before getting into serious exercise loosens muscles and tendons while increasing blood flow to the joints and results in less strain on the musculoskeletal system. Stretching is not a warm-up and should only be conducted after the warm-up is finished. A warm-up consists of a

light walk or jog on the treadmill, a light ride on the stationary bike or even exercises like jumping jacks to raise your body temperature slightly.

4. Warm down after exercising: A warm down or cool-down (i.e., decreasing your pace on the treadmill by lowering the elevation and/or speed) will help to redirect blood flow back to the heart and will help to flush lactic acid—the stuff that causes soreness—out of your system.

5. Stretch after the warm-up and warm down: As the body gets older and muscles spring back less readily, it is not uncommon to feel really stiff the morning after exercising. Stretching helps combat the shortening and tightening of muscles and maintain youthful flexibility. Ideally, stretching should come

after the warm-up and again after the warm down, when muscles are warm and pliable.

6. Cold eliminates soreness: If a part of your body is sore after working out, then apply ice or coldness to the area. The coldness after exercise decreases metabolism, decreases local circulation and hence, swelling. The cold puts the tissues into hibernation, helping them to endure an injury until they're ready to recover.

7. Heat relaxes muscles: Heat works best on the days following a hard workout by relaxing the muscles and stimulating blood flow.

8. A massage the day after helps: Like applying heat to the body, a massage the day after a workout increases overall circulation and helps rid the body

of waste products. It also decreases tiny tears in the muscles—the cause of soreness.

9. Don't take time off after a workout: Dr. Levy points out, you must get the body moving again soon after a workout to get the circulation going in order to help increase the healing. This could mean a walk or stretch after a long hike, marathon or strenuous workout.

10. A positive attitude helps: No matter what age you are, when exercising, a positive attitude goes a long way toward helping you to bounce back and continue to make athletic strides. As an anti-aging exercise approach, this tip may be the most important.



PHOTO BY KELLY AMBROSE

No need to feel the burn: Humber administrator, Bob Schilling, makes exercising look effortless.

CO-OPTION

Positions Available on SAC

NORTH SAC

of Reps. Required

Architecture & Construction	I
Business	I
Health Sciences	2
Hort. Fashion, & Design Fnd.	I
Info. Tech. & Accounting	2
Manf. Tech. & Design	2
Liberal Arts & Sciences	I
Media Studies	I

LAKESHORE SAC

of Reps. Required

Business	I
Hosp., Rec., & Tourism	I
Liberal Arts & Sciences	I
Performing Arts	2
Social & Comm. Serv.	3

Positions will be accepted on a first come first serve basis pending ratification of the respective SAC.

Packages available in the SAC Office

The Winter Survival Guide

EDITOR: Marc St. Germain

675-6622 Ext. 4514

Having a life in the dead of winter

Humber counsellor warns of the danger winter can pose to your mental health

by Luke Hendry

You're running out of money, your lover's left you and the weather's terrible — sounds like a country song.

But according to Humber counsellor Mike Keogh, you're not alone. For many Humber students, this time of year can be very depressing for a number of reasons. And with cutbacks everywhere, this year is particularly bad.

"It is a usual thing," says Keogh, a Humber counsellor who hears from a lot of people who are feeling down because of the winter weather, finances, homesickness, school, and other issues.

"I think when you're down and depressed all these things assume a proportion that's much bigger than ordinary," he says.

"Something small like the weather can set you off, and then your memory kicks in and all the other things in it are also not going well, and your depression goes on. Everything's against you, even the weather."

Some simply can't afford education without a major change of lifestyle, such as getting a job or finding a second one.

"They'll probably have to either withdraw or change their situation," he says. "It doesn't seem to be as though they're really complaining about it, so much as that it's just a fact of life."

Those who didn't get to go home for Christmas, or who did but worked during the entire break, may not feel they can cope with the challenges of another semester



because they've run out of steam.

"People were trying to last through November and December, and if they could get away they would try to restore themselves," says Keogh. "And when that didn't happen, I think it probably affected students a lot more than ordinarily. A lot of (the problem) is emotional energy more than anything else and people have been affected a lot this year."

Keogh comments on the bad timing of the miserable weather,

which came as people recovered from the holiday season and students faced the pressure of second semester. The weather can compound problems from daily life, giving you a bleak outlook on your situation.

"I also hear people saying that they like storms!" he laughs. He says this alternative view is usually because of the shutdowns that storms cause cancelled classes, closed schools and offices are welcome changes. "It's a way of stop-

ping this hurried pace that (people get) caught up in."

Keogh says the first step in fighting winter blues is changing the person's frame of mind.

"Instead of allowing it to victimize you," he suggests, "you try to get people to maximize their energy and marshal it in the other direction." And while the counsellor can provide some advice and help with changing the frame of mind.

"Most of the time the ideas come from the individuals themselves," he notes. A strategy needs to be developed to get out of the dumps.

"The individuals have to say, 'I can go on being a victim or I can try to see it's an opportunity to go a different direction, whether it is in job, lifestyle, or putting different plans together'."

"Ultimately, what helps people is if they can associate with other people," Keogh says. Other people may feel the same way as you do, possibly even more so. Talk about it with your friends or family, or a counsellor. Discuss any common feelings you might have, and discuss what can be done to resolve the bad ones.

"I'm hearing that people are looking to one another because there's nowhere else to look," he says of the cutbacks and new legislation. "Their own government is now putting them into, in a certain sense, this frame of mind where they do have to look to others. It just seems to be a very cruel way of treating people's problems at

this time financially. We're seeing how much people can take."

Changing your outlook under these conditions can be difficult, but it's necessary. He adds that he hears from a lot of people who recognize they're down and want to start thinking positively, and that's the basis for making a change.

Survival Tips for beating the winter "blues"

Humber counselor Mike Keogh offers these tips for fending off winter "blues":

Remember that you are not the only one that feels this way - winter depression is a common problem.

•Change your frame of mind. Don't let your problems control and victimize you. Be as positive as possible and make plans to change your situation.

•Spend time with other people. If you are down friends and family may help; counselling staff is also available during the day.

•Get some rest. Re-energize yourself by relaxing and keeping a decent sleep schedule. Make some time for yourself. With your energy level up you will be better able to make positive changes.

•Find a way to enjoy the winter weather. Ski, tobaggan or take a peaceful walk.

•Be realistic. Winter's not forever.

Counselling is available in room D128 at the North campus, A120 at Lakeshore campus.

In a dark mood? Light is the answer

Seasonal Affective Disorder a dangerous dimension to the "winter blues"

By Aaron Adamson and Cliff Boodoosingh

It is Saturday morning, you have the clicker in your hand and you are aimlessly channel surfing, trying to find something interesting on the tube. You look outside your window, it's a grey and miserable winter day. You don't want to go outside, you just don't feel like it. You are tired, you have no energy even though you have slept for ten hours, you are depressed. This may mean you're SAD.

SAD, Seasonal Affective Disorder or as people commonly refer to it, the "winter blues", is characterized by recurrent fall-winter depression which abates in the spring and summer. According to Dr. Norman E. Rosenthal who pioneered research in the field, the symptoms of SAD include changes in mood, increased appetite and weight gain, reduced energy level and social activity, craving for carbohydrates, and hypersomnia

(sleeping longer than you would in the spring and summer).

Ajax resident Alison Philips, 23, exhibits the typical symptoms of SAD. "Sometimes I just don't want to go out," she said. "I'd rather sit in front of the TV with my pyjamas on. I've had days when I'm driving from work with tears in my eyes because it's so dark and gloomy out and it's only five o'clock in the afternoon. I just feel so much better in the summer, more alive, more active, definitely happier. I hate the winter."

Margaret Sznajder, 28, a bookstore employee from Thornhill, feels the same way. "When it's grey outside, I feel lethargic. It's not the cold that I mind, it's the darkness, the greyness. When it's crispy and snowing outside I feel happy. I like the fact that it's sunny. I eat more in the winter, I crave comfortable, homey, heavy foods. Foods like beans and mashed potatoes and gravy. I eat

lighter in the summer. I eat a lot of fruits, vegetables and grains. I hardly cook."

Her 33-year-old husband Rick, a researcher for a Toronto newspaper said, "In the winter it's hard physically to get out of bed. The motivation is not there. I have no problem in the summer. Even for things that I love like going to the gym in the morning, it's still very hard to get up. I'm not depressed because of the weather, but it's just hard getting up when it's dark out."

In 1987 researchers A.J. Lewy, R.L. Sack and L.S. Miller published a study on light and how it regulates your circadian rhythm or sleep cycle. They found that during the winter months you get less light than in the summer. In the winter, when you get up and it's still dark, your brain is saying you should still be sleeping. Light drives your sleep cycle; the presence of it in the morning tells your brain to tell your body to wake up. Not

having the light during winter mornings causes you to feel sleepy and your appetite increases to gain energy. According to Dr. John Kennedy, a University of Toronto professor, light drives our emotions as well; too little light results in depression.

Light therapy (phototherapy) has been effective in treating symptoms of SAD. Jane Wegscheider Hyman, author of *The Light Book*, writes that the use of lamps of approximately 2500 lux (the amount of light to which one would be exposed by looking out a window on a sunny spring day) seems to be most effective.

Before you start flicking those lights, keep a few things in mind.

Depending on what your needs are, the duration of phototherapy ranges anywhere from two to six hours per day. Studies suggest, the times to expose yourself to the light are before dawn and after

dusk. Green light and full spectrum light which is similar to that coming from the sun are the most effective at treating SAD. Kennedy says that intense light is better than reflective. He claims this can be accomplished by placing the light close by, at eye level.

Jan Cholena, an employee of Noah's Natural Foods in Toronto says that 75 watt, full spectrum bulbs are recommended for use in light therapy.

If you're feeling SAD don't despair. Hyman has a few practical tips in addition to light therapy.

Try to spend one hour outdoors during daylight a walk during lunch perhaps. Spend time in a room with a view, near a window. Look at the sky. Take winter trips to the south. Eat the food you crave but try to get some exercise. The Humber Gym is a good place. Remind yourself, moods have a cause and they aren't your fault. Still SAD?

Snowboarders take the hill

by Carl Mitchell

Imagine racing down a hill at breakneck speeds, with both feet strapped to a long plank with no poles. This sounds like a skier's nightmare, but it's actually one of the fastest growing winter sports worldwide: snowboarding.

Snowboarders were once looked upon as rowdy, dangerous, breakneck, speed-freaks, creating chaos and disturbing the natural flow of the skier's hill. These days snowboarding is widely accepted and is growing in popularity among all age groups.

Many ski hills welcome snowboarders and offer rental packages that include lessons. Snowboarders are free to use all runs on the hill.

Many hills have snowboard parks where snowboarders are free to do what they want, without having to worry about running into skiers.

Pipeline Surf and Snow runs two hills exclusively for snowboarders, one located in Collingwood and the other in Huntsville.

Snowboard shops and services are also increasing with the popularity of the sport.

Equilibrium Skateboard and Snowboard shop, at 360 Yonge St., is one of many stores that cater to snowboarders' needs.

Thomas Morgan works at Equilibrium, and has been snowboarding for two years. "The sport is catching on with everybody from (age) 11 to 30," said Morgan. "It's a new sport and it's so different from skiing, people want to try it."

Before hitting the stores and buying a board, head over to a local ski hill and rent for a day to get a feel for it. The sport is easy to pick up for those brave enough

to try, said Morgan.

There are no poles used in snowboarding; you make turns by leaning your body to your toe side or your heel side. Balance is the key. The idea of having no poles draws some people to the sport and keeps others away.

Rental costs run about \$50 for a day. That price includes rental of the board, boots, lift ticket and at some hills you can get a lesson as part of the rental package.

"The sky is the limit for prices if you really want to get into it," said Morgan. The boards can get really expensive. "You can pay up to \$700 for a board alone, another \$200-\$300 for bindings, and \$200 for a pair of boots." Equilibrium has package deals, where you can get a board with bindings and boots for about \$550.

First of all, find out what you want to do, freestyle or freeride. Freestyle snowboarding is for the more advanced snowboarder, who wants to try jumps, spins and tricks. Many of the people who freestyle snowboard are skate-

boarders looking for something to do in the winter. Since the two sports are similar, snowboarding is a way for skateboarders to keep active during the winter months.

Freeride snowboarding is more for the people who just want to ride. The difference between the boards is minimal; the only real difference is the stance. With freestyle the stance is wider, to distribute weight evenly for better spins. With freeriding the stance is whatever feels comfortable.

There is also a look, of course, that goes along with snowboarding. Loose comfortable clothing that's warm, keeps dry and allows mobility is recommended. Clothing can get costly too. Jackets and pants can cost up to \$200 each.

Once you're geared up and suited up, you're ready to hit the hill.

There is no real way to describe what it's like to snowboard. The only way to find out is to get up on the hill, strap on the board, say a little prayer, throw away all your inhibitions and enjoy the ride.



Protecting cars from the elements

by Ryan Craven

Will your car survive the winter? Your car, like many others, may need some fine-tuning to enable it to survive winter driving.

Although some people are members of the Toronto Automobile Club, which provides roadside assistance to motorists with car trouble, it is wise to think ahead and fix any minor problems before they get too serious.

According to John Irving, manager of emergency road services at the Toronto affiliate of the Canadian Automobile Association, it sometimes can take hours for assistance to arrive.

"We've extended our call-takers to handle the increase in call volume in the winter months," said Irving. "But on a really bad winter day, people can be left waiting for up to six hours before help arrives."

Canadian Tire, Sears and Midas, offer complete automotive winter check-ups to their customers. The average cost is about \$30 for mechanics to inspect all the vital components that affect the performance of a car in winter.

"It's a good idea to have your car checked seasonally," said

Patrick Durcak, automotive service manager at Canadian Tire located at the corner of Kipling Ave. and Rexdale Blvd. in Etobicoke. "It's an excellent way to locate any potential problems before they happen."

According to Durcak, tires are one of the most important areas to check. A tire that has very little tread remaining will cause a vehicle to slip and slide all over the road.

Before a car can get out on the road, it has to start. Make sure that the battery is dependable and the battery terminals are clean.

Topping up all fluid levels should also be done to avoid having visibility impaired. This includes washer fluid, transmission and power steering fluid and antifreeze. The vehicle should also have more than enough gas to reach its destination in case of any unexpected delays.

Canadian Tire includes a cooling system check in its winter package as well. All hoses, belts, fans and clamps are thoroughly checked as well as the radiator and the strength and condition of the coolant.

"The strength of the coolant is

vital," said Durcak. "If it's only good to -10 degrees Celsius, then the radiator will at least need a flush and fill cleaning to bring the strength up to withstand the winter temperatures."

Durcak says winter weather makes good brakes essential to safe driving.

Brakes that pull, grab, drag or squeal should be checked immediately. If the brake pedal has to be pushed almost to the floor or is difficult to depress it should be given immediate attention as well. Most vehicles have some form of brake warning light on the dashboard, which also indicates when there is a problem.

An emergency kit should be kept in your car. Contents should include a blanket, a flashlight, flares, a small tool kit, extra clothing and a first aid kit. An ice scraper and lock de-icer are also good ideas, according to Irving.

Especially in the winter, motorists should use extreme caution and drive at a safe following distance. Listening to radio reports about road and traffic conditions can help avoid problems.

Beating winter boredom

A guide to winter activities in T.O.

by Linda Farr

Bored with blustery winter days? Fear not. There are tons of fun and exciting activities in Toronto that don't include frost-biting your tush!

If television and potato chips are the extent of your adventures, there are lots of things for people of all tastes to do, so get out there.

Fitness at Humber etc.

If inexpensive activities are important then look no further than the college campus.

Humber's Athletic Department and swimming pool offer all full-time students a number of free activities.

•Aerobics is offered Monday to Friday at noon. There is a fully equipped weight room and cardiovascular machines. After a good work-out, relax in the sauna. Fitness assessments and individual weight training programs are also offered. Fit for Life incentive program gives points for each activity performed. The points can be accumulated and exchanged for prizes.

•There are recreational sports leagues like co-ed volleyball, floor hockey, singles badminton and drop-in basketball. People can sign up at the control desk in the athletic department.

•Students can use the Humber Community Pool at scheduled times for free. Until the end of March, hours are Monday to Friday at 8-9 a.m. and 1-2 p.m., Monday to Thursday 10-11 a.m. Aqua-fitness programs are available for a small fee. For more information contact Moira Azzopardi at the pool.

•If the YMCA is more appealing, the Brampton YMCA at highway 10 and Steeles offers special rates for students. Their wide selection of fitness classes run at various times convenient for most schedules. They also offer judo, tai chi, yoga, a variety of monthly educational seminars, recreational sports, swimming and volunteer opportunities. For more details call Debbie Walton at 451-1400.

About Town

Exhibitions and shows attract many people and beginning in January is the Toronto International Boat Show, the Toronto R.V. Show '96, Speedorama and the National Bridal Show. The Psychic, Mystic and Seers Fair comes in February as well as Computer Fest '96. The Canadian International Auto Show and the Spring Fishing Show are also taking place and are a great way to spend a day. For dates, locations and student rates call The Metropolitan Toronto Convention and Visitors Association at 203-2600.

•The Art Gallery of Ontario has "Reading Pictures", a collection from 10 of Canada's most famous writers, poets and novelists that cross the boundaries between literature and visual art.

The Market Gallery in the St. Lawrence Centre is showing Panoramic Photography in Toronto from 1908 to the present.

•There is always a good variety for theatregoers in Toronto and if money is no problem then tantalize your imagination with shows like *Beauty and the Beast* or *Forever Plaid*. The award winning musical *Sunset Boulevard* is playing at the Ford Centre for the Performing Arts. For those who haven't had a chance to catch 'The Phantom of the Opera' it is in its seventh year at the Pantages Theatre. Toronto's longest running play Agatha Christie's *The Mousetrap* is as always at Toronto's Truck Theatre.

•The Hockey Hall of Fame is open daily and is the home of the Stanley Cup.

Why not catch a Toronto Maple Leafs game or a Raptors basketball game. Cheap seats can be purchased at the Gardens for hockey games and at Shopper's Drug Mart and the SkyDome for basketball.

•The child inside of everyone will love Fun City. It is the world's largest indoor amusement facility of its kind. It offers go-kart tracks, mini-golf, seven batting cages, bumper cars and over 200 video games.

Some people find simply having to get into the car a challenge when it's -20 degrees Celsius.

Winter wonderland

Starting to feel energized? If so, why not put on a few extra layers, grab a pair of skates and a bunch of friends and hit the rinks. Etobicoke has 18 outdoor skating rinks and all are free and open to the public. For locations call Etobicoke Parks and Rec at 394-8537.

•Or mosey downtown to one of Toronto's largest outdoor skating rinks. Harbourfront, Nathan Phillips Square and Mel Lastman Square are all free and open to the public, weather permitting.

•For skier's who don't want to drive north, Centennial Park Ski Hill offers well-groomed slopes for day and night skiing.

They have down-hill rentals, ski lifts, ski schools for learners up to instructors and have good snowmaking facilities. For more information call Ed Fearon at 394-8753 or call the Ski Info Hotline at 621-5060/61.

•In beautiful High Park, Grenadier Pond will be open to skaters at the end of January. For exact times and dates call Metro Toronto Recreation Dept. 392-1111. The outdoor rink is already open to skaters seven days a week and it's free.

Historic Colbourne Lodge offers inexpensive tours with no appointment necessary.

These suggestions for overcoming the "winter blah's" should help pass time and make spring come a lot faster.

ENTERTAINMENT

EDITORS: Collin Purser • Shannon Armstrong

675-6622 Ext. 4514



Trials and Tribes

by Collin Purser

As every musician knows breaking into the music industry is no easy task. It is a dream that so many artists share, but few ever achieve.

The problem is, a lot of those who do succeed are often criticized. What bothers me is people who accuse bands who have had that success, of selling-out.

There seems to be confusion in regards to what the term "selling-out" means. Apparently, some people think that you have sold out as a musician when you become rich and famous. But those who use this definition are ignorant. Selling out isn't about getting rich quick. It is about losing your identity as an artist, and doing what the record man wants, so he can make the buck.

If a punk band such as Green Day makes it big, and is suddenly richer than all riches, they aren't selling out, as everyone would like to accuse them of doing.

When they were nobodies from nowhereville, they had the same sound. Success hasn't changed them. They still have their attitudes, they still write their own music, and they run their show.

Much of the problem lies in the minds of those who listened to Green Day before they were forced to share the band with the rest of the world. They seem to think what makes them unique is the fact that they listen to music no one else knows about.

It's cool to like music that isn't played on top 40 stations. Mainstream rock is out. Punk is in.

But when "their" music is somehow noticed and brought to the forefront, it is no longer "their's". And you'd be surprised how many of them are suddenly "Green Day" haters. Don't get me wrong, I'm far from being their number one fan, but I think they deserve at least a little credit.

Playing monstrous mainstream venues, doing thousands of interviews, or even appearing on 90210 (they haven't...yet), may mean they've lost their roots, but they are successful, they are rich, so they must be doing something right.

To some, they are no longer Green Day. To others, they are the greatest thing, to me they are repetitive and boring. But one thing they aren't is a band that has sold out to the big industry.

No complaints: music move to Lakeshore welcomed by students

by Kim Tymecki

Music students and faculty are now enjoying new facilities at Humber's Lakeshore campus.

The North campus music program had been relocated to better facilities in September.

"The rooms have all been designed to our specifications and have been acoustically treated. Now we have enough teaching studios to go around for all of our full time and part time teachers," said Eddie Sossin, co-ordinator of the music program at Lakeshore.

Another new facility available to faculty and students is a 600 seat auditorium.

"Probably the biggest asset is the full use of the auditorium, which now houses ensembles and solo performance classes. It's become our classroom. It's good to have a stage to use," said Sossin.

Students agree.

"It's definitely a good thing," said Mandi Galer, a second-year vocalist. "It's much better than the lecture hall at the North campus. There, you (would) just be stand-

ing on the floor. We have a stage."

Students are also enjoying their new classrooms, for professional, and personal reasons.

"The classrooms are much better," said Mollie Fisher, a second year vocalist. "You can perform in any room and it sounds decent. They are not super, but it's good. The rooms at North sound dead."

"We have rooms that actually have windows," added Galer.

Although the students like their building, they miss being close to the services that the larger North campus provides.

"The one thing I don't like about Lakeshore is that I liked being near the (swimming) pool. You can't be, here," said Fisher.

Some faculty members miss the services at North as well, mainly the faculty lounge.

"I don't like the cafeteria. It's not as good as the faculty lounge at North. It's really junky food and the quality is so-so. It's fine for the students, but for people who are on a health kick, it's not so great," said Sossin.

However, most are satisfied with the new campus.

Sossin says that although the move has had its sacrifices, students and faculty seem to be happy.

"It's a small family affair, that's what's really nice about Lakeshore," he said. "It's really wonderful down here."



PHOTO BY KIM TYMECKI

Music student enjoying the new facilities.

Don't move into the Michelle Apartments

by Mark Brodsky

What do you do when you're sitting around bored and don't know what to do with yourself? The first thing many people would think of is to go see a movie. But if you read in the paper that "The Michelle Apartments" is playing at the Carlton cinemas and wanted to go see it, you're better off bored.

The Michelle Apartments (which was filmed mostly in Toronto), is about a chemical company run by suspicious characters, a government tax inspector, and a woman with a past. It's set in Walton, a fictional small town filled with interesting characters. But what could have been a quirky, dark comedy is just a plotless wonder. As he arrives in Walton, the first sign Alex Hartwell (Henry Czerny) gets that it's not going to be a very good day is that his hotel has been taken over by drunk conventioners and his room is gone. Luckily, there is a room available at the less than luxurious, Michelle Apartments

There is a vomit stain on the carpet that won't go away, and a mysterious stain on the ceiling that just keeps on growing, seemingly taking on a life of its own.

Enter Madeleine (Mary Elizabeth Rubens), the woman living in the apartment directly above Alex. This femme fatale seduces Alex in the laundry room. It's only after Alex returns a pair of purple lace underwear she left in the dryer that he learns she is married to Dean, an ex-con prone to violent outbursts.

The problem? This movie is a series of pointless events. There is no coherent plot.

There are too many scenes in which nothing really happens and from just how many different angles can the outside of an apartment building be filmed?

The highlight of the movie is

Henry Czerny, who perfectly captures the straight-laced Alex Hartwell, a man trapped in a world light years from his own. He's thrust into a situation that is not ideal, but makes the most of it

even if he has to dispose of a couple of bodies in the meantime.

The rest of the performances are more than adequate, despite some rather lame dialogue (thanks to writer Ross Weber), but there are far too many clever bits interlaced throughout this movie. And a film cannot be carried on clever bits alone. They don't take the place of say, a storyline.

The movie plods along through Hartwell's stay in Walton, his adventures with Dean, Madeleine, and the stain. But it doesn't really go anywhere, until the end when the exciting plot twists are revealed.

Directed by John Pozer (The Grocer's Wife), and starring Henry Czerny (The Boys of St. Vincent), The Michelle Apartments sets up several interesting premises, but fails to follow through on any of them.



COURTESY PHOTO

Canadian actor Henry Czerny (right) stars in The Michelle Apartments.



Warming up with the Smashing Pumpkins

by Matthew Blackett

Nearly 500 shivering fans endured a bitterly cold night for nearly two hours before the doors opened for the first of two Smashing Pumpkins concerts in Toronto.

Due to technical problems and a lengthy soundcheck, fans stood outside the Phoenix Concert Hall in -25 degree winds for about the same length of time as they saw the band on stage. But the frozen spectators were given a show to keep them warm for days.

Despite playing to 30,000-plus heads on their Lollapalooza tour in the summer of 1994, the Pumpkins opted to start this tour doing small clubs. Luckily for Toronto fans, Hogtown was the first stop for the Chicago band's Melon Collie and the Infinite Sadness tours.

Billy Corgan and company played a 40-minute acoustic

set which included a slowed, mellowed and bluesy Today from their mega-hit CD *Siamese Dream*.

The Pumpkins masked their apparent lack of synchronicity with a volume level comparable to a Boeing 747's engine. They dragged through their set hoping their energy would eventually pick up.

It wasn't until the first of two encores that the band's energy was somewhat close to the crowd's. Their second encore, which included Geek U.S.A. and Cherub Rock from *Siamese Dream*, turned the teen-infested mosh pit into a frenzy.

Corgan told the crowd before their second encore, "You're the f*&@ing best!" He was right. Without the crowd's enthusiasm and energy, the band's reputation as a boring concert band would have been validated.

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- How many days, on average, are you on campus per week?
 5 or more 3-4 1-2
- How often do you visit each of the following food outlets weekly?

Java Jazz	<input type="checkbox"/>	Mr Sub	<input type="checkbox"/>	The Pipe	<input type="checkbox"/>
K217	<input type="checkbox"/>	Kites	<input type="checkbox"/>	Backyard	<input type="checkbox"/>
Pizza Pizza	<input type="checkbox"/>				
- What is your daily budget for food and beverage on campus?
 \$0.00 \$1.00 - \$5.00 \$5.00 - \$10.00
 \$10.00 - \$15.00 More than \$15.00
- How much are you willing to spend on an individual meal?
 \$0.00 - \$1.00 \$2.00 - \$3.00 \$3.00 - \$4.00
 \$4.00 - \$5.00 \$5.00 or more
- Which fast food restaurants would you like to have on campus?

Mandarin	<input type="checkbox"/>	Cultures	<input type="checkbox"/>	TacoBell	<input type="checkbox"/>
Licks	<input type="checkbox"/>	Burger King	<input type="checkbox"/>	Wendys	<input type="checkbox"/>
Drury's	<input type="checkbox"/>	Kernals	<input type="checkbox"/>	Manchu Wok	<input type="checkbox"/>
New York Fries	<input type="checkbox"/>	Tim Hortons	<input type="checkbox"/>	Chester Fried Chicken	<input type="checkbox"/>
Falafel Hut	<input type="checkbox"/>	Yogenfruz	<input type="checkbox"/>	Kentucky Fried Chicken	<input type="checkbox"/>
H. Salt Fish & Chips	<input type="checkbox"/>	Made in Japan	<input type="checkbox"/>	Great Canadian Bagel Co.	<input type="checkbox"/>
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- Why do you eat at the Cafeteria?
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The Masters of Fantasy are back!

by Brandon Grigg

The masters of fantasy have returned for their final adventure in the world of Krynn after a 10 year absence.

Margaret Weis and Tracy Hickman, the authors of the best selling *Dragonlance* series *Chronicles and Legends*, have written their final book on the magical world of Krynn.

In 1984, Weis and Hickman began with the *Dragonlance Chronicles*: a best selling trilogy about the adventures of Tanis Half-elven, a nomadic elf, Sturm Brightblade, the last living knight, and Caramon and Raistlin Majere, combining strength and magic to save the world of Krynn.

The *Dragonlance* saga continued into a second trilogy, *Legends*, about the Majere brothers from the first *Dragonlance Chronicles*. This trilogy also became a best

seller, selling more books worldwide than the first trilogy.

After their New York Times series had ended, Weis and Hickman continued on in a smaller capacity with novellas and other critically acclaimed stories, including the seven-volume *Deathgate Cycle* from Bantam/Spectra.

Now, Weis and Hickman are set to conclude the *Dragonlance* saga in their final book, *Dragons of Summer Flame*.

Set 20 years after the end of the *Legends* trilogy, the children of the adventurers must now confront an evil more terrifying than their parents ever faced.

Led by Palin Majere, son of Caramon Majere, a new group of



Weiss and Hickman's absolute last in the series of *Dragonlance* novels.

adventurers must save the world of Krynn from fire dragons, the dark

knight of Takhisis and the father of the gods, Chaos.

In this 500 page best selling final novel, Weis and Hickman continue their writing excellence with amazing character development and exquisite description.

As always, their writing brings the complex characters to life and even adds spice to old favorites like the powerful magician Raistlin.

"Yes, I could return," Raistlin said quietly. "You are right. I am not dead. Yet neither am I truly alive.

But why should I go back? The world held little pleasure for me

when I was in it. I've done my part bringing you here, showing you the danger. You have done what no other mortal being has done. You have been witness to a meeting of the gods."

Although the book, in its finality, may be a disappointment to long-time fans of the *Dragonlance* saga, the novel never fails to bring excitement, adventure and thought to the reader. This new batch of characters is as strong and emotional as the original group of adventures that began this long running series.

So if you want to read a book which you won't be able to put down, this one's for you. But make sure you take your time in reading it. Don't disappoint yourself by rushing. Let yourself get into character and allow the author to give you the full effect.

VICTOR: An album for Rush fans

by Rosalee Buonpensiero

If you're any kind of a fan of Rush, then you probably know who Alex Lifeson is.

If you don't, he has been playing guitar and co-writing songs for Rush for the past 20 years. In 1994, the band took an extended break for the first time, which gave Lifeson a chance to record his first solo album.

Lifeson recorded his album, *VICTOR*, over a period of 10 months and invited many guest artists to work on this album. Primus bassist Les Claypool contributes to one track, and vocals were provided by Edwin from I Mother Earth, and Canadian singer and songwriter Dalbello. This album is definitely diverse, but almost too obviously. It seems as if he tried too hard to make each song sound different. In a press release from his record com-

pany, Lifeson said he made his album diverse on purpose.

"I set out to make a record that was disturbing, that was going to cause people to ask me questions..." said Lifeson. "I also wanted a certain energy to what I was doing.

There are some bands I enjoy--like Alice in Chains and Soundgarden--I wanted to get back that same kind of mood and coloring in what I was doing.

The second song on the CD, *Promise*, has that familiar Rush guitar sound.

The fifth song, "At The End", sounds very mystical, with spoken word lyrics. Track number eight is a very good instrumental song. This CD would probably be enjoyed the most by Rush fans. In other words, unless you're a fan, or your really intrigued, don't waste your money.

Couplehood: guaranteed to be loads of laughs

by Joe Mercer

In a year in which comedians of all sorts decided to throw their hats into the ring and write books, *Mad About You's* Paul Reiser with his book, *Couplehood* is the hands down winner.

The former stand-up prodigy turned hit-TV show creator and actor, was approached by Dan Strone to join the growing list of comedian/writers which included: Jerry Seinfeld, Ellen Degeneres, Tim Allen, Dave Barry, and redneck, Jeff Foxworthy.

Reading Reiser's book is like reading 203 pages of *Mad About You*. If you love the show and watch it religiously, you'll love this book.

He has a unique way of writing that allows you to "hear" the dialogue between he and his wife, as though he could peel it out of the



book and place into a "Mad" episode, and not skip a beat.

The book covers all the areas of being a couple, from the first meeting (to whether you are compatible in all areas. He talks about sex, sleeping in the same bed, showering together, weekends, getting ready to go out, negotiating, flirting, babies and pretty much everything else in between.

Probably the funniest chapter in the book is the one where he finally realizes one morning that he will never be with another woman, ever!

"...I'm never going to be with another woman naked, ever? Seriously?...In other words, out of all the different people, body types, shapes, and sizes, you're saying these are the last breasts I'm ever going to touch? Interesting...I never understood that."

Of course, the whole idea of the book is to look at the lighter side of relationships. So if you're not part of a couple, the humor may be a little thin and hold very little meaning for you. But if you've ever experienced any of the subjects covered in the book, Reiser will have you hustling a gut. Reiser is simply in top form with his first writing project.

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Goo Goo Dolls, Lee's Palace, \$13.50
Motorhead with Belladonna, Speedball, RPM \$15.50

Punjabi by Nature, Bamboo

January 20th

hHead with Barkmarket, Poledo, Rivoli
Zuccherro, Massey Hall

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New Hawks add to winning formula

The women's basketball team enters the second half of the season with an undefeated record, a few new players and achievable goals

by Joe Mercer

Humber experienced a taste of the "winter blahs" last Christmas break, finishing fourth in the annual Seneca Women's Basketball Tournament, but still entering the second half of the season with an undefeated regular season record of 9-0.

The remainder of the season, however, promises to be a little different: not in the sense of wins and losses, but changes within the team itself.

Point guard Mireille Boulianne headed back to Quebec for the exchange program which sent her to Humber for one semester ended, and a few new faces have emerged on the Humber squad.

Former Western Mustang player, Ayodele Bygrave, brings her height and three years' experience to Humber's line-up, and will add to the already impressive list of post-up players.

"She adds that extra depth and strength," coach Jim Henderson said. "She will make it harder for teams to heat us."

Connie Weber, also a new player, comes to Humber to join her twin sister Christene, and brings three years of playing experience from Waterloo. Weber may replace Boulianne at the point guard position.

Bygrave made her first appearance for the Hawks in the Seneca tournament, picking up 17 points to lead the team to victory over Robers Wesleyan College, 76-66. Heather Curran added

12 points, and Kim Poulin had 10 points.

Bygrave's scoring streak continued into the second game. She netted 12 points in a 65-60 loss against a strong John Abbott, Que. team. Curran had 9 points.

"This is an important score for us," Henderson said. "They beat us by 28 in our first meeting of the year, so this means we're improving."

Donna Cameron came on in the third and final game, knocking in 17 points in a 62-49 loss to Schoolcraft College of Michigan. Curran again finished second in scoring for the Hawks with 8 points.

Weber didn't play in the Seneca tournament because she was unable to practice with the team often enough before the Jan. 5 weekend.

Although they finished fourth in the tournament, Henderson said he is more than optimistic about the second half and his new players.

"I always thought we were the team to beat," he said. "But we certainly now have all the pieces we need. All we have to do is put it together."

In their first league game after the break, Humber faced a weak Redeemer team from Hamilton. New Hawks, Weber and Bygrave, were in the starting line-up.

In an amazing exhibition of scoring talent, Bygrave lit up the home team, pouring in 33 points along with what Henderson believed to be at least 10

blocked shots. Janetta Paris, Humber's captain, helped the cause by racking up 16 points in the 86-43 slaughter of the Royals.

This Saturday the stars come out in Oshawa. Henderson makes his fifth straight trip to the Women's Basketball All Star game at Durham college as the East side's head coach, and is taking four of his players with him. Rookie sensation, Donna Cameron makes her first appearance in the star-studded game, while Janetta Paris makes her second. Post players, Heather Curran and Alberta import Tina Jones round out the foursome.

The Hawks have a week and a half off before they have to defend their home court against Niagara, a team they have beaten once before.

But as the next game approaches, all sights are on the Feb. 16 meeting with the second place Seneca Scouts.

"There's really only one team that can beat us," Cameron said. "And we beat them (Seneca) in the first game, and we have a stronger team now. I think we can do what we did in the first half (of the season) in the second half."

Although Bygrave has only been with the Hawks for four games, her outlook on the team and its chances in the second half of the season are good.

"I expect this team to get to the Canadian championships," Bygrave said. "I don't know if we'll win, but I know we'll be there."



PHOTO BY JOE MERCER

Donna Cameron works to perfect her jump shot.

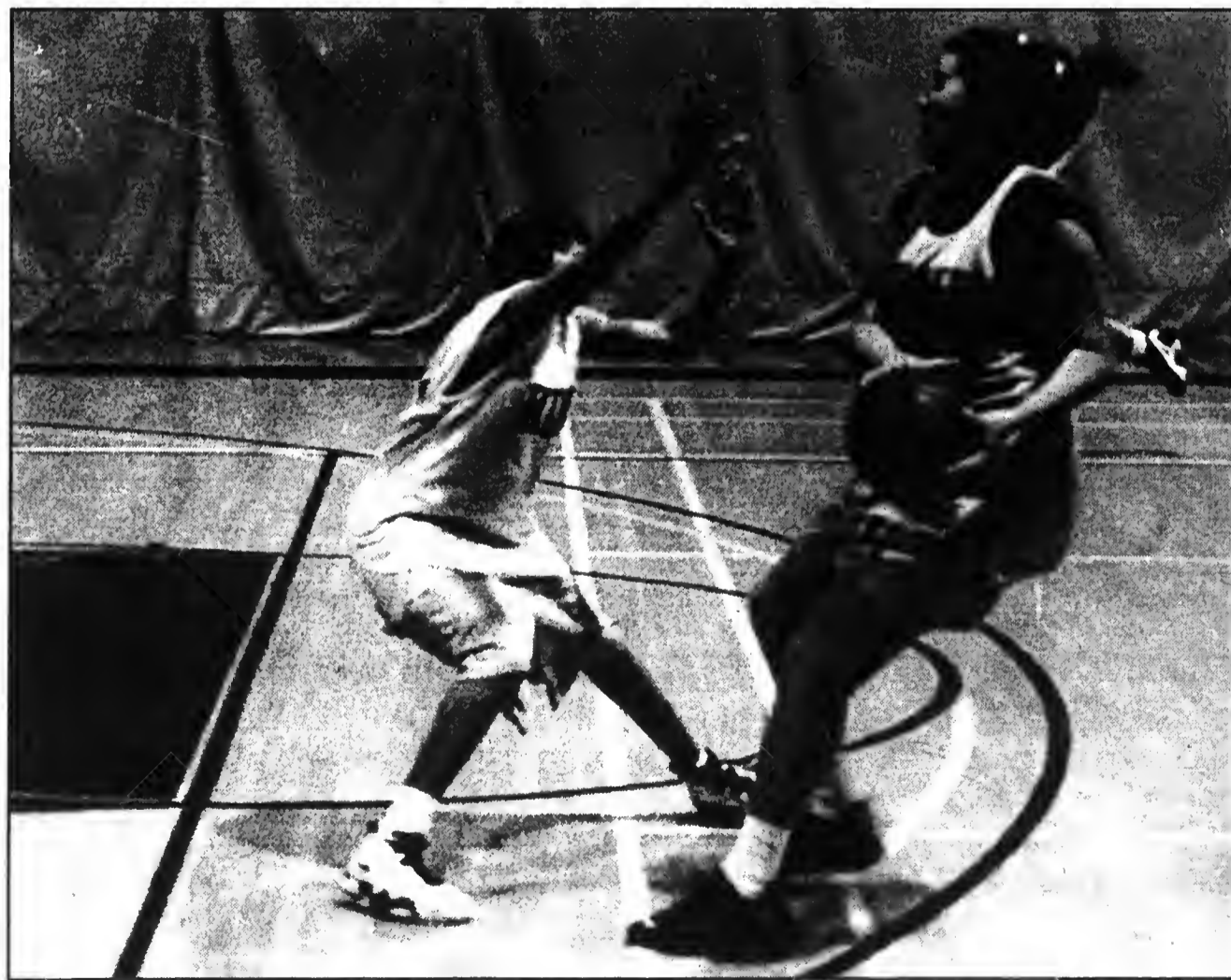


PHOTO BY JOE MERCER

Donna Cameron (left) tries defending centre, Tina Jones (right), during Monday's practice. Cameron and Jones are two of four Hawks selected to play in the All-Star game at Durham College, Saturday.

ATHLETE OF THE WEEK



University transfer Ayodele Bygrave scored 33 points in her first game as a Hawk

Women's V-ball team in first after two big wins up north

Wins give Hawks a fourth place national ranking

by Pam Fawcett

The women's volleyball team headed north before the holidays to play two regular season games and came back with two big wins under their belt.

Before the Humber Hawks could take a well deserved rest over the Christmas break, they had to face two tough opponents in Cambrian College and Nipissing University. The Hawks beat Cambrian in four games 15-10, 1-15, 15-7 and 15-9 and won a five game battle against Nipissing 8-15, 10-15, 15-9, 16-14 and 15-12.

The Hawks started off the new year with a bang when they attended the Overkill Cup tournament at Durham College on the first weekend in January. The Hawks advanced to the semi-finals after clinching top spot in their division but lost a close match to Cambrian in three games 4-15, 15-9 and 14-16. Hawk setter Kathy Daigle received All-Star honours at the event.

Assistant Coach Colleen Gray

says the rest did the team some good and injured players are starting to feel better.

"We look very good. We're focusing a lot more. I was a little concerned at the Durham tournament because it was a long day and we hadn't touched the ball at all over the break. We were in a tough pool and to come out first was great," says Gray.

The Hawks resumed regular season play last Friday when they met the Confederation Thunderhawks at Lakeshore campus. The Hawks won the match in four games 15-3, 8-15, 17-15 and 15-3.

The Hawks are now tied for first in team standings and

are ranked fourth nationally. The Hawks' next home game is Tuesday, Jan. 23, when they will face the Georgian Grizzlies at 7:30 p.m. at the athletic centre.



FILE PHOTO

Setter Kathy Daigle was a tournament All-Star at the Overkill Cup in Oshawa.

Men's Soccer team plays on although season is cancelled

by Robert Amoroso

The regular indoor soccer season has been cancelled, but life goes on for Humber's men's soccer team, primarily through their involvement in four tournaments.

"Some players are disappointed, but we decided we would keep the team together," said Humber Hawk coach Germain Sanchez. "Everyone is understanding of the problems the college is going through - we can't do much about it, it's out of our hands."

Financial cutbacks by the college led to the termination of the men's and women's indoor soccer season.

"A men's indoor soccer program - you have regional and provincial championships," said Athletic Director Doug Fox. "Including all costs involved, you're looking at \$8,000 to \$10,000 to run the team. With participation in four tournaments, it will cost us

about \$800 to \$1,000."

Players on the team are aware of the financial cutbacks that led to the cancellation of the indoor team one year after they won the national championship.

"We're upset - but also happy that we're involved in four different indoor tournaments," said goalkeeper Adam Morandini.

In the first leg of the tournament held last Saturday at the Etobicoke Olympium, the Humber Hawks played a solid defensive style and breezed by their opposition 3-0 and 4-0.

"In indoor, (it's) a lot quicker, more action, you have to be in top shape - with better reflexes," said Morandini. "High intensity is required for the indoor game - they're usually high scoring affairs."

The tournament continues this Saturday in the Humber College Gymnasium, with the Hawks playing at 5 p.m.

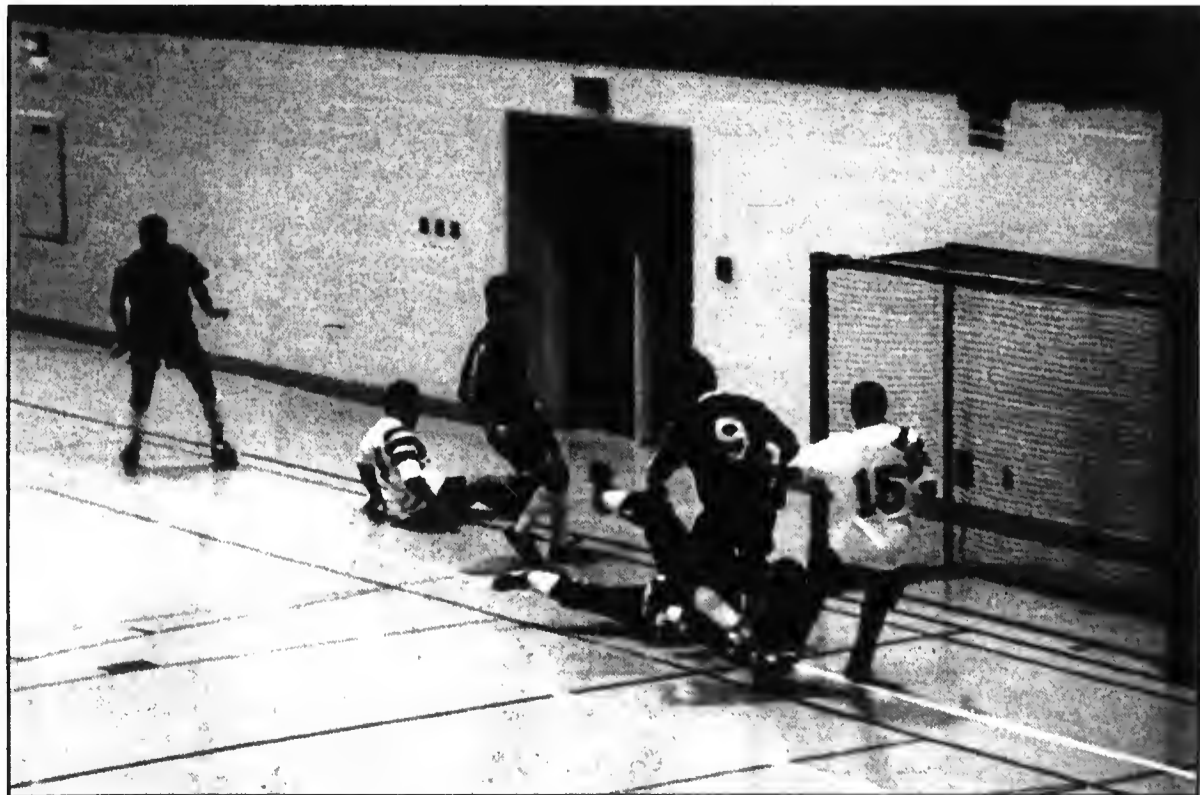


PHOTO BY ROBERT AMOROSO

Goalie Adam Morandini prevents a goal in a flurry of action during a game last Saturday.

Men's V-ball win bronze and silver during Christmas

Holiday tournaments a success as the Hawks match up well against top teams

by Derek Lacroix

The Humber Hawks men's volleyball team spent their Christmas break winning medals: a silver and a bronze, in two tournaments.

The Hawks played in the Overkill Cup at Durham College in Oshawa on December 28-30 with 12 of the top college and university teams in Canada.

In the four-game round-robin portion of play the Hawks beat Brock University, L'Outaouais College and Medicine Hat College in straight sets. However, they lost three sets to one to Limoilou College of Quebec, which is ranked third in the country.

In the quarter-finals they beat league rival Cambrian College 15-11 and 15-11, and moved on to the semi-final where they played better, but again lost to Limoilou College in straight sets.

That put them into the bronze medal match against their arch rival, the Durham College Lords. In a close and exciting match, the Hawks won the best of three, 8-15, 15-9 and 15-13, to finish the tournament in third place.

Overall, head coach Wayne Wilkins said he was happy with his team's play.

"At the Overkill we played very well against a highly ranked club, (Limoilou College) we lost the last set 15-14," said Wilkins.

From there, Humber travelled to Ottawa to play in the Algonquin College Thunderball Invitational. The Hawks finished round-robin play undefeated, by beating L'Outaouais College 2-1 and Cambrian College also 2-1.

In the semi-finals they easily defeated the Loyalist College Lancers in straight sets, 15-11 and 15-4. That took them to the Gold medal

match, and again they faced the Durham Lords. This time the Lords got the better of Humber, beating them in three sets 15-10, 11-15 and 15-11.

Against the Durham Lords - who will be the Hawks' stiffest competition in the OCAA championships in February - the Hawks' record is only 1-2. But Coach Wilkins isn't really concerned with that.

"I'm hoping for Murphy's Law - they beat us, we beat them, they beat us, so the next time we meet them it should be our turn," Wilkins said.

Hawks captain Eugene Selva was named first team All-Star in both tournaments.

Humber started the second half of their OCAA regular season last Friday night with a convincing straight sets victory over Canadore College by scores of 15-4, 15-12 and 15-12. The first set of the match took only 13 minutes to play, so Coach Wilkins gave his starters a break in the next two sets.

"There's no point in beating a team to death," Wilkins said after the game.

Up next for the 7-1 Hawks, is a date in Welland against the Niagara College Knights, Friday.



FILE PHOTO

Eugene Selva was selected first team All-Star at the Overkill Cup and Algonquin College's Thunderball Invitational.

Hawk Fact!

Three of Humber's OCAA bound teams are in first place.

Men's Basketball loses last game of 1995

by Eric Smith

Humber's men's basketball team must have learned at least one thing over the Christmas holidays – life would be easier without the Sheridan College Bruins.

On Dec. 9, in their last regular season home game of 1995, the Hawks lost to the Bruins, 88-83, in front of the largest crowd of the year. Less than one month later, in the championship game of the Colt Classic at Centennial College, Humber blew a late lead and fell to the Bruins yet again, 91-84.

"Turnovers in crucial moments killed us in both games against Sheridan," said assistant coach Tony McNeil. "But anyone that says Sheridan has the OCAAs wrapped up is crazy. Humber will be there in the end."

Despite the two losses, the Hawks came away from their three-week vacation with a winning record. They rolled over the rest of the competition at the Colt Classic and finished with a 2-1 record in the Ed Dearmon Memorial Tournament at Ryerson Polytechnical University.

To close out 1995, on Dec. 28-30, Humber was hoping to regain the championship at the Ryerson Tournament. But they fell short of that goal after losing to York University in the first round.

Though Humber was up by three with a minute to go, York roared back to take the game, 75-72.

"York hit some tough shots down the stretch," said assistant coach Dave DeAveiro. "And we missed some easy lay-ups."

The apparent turning point of the game came when Humber's forward Jason Daley was called on a technical foul after he lost his temper and kicked a chair.

"Jason got fouled pretty hard and was pretty upset," said DeAveiro. "Whether what happened with the technical made a difference (in the outcome of the game) – I

don't know."

With the loss, Humber automatically entered the consolation round of the tournament, where they went on to beat McGill 99-82, and Laval 84-74.

"We showed everyone we can compete against University teams," said DeAveiro. "It's just closing out games that we have to work on right now. It's one of our biggest weaknesses."

Daley was named to the tournament All-Star team and forward Everton Webb put in another strong performance, averaging close to 20 points per game.

One week later, on Jan. 5-7, the Hawks made the trip to Scarborough to compete in the 17th annual Colt Classic.

In the first game of the tournament, Humber crushed the competition, beating Champlain College 97-56

Tournament All-Star Webb had 16 points and fellow All-Star Daley had 12 points.

After hammering Centennial College 108-77 in the second round of the tournament, Humber went on to meet Sheridan in the championship game.

"We did some good things in the first two games," said DeAveiro. "We were the superior team, at least we played like that."

But the final game was not as easy as the first two for the Hawks. Despite a two point lead at the half, Humber came out in the second half "very disorganized", turning the ball over early. The Bruins capitalized, taking a quick eight point lead, and controlling the ball for most of the second half. Sheridan went on to take the game, and the gold medal.

"We weren't ready to play a second half," said DeAveiro.

"It was very similar to the game we lost at home. When they got a late lead, we couldn't come back.

"It's always disappointing when you lose the final of a tournament – especially to a cross-town rival like Sheridan."

Entering the second half of the season, Humber hopes the return of veteran forward Mark Croft will help the team improve on their 5-1 regular season record.

"Now with Mark back, we have another added dimension to our team," said McNeil. "He is so talented on the court – both mentally and physically."

Just prior to the beginning of the season, Croft had been placed on academic suspension for the school. But he is now enrolled in courses for this semester, and is eligible to re-join the Hawks.

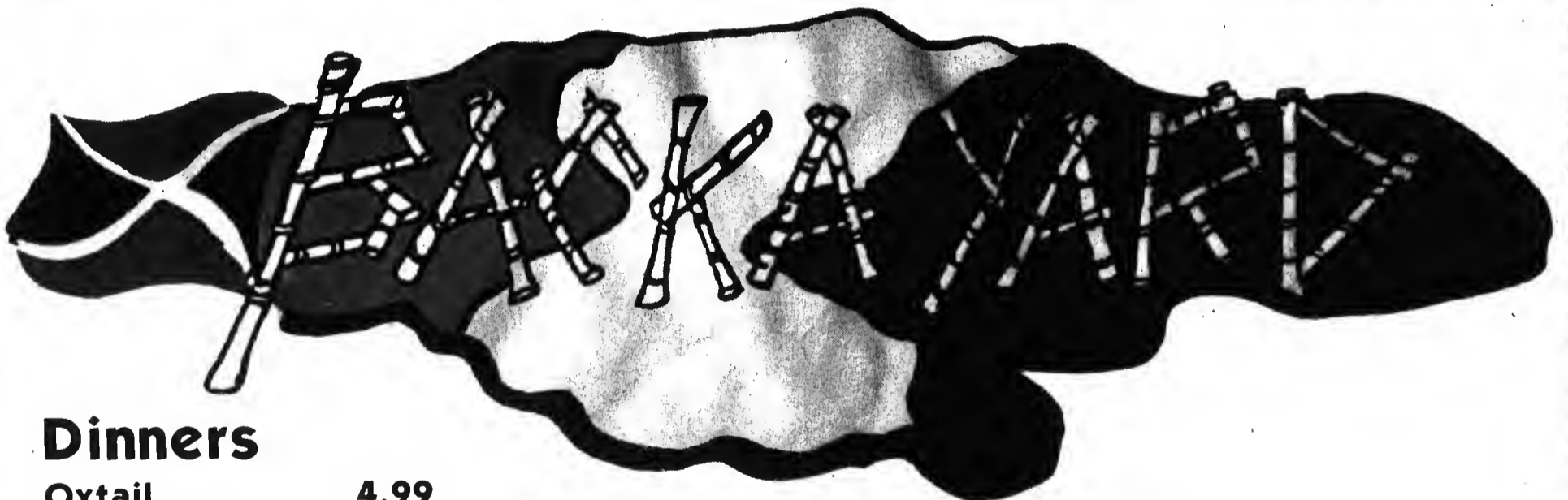
Both Croft and Daley will represent Humber at the All-Star game this Saturday at Durham College in Oshawa. The All-Star game features players from 18 colleges across Ontario.

"On and off the court, this team is really jelling nicely," said McNeil. "This team has a lot of heart."



FILE PHOTO

Jason Daley (left) and Mark Croft (right) were chosen to represent Humber at the All-Star game this weekend at Durham College in Oshawa.



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MESSAGES

Second semester's new editors would like to thank first semester's editors for a job well done. Good luck in magazine everybody.

We would like to thank second year reporter, Kim Tymecki for delivering this week's Humber Et Cetera

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ETC ...

HOT OFF THE WIRE ... Students elect an elder

(AP) Who says that students don't listen to their elders. Marilyn Charell is the new student body president of San Jose State University in California and she's 48 years old. That's six months older than the president of the school. Charell is studying for a degree in recreation and leisure and she has a 14-year-old son.

Soccer team loses ride

(AP) For members of the Trinidad and Tobago soccer team, a 3-2 loss to the United States in Los Angeles was the good news. Following the game, the team discovered that their bus was a no-show and they had to hitch rides with fans back to their hotel. Upon arriving at the hotel they discovered that they'd been robbed of more than \$50,000 in cash and jewelry.

Faux fish

(AP) Even if the big one got away, anglers can still have a trophy to hang on the wall. Many taxidermists are now offering faux fish made from an acrylic mold. Even if you haven't caught anything bigger than a minnow, you can have a record-breaking 20-pound bass. However fake fish don't come cheap. Bob Davis, a Florida taxidermist, says he charges about \$10 an inch for the finished product.

COMMUNITY CALENDAR

January 18th - January 25th

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Jan. 22 to Jan. 23
8 a.m. to 4 p.m.
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Wednesday, Jan. 24
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PUBS

Thursday, Jan. 18
CD Giveaway
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SPORTS

Wednesday, Jan. 24 at 6 p.m.
Humber Hawks Women's Basketball vs.
Niagara College \$2 at the door
Wednesday January 24th.
At 8 p.m., Humber Hawks Men's Basketball
vs. Niagara College
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Wednesday Jan. 24 at 7:30 p.m.
Toronto Maple Leafs vs. Chicago Black
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Jan. 17 to Jan. 21
Apollo 13
Cinesphere Film festival
call (416) 314-9900

EVENTS AROUND TOWN

Jan. 13 to Jan. 21
Toronto Boat Show
Exhibition Place

Jan. 18 to Jan. 21
The Metro Home Show
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adult admission \$9
Seniors and youth (13-17) \$6.50
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PICK-A-FLICK



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The first person to come to the Newsroom (L231)
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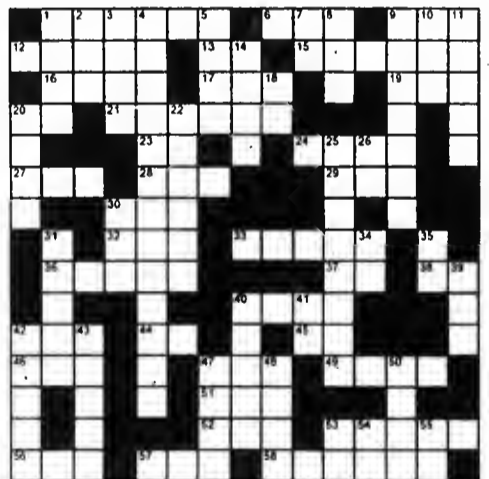
Crossword Puzzle

ACROSS

- 1/ A magician will make a rabbit do this before your eyes. (6)
6/ ...fall. (3)
9/ You can find one of these in a church. (3)
12/ Constellation of a warrior. (5)
13/ He is ... the bus stop. (2)
15/ If dominos were like the octopus, the plural would be this... (6)
16/ Another word for penny. (4)
17/ To take by physical force or threat. (3)
19/ Not even. (3)
20/ ...my gosh! (2)
21/ To erase is to... (6)
23/ Egyptian sun god. (2)
24/ On the back of a horse. (4)
27/ Men may wear this with a suit. (3)
28/ A couple. (3)
29/ A type of alcoholic drink. (3)
30/ Short form for Vietnam (3)
32/ A comic book scream. (3)
33/ They're a boxy, but they're good. (5)
36/ Fictional character in the game Archon. (5)
37/ Suffixed "a". (2)
38/ The opposite of yes. (2)
40/ Ace of Base followed in their footsteps. (4)
42/ Fish eggs. (3)
44/ Abbreviation of an alien. (2)
45/ A popular TV medical series. (2)
46/ Abbreviation for an electrical unit of measurement. (3)
47/ Mother, father, daughter, and ... (3)
49/ First aid, sewing and road [boxes]. (4)
51/ Doctors of the U.S. would be members of this organization. (3)
52/ An 80's musical pop group. (3)
53/ When I am older I will have... (5)
56/ A type of bean. (3)
57/ Chevy Cavaliers come standard with this. (3)
58/ Not of sound mind. (6)

Down

- 1/ Half of the McDonald's symbol is an... (4)
2/ A piece of apple... (3)
3/ Ducks can swim in this. (4)
5/ Uncommon. (4)
7/ Part of the human psyche - according to Freud. (2)
8/ An elephant weighs several of these. (3)
9/ The first person to do something is a ... (7)



- 10/ All good things must come to this... (3)
11/ A husband dies now she's a merry... (5)
14/ A bag of ... (4)
18/ To ... or not to ... (2)
20/ Quaker... (4)
22/ Jurists. (6)
25/ Dutch word for earth pig. (8)
26/ Short for New York (2)
30/ All those who oppose say... (3)
31/ The usage of a certain language. Example: slang (5)
34/ Clap... clap off. (2)
35/ Song... to the fire (2)
39/ ...to joy. (3)
40/ An odour or scent. (5)
41/ To... or not to ...? (2)
42/ Stunt motorcycles jump off these. (5)
43/ A type of paint or glue. (5)
47/ He...she... (4)
48/ A person under Hitler's command. (4)
50/ Slang for movie drawing. (4)
53/ ...T. (a Canadian tax) (2)
54/ Same as 12 across (2)
55/ A group of us. (2)