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Inside NEWS



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Hunger strike hits day four

by Chris Attard and Greg MacDonald News Reporters

A Humber student in the fourth day of a hunger strike said she will continue "until I die," if necessary.

Mary Youssef, a Numerical Control student, has collected 417 signatures from the School of Manufacturing Technology and Design plus 500 signatures from other divisions. She is protesting what she claims is the administration's practice "of hiring unqualified part-time teachers."

Youssef said she's had part-time teachers who do not have relevant work experience, who aren't up to date with their material and aren't available for remedial help.

Kris Gataveckas, vice-president of Business Development, said the petition Youssef circulated, "was a gross generalization maligning the reputation of the faculty."

"I don't think (the petition) was fair. There are processes in any academic school that deal with feedback from students, and none of these were adhered to," she said.

Youssef set up a post outside

the bookstore to gather signatures and has been sleeping there since Monday. She set up camp after posters placed around the school last Thursday were removed by security.

In a letter to Youssef, Humber President Robert Gordon wrote, "We cannot ignore the fact that your behavior, as it relates to the content of the posters you posted and your current self-described hunger strike, is unacceptable. This conduct, together with your inciting of other students, is both unproductive and disruptive. I would remind you of the Charter of Student Responsibilities and Rights."

Students' Association Council President Steve Virtue said "Mary hasn't formally approached the student government to ask for their assistance or for our support on this issue. I'm really a third party in this. I went to her to ask if I could help her, if there was anything I could personally do."

Gataveckas said the petition, in her opinion, deals with only one or two faculty members and it was unjust to target all the teachers in Youssef's area.

see page 2 for more



Greg MacDonald

Above: Mary Youssef spent her first night camped out in the hallway. By day four her vigil continues. Below: More than 500 students have already signed her most recent petition against unqualified part-time staff.



Happy New Year !!

The Chinese ring in the New Year on February 7th. 1997 is symbolized as the Year of the Ox.

Full story on page 10

see our band schedule on page 18
JQ's Sports Cafe

SAC Carnival Madness Week
Check out Pages 12 & 13

Storm into Spring! computer shop

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Dews

Petition gets student support

From front page

However Connie Dimech, a Tool and Die student protesting with Youssef said the second petition was created only after the hunger strike attracted student interest from across the college.

"We had so many people come to us and want to sign the petition who weren't from our division that we started a separate petition," she said.

The original protest stemmed from concerns about the qualifications of a few part-time teachers from the School of Manufacturing Technology and Design.

In a meeting Wednesday afternoon with Judy Harvey, dean of Student Services, Youssef outlined more specific demands she wants the college to "attend to, immediately, today".

She wants an immediate student evaluation of all part-time faculty members at Humber like the ones often circulated to the entire student body regarding their educators.

Gordon said the school is in a tight situation after feeling the effects of a financial shortfall.

"This is an unusual situation. We've had other types of things go on, but not like this," he said.

Gordon said because Youssef did not follow the proper steps in filing a formal complaint against a teacher, "the way she is going

about it seems to be not effective".

He said he's in constant contact with Youssef and would like to get the matter dealt with as soon as possible.

In response to Youssef's allegations of incompetent teachers in her field, Gordon said, "I'm sure there are unqualified teachers like there are unqualified hockey players in the NHL."

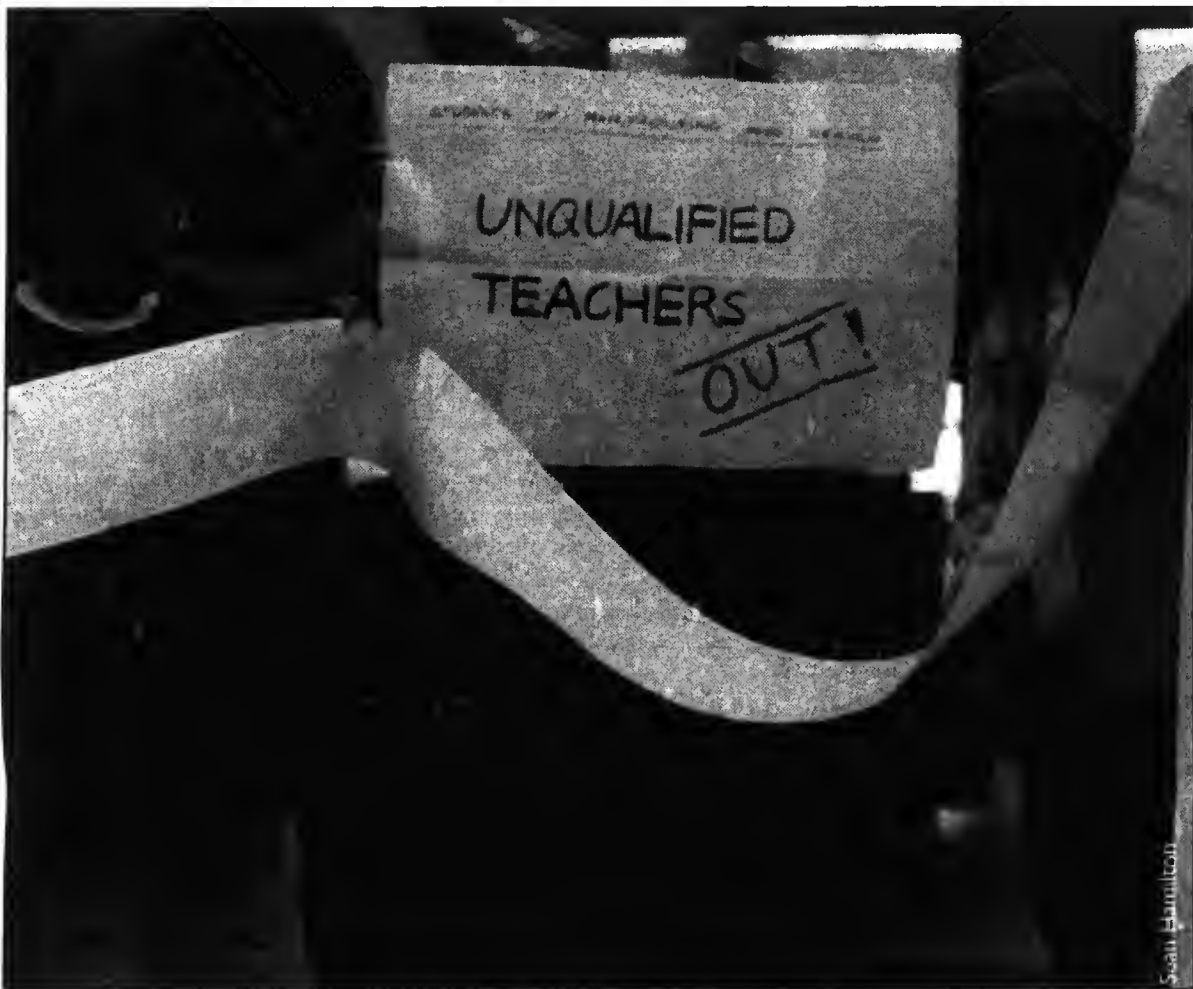
"That's not to say that they're all bad, but it's hard to get full-time and part-time teachers. You have to understand that we have to look at the financial side of this. (Humber) did have to deal with \$13 million less this year," he said.

Gataveckas said, "it's very difficult to get good teachers in the technology area. We took 15 per cent out of the budget last year. We're doing the very best with the constraints we have."

Ken Simon, chair of the School of Manufacturing Technology and Design, defends the use of part-time teachers.

"(They) bring relevance, (current ideas) and practical skills. But when you make this broad statement, you do a major disservice to a group that's brought a lot to the college," he said.

Maureen Wall, president of the faculty union, could not comment on Youssef's case since part-time teachers are not included in the union. However Wall said the union's position on part-time



Manufacturing Technology and Design students' petition has more than 400 signatures.

teachers "is that the college should have as many as possible stable full-time teaching jobs."

"We have nothing against the part-time faculty. I think they would much rather have full-time jobs. But it makes good sense for a

teaching institution, as for any organization, to have a stable workforce," said Wall.

Those who work six hours or less each week are deemed 'part-time'. Those working between seven and 12 hours are called 'partial load', and sessional or full-time

are anything above 12 hours.

Paul Pieper, faculty representative on the Board of Governors (BOG), said he would discuss Youssef's issue at the next BOG meeting, scheduled for Monday.

(Files from Sean Hamilton)

SAC executive spots up for grabs

by Nancy Larin
News Reporter

Nominations for executive positions on the Students' Association Council (SAC) are Feb. 17 to Feb. 21.

Executive spots up for grabs are president and vice-president, both paid positions. The president of SAC North receives an annual salary of about \$24,000 and supervises a staff of about 20 people and administers a budget of about \$750,000, said current President Steve Virtue.

Donny Gillingham, the vice-president at SAC Lakeshore, makes \$8.33 an hour up to a maximum of 15 hours a week, but, although the actual number of hours a week varies, Gillingham said he often works weekends.

Lakeshore Campus has 2,200 students, Gillingham said.

SAC North's vice-president, Shirley Forde, is paid \$400 a week during the summer and \$200 a week during the school year. She has to put in a minimum of 15 hours a week, but sometimes puts in 30, depending on the week, she said.

The third executive position, vice-president of finance will be appointed from applications submitted to the new executive, after they assume office May 1.

These positions are one year terms with all executives surrendering their office April 30.

Campaign expenses may not exceed \$300 at the North Campus and \$100 at the Lakeshore campus.

Healthy Sexuality Day at Humber

Health Centre plans to promote awareness and answer questions

by Bernice Barth
News Reporter

Humber North and Lakeshore campuses will be holding a healthy sexuality day to promote awareness and provide help for students and faculty next week.

The Humber Health Centre has arranged for health organizations such as the Etobicoke Health Department and the Cancer Society, to contribute to the event.

The Students' Association Council will also be involved.

Cheryl Deszpoth, an organizer from the Health Centre, said there will be displays providing information and answering questions. Information tables will cover topics such as sexually transmitted diseases and AIDS, birth control and pregnancy, with particular attention to oral contraceptives and the morning after pill, partner and date rape, breast self-examination and relationships.

Deszpoth said the organizations will be giving out phone numbers, brochures and condoms. There will also be draws for a large number of prizes, like dinner for two, at both campuses.

"I think it's going to be a great event, with lots for people to check out," said Marg Anne Jones, the director of the North Health Centre.

Humber North's Healthy Sexuality Day takes place Feb. 12 between 10 a.m. and 2 p.m. in the concourse. In addition to information tables, SAC has arranged for the guru of sex, Sue Johanson, to speak at the event. This week, look for boxes around the North campus where questions for Johanson can be forwarded.

Healthy Sexuality Day will be held on Feb. 13 at Lakeshore in the cafeteria, from 11 a.m. to 1:30 p.m. There will be draws for prizes for anyone attending.

Lakeshore stands up hypnotist

Only 70 people showed up to see Mike Mandel perform last Thursday

by Corey Schacter
News Reporter

Mike Mandel has a policy, but on Thursday afternoon he decided to throw it away.

Mandel, a trained psychotherapist, is considered to be one of Canada's best hypnotist acts.

About 70 people showed up. Mandel's policy requires about a hundred people, "because I work with 25 or 30 on stage. With a smaller audience than that, you just don't get enough volunteers to make it work well."

Mandel explained in an interview prior to show-time, while wearing the purple suit he wears onstage, "the method I use is a rapid one, and for it to catch fire it needs enough people."

Despite his policy, Mandel agreed to continue as long as everyone moved closer to the front.

Donny Gillingham, Lakeshore's Students' Association Council's vice-president, was worried whether or not an audience was going to show up.

It cost SAC \$1,300 to bring hypnotist Mike Mandel in and each audience member had to pay \$2 in advance to see him.

"We will be really happy if we can get at least 500 people,"



Mike Mandel works his magic with students at Lakeshore.

Gillingham said.

Cameron Swimm, SAC's VP of finance, said the funds came out of student fees.

"Costs will not go up, even with the poor turn out," Swimm said. "The only cost that may go up next year is the price of admission to the shows."

Most people have to commute about an hour to campus and Swimm said having a night show wouldn't have made much of a difference. He said most students who were on campus that day were writing tests and couldn't get out of class to see the show.

"We had to give tickets away to help fill the auditorium," Swimm said.

"I think if we had residence

buildings it would have made a big difference in the amount of people that showed up," a frustrated Gillingham said.

Gillingham said this was something the students asked for.

"What we did was we went around the school and had a survey done and the majority of people wanted a hypnotist. So, since Mike Mandel has a reputation, we went with him."

According to Swimm, the council got back \$160 from tickets sold.

"We had originally budgeted for that amount. It didn't have to be Mike Mandel, it could have been any activity, so financially it was taken care of," Swimm explained.

Even with the unfortunate lack of souls, it was a fun afternoon for

those at Humber College's Lakeshore campus.

"It's a common feature of human beings that everyone wants to see their friends do stupid things in public. It tends to have universal appeal across various age groups."

"The show I do in a bar with an all adult crowd, is identical to one I would do in a catholic girls school. Material-wise there is no real difference because what they do is funny enough," Mandel said.

People tend to think the show's going to be some weird mystical thing, but nothing can be further from the truth. You don't have to sit and stare at a watch.

"It's right out of the forties, it is so dated. It's like sitting down at a

Commodore 64 when you have a Pentium. A lot of people confuse the window dressing with the product," said Mandel.

The method Mandel uses is entirely linguistic.

"All hypnosis is, is especially effective communication. In order for you to make sense of language, you have to internalize and get some sort of representation for it. I will talk in very non-specific language, so other people have to attach meaning to it," Mandel said.

By telling anecdotes and getting people comfortable, Mandel said this removes the constraints and people want to volunteer.

Dusan Ramnzanc, a volunteer who was put to sleep, later howling at the moon and posing in a Mr. Universe contest said, "you're totally awake, but focused. I didn't hear or see the audience unless we were supposed to."

One rule Mandel goes by is that he won't make a person do anything they may regret or embarrassed by later.

"I want them to have a good time, too. I don't want them to just be the targets of the audience's laughter. I want them to go back to the audience and have them say 'hey, that was great!'"

Mandel doesn't consider anyone else in the business to be competition. "Certainly, I acknowledge that there are other people doing hypnosis shows," said Mandel, "but I pretty well created the genre in Canada."

As far as Mandel returning next year, Swimm said plans were already happening after the show.

Jobs scarce without the right skills

by Simone A. Brown
News Reporter

Job opportunities for students are expanding, but students will have to be very creative in order to find them and have the right skills to get them.

According to the most recent numbers from Statistics Canada, the unemployment rate for students during the third quarter of 1996 (from July to October) was 15.9 per cent compared to the overall unemployment rate of 8.6 per cent during the same period.

Michael DiTrani, staff economist at Human Resources Development Canada, said students will have a lot of competition from adults. But they will still have a good chance of landing a job, if they have

the appropriate skills.

"There's a large number of people being laid off. So, the competition is there from older people. But if a young person has the relevant skills they can apply to a specific job, they'll have a better chance," he said.

Over the past year, there's been a growth in job opportunities for students in technical fields such as computer and information technology.

There has also been an increase in hotel management positions and in the food and service industry.

Sara Switzman, a resource center counsellor at the Canadian Employment Centre, said there has been a huge range of jobs offered at student employment centres.

Last summer, the Canadian Employment Centres for students helped over 7,000 students land jobs; a 14 per cent increase compared to the summer of 1995.

Students were hired in a variety of jobs including office positions, secretarial, camping and lifeguarding positions, but students found the most work in computer related jobs, said Switzman.

"There was a lot of computer work such as Web page design. Employers are looking to students to start doing that," she said.

Karen Fast, an employment advisor at Humber's Career Services, said there are many job opportunities for students.

The problem is that students have been searching for jobs in the

wrong way and in the wrong places.

She said the old job search method of looking through the newspaper and bulletin boards won't work anymore. Students have to go out and actively look for work.

"It's a proactive job search now. So, a lot of it is [students] approaching employers rather than employers approaching students," she said.

Students also need to start their job searches in December or January, said Fast. "That's when most jobs become available."

"Most employers do their upfront recruiting either before Christmas or just after. Most job opportunities all close in early


February, so you've missed the boat if you started looking for jobs in April," she said.

Most of the job opportunities are also in small businesses, an area which students often ignore, said Fast.

Many of the government programs available to help students find employment won't be in place until the beginning of the summer.

Although there were many federal and provincial government programs last summer, it's uncertain how many programs will be in place this summer.

Currently, the government programs offered at Humber are the Federal Student Work Group Program, Student Venture and the Student Work Abroad Program.




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Zoom Media ups offer

by W.P. Lahey
News Reporter

Zoom Media has increased its offer by \$35,000 to the Students' Association Council (SAC) for the exclusive rights to advertise on Humber's property.

The Montreal-based advertising agency's offer now stands at \$125,000 to set up illuminated display boards (Megazoom boards) in 30 to 40 spots on both the North and Lakeshore campuses.

SAC President Steve Virtue said in all likelihood, Zoom Media will win the right to advertise in Humber College.

"The dynamics have changed now that we know what both Humber College wants and what Zoom Media wants," he said.

"I've got to give them (Zoom Media) a call this week and explain our position to them."

Earlier statements from Virtue had him leaning towards preventing Zoom Media from "turning Humber College into a shopping mall".

A dramatic increase in revenue

for the school has Virtue singing a different tune, although the offer has created concern that Zoom Media advertising will conflict with advertising in the Humber *Et Cetera*. "That point was brought up at our last meeting," Virtue said.

"We will be considering any conflicts with the paper or other areas of the school. To be honest, I don't think Zoom Media's clients are the same ones that would advertise in the *Et Cetera* and vice versa."

The matter is now under review by both the Academic Council, which will brief College President Robert Gordon, and by the Humber Subcommittee on Advertising headed by Gary Begg.

"The committee is still considering all the facts regarding this situation, once we have reviewed all the facts, we will be prepared to make a statement," Begg said.

An Academic Council meeting scheduled for Feb. 20 should resolve the issue.

Virtue said he expects further developments later in the week.

Have your say in Megacity vote

by Jennifer Oxley
News Reporter

A megacity will mean mega destruction to Etobicoke, according to an Etobicoke councillor.

"What we hear coming from the people who have attended one community meeting is that they won't be happy with a megacity," Ward 12 Councillor Vincent Crisanti said.

Crisanti said Etobicoke is holding a referendum to send this message to the government.

Bev Kurmey, a public relations representative for Etobicoke said the city will hold the referendum vote on March 3. There will be one polling station in each of the 12 wards.

Kurmey said the voters will be asked a standard referendum question regarding the megacity: "Are you in favor of eliminating the city of Etobicoke and all other existing municipalities in Metro Toronto and amalgamate into a megacity?"

"There is a public opinion survey of five to 10 questions being distributed to 100 people per ward," he said.

Crisanti said he hopes the results of the poll will give council a good idea what the result of the referendum will be.

"I hope all students of Humber College who are residents of Etobicoke will come out and vote

on March 3," Crisanti said.

Kurmey said all Humber students who have lived in Etobicoke between Jan. 20 and March 3 are eligible to vote including students living in residence at Humber.

She said some students who have moved to Etobicoke recently won't be on the voters list.

"These students need to go to the North Kipling community centre and get their name on the voting list," Kurmey said.

Crisanti added more problems than solutions will arise with the amalgamation of all the Metro Toronto cities.

"I think what really bothers me is amalgamation has already happened in other parts of Canada and government is ignoring the examples," he said.

He said a good example is Cape Breton where they implemented amalgamation and are still counting their losses.

"I think the figure I read was they are now \$50 million worse in debt," Crisanti said. He can't figure out why the government is ignoring the examples.

"We all agree we need to change the way Metro is run now, but there are other options," he said.

One option is the four city plan originally on the table, but wasn't supported said Crisanti.

The four city proposal would have eliminated Metro government and joined the boroughs, North York and East York.

Crisanti said the people of Etobicoke will feel like they are too far away from the municipal government.

"There will probably be an increase in the tax bill and residents will notice change in the services they are receiving and not for the better," he said.

"Harris is brainwashing the people and not giving them the real facts," Crisanti said.

He explained this is why organizations like Team Etobicoke are holding public meetings to inform people about what a megacity will mean to them.

Patti Marson, a representative for Team Etobicoke, said the organization is made up of rate-payers associations and other citizens groups who have come together in a common cause.

Marson said the group meets each week and their goal is to inform people of the great importance of their vote in the megacity referendum.

"We aren't about telling people to vote no, that campaign is separate from ours," she said.

"We just want to encourage people to vote, period."

Students complain about Humber's environment

by Jae Burns
Environment Reporter

Canadians spend five or six months of the year indoors. Since we spend so much time inside, indoor air quality is an important issue.

There are no laws about air quality in school or residential settings, only in commercial industrial settings, and then the laws depend on what is being manufactured on the property.

For residential and school settings, the province only has air quality guidelines.

Humber students frequently complain about the air quality in their classrooms.

"In room E453 the quality of air is really bad," said Tammy Gerrish, a first-year Legal Administration student. She complained of watery eyes and difficulty breathing.

Jim Chan, a supervisor at the Public Health Inspection Division of the Etobicoke Health Department said about 90 per cent

of the time, poor ventilation, not poor air quality, is what's causing people to complain.

Chan said the Health and Safety Committee at Humber should be contacted first because the problem may be solved by lowering the temperature and humidity levels and increasing ventilation.

If increased ventilation and altered temperature and humidity don't solve the problem, the Ministry of Labour should be notified. An inspector from the local health unit will be sent to conduct an investigation.

Rod Rork, vice-president of Administration at Humber said temperature and humidity of the building are closely monitored by a sophisticated computer system.

However, students often find the temperatures in their classrooms uncomfortable.

"Sometimes it's too cold, sometimes it's too hot. In one of the computer rooms, it was freezing. I thought my feet and hands were

going to fall off," said first-year International Marketing student Annette Faynwachs.

Chan said the most common indoor air pollutant is tobacco smoke. Chan's division enforced the no smoking bylaw at Humber six years ago until Humber decided to go smoke-free.

According to Chan, when cigarette smoke and its accompanying pollutants are removed, there is a 65 to 80 per cent improvement in air quality.

Every ventilation system has an intake air system and an outlet. The intake draws air from certain locations in the building and returns it to the furnace. Then the air is heated (or cooled) and sent back out into the building.

If the intake is drawing smoky air, then the heated air coming out is also smoky.

Humber's no smoking policy was passed in the '90-'91 school year.

"The policy declares that with

the exception of Caps, inside the building is to be smoke-free," he said.

Rork said the doors outside the cafeteria are a lingering problem. Additional monitoring of these doors has been in effect since Christmas.

"Smoking in that particular area pollutes that entire open area and that's right next door to our cafeteria so it does have to be brought to a halt," he said.

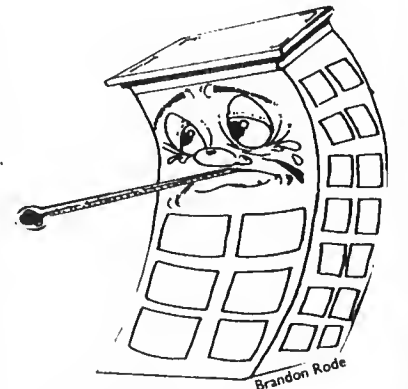
At this time, Rork said there are no plans for Caps to become smoke-free.

"The exception in Caps pertains to licensed hours and the fact that that area of the facility is on a separate ventilation system," Rork said.

That means the air in Caps is not circulated through the rest of the college.

Ventilation problems can also occur if an air intake is located too close to an exhaust outlet.

Rork said this is a concern right



now at Harvey's.

"I was looking at a proposal this morning to correct that situation," he said.

Carpets can also pose air quality problems.

"If you have a carpet for years, the main pollutant would be dust," Chan said.

Most complaints, however, come for about two weeks after the installation of new carpets. The culprits are the glue used to lay the carpets and the chemical treatments to the carpets.

Rork said Humber is careful to follow provincial guidelines when doing renovations. He said Humber does test for dust particles and anything else that is of concern at the time of the renovations.

New computer lab for Technology students



Paul Billington

by Paul Billington
Technology Reporter

After months of delays and frustrations, the SAACNET 2 lab will be opening soon.

SAACNET 2 is the joint effort of the Manufacturing, Architecture, and Information Technology Departments. The total cost has been estimated at over \$150,000.

"This isn't a regular lab," said John Lippert, dean of Information Technology. "This lab is the culmination of three departments' efforts and SAC. With all the people involved it's only natural a few problems will pop up."

The Students Association Council contributed over \$100,000 to the lab. "John [Lippert] approached SAC last May about the possibility of contributing

financially to it," said Steve Barber, vice-president of Finance for SAC. "We agreed to it and we're proud to be a part of SAACNET. It's a state-of-the-art facility."

The reason for the lab, Lippert explained, was that technology students couldn't get into their own labs because they were closed on weekends because there wasn't anyone to supervise them. Technology students, need more access to their labs than students from other departments, because other students probably have all the software they need on their computers at home, Lippert said. That's not the case with technology students.

SAACNET 2 will not have any word processing software, nor will it be Internet accessible.

All of the technology labs will remain open after SAACNET 2 opens.

"This lab [SAACNET 2] doesn't replace the existing labs from those departments, it complements them," said Lippert. "Now, tech students can have the same access that many students from other departments have."

The lab is not officially open, because some of the software has not been loaded into the network.

The lab is located in N205 and N206 and houses 30 AST Pentium 166s with 17" screens. An official list of the software that will be available isn't available yet. Chris Shaw of Educational Services said SAACNET 2 would have most of the software technology students currently use in the N building.

Students and staff are happy the new labs will be open on weekends.

Humber at the forefront of technology

Amid budget cuts Humber manages to upgrade more computers.

by Scott Yeddeau
Technology Reporter

The cost of keeping pace with computer technology has been steep for Humber - but not as much as it could have been.

Pat Kelly, director of purchas-

ing at Humber, said there was a substantial difference in what departments wanted and what they received. In the fiscal year, beginning April 1, the school collectively purchased just over \$1 million in new computers, as well as \$60,000 in networking equipment. That represents about 480 actual computer systems (computer, keyboard, mouse) and when printers and servers are thrown into the mix, the figure rises to 515 units. One unit costs an

average of \$2,500.

"There's a process of going to a capital committee," said Ruth McLean, director and professional development and academic computing. "You tell them what you need for the next year. The committee then takes a look at what everyone's asked for."

Kelly said that if every department got what they wanted, the figure could have easily topped \$5 million.

"The need was five times

greater than what everyone got," said Kelly. "But with our budget being cut back, we really couldn't afford much more."

McLean said that the school operates on a decentralized budget, and that every department has its own needs. Each department has an allocation of funds and how they spend it is up to them.

"If the media department needs new cameras, it comes out of that," McLean said. "If they need

new chairs, it comes out of that."

McLean said that departments sometimes have access to money because of the way they spend their allocation.

"They may be able to cut back in one area, and spend on computers," she said.

Kelly said the school tries to keep as up-to-date on computer technology as possible.

"We're very careful and precise," Kelly said. "Hopefully, we come up with the right mix."

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Et Cetera Editorial

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Hunger strike-student attracts campus attention

Mary Youssef, a student in the Electrical Mechanical Technology program, said she is willing to starve herself to death unless an independent council of students evaluate Humber's practice of hiring part-time teachers.

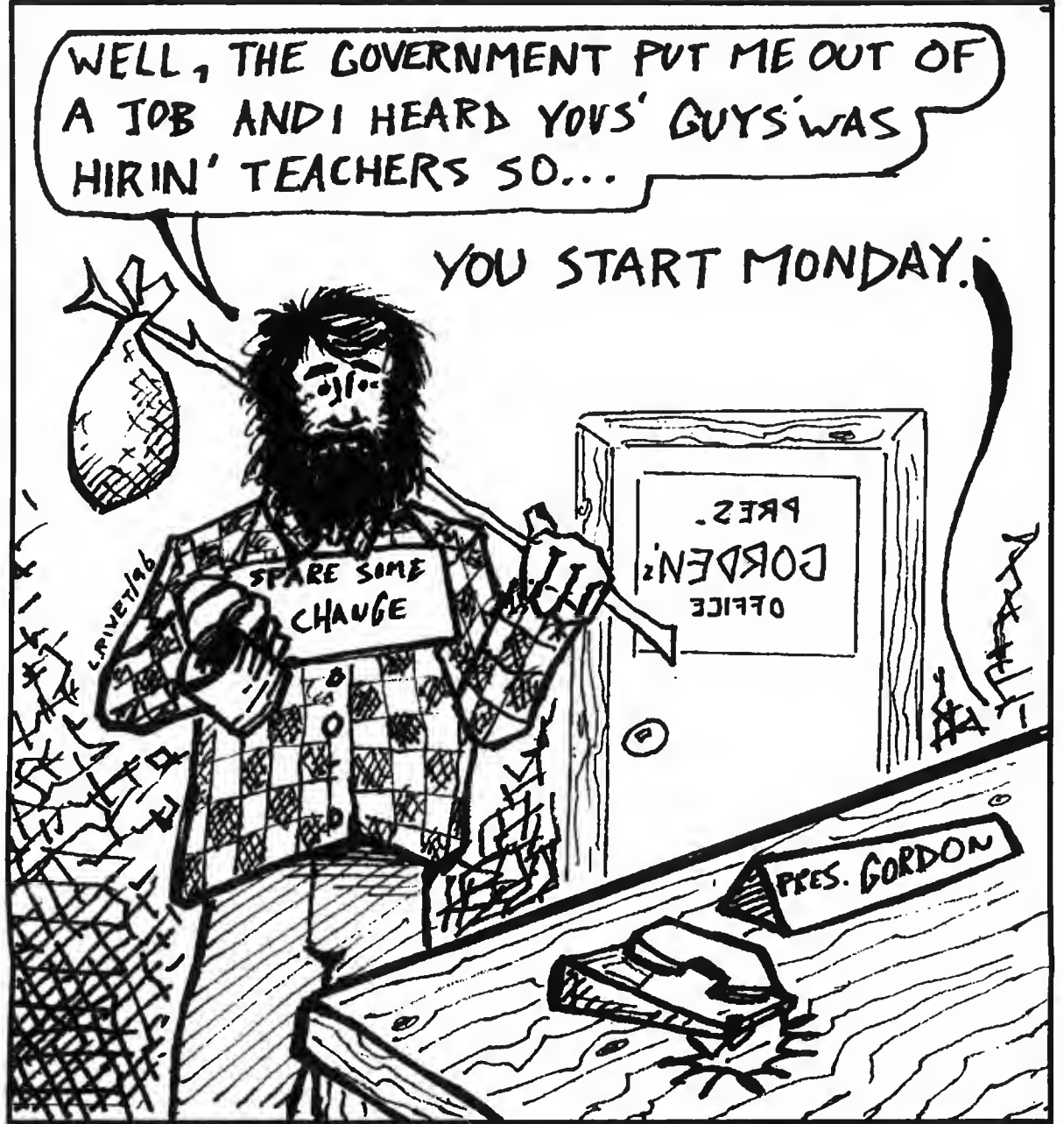
Youssef has been a student at Humber since 1990 and has earned numerous certificates, she currently claims the college is not meeting her needs. If this is so, why has it taken her more than six years to figure this out?

Youssef is not only protesting against the use of part-time teachers, which she claims are unqualified, but has now extended her protest to include everything from Humber's posting policy to how students grade their teachers' performances. Her protest has become far too broad and unfocused to support. How she ever got more than 900 students to sign this ridiculous petition is beyond our understanding.

Initially, her hunger strike appeared to have merit. But as we looked into it, it became apparent that Youssef's protest is vague and unspecified. We have no idea what Youssef classifies as qualified.

Et Cetera's editorial staff supports a student's right to protest, but the cause must be clear and focused — something this student's petition is not. Obviously, Youssef has gone too far in this false "hunger strike" — and we say "false" because two editors saw her sneaking snacks under the table from where they stood in the campus bookstore.

Youssef should not be allowed to continue this ludicrous protest any longer. She has blown her quest way out of proportion in claiming she is willing to "die" and is acting as a negative force in our school for those foolish enough to pay any attention to her.



Prosecution and punishment for South Africa's past

by Jae Burns
Environment Reporter

South African widow Nontsikelo Biko, whose husband was killed 20 years ago during detention under apartheid law, may soon hear a confession from the men who murdered her husband. Then, she may have something even more difficult to endure. She may have to watch them walk away as if nothing ever happened.

Last April, South African President Nelson Mandela set up the Truth and Reconciliation Commission to hear pleas for immunity from people who committed some of the worst human rights abuses during the reign of apartheid. Immunity is a difficult consequence to understand for a crime as atrocious as murder. I think it's wrong.

Stephen Biko was a leader of the Black Consciousness Movement in the 1970s. He urged black South Africans to take pride in their culture and fight for control of their country. Biko died for his beliefs in police custody,

September 1977.

Biko's family said they believe his killers should be prosecuted and punished. I agree. Extending amnesty to admitted killers is not going to heal the deep wounds brought on by decades of apartheid violence.

Nontsikelo Biko filed a lawsuit last year to revoke some of the commission's power to grant immunity. South Africa's highest court rejected the case. The court said amnesty was necessary in order to learn the truth about apartheid and reunite the country.

I already know the truth about apartheid. And it's a truth that needs to be told in an international court of law.

Nazi war criminals continue to be hunted. So do murderers from the Serbo-Croatian war. The consequences should be no different for people who committed heinous political crimes in South Africa.

The Truth and Reconciliation Commission is denying justice for victims while protecting those people who have made them victims.

It is setting a dreadful precedent.

Each letter must include:
author's name,
phone number
signature
and program name.



The Et Cetera is your college newspaper and a forum to express your opinion. We always welcome letters to the editor.

Letters of a libelous, racist or obscene nature will not be published.

Send your letters to us by:

mail, e-mail, (humber_etcetera@hotmail.com) or drop off your letters in person to room L231.

Please mark all letters attention: Ryan-Anthony Trotman, Managing Editor.

Dear editor,

During a visit to the North Campus on January 31, I picked up the current issue of Et Cetera (Vol. 25 #17), the first copy of Humber's student newspaper since my retirement in 1986 (back then it was *The Coven* at whose inception I was privileged to be present).

I was most impressed with the professional appearance of the paper and the high standard of journalistic writing demonstrated by your reportorial and features staff.

However, (that's the critic's warning) a suggestion I made several years ago, that the official spelling of the word "accommodation" should be changed by eliminating one of the "m's" so that 95% of the writing population would be correct, still has merit (see "Plans for Student Centre Axed" on p.7).

Congratulations to all associated with the Et Cetera: keep up the high standards and the credit they bring to Humber's School of Journalism.

Larry Holmes
One-time Dean of Creative and Communication Arts

Dear editor,

Your article regarding Canada being "no asylum for foreign criminals" may have left your readers with the impression that Mr. Pacificador is a "foreign criminal". The fact is, he has never been convicted of any crime, either here or in his homeland.

Prior to his five year detention, a refugee adjudicator found that there was credible evidence that the charges against him were politically motivated.

Before immigration/refugee bashing became fashionable in Canada, every person was considered innocent until proven guilty. Can five years in the Don Jail be appropriate treatment for someone who is entitled to be presumed innocent? Have our standards of justice deteriorated to the level of the third world?

Robert Shapton

Wicked WEB Sites

by Robert Dutt and Darren Leroux

Scotland
www.scotland.com
Welcome to Scotland, that wonderful land of Buddy Cole, Francesca Fiori, Danny Husk and Fran Wilson. Don't recognize those names? How about Scott Thompson, from Kids in the Hall? This is the bizarre site from his warped mind — become a citizen, get welcomed by the Queen, and join a political party.

Trivial Pursuit
www.trivialpursuit.com
Yes, that's right, the board game is now on-line. Test your knowledge of Entertainment, History, People and Places, Science and Nature, Sports and that ever so popular wild card.

There are three levels of difficulty to choose from, easy (brain stem only), moderate (frontal lobe), hard (calling all neurons). **I can't believe they said that**
www.comedybreak.com/quotes/

"The Internet is a great way to get on the Net"—Bob Dole. Comedy on the Web's collection of unbelievable quotes. A shrine to the likes of such great speakers as former New York Yankees catcher Yogi Berra and former U.S. Vice President Dan Quayle.

Passport2
www.passport2.com/

Free games on the Internet for users of Windows '95. Play Bridge or Backgammon against people from around the world. **Passport2** is always adding new games, with Chess, Trivia and "competitive crosswords" (whatever that is) coming soon.

The Star Wars Home Page
www.starwars.com

Of course, with the recent release of one of the most popular movies of all time, this site cannot be excluded this week. See some of the new enhanced pics from the movie, character bios, visit the Death Star, Dagobah, Tatooine, Hoth and Bespin. There's even a cony quiz to do on the Death Star.

The Spot
www.thespot.com

Welcome to the world's first 'episodic' web page. Tune in every week and check out the trials and tribulations of a group of twenty-somethings living in a Santa Monica beach house. Get in-depth with each character's personal diary or get a quick review of the week's events through their dog, Spotnik. Updated every week, with video, audio and text, people love this site, and some people hate it. You'll just have to surf it yourself.

Rating good TV

by Marcel Watier
Technology Reporter

Beginning in 1998, V-chip technology will be invading Canadian homes.

"The chip will function with the TV vertical signal and will be encoded or encrypted with a rating," said Kealy Wilkinson, the national director for the Alliance for Children and Television. "The box allows you to indicate what levels of violence you feel comfortable with."

In a continuing effort to help parents regain control of their children's viewing habits, the Canadian TV industry has recently begun trials on the V-chip.

"I think the idea is a good one," said Linda Hawke, the executive director of Media Watch. "It gives parents a tool to control the amount of violence their kids see on TV."

The system, which will monitor violence on five levels, is set to begin in September. The categories range from comedic to graphic. News and sports will not be included.

"There has to be some system in place," said Wilkinson.

Besides the rating system, the Action Group on Violence on Television (AGVOT) is also working on improving V-chip technology.

The trials, which began in January, are scheduled to finish in March and AVGOT will present its findings in April.

"A strong classification system is only one measure to help parents protect their children against excessive television violence," said CRTC chairperson Francoise Bertrand in a CRTC press release.

It was also announced in the press release that the Canadian Association of Broadcasters' violence code would apply to broadcasters for the programming they originate.

Critics of the ratings system said it's the parents responsibility to restrict their children's access to violence.

"The parents role is to set limits for their children," said Hawke.

"What parents need to do is learn media literacy and use critical

thinking to talk to their children when they see a violent TV show."

Hawke said that parents have to be especially critical when it comes to shows like the Simpsons.

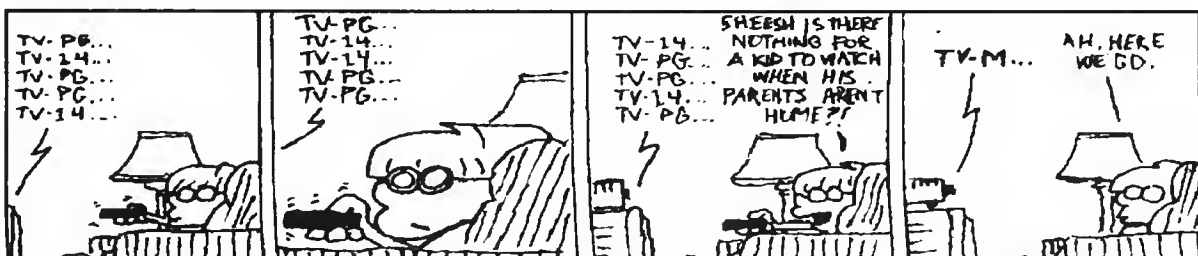
"Just because something is a cartoon, doesn't mean it's for kids."

Sexism and racism are other issues that the committee needs to look at, said Hawke.

"We also think that sexism is a form of violence," said Hawke. "I think that it would be a shame to ignore the 'isms'."

The main focus of the trials is on violence and designing a ratings system that will reflect that. What is unknown is how compatible the system will be with foreign signals from the U.S.

"That is one of the issues that we hope to address with the trials," said AGVOT Co-Chair Al MacKay. "If there is a vast difference between the Canadian and American systems than that will add to viewer confusion."



Fox trot 1997 ©Bill Amend. Reprinted by permission UExpress all rights reserved

The future of surfing

by Nadine Carty
Technology Reporter

Web TV has arrived and its producers said it will change the way consumers think about the Internet and the World Wide Web.

Hal Quinley is a partner of Yankelovich Partners Inc. which held a study that concluded consumers without Internet access would prefer-almost two-to-one-to surf the net on a TV set instead of a computer.

"Consumer receptivity to television Internet access is surprisingly strong," said Quinley. "Close to 70 per cent of those surveyed looked favorably upon the emergence of an easier, more affordable alternative to Internet access which is delivered on television sets."

Web TV was created by a California based company called

Palo Alto and Web TV Networks is the developer of the new set top box and service that delivers the Internet through television sets.

According to Ed Volkwein, senior vice-president of Phillips Consumer Electronics, there is a considerable demand for an easy way to access the Internet through any television set and standard telephone line.

"Our research shows [that] while American consumers have general awareness of the Internet, the cost of hardware is perceived to be prohibitive," he said.

"Consumers want accessibility to the Internet without investing in a home computer, or want to experience the Internet in the living room at an affordable cost."

Microsoft has claimed a minority stake in the company that started it all, and electronic

conglomerates such as Sony and Phillips have already begun producing devices using Web TV technology. Phillips Magnavox has finished their version of a Web TV box. The estimated cost is \$329 U.S. and should be on the market this fall. It is in this form that people will be able to surf the Net easier and at a much cheaper price.

The Phillips Magnavox Web TV box looks similar to a small desktop computer without a monitor. The box plugs directly into any standard television set — much like a Nintendo system — to allow its users to surf the Internet and browse the World Wide Web.

As of now, no Canadian companies have marked their stake in the WebTV gold mine and there are no specifications as to when it will be available to the Canadian consumer.



Most students already have the equipment needed to surf the Net with WebTV.

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Floppy drive	1.44 high density	1.44 high density
CD-ROM drive	8X speed	8X speed
CD movies	3 included	none
Stereo sound card	Sounblast® 16	Zoltra 16-bit
Speakers	Amplified external	Amplified external
Video Card	PCI SVGA 1MB	PCI SVGA 1MB
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Voice mail	Yes	Yes

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Lifestyles

Et Cetera

Career Edge offers links to jobs

by Jennifer Saliba
Lifestyles Reporter

Employers just weren't ready to commit to Natalie Fox even though she has been sending her resumes out since last September.

"I didn't have the four to five years of experience that they were looking for," said the 23-year-old graduate from the University of Ottawa.

Her luck changed in November when she saw a newspaper ad regarding Career Edge, a national youth internship program.

Created and financed by the private sector, Career Edge internships are aimed at university, college and high school graduates who wish to spend six to 12 months gaining career experience with an established company.

The program is free to applicants and interns are paid a stipend of \$1,250 a month.

"Our goal is to bridge the gap between full-time education and full-time employment," said Frances Randle, Career Edge president.

Frustrated by the government's attempts to remedy youth unemployment, a group of 20 Canadian business leaders met in February 1996 to address the growing problem of youth unemployment.

"There are 600,000 high school and post-secondary graduates who are unemployed or working part-time because they cannot find full-time jobs," said Randle.

Youth unemployment stands at 17 per cent, according to Statistics Canada, 10 per cent below the 1990 level.

"We saw two distinct needs — the need for job experience opportunities to provide young people with that all-important first step — and the need to make it easy for them to access those opportunities," said Career Edge chairman Urban Joseph, a former vice-chairman of Toronto Dominion Bank. "Our members agreed to create internship opportunities that don't duplicate existing programs."

The Career Edge Web site, (<http://www.careeredge.org>), provides a direct link between companies offering internships — called Host Organizations — and youth interested in applying for the positions.

"We are the first national internship program launched on the Web," said Randle.

Once an organization is approved, they post internships on the Web site and prospective interns apply directly to the organization.



Working at companies such as Nortel can be a great learning experience. These interns are getting paid, while gaining valuable work skills.

Fox received a telephone call a week after she applied to Nortel and she was hired the next day.

"It's been a great learning experience," said Fox, who works as a recruiting associate. "Everybody's been very cooperative, taking you under their wing and showing you the ropes."

As of Jan. 15, 1997, there were 102 host organizations involved with Career Edge and Randle hopes to bring in between 300 to 400 more companies a year from now.

Nortel, a company that has always invested in young people, is currently host to 50 interns.

"One of the keys to success is young, innovative talent," said Don McCreesh, senior vice-president of Human Resources at Nortel.

Nortel has already offered permanent positions to five interns, and McCreesh said that the reaction from managers has been extremely positive.

The benefits work both ways, according to Molly Teppe, who has been working with Fox as a recruiting associate for six weeks.

"The managers are wonderful," said Teppe. "The atmosphere is extremely positive, energetic and enthusiastic."

"Employers find their input refreshing," said Randle. "The interns on board come up with different solutions."

The average age of employees at Nortel has dropped to 34, and according to McCreesh there is a huge transition developing.

"Employers are looking for flexibility of thinking," said

McCreesh. "Young people need to develop a broader set of skills to apply in different areas."

Flexibility is one trait that Lori Preshing has honed as program co-ordinator of Human Resources at Nortel.

"Since I've come on, the program has been through so many changes, and I've had to readjust my schedule with each change," said Preshing.

She is confident that her experience at Nortel will go a long way towards helping her secure a full-time job.

"This program helps to answer the dilemma facing young people who cannot get a job without experience, but cannot get experience without a job,"
- Frances Randle, Career Edge president

"I've met so many people I wouldn't have met otherwise," said Preshing. "With everything I'm learning, I would say that I have a much better possibility of finding a job."

The program was officially launched on Oct. 1, 1996 and since then Career Edge has had 166 interns on the job.

"Our target is to enlist 10,000

interns over the next three to four years," said Randle.

According to Randle, youth unemployment is going to remain a significant problem for a long time to come.

"Youth are disillusioned with job prospects," said Randle. "They are frustrated at not becoming contributing members of society."

Steve Millar was aware that he didn't possess the experience that employers are looking for when he graduated last April with a BA in commerce.

"You have to do a lot of soul-searching when you get out of university and you're trying to find a job, but it doesn't happen," said Millar.

Before he was hired at General Motors this month, he was in a co-op program at Sheridan College.

"My supervisor really recognizes that this is a learning experience and that I'm there to gain skills," said Millar, who works in the Human Resources department.

Randle said that the onus is on the private sector to capture our country's talent. "They have a competitive advantage to fix the problem sooner than later."

"Navigating the school-to-work transition is often left solely in the hands of the graduating student," continued Randle. "This program helps to answer the dilemma facing young people who cannot get a job without experience, but cannot get experience without a job."

A cure for diabetes could be in your garage

by Cathy Mix
Lifestyles Reporter

Those old, broken down cars, sitting immobile in many Canadian driveways could provide the cure to diabetes.

The Canadian Diabetes Association (CDA), with the help of AADCO Vehicle Disposal Service, is trying to raise money through a nation-wide program called "Charity Drive". AADCO sells donated cars and gives the proceeds to the diabetes association.

The program began in May 1995 and has raised about \$125,000 so far. The CDA is "budgeting for 100 per cent growth in this fiscal year," said Bill Martin, co-ordinator for CDA enterprises, adding that donations have reached as high as 150 vehicles in a single month.

Erin Bookallam, sales manager for AADCO said, "Any motorized vehicles that are 'whole' (can be donated) — they

don't have to be running." Vehicles can be cars, boats, trucks and even construction or farming equipment.

Bookallam said donors can donate all or part of the proceeds to the charity and receive a tax deductible receipt from the CDA.

Martin said the funds raised through the drive will go towards research for diabetes, education, service and legal issues.

In a newsletter promoting the program, Jim O'Brien, executive director for the CDA national office, said diabetes is Canada's third leading cause of death by disease and affects more than 1.5 million Canadians.

To donate a vehicle to the Charity Drive, call 1-800-BANTING. A form will be sent to you which must be returned with the ownership of the vehicle. AADCO will then have the vehicle picked up.

Trucking - a lonely highway

by Chris Attard

Lifestyle Reporter

A line of a famous trucking song summarizes the life of one of the world's loneliest professions, "Breaker, breaker, is anybody there? Come back truckers and talk to Teddy Bear."

As lonely as a trucker's life can be some truckers such as David Muggeridge, 25, are quite happy calling the road their home.

Decked out in a lumberjack shirt, winter vest, jeans, cowboy boots, and Richard Petty racing hat, Muggeridge is glad he's not pushing papers for a living anymore, but pushing the pedal to the floor across the U.S.

"I couldn't put up with the monotony anymore," he said, recalling his old job as an RRSP consultant for a Quebec insurance firm.

"Sure there's your oddball driver but most cars tend to stay away from you nowadays."

- David Muggeridge, trucker

After a week at a driving school that cost him close to



For many truckers such as David Muggeridge, the highway is often a lonely adventure. Sometimes their only form of companionship comes from talking on their CBs and meeting new people at truck stops.

\$2,000, he got behind the wheel of an 80,000 lb. behemoth.

Muggeridge has been on the road now for two years. Even though his living quarters resemble a very cramped jail cell, he still doesn't regret the career change. He sleeps on a five by two-foot cot in his truck.

On the road, time means money. A bathroom break could take about 15 minutes, so an

empty washer-fluid bottle takes care of nature's simplest needs.

A television with a VCR, and a CD player help him pass the time, but it's quiet on the road and finding that special someone is a bit challenging. So companionship has to come from females he meets at truck stops.

"Actually most are quite good-looking. But you have to know where to draw the line. Some

want a little more than a talk and a drink," he said, while gulping down a beer at a Mississauga country and western bar.

Your entire life changes when you drive for a living, he said. Refuelling can cost nearly \$500, and with the \$29,000 rig he recently bought, he has to watch where his money goes.

"I'll make about \$100,000 this year. But most of that'll be eaten

up in gas, food and payments on the truck."

Sleep deprivation is the hardest to adjust to, said Muggeridge. American and Canadian traffic laws restrict the number of hours truckers can drive, roughly 13-16 a day. A self-updated logbook keeps track of Muggeridge's hours. But he said he's driven up to 25 hours without sleep, and without getting caught by police.

"Just as long as the hours add up, the cops won't know."

With the unwelcome media attention truckers have received due to airborne tires, he said people don't understand what position truckers like him are in.

"We're right in the middle of this," he said. "I can't tell if the axle's gonna break. It's the guys who work on these trucks that know. I can only check the lug nuts to see if they're tight."

Muggeridge has some advice for the daily commuter when they come across transport trucks on the highway.

"Don't cut me off when you change lanes," he said. "I need room to stop a 30-ton truck. If there isn't any, I'll make room."

He added that Ontario drivers aren't as aggressive as they used to be. "Sure, there's your odd ball driver. But most cars tend to stay away from you nowadays," said Muggeridge.

Humber College's Fifth Annual Union Fair Events Schedule

**North Campus, Thursday,
February 13, 1997**

- 10:30 a.m. - Union Fair Open in the Concourse
- 12:40 p.m. - In Performance:
Lillian Allen,
community activist,
dub poet.
- 1:30 p.m. - In Honour of Black History Month **Stanley Grizzle**,
Former President, Sleeping Car Porters Union (Toronto, CPR) will discuss his experiences in the 1940's organizing Canada's first all Black trade union. Humber College Community Room.

**Lakeshore Campus, Friday,
February 14, 1997**

- 10:30 a.m. - Union Fair Open in the cafeteria and foyer
- 2:30 p.m. - Union Fair closes

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Resistance in Concert



Most Humber College graduates will work in a union environment.

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Courtesy Photo

1997 is the Year of the Ox. The Year of the Ox is suppose to bring good fortune and strong health. In North East China, the ox is known as the god of Happiness.

Ringling in the Year of the Ox!

by Jennifer K. Hamoen
Lifestyle Reporter

Beginning February 7, millions of Chinese around the world will celebrate what they consider to be their most important holiday — the Chinese New Year.

The Chinese calendar is lunisolar, which means it is based on sun and moon cycles. The new year begins on the first day of the second new moon after the winter solstice.

The Chinese zodiac is based on a twelve year cycle and each year is represented by an animal. A Chinese legend says that Buddha named a year after each animal which responded to his summons. The first was the year of the rat, followed by the ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog and pig.

But according to Humber's Services Co-ordinator for School

of Health Sciences, David Ding, the cycle was also created by Chinese peasants more than 4,000 years ago as an agricultural guide. It is also referred to as the Spring Festival as it is the first of 24 Chinese seasons.

People believe good things will follow such as new crops and fortune. Traditionally, Chinese peasants would save food all year for this day and have a huge feast.

This year (1997) is the Year of the Ox. There are many different stories. Each year tells of "the fate or fortune of the Chinese", Ding said.

The Year of the Ox is suppose to bring good fortune and strong health. Some refer to it as the year of the "Golden Ox", Ding said. In North East China, it is known as the God of happiness.

In past years, other symbolic

animals have been less fortunate. There are superstitions that the Year of the Dragon can bring disaster. Ding said that in 1976 a huge earthquake occurred in Tang Shan, killing over 240,000 people. Each animal also has different traits and like horoscopes, the year you were born indicates that you have certain characteristics. For example, those born in the Year of the Ox are said to be hard working, strong and diligent. But this is only "tradition of belief," said a staff member of the Chinese Cultural Centre of Greater Toronto.

Unlike the Western New Year's celebration, the Chinese New Year is celebrated for two weeks.

In Cantonese, a common greeting to one another is "Kung hey fah choy," which means "I wish you a prosperous New Year."

In Mandarin, "Gong Xi Fa Cai" means "Good Luck and Fortune."

It is the most important time of the year for family to be together. The Chinese believe that by seeing each other in person will bring good luck in the future.

The Chinese New Year has some very important family traditions. On New Year's Eve there is a huge feast. No one is allowed to leave their families. In fact, Haiying Zhang, a student at Trent University who grew up in China, remembers a time when she was about 28 years-old and wanted to go out with some

friends, but her parents did not approve.

"My dad didn't allow me to go out," she said.

Preparing Chinese dumplings on New Year's Eve for the next morning is also an important tradition.

Like Christmas dinner, it is important for the family to be together for the first meal on New Year's Day. Ding said this meal is symbolic because the

"Kung hey fah choy"
— I wish you a prosperous New Year (Cantonese)
"Gong Xi Fa Cai"
— Good Luck and Fortune (Mandarin)
"Yaun"— together, which refers to the importance of family gathering to celebrate the New Year (Chinese)

whole family is "yuan" which means "together".

Dumplings vary as different parts of China eat different kinds of dumplings. In the south, where Ding is from, the Tang-yuan is a sweet dumpling made of glue rice and sesame powder.

In the North where Zang grew up, the dumpling is more salty with meat, flour and a vegetable. The table is decorated with a red table cloth and candles because red symbolizes good luck.

On New Year's Day, it is also a tradition to wear new clothing. Zhang remembers getting a new winter coat.

One of Ding's favorite childhood memories of the New Year is when he was 10 and given his first red sack of money. Traditionally, the older generation gives the children red sacks filled with coins.

Fire crackers are used to celebrate the New Year. The noise is believed to scare away any bad fortune of the passing year, Ding said.

Other festive activities include the Lantern Festival where people gather to see different sizes and colors of painted lanterns. According to Zhang, many have sayings or riddles on them and you have to guess what they mean. "I like this very much," she said.

Ding and his family will also celebrate the New Year by going to China town on February 8, to see one of his favorite festive activity: the Dragon Dance. It's part of a very colorful parade which will begin at Dundas and proceed down Spadina Street. The Dragon is a symbol of goodness and strength and is traditionally believed to be the protector of human kind.

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Supplements boost athletic performance of body builders

Athletes can gain lean muscle mass with hard work, or if that fails you can try natural supplements.

by **Cathy Koo**
Lifestyles Reporter

Building a better body requires solid effort, discipline and determination. It also requires a commitment to exercise, nutrition and a healthy lifestyle. But even when you do give it your best, progress isn't always guaranteed.

At some point, everyone has hit a plateau. This can be frustrating. That's probably why many are looking for that extra advantage, something to obtain better results faster.

Athletes and body builders are turning to natural supplements instead of drugs for that extra advantage. The good news is that over the past few years, legitimate scientific research has shown that supplements can make a difference. The right ones can boost athletic performance, as well as increase gains in size and strength. Creatine Monohydrate is one of those supplements.

"This is the most effective supplement I've used for gaining muscle strength," said Renzo Passaretti, owner and manager of Pro Fitness in Toronto. "I've been using it for the past year and after the first 10 days, I gained nine pounds and my strength shot up."

"After being on Creatine Monohydrate for a month or so, I gained 20 pounds of solid weight and although I didn't gain any more than that during the second or third month I was on Creatine, I was still able to maintain both the weight and strength gains."

Creatine Monohydrate was introduced in 1993 by Anthony Almada and Ed Byrd who are research scientists with a company called Experimental and Applied Sciences (EAS). These two went on to demonstrate that the weight gain associated with Creatine use is in lean mass.

Creatine Monohydrate is a naturally occurring substance that is mostly found in meats. But simply ingesting more red meat will not supply the body with the amount of Creatine Monohydrate it needs in order to gain lean muscle because there is a significant amount of fat found in red meat. This additional fat in the diet, makes it even more difficult to maintain low fat levels and gain lean muscle mass.

"A person would have to ingest several pounds of red meat in order for it to equal a five gram



Creatine Monohydrate is naturally found in meats, but eating more red meats will only increase your fat content. The supplement, is designed to increase levels of creatine with out the fat.

servicing of Creatine Monohydrate," said Dave Orzel, manager of the General Nutrition Centre in Markham. "By utilizing Creatine supplements, individuals can still receive sufficient amounts of Creatine into the system, without worrying about the fat content."

Basically Creatine Mono-

"This is the most effective supplement I've used for gaining muscle strength,"
- Renzo Passaretti, manager of Pro fitness

hydrate is a material that is turned into Creatine Phosphate by the body. It is stored within the muscle cells to be used for energy. Over 95 per cent of the Creatine in the body is stored inside muscle cells. Creatine is one of the muscle's main sources of energy.

"It's used to supply your cells with the chemical ATP which is actually responsible for contracting the muscle fibers," said Orzel.

"Ultimately that's what limits fitness enthusiasts since many work towards failure when ATP

levels in the muscle cells are totally depleted," said Chris Dulson, a personal trainer at the Olympic High Performance Centre in Toronto. "By saturating your muscle cells with Creatine Monohydrate, you can raise those ATP levels and as a result, it will improve your performance in any given fitness activity."

When the muscle cells take in more Creatine, it also brings water along with it. This promotes a phenomenon called 'cell volumizing' or 'cellular hydration'.

"When a muscle cell is hydrated, it becomes larger and creates improved conditions for new muscle growth," said John Foulkes, a personal trainer at The Pitbull Gym in Toronto. "Muscle cells consist of 70 per cent of water and if more water comes inside of them they get firmer, whereas if water escapes these cells, they become smaller and softer."

Though the initial weight gained from using Creatine Monohydrate is mostly water from the cell volumizing effect, this should not be mistaken as water retention.

"Cell volumizing promotes an intracellular hydration where there is more water inside of the muscle cells as opposed to water retention, where water is retained outside of the cells," said Dulson.

Creatine Monohydrate supple-

age done to the muscles, and muscle growth is actually an adaptive reaction to that damage," said Dr. Kramarchuk, a sports doctor at the Sports Medicine and Rehab Clinic in Toronto.

"By taking Creatine Monohydrate, it allows you to apply more intensity onto your body by doing more damage to your muscles, but at the same time, because it's helping your ATP stores, it still aids in that immediate recovery."

By increasing muscle Creatine concentrations, people can recover more quickly between bouts of intense physical activity. That means they can exert more stress on their bodies and still make physical gains.

Creatine Monohydrate can be taken by just about anyone. Usually though, only those who are really serious about athletic performance or gaining lean muscle mass use the product — one reason is because it is so expensive. Depending on the quantity of the supplement, the cost can range between \$85-\$130.

"Individuals who are taking the product for the first time should start off by taking 30 grams a day in six divided doses of five grams each," said Passaretti. "After a week, the doses can be reduced to only five grams a day and gains will still be made."

The purpose of the 'loading phase' at the beginning is to ensure that the muscle cells will be totally saturated with Creatine Monohydrate. Once they're at that point, five grams at level of saturation.

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FOON

SAC Carnival Madness Week February 10-14, 1997

Monday, February 10, 1997

		Location
Juggler/Unicyclist	11-2	by Harvey's
Mime	11-2	Registration
Blues Keyboard player	11-2	by Harvey's
Caricaturist	11-2	Blue Carpet Area Concourse
Guess # of Cinnamon Hearts Contest Begins	all week	SAC Office

Tuesday, February 11, 1997

		Location
<u>Calypso Band</u>	11-2	Student Centre
• How low can you go "Limbo Contest"		
• Tunka the Fire Eater		
• Calypso Dancers		
Ackee Tree Patty Wagon free patty with coupon	11-2	Student Centre
Pancake Tuesday	8-10	Caps

Wednesday, February 12, 1997

		Location
<u>"Love It Or Leave It"</u> with Sue Johanson, the "Sex Lady"	noon	Concourse
Fortune Teller (Tarot/Crystal)	11-2	Concourse
Casino	9-5	Student Centre

DAILY LUNCH SPECIALS

in the

madness

Thursday, February 13, 1997

Get a taste of...

The Big Banana

1:00

Location

Caps

Live Music

...Banana drinks available

Face Painter

11-2

Student Centre

Magician

11-2

Student Centre

Friday, February 14, 1997

Rose Sale-only \$2.50/rose

10-2

Location

Concourse

Keep your lips puckered for the Kissing Bandit

Valentine's Day Silent Auction

with DJ. Kenny Groove

11-1

Concourse

Humber's Most Eligible Bachelors & Bachelorettes are available to the highest bidders.

5 Guys & 5 Gals will be auctioned off for a dream date.

Cinnamon Heart Draw

4:30

MC Office

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In order to be eligible to fill out a ballot you **MUST** be a full-time fee paying student & **MUST** show proof of two of the following

- Caricature Picture of yourself
- Limbo Contest sign-up
- Fortune Teller stamp
- Face Painted
- Bid in Silent Love Auction

itions.

ALL WEEK IN CAPS



Insomnia could be result of stress

More than half of Canadians suffer from insomnia, with stress being the number one cause.

by Theresa L. Vokey
Lifestyles Reporter

Sleep is a popular word among students at Humber College. Anyone who walks through the hallways or ventures over to residence may hear students complaining of how little sleep they get and how tired they are.

Insomnia is just one of about 86 to 90 sleeping disorders, said Bev Devins, national co-ordinator for Sleep/Wake Disorders. The number of hours a person needs for sleep can vary from individual to individual. A number of things can contribute to insomnia and in most instances it is up to the individual to overcome what is causing their sleep deprivation.

"It's usually a case where the person's life is out of order," said Dr. Marvin Stein, a private practicing psychiatrist in downtown Toronto. "They may not know what is out of order because it is something they are unaware of, something repressed."

Dr. Stein said stress from relationships, work or school are some of the things people have on their mind, but do not realize it



SWEET DREAMS! - There are many things that contribute to insomnia. By getting rid of any stress-causing factors in your life such as caffeine, you can get that good night's sleep you've been craving.

could be contributing to their insomnia.

Devins said once outside factors are dealt with in a person's life, sleeping patterns get better.

"It can be anything in a person's life — a death, a birth or a divorce. Typically when you deal with outside matters, sleep will improve."

Treatments for insomnia can range from maintaining a regular sleep pattern to taking medication.

Sleep medication does not

necessarily work for everyone said Devins.

Dr. Stein said sometimes medications are used as a placebo, a pill that is used as a reassurance for patients rather than a cure. In effect, it is the act of consuming the pill that makes the patient feel better.

"People can experience extreme anxiety and take medications for it, but the medication only helps until you're back on

track," said Dr. Stein. "Until a person can identify what is out of balance in their life, they may remain stressed and continue to have sleep deprivation."

Other medications can be addictive and become a habit for people.

"If sleep medication is given to a person for more than two weeks at a time, then that person may start to get a rebound effect. That means the medication itself

can actually contribute to insomnia."

The same stresses that cause insomnia can also affect other parts of the body.

"Our bodies are made to have rhythms. Body functions such as our digestive system receive signals that indicate feelings of stress," said Dr. Stein.

Cy Bulanda, counselor for Humber student services, had some advice for students losing sleep over stress.

"The mind learns with a healthy body. Optimum learning comes with optimum sleep. Nutrition, exercise and sleep make a good balance," he said.

For more information about insomnia and other sleep disorders call Sleep/Wake Disorders Canada at (416) 483-9654.

Bev Devins, co-ordinator for Sleep Wake Disorders Canada suggests the following for getting a good night's sleep:

- go to bed and get up at a set time each day
- avoid anything with caffeine
- don't drink alcohol before going to bed
- exercise on a regular basis
- sleep on your back

Hats off to Canadian cuisine



Canadian cuisine is the way to go! A Tall Hats employee shows off some specially made entrées.

Humber culinary students cook up a storm with a variety of Canadian dishes

by Kate Calder
Lifestyles Reporter

Tall Hats is offering Humber a special spread of completely Canadian cuisine every Friday this semester. The food is the work of fourth semester culinary students in the course, Emerging Trends in Canadian Cuisine. The menu is especially made from foods that are Canadian grown. Each week

the students work at preparing dishes from a specific Canadian region.

In past weeks, the Native, Quebec, and Ontario cuisines that have been featured at Tall Hats have been sell out items. Squash, beans, corn, duck, and wild rice were featured in the Native dishes. The Quebec theme was inspired by arctic char, pork, pears and wild mushrooms.

The course grabbed the attention of AM-640. The station has already contacted the culinary department and may be featuring it in upcoming weeks.

The aim of the course is to identify and define Canadian cuisine. It gets the beginner chefs,

"thinking about using locally grown products and local techniques, so when they become professionals in the industry, we'll see a lot more clearly defined Canadian food, instead of relying on other groups to define the cuisine," said David Jones the class instructor.

David Cohlemeyer is an organic vegetable farmer who guest-lectured last week. "Using our own agricultural natural sources means that we are creating new money within the country. It's very good for the economy," he said.

Cohlemeyer began to produce vegetables for fine restaurants whose owners complained of poor quality produce. Gold nugget squash, beetberries, and jerusalem artichokes are just a few of the eccentric vegetables that he introduced to the class.

"The vegetables I produce are better quality than those brought up from the States and they're more nutritious," said Cohlemeyer.

In the weeks to come students can experience more dishes indigenous to the Ontario region, as well as food from the Maritimes, Prairies, and British Columbia regions.

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Dreams come true for investigative reporter

Victor Malarek's hellish years spent in child welfare custody inspires him to uncover the tragedies of the system.

by Heather McKinnon
Lifestyles Reporter

Victor Malarek had always dreamed of becoming a detective.

Just another Sherlock Holmes, solving the 'who-dunnit' mysteries, chasing criminals, putting them in jail and throwing away the key.

But he never imagined he would stumble into the world of journalism, and become a host for CBC's award-winning investigative documentary Current Affairs show, the *Fifth Estate*.

"I got into journalism through serendipity. I didn't really have any notion that I would become a journalist and actually wanted to be a detective, digging into difficult kinds of investigations and trying to solve them," admitted Malarek.

He has reported from across Canada and the United States and from countries around the world such as Afghanistan, Iran, Ethiopia, Somalia, Germany and France. While working for the *Globe and Mail*, he garnered three prestigious Michener Awards from the Governor General for

meritorious public service journalism. He is also the author of four books: *Hey Malarek!*, a memoir of his early years in a boys home in Montreal, that was also made into 15 one-hour dramatic episodes on TV called *Urban Angel*; *Haven's Gate*; *Merchants of Misery* and *Gut Instinct: The Making of an Investigative Journalist*.

Malarek began his career in journalism in 1968. With no educational background in the field, he started working as a copy boy at the now defunct *Weekend Magazine* in Montreal, and later joined *The Montreal Star* as a police reporter. It was there that he became one of the first journalists to report on the FLQ-October Crisis, which involved the kidnapping of Pierre Laporte and James Richard Cross.

But life hasn't always been a dream for Malarek.

He came from a violent home where his father beat his mother. As a teenager, he got caught up in a world of social workers, probation officers and petty crimes, and spent four years in a boys home in Montreal called Weredale House.

"Virtually 99 per cent of my memory living at Weredale is a nightmare. It was a time of severe and serious physical abuse. I still get letters from other boys in the home, who are grown men now, that tell of the hell from their childhood," said Malarek. He described it as a "warehouse where boys were dumped by the Children's Aid Society and forgotten about by the child welfare system."

Hurt kids are his beat and his past experiences have become his driving force.

"I know what it's like when the system is supposed to be your parent and the system fails. I want to be the angry kid speaking for those kids," he said.

Despite his unfailing dedication to uncovering the real tragedies in the child welfare system, where kids get killed or kill themselves because of their circumstances, his seventh season at the *Fifth Estate* also requires a lot of commitment.

He said that once the season at CBC begins, it's like being on a treadmill from the beginning until the end, and he has very little time to spend with his wife and daughter.

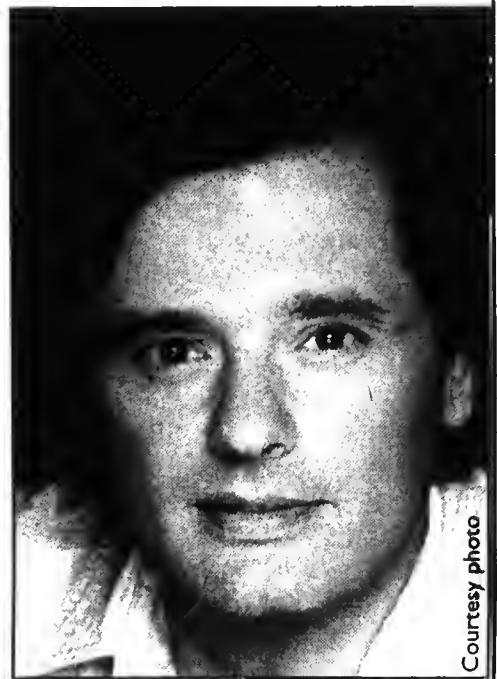
"I'm sometimes working three to four weeks on a story, depending on how difficult it is to investigate. I could be coming in at eight in the morning and leaving at three the next morning. I also have to travel a lot in order to get the interviews. That can be hard on my family," said Malarek.

He talks proudly about his family and brags incessantly about his eleven-year-old daughter.

"Having a daughter has given me the opportunity to relive my lost childhood through her. It has most definitely been an amazing eleven years with her," he said.

Malarek said that as a journalist you have "to offer something different and better than the next person."

"You really have to have a mission, a driving force that pushes you to make a dif-



Courtesy photo

Victor Malarek is the author of *Gut Instinct*.

ference. In the stories I work on, I say that I hope to make a dent in the public at large," he said. "You have to say that instead of waiting around for the next press release, you're going to make the next one."

And Malarek has made a dent in the public at large. He continues to plug away at investigations that are shocking, tragic and heartbreaking.

"My past gave me a different outlook on life and a different strength to pull from. I got through the tragic parts, and now I use that strength to help other people."

Winter warning — dress warmly to prevent a case of hypothermia

by Theresa L. Vokey
Lifestyles Reporter

The frigid winter temperatures and wind chill factors that have swept over many parts of Canada can pose a threat of hypothermia. So, if dressing warm is not at the top of your fashion list, you might want to reconsider.

Hypothermia occurs when the body's core temperature drops below normal (37C)," said Dr. Stuart Egier, family physician at the Etobicoke Medical Centre.

There are two kinds of hypothermia: mild and severe. Mild hypothermia can occur in cold temperatures when the body begins to lose heat through sweat, respiration or wet clothing. Severe hypothermia also occurs in cold weather, but heat loss is increased when the body is exposed to cold water.

Dr. Egier said shivering is one of the symptoms of mild hypothermia. When the body shivers it increases heat production in the muscles to help warm the body. Other symptoms are: complaining it's cold, tired, hungry, wet, confused, uncoordinated, slurred speech. Symptoms of severe hypothermia are: cardiac arrest, shivering stops, stiff muscles, pulse and breathing rate decrease, blue skin.

When blood is transported away from the extremities of the body, the hands and feet become



Hypothermia occurs when the body's core temperatures drops below the normal 37C.

white. Poor oxygenation of body tissue near the surface of the skin decreases circulation and causes blood vessels to collapse.

As oxygen decreases in the tissue, circulation continues to decline and leads to waste buildup (acid metabolites) in the muscles. Shivering stops and the muscles become stiff. In addition, the change in blood circulation can harm other vital organs dependent on blood pressure such as the kidneys, said Dr. Egier.

Although hypothermia is most likely to occur in extremely cold temperatures, it can still happen during mild spells. Heat loss from sitting on cold pavement or snow can bring on symptoms of hypothermia, so can lack of food or liquids in the body. Eating and drinking before, during and after an outdoor activity helps the

internal part of the body retain heat and keep the blood circulating.

Alcohol is one liquid Dr. Egier advised not to drink before venturing into the cold: "People who drink alcohol are more sensitive to the outside temperatures because their blood vessels dilate much faster." The alcohol may hide the actual symptoms of hypothermia or interfere with blood circulation.

Gentle re-warming and fluids are the key to treating hypothermia. Remove wet clothing and gradually apply hot packs or water bottles and blankets, said Dr. Egier. The head, groin, neck and sides of the body are areas that lose heat rapidly, so make sure these parts of the body are being warmed. Hot liquids and other alcohol-free drinks help warm the

inside of the body, but drink them slowly.

"Sudden re-warming can cause tissue damage," said Dr. Egier. "It can also contribute to cardiac arrest."

In severe instances when there is a cardiac arrest, CPR may be necessary along with intravenous fluids, said Dr. Egier. Severe hypothermia requires medical attention because there could be a risk of physiological complications. If extremities are warmed too quickly in a severe case, this can force cold blood to the surface of the body and cause a cardiac arrest. Rough handling of a person suffering from severe hypothermia can lead to a heart attack.

People most susceptible to hypothermia are those who have been exposed to cold water, who usually dress inappropriately for

the weather, or who are relatively small in body size like children and the elderly.

An article in the Jan. 16, 1997 issue of the *Toronto Star* reported: "Water conducts heat away from the body 240 times faster than still air. And, if you happen to be wet when it's windy out, heat loss" will speed up.

Prevent Hypothermia by following these steps:

- Dress according to weather conditions
- Exercise
- Eat nutritious foods and drink a lot of fluids
- Dress appropriately when participating in any water sport such as kayaking
- Keep all body parts covered that tend to lose heat fast: head, sides of the body, groin, and neck.

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Groups of students from similar back grounds are often found socializing together.

Multiculturalism divides Humber's student body

by Amar Jouhal
Lifestyles Reporter

Groups of students from similar backgrounds are often seen sitting together in various areas throughout Humber College.

Observers will find Caucasians in Caps, Italians and Portuguese in the Pipe, Caribbeans on the ramp and south-east Asians near Harvey's.

"People feel more comfortable with people from similar backgrounds. It could be language, it could be culture or religion, maybe similar taste in music, food

or various reasons," said Dalyce Newby, head of Humber's Intercultural Centre. "It's a chance for them of asserting and reaffirming their cultural heritage.

"As a member of a visible minority, you tend to be noticed more," said Newby.

"Cliques, as they are referred, can relate because of similar backgrounds, similar lifestyle they lead, similar upbringing. It also depends upon where they live," said Stelios Kypri, a member of SAC.

"They feel they belong," he

said. They help each other with a simple pat on the shoulder, a ride, studying together or just encouraging each other.

It's like a family away from home. Some of students have problems at home, they manage to relieve themselves of stress and problems by being together, listening to their music, and by talking to one another, according to Kypri.

"We socialize and meet new people. Socializing with east Indians is good, some people don't even see their own kind, they live far away, so they can come here and socialize and that's what we like to do," said Karambir Dhillion, an electric engineering student.

"We can discuss our religion, our culture, politics from back home and even here. We can discuss what's going on in our community every day," she said.

"As a group, we do miss out a lot what's happening in other cultures. We do interact with our classmates and try to assimilate," said Paramjit Banga, who is also studying electric engineering.

"In order to assimilate, one has to feel comfortable, but we feel more confident with each other. We don't want to lose our

"People feel more comfortable with people from similar backgrounds,"
- Dalyce Newby, head of Humber's multicultural centre

identity in that process," said Banga.

Recent immigrants feel differently than those who have lived in Canada for a while. We should pick up what's good about other cultures and move forward, according to Banga.

In this country everybody was an immigrant at one time or another, except the Natives, he said.

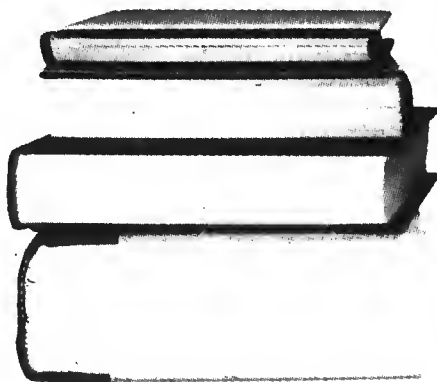
"I personally get along with everybody," said Emilio Dinizio, a business management student.

"People are led to believe they should stick with their own kind. That's the way they are raised, but personally, I don't think it should be that way," said Dinizio.

A person should experience different cultures and see how other people live and get a better understanding of other cultures. That's the way it supposed to be, according to Dinizio.

"Humber itself has a social barrier problem. Students with faculty members should really try to break that social barrier that is established here," said Ricky Rickman, a SAC member.

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Et Cetera

Entertainment

Music Movies Theatre Fashion

Nomads find success in covers

by **Corey Schacter**
Entertainment Reporter

The band's name might be The Nomads, but there is nothing nomadic about their lifestyles.

The five members of the band have found financial security as professional musicians.

The Nomads have been around since 1990. This five piece cover band, headed by Tony Paglia on guitar and vocals, has seen many changes. As the only original member left, Paglia said, "I consider these guys all original members now because this is the band I always wanted."

Paglia explained that when the members started out it was just to see how far they could go. It took the band three months to land their first gig. At the beginning, they were only playing about once a month.

"It's a lot of work," said Paglia. "But you have to get on the phone, get in your car and drive around to all the clubs. After you've been playing, word of mouth gets around, so people have heard of you. It's a lot of hustling."

As the band started to sound better and perform better, their popularity grew.

In addition to playing with The Nomads, some of the members are involved in other musical interests. The bass player and background vocalist, Mike Pellarin, joined at the end of 1994. Prior to this he played with other bar bands from the likes of George St. Kitts to Reflections.

Pellarin explained: "I do a lot of freelance work, I play with wedding bands, other bar bands, I do some studio work, and a bit of teaching

too." In fact, he substitutes part-time at Humber College.

Playing in a band isn't just fun and games. "It has the responsibilities of a job. But once you get there (to the club), the job ends and the fun begins. It is a job, though, learning new tunes, setting up and practicing. But a job can be fun, too, and this is the most fun I've ever had," said Craig Skala, the band's guitarist.

Their latest gig took place at Joe's Elbow Room at 156 Front St. W. They played to an oblivious audience of about 15 people. Paglia said he could have cared less.

"Sometimes it's fun when there's nobody there. I look at it as not too much pressure to kiss ass and play every song that someone might want to hear. I play a bit more for myself, and it's a chance to try out new things."

But as with any job comes negatives. "The biggest drag is dealing with agents and bar owners, everyone is trying to take money from you," Pellarin said.

With the extended last call, allowing bars to serve alcohol until two in the morning, not only are patrons allowed to drink for an extra hour, but the band gets to play an extra hour.

For the band, this extra hour is another negative. "I think it's a bit depressing to play until two," said Paglia. "I don't think the audience really stays for it. It's kind of a let down, the third set is more tired than it should be."

For Pellarin, it's the money. "I don't think we are compensated nearly as much as we should be. The bottom line is that you end up



Nomads Piero Tucci and Tony Paglia at a recent show.

working one more hour."

One reason the band is financially sound is because they are a cover band. This means that they play popular songs written by other people.

"If you play in an original band you actually don't make any money, playing at least at the bar level. The bars that we play, are ones that you get paid," Pellarin said.

"I used to have another job, but I found that it's been four years

now that I could've survived off the money I make as a musician. For the last three months, I decided to try just the music thing for a while," Paglia said.

Piero Tucci, the band's keyboardist, saxophonist, and vocalist, added: "there is no reason to be broke. If you're smart, and you keep at your art, and you don't mess up gigs, you'll be fine. You can make ends meet, I always have."

Chan strikes out on First

by **Bernice Barth**
Entertainment Reporter

In *First Strike*, Jackie Chan plays ball for the first time with Hollywood, but the movie is more of a dull walk to first base than a homerun.

First Strike marks the fourth installment of the *Police Story* Series, directed and written by Stanley Tong Kwai Lai.

Bigger money was spent on *First Strike* than any other Jackie Chan film, who, up until this point, has been starring in B-movies out of the Far East. Unfortunately, unlike his previous movies, *Super Cop* (1992) and *Rumble in the Bronx* (1995), *First Strike* falls short of what fans have come to expect from Chan films.

Unlike the other films in the

series, the female lead is weak. Instead of doing stunts and practicing Kung Fu like her predecessors, Annie Wu does nothing other than scream and look pretty. Even though there are spectacular stunts, there are not as many fight sequences as Chan's previous films.

Viewers may find they're waiting for action to happen. The final and perhaps biggest drawback of *First Strike* is that the complexity of the plot subtracts rather than adds to the movie because it easily confuses viewers.

At the end of the movie, for instance, you wonder what happened to some of the characters who just seemed to disappear, never to be mentioned again.

Perhaps the plot's complexity is that it is a parody of James Bond

films. The story involves Chan as an international agent going up against bad guys from the former Soviet Union and an ex-FBI agent turned traitor in order to prevent nuclear destruction of the free world. Sound familiar? Even if it doesn't, viewers can't miss the correlation between *First Strike* and Bond movies because Chan's character constantly compares his adventures to Britain's 007.

"I feel just like James Bond except no beautiful girls," said Chan at one point.

Many of the action sequences echo Bond films as well.

There are underwater fights involving sharks, machine-gunning villains on skis, and a bad guy even has Chan strip, except unlike 007 in *Never Say Never Again*, Jackie

must take everything off and in a public place where female tourists can scream and take pictures.

It is this self deprecating humor that sets *First Strike* apart from Bond films and turns it into a hilarious parody.

Even though viewers can't expect much from the rest of the film, Chan's fight sequences and his death-defying stunts definitely make *First Strike* a movie worth seeing.

The fight-stunt sequence where Chan is pitted against a gang with only a ladder and a broom is by itself worth the ticket price, especially when you remind yourself no trick photography was used. Chan is unquestionably the Bruce Lee of the '90s and his films can only get better now that he's in Hollywood.

Happenings

Thursday

Pub Night at
Caps

Friday

Top o' the market:
Skeme
9 p.m.

Saturday

El Mocambo:
Blow-Up
9 p.m.

Sunday

Dance Cave:
LUX (Brit-pop/techno)
9 p.m.

Monday

Lee's Palace:
from England
Space

Tuesday

Go to the movies
ya' tight wads

Wednesday

The Lion (349 College
@ Agusta):
The Electric Disco
'60s, Disco,
Glam)
9 p.m.

Quote of the week

"While I write this letter, I have a pistol in one hand and a sword in the other."

Sir Boyle Roche, 18th century English M.P.

Et Cetera

Radio Friendly Snapper

Despite having five tracks on it, Snapper's first CD is a hit on popular alternative radio.

by Victoria Pattison

Entertainment Reporter

Snapper was right on the mark when they named their CD *Radio Friendly*.

Snapper's first and only CD was released last winter with great success. It's considered a CD EP because it only has five songs on it.

"The reason for the shorter CD is that we were told it would be the most economical way to promote ourselves in the industry. We didn't have a lot of cash," explained Christian Kennerney, lead vocalist and bassist for the

group. Whatever the reason, each song makes an impact that is sure to keep the listener humming the tunes long after the song has ended.

The five piece band seems to have a knack not only for music, but image as well. Their logo's a swift take-off on the popular beverage company (Snapple).

Kennerney and back-up vocalist/guitarist Kevin Woodburn have mastered the art of harmony. This gives their version of alternative rock an angle that is rarely seen. This is evident on the last track "Brown Unfriendly Town", which was recorded acoustically.

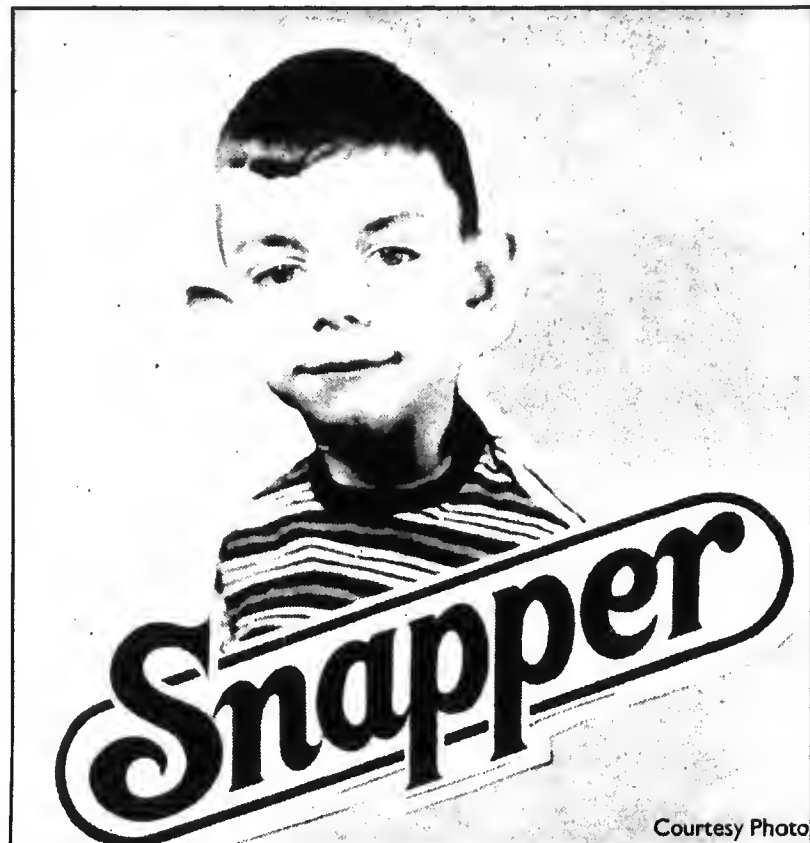
Their third song on the album, "Summer Song", Kennerney referred to as "reflections on past summers with good friends and good times." The chorus is incredibly powerful and has people swaying and dancing at their live performances.

"White Trash", the fourth song on the disk, has sarcastic lyrics and a hard beat. It takes a insightful look at the perceived apathy of Generation X.

This CD, although a year old, is still bouncing in and out of Sam's Top Ten Indie list. "Barbed-Wire Fence", which was the first song ever written by the group, was chosen by radio station CFNY to be on its 1996 *Rock Search* CD.

Radio Friendly has enjoyed substantial air play on several of Toronto's top stations.

For a band that only formed in March of '95, they have shot themselves onto the music scene like a rocket. Besides the CD, they've played venues such as UltraSound, Lee's Palace and at last year's EdgeFest. Snapper begins its first large tour on February 15th and their first full length CD, *Fun World*, is due out early March.



Courtesy Photo

Snapper's next album, *Fun World*, is due out in March.

Canadian company opening new Chapters' right at home

Canadian bookstore chain beats out Americans to open superstores

by Bernice Barth

Entertainment Reporter

The Canadian book superstore, Chapters, will be popping up across the country with this year's planned expansion of 12 to 15 megastores.

There are currently 10 Chapters book superstores across Canada. Chapters got its beginning in 1994, when Larry Stevenson, the president and CEO of Chapters, bought Smithbooks through his company, Pathfinder.

By November 1995, Smithbooks and Coles were amalgamated and the first two Chapters book superstores had opened.

Helena Aalto, the director of Marketing for Chapters, disclaims the idea that Chapters opened as a reaction to the rumor that Borders, an American book superstore chain, was coming to Canada.

"The plans had been announced that the merged company of Coles and Smithbooks would start opening superstores before the Americans were interested in coming to Canada," said Aalto. "Through his travels in the United States and the world, Larry Stevenson recognized that this was a terrific opportunity and if

Canadians didn't open their own book superstores, then Americans would certainly see the opportunity in Canada and begin to open superstores here themselves," she said.

According to Aalto, the two companies, Smithbooks and Coles, were amalgamated because neither could afford to start opening their own book superstores. After this initial financial juggling, Chapters took off. Aalto attributed much of the company's success to its concept which appeals to a different market than that of Coles and Smithbooks, which she said are impulse stores or part of a larger planned trip to the mall.

"Chapters stores are destination stores and very much are becoming what we always hoped for them, that is that they would become a kind of gathering place for the community," said Aalto.

The public is purposefully encouraged by Stevenson's company to think of Chapters as a destination store. Each Chapters store

is unique, having its own separate design. For instance, the Bloor Street store, which Aalto referred to as the 'Flagship', has an upscale, dramatic modern look to suit the more affluent area it is located in. In Montreal, Chapters refinished an old turn of the century building. This superstore spreads over 5 levels and mezzanines, with plenty of nooks and crannies.

Once at the superstores, the key object of any Chapters is "to encourage lingering and browsing and a feeling of comfort, a feeling of welcome." According to Aalto, "there's a direct connection between the length of time browsed and the amount purchased."

A Chapters superstore encourages its shoppers to stay awhile by providing reading areas for children and adults, a Starbucks coffee shop and an enormous amount of selection. Chapters stores carry 10 times as much stock as Coles and Smithbooks. Aalto explained that a typical bookstore carries

"If Canadians didn't open their own book superstores, then Americans would certainly see the opportunity in Canada."

-Helena Aalto, Chapters director of Marketing

about 10,000 book titles, while a Chapters carries about 150,000 book titles.

Additional bonuses Chapters supplies are book ordering, a discount card called 'Chapter 1', special store events like book signings, readings, cooking demonstrations, daily readings of children books and book group meetings, to name a few.

"Anything that is book related we're either doing or planning," said Aalto.

This planning extends to all levels of Chapters, which hopes to expand to 50 book superstores by the turn of the century and have a sight on the Internet for virtual shopping.

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Et Cetera

A very Verve-y jazz fest

by Ben Truyens

Entertainment Reporter

It never ceases to be amazing.

So simple in presentation with little showmanship, lights, banners, screens and other circus acts.

With jazz, the music does all the talking; so dynamic and free in concept, but always remaining gloriously harmonic.

So, in keeping with this great tradition, the record label Verve has put together a travelling jazz spectacle aimed at recreating the swing-jazz concerts of the '40s and '50s. One of the chief figures of

these events and founder of Verve, was promoter Norman Granz.

Beginning in San Francisco earlier this month, the show stormed up the east coast and landed in Toronto's Massey Hall last week for the only Canadian date in the 19-show tour.

The well organized show featured a star studded line up — saxman Joe Henderson's Trio, Charlie Haden's Quartet West and featured the Kansas City All Star Band, a hoppin' bunch of cats young and old, who star in Robert Altman's movie *Kansas City* and

bring back the roots of the city's blues swing music.

The Quartet West, named for their Los Angeles home, was in loose form for the evening, unleashing solo upon solo on the audience.

Drummer Larance Marable showed how he got the job with beautifully delicate brushwork that would frequently explode into merciless kicks and tom rolls, climaxing on pianist Alan Broadbent's "The Long Goodbye".

Equally as lifting were the flurries of interesting scales from the horn of veteran sax player Ernie Watts and the dexterous fingers of the scarf necked Broadbent on his grand piano, thrilling the crowd with Bud Powell's "Dance Of The Infidels".

Leader of the group, Charlie Haden, showing why he is one of the premiere bassists in jazz, laid down a solid bed of harmony that possessed uncanny agility in the low tones, giving off a rustic quality.

The band's playing was relaxed yet incredibly tight and aside from the occasional unnerving screech from Watts (he may have been trying to snap the crowd from their trance), was as close to perfection as the style will allow.

Henderson was in fine spirits for the evening performance introducing himself as Louis Armstrong and continuing, surely to the audience's dismay and his own amusement, his annoying habit of withholding song names.

Bassist George Mraz was also fantastic, providing the backbone of a great rendition of "Lush Life" and a bow solo that had erie double note effects.



Charlie Haden/Quartet West appeared at the Verve Jazz fest.

Happy B-day to Bambi

by Rita Salerno

Entertainment Reporter

Walt Disney's fifth animated masterpiece, *Bambi*, is set to be re-released for only 55 days on February 4.

Bambi, which earned close to \$270 million since its original premiere in 1942, has been restored frame-by-frame and digitally remastered by Disney.

"To herald its 55th anniversary, we have created the definitive *Bambi* limited collectors edition which features never-before-seen footage.

It will be cherished by generations to come," said Bob Topping, vice-president and managing director of Buena Vista Home Video Inc. (BVHV).

The movie, which kicks off BVHV 1997 release schedule, will also include a free booklet entitled *The Magic of Bambi*.

"The timing is perfect to bring *Bambi* out from the vault because there are more than three million new kid viewers and two million additional VCR households in Canada, since *Bambi*'s first video

release eight years ago. This will be the first opportunity for a whole new generation of Canadian families to own the film," said Topping.

Bambi is expected to surpass both *The Lion King*, which sold 20 million copies, and *Toy Story* which has sold over 21 million copies.

"Like the hugely popular re-release of *Cinderella*, the 55th Anniversary Collector's edition of *Bambi* will have tremendous demand," said Topping.

The video, which will only be available in stores until March 31, will carry a price of \$28.99.

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Et Cetera

Sports

Humber lowers the boom on Thunderhawks

by Jeff Allen

Sports Reporter

The Women's Volleyball team chose to beat the cold by beating the snot out of the Confederation Thunderhawks when they traveled to the frozen land of Thunder Bay last weekend.

The Hawks swept a pair of weekend games without allowing the opposition to score more than eight points in a game.

"We were very relaxed. That allowed us to execute really well," said Hawk Assistant Coach Colleen Gray.

The Hawks were victorious by scores of 15-5, 15-8, and 15-7 on Saturday. In the second game on Sunday, the Hawks were able to empty the bench in defeating Confederation 15-6, 15-5, 15-1.

"They were a scrappy team, which made it tough for us to read them (defensively)," said Gray.

Offside Lindsay Anderson, did an outstanding job defensively in the mind of coach Gray.

"She stood out, and played very good 'd'," Gray said.

The Hawks are now riding a modest three game winning streak which started last Thursday when the Hawks welcomed back All-Stars Brenda Ramos and Caroline Fletcher, by being rude hosts to the Centennial Colts, beating them three straight games (15-6, 15-2,

The Hawks, who lost two in a row, came out of the blocks flying, something they rarely do.

"I thought we blocked well, hit well, and served well," Gray said. "That's how we got there [off to a quick start]."

The Hawks flew out to a 7-1 lead on the strength of aces from Fletcher, middle Amanda Roberts, and power Caroline Ambrose. The Hawks who had nine aces total, then showed the Colts all areas of their game.

Middle Dyan Layne continued to put up a wall in front of the Hawk net, while Ramos and Roberts showed veteran leadership in addition to the continuous assault of smashes they sent at the Colt defenders. Layne served the Hawks through the final three points of the first game, including a game winning ace.

The Hawks continued their ace trend by opening the second game with aces from Roberts and Layne. Before Centennial could blink, the score was 11-1. Anderson, the only Hawk starter not to record an ace, went up for back-to-back smashes, to kill the Colts 15-2.

The Hawks took off for a third straight game and built a 10-4 lead, but something not so funny happened on the way to the showers, the Colts decided to fight back. Taking advantage of sloppy Hawk play, Centennial

came all the way back to take an 11-10 lead.

"We just seemed to lose focus," said Fletcher. "We needed to wake up and get back into the game. When we got up 2-0 we decided to have some fun. We just needed to re-focus."

The Hawks regained their focus long enough to put the Colts out to pasture 15-13.

The Hawks now sit in second in the OCAA's central division with a 6-2 record. They are back on the court Thursday night at 6 pm. when they host the Seneca Braves, who they upset 3-2 on Nov. 28.

Quick Sets

- The Hawks were well represented at the All-Star game in Hamilton Jan. 18. Coach Dave Hood, Power Brenda Ramos and Setter Caroline Fletcher went on behalf of the Hawks.

- Fletcher was named MVP for the West.

- Power Richelle Elder, who injured her ankle at the Shocker Cup on Jan. 10, returned to action against Centennial. Despite seeing limited playing time, Elder said the ankle felt much better, and was hoping to slowly work her way back into the lineup.

- Coach Dave Hood didn't travel with the team to Thunder Bay last weekend. Hood got married on Friday Jan. 31.



Roberts, pictured here in the 1994-95 season, returned to action for the Humber women's volleyball team last week from a back injury. She was a key player in the Hawks third straight victory.

Hawks dominate at home away from home

by David Critelli

Sports Reporter

Family ties and home-cooking welcomed the Humber Hawks women's basketball team to London, as they prepared to face the 5-4 Fanshawe College Falcons.

Playing in front of parents and friends from the London area, the Hawks looked to improve upon their already unblemished 10-0 record.

The battle began with Humber quickly registering the first two points.

Defence soon became the name of the game, as early turnovers plagued both teams. Sound pressure on the ball and solid box-outs helped limit the opportunities. The normally explosive Hawks suddenly found

themselves in a tight, low-scoring affair.

Desperately trying to pick up the pace and find some sort of rhythm, Head Coach Jim Henderson called a much needed time-out to calm the troops down.

Tied at nine with 10 minutes to play in the first half, the pep talk

worked, as a rejuvenated and more focused squad emerged from the huddle.

An intense battle ensued as both teams started to shoot the ball well. By playing a technically



Tanya Sadler led the Hawks with 16 points.

efficient and smart game at both ends of the court, the Falcons kept the score close. At half-time, Humber led by a narrow margin of three, at 33-30.

The second half started out much like the first, with both teams struggling to find a consistency. With 15 minutes left to play, the low scoring affair saw the score read 41-35 in favor of the Hawks.

By starting to slowly pull away from the feisty Falcons, the women Hawks gained momentum.

Solid defensive pressure, coupled by an upbeat offence led to

several fast-break points.

A more up-tempo effort ensued, as Humber took complete control of the game. Their superior conditioning showed as they pounded the Falcons with endless transition points.

The Hawks came to play in the second half and as a result, were much more focused. Clicking on offence and defence, the final score was 73-46 in favor of the now 11-0 women Hawks.

All-stars Tanya Sadler and Heather Curran put in solid performances, recording 16 points each. Hometown favorite Aman Hasebenebi played a sound game, totalling 14 points and six assists. Point guard and fellow All-Star Melissa McCutcheon chipped in with 10 points and nine assists.

Pointing to the women's work

ethic, Henderson was proud of the team's play.

"I was really happy with the effort in the second half," he said, concentrating on the squad's excellent conditioning. "In the second half, we wore them down."

Tanya Sadler, the OCAA's leading scorer also noted the team's willingness to pick up the pace. "I was most definitely impressed with the victory," she said.

Aman Hasebenebi echoed these sentiments: "We played very well," she said. "Everybody felt good about the game."

The women Hawks continue their quest for a perfect season, with games against arch-rivals Durham on Feb. 4 and Seneca College on Feb. 12.

sports quote of the week!

Dallas Star, Mike Modano, who scored 22 seconds into their game against the Detroit Redwings. A game they ended up losing:

"We figured a good start would be key, and we got that tonight. But there were about 59 minutes left." -Toronto Star Feb. 3, 1997

Hawks get a taste of their own medicine

by Vince Versace
Sports Reporter

The Humber Hawks men's basketball team dished out a beating on Thursday and received one in return on Saturday.

Last Thursday, at home, the Hawks pummeled the Centennial Colts 86-59.

They dominated the first half with their pressure defense creating turnovers in their favor, leading to a Humber 52-22 lead heading into the locker room.

The Hawks started the second half flat and their 30 point lead shrank.

"When a team's up by so much, they lose their intensity," explained Athletic Director Doug Fox.

The Colts went on a 14-4 run during the first four minutes of the second half. However, Coach Mike Katz was able to motivate his team back to dominating form and they cruised to an 86-59 victory.

Jason Daley lead the team with 15 points and made some beautiful passes. O'Neil Marshall had 13

points, but Humber player of the game honors went to Revi Williams. He electrified the crowd with three consecutive baskets and ended up with 10 points.

"It's crunch time now, everyone has to step it up," Williams said. "We had a 30 point lead at one point. We can't afford let

downs like that against Sheridan." Williams was also passionate about the fact that Sheridan had defeated Humber at home the previous week.

"We can't let that happen. We have to go into their court and beat them now," he said. The Hawks had the chance to defend

their court last Saturday, but played their sloppiest game of the year. The undefeated Sheridan Bruins capitalized on the many gifts they were given, winning 84-68.

Humber's tight man - to - man defense kept them in the game for a while, being able to

collapse on the ball down low on defense. This addressed a weakness Sheridan exposed in their thriller 78-76 victory over Humber two weeks ago.

Yet, mental breakdowns on offense and in the transition game led to turnovers that killed them. Also, Sheridan's relentless rebounding minimized Humber's ability to swing the momentum their way.

"We didn't rebound well early in the game and we turned over the ball way too much," said Assistant Coach Dave Deaveiro. "We didn't follow our game plan."

What also hurt Humber was that Daley was called for three fouls in the first five minutes of the opening half, causing the All-Star forward to play with a little more restraint.

Despite all that, Humber found themselves down 48-37 at the end of the first half.

The Hawks worked hard to cut into the lead when play resumed.

Some turnovers started going their way and at one point they were only down by seven, 59-52.

Rowan Beckford and Marshall turned in solid efforts helping keep the game close. Beckford



The Hawks shooting problems let them down in the game against the Sheridan Bruins, losing the important Central Division match-up 84-68.

had 27 points, leading the team in scoring, and Marshall had 13.

The Hawks had put Sheridan on their heels with a 6-0 run, before Sheridan called a time-out with 13 minutes to go.

This seemed to stop the Humber momentum, and the wheels came off the come back wagon soon after.

"We had a few good runs," said Humber forward Chris Aim. "We got within seven, but then the turnovers caught up with us."

Humber was outscored 36-31

in the second half, and combined with the first half lead Sheridan had built, courtesy of the turnovers, was just too much to overcome.

Sheridan has now defeated the Hawks twice this year, exposing Humber's weaknesses on the boards each time. Sheridan isn't the bigger team - they just play big. "We lost to a stronger and tougher team. We have to find a way to contend with them," said. "They're a really good team."

"We lost to a stronger and tougher team. We have to find a way to contend with them."
-Head Coach Mike Katz

Men's volleyball team thumps Redeemer in 'Royal' rumble

by Jennifer Morris
Sports Reporter

The Humber College men's volleyball team travelled to Ancaster on Thursday night to defeat the Redeemer Royals 3-0.

Coming off a big win at Cambrian, where they defeated them in five games (15-6, 12-15, 15-7, 14-16, 20-18), the men's volleyball team lost on Wednesday night at home to Niagara College, in three straight.

"This game (Redeemer) was a 180 degree turn from yesterday (Niagara)," said Wayne Wilkins, the team's coach. "It was a total team effort. We got focused and

stayed there."

"This game was a good rebound from last night's loss against Niagara," said Eugene Selva, captain of the men's team.

The Redeemer Royals have not won a game this season but, according to the coach, the team is constantly improving.

"I was pleased with how they (Redeemer) played in general," said Redeemer Coach John Byl.

One of Humber's outstanding players of the evening was rookie Matthew Tim.

"He's a first year player, and has had constant improvement from the beginning of the year,"

said Wayne Wilkins. "He just keeps getting better and better."

Humber defeated Redeemer 15-9, 15-4, and 15-9, without one of their key players Dean Wylie, who was injured early in the game. A junior at Humber

College, Keith Slinger, stepped into the game and did the job without a hitch.

"We have a good solid team that if anybody got hurt, anyone of these guys could step in and do the job," said Wilkins.

The men's and women's team play their last home games before the Ontario Championships, tonight against Seneca. The retirement of Adam Morandini and Eugene Selva numbers will happen between the two games.

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Special Olympics

Let the games begin

by Marcel Watier

Sports Reporter

Electric chaos!

When the 1997 Special Olympic World Winter games began last Sunday at the SkyDome, all the world came to watch.

"From the moment the torch enters the SkyDome to the moment we say good-bye, thousands of lives will change forever," said Deputy Prime Minister Sheila Copps. "Dreams will come true here this week."

A crowd of 19,000 gathered to watch as athletes from around the world came together to share the Olympic dream and to represent their country in five events.

Special Olympics Founder Eunice Kennedy Shriver welcomed the games to Toronto and Canada and urged the athletes to keep the dream alive.

"You embody the dream of the original Olympic ideal. You are living witnesses to the power and fortitude of those athletes," said Kennedy Shriver.

The crowd cheered as 2,000 athletes from 80 countries walked inside the Dome led by a parade of nations that began with Greece

and ended with Canada's 113 athletes who were greeted by a standing ovation.

"Play for the love of the games, play for the love that these games inspire," Copps urged the athletes. "You represent hope."

The opening ceremonies were kicked off with a salute to the traditions, the athletes and the events of the games.

Performers like country superstar Michelle Wright, Buffy Sainte Marie and Susan Aglukark wowed the crowd with their performances.

Wright, named the 1997 Games spokesperson, was joined on stage with Special Olympian and dancer Brad Magnus while she sang her hit "Safe in the Arms



Let the games begin - 2000 athletes from 80 different countries have gathered in Toronto and Collingwood for the 1997 Winter Special Olympics held this week from Feb. 1-8.

of Love."

Premier Mike Harris welcomed the game amid 'boos' from the crowd.

"I hope your experience is as rich and rewarding as it is for Ontario to be hosting (these games)," Harris said. "It is an

honor that

Toronto and Collingwood were chosen to be your host,"

Harris urged the athletes to reach higher than they have ever reached before.

The event, which lasted just under two hours, was capped off with a performance by the Toronto theater group, led by Tyley Ross. It included cast members from 'Beauty and the Beast', 'Forever Plaid', 'Forever Tango' and the

Stratford Festival.

The ceremonies came to a close with the lighting of the torch by Canadian Olympian Speed Skater Kelly McRuvie.

The torch, which made its way to Toronto from the four corners

of the world, arrived in Ontario late last week.

Officers from around the world saluted McRuvie as she made her way to the middle of the field to light the Olympic flame and begin the games.

The Olympic oath was taken by Canadian floor hockey athlete Don Hart and by former Olympic gymnast Nadia Comaneci.

The games, which have grown from two participating countries to 146, included athletes from South Africa, Croatia and Kuwait.

Some delegations are as small as six members, while others have over 150 team members.

The games, which have been called the largest multi-sport international event for 1997, are being held in Canada for the first time.

Events include floor hockey, alpine and nordic skiing, speed and figure skating.

The events will be taking place in various locations in Toronto and Collingwood.

The games end on Saturday with the closing ceremonies at the Molson Amphitheatre in beautiful downtown Toronto on Sunday.

Hayden's lifetime work is showcased

by Marcel Watier

Sports Reporter

What started as a means to get a grant has turned into a lifetime of work for Dr. Frank Hayden.

The Special Olympics began as an "intriguing idea" for Hayden in 1961. Since then, it has blossomed into an international event.

When Hayden first began the movement, he saw it as a way to include people with mental disabilities into the world of sports.

"We needed a motivational system," said Hayden. "In 1964, I proposed a two-year program to help train and motivate people with mental disabilities."

A lack of support in Canada

forced Hayden to relocate his program to the U.S.

"I was called to Washington by the Shriver's to show them my program," said Hayden. "They were willing to help get the program started, from a financial standpoint, and in 1968 we held the first games."

Over his 30-year career with the Special Olympics, Hayden has worn many hats.

He was the program's director in Europe, he worked out of Washington in the head office's and is now a special consultant with the Canadian Special Olympics.

"I've gone through different evolutions with the movement. I've had five or six different lives,"

said Hayden. "I have very little to do on the international level."

Hayden is now active in a five-year plan of national development for the Canadian Special Olympics.

"Our provincial chapters are reviewed every three years," said Hayden. "We want to have all of our chapters accredited by the end of the five years. Right now, B.C. is the only chapter that is accredited."

Hayden said that he is looking forward to this year's international games, which are being held in Toronto and Collingwood for two reasons.

It will give him the opportunity to show off Canada to friends and colleagues that he has kept in contact with.

He has also been made honorary head coach for Team Canada.

"It's going to be a very exciting moment for me to walk into the SkyDome with Team Canada," said Hayden.

He said he sees the games as a good opportunity to change the opinions of those who have not dealt with people who have mental disabilities.

"The reasons that people will attend the opening ceremonies might be different," said Hayden.

"People will come because they want to see the show, but they'll also get to see our athletes. During the competitions a certain percentage won't be there, and they'll miss out on that."

Hayden said the public's perception of the Special Olympics has changed from when he first began his studies in 1961.

"It was a contradiction to mention sports and mental handicap in the same sentence," said Hayden. "We are much more alike than people realize, all of us have limitations."

Hayden said that when he first began the movement a lot of people didn't want to get involved.

"Most people just assumed that if you were mentally disabled then your motor skills, strength and endurance weren't there," said Hayden. "People who have exposure to people with mental disabilities can learn from them."

Although support over the years has changed, Hayden said he believes that more exposure is needed "so people don't have a fear of the unknown".

Another issue for Hayden is to change public perception of the movement.

"One of the continuing problems is to let the public know we are not the para-olympics and the

para-olympics are not us," said Hayden.

The para-olympics are the games for athletes who suffer from physical disabilities.

Hayden also said that one problem they have encountered has been the use of the Olympic name.

"Years ago we went through the difficulties of using the name. In 1988, we signed an agreement with the International Olympic Committee," said Hayden. "We are now recognized by the Canadian Olympic organization."

Hayden said that he would like to see some changes made in the movement.

"What we need are volunteers that will work with us in between the games," said Hayden. "We would also like to bridge the gap between regular sports and us."

Attacking the big cities is another issue Hayden would like to see changed.

"We would like to get more athletes, especially from Toronto," said Hayden. "It's tough to crack the bigger cities."

The Special Olympic World Winter Games will take place Feb. 1-8 at various locations around Toronto and Collingwood.

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Maple Leafs looking for one goal to score arena

by Rita Salerno

Sports Reporter

The recent announcement that the Raptors have gone ahead with the Air Canada Centre site doesn't diminish the plan of the Leafs finding a new arena.

The Toronto Maple Leafs will most definitely score themselves a new building, possibly still with the Raptors. It remains to be seen whether the two parties can iron out their differences and agree on a joint arena.

"It doesn't look good," said Toronto Sun sports reporter Mike Ziesberger. "The Raptors and Leafs just can't seem to get along. It's stupid, but it looks like that's what's going to happen."

"I think economically one arena would be more feasible," said Brian Roth, assistant producer for *Global's Sportsline*. If not, two separate arenas will be built.

The remaining piece of the puzzle is, when will they (Leafs) build it and where?

Although many sites have been mentioned, five are seriously being considered to replace hockey's oldest (since 1931) building, the Gardens located on Church and Carlton.

Despite Garden officials wanting to remodel and remain on Church and Carlton, the building needs a lot of work and tight seating is uncomfortable for many, said Ziesberger.

"Financially, you can't really compete without the revenues of the private boxes and there's no room to put in any new ones," he added.

Prominent on the Leafs agenda

is a new home.

"It depends on how long it takes to get through the red tape," said Mike Ziesberger.

"But I think the Leaf organization wouldn't mind the building to be up and running by 1999. However, the way things are going, that might be a stretch."

Located at Bloor and St. George, Varsity Stadium may be the place the Leaf officials are searching for.

In terms of public transportation, both Bay and Bloor subway lines are within walking distance and with the University of Toronto campus just moments away, the area is very populated and lively.

However, one problem with the site is parking, which is minimal, and anything but cheap. Getting city officials to agree to tear down the old stadium won't be easy either.

"I don't think Varsity Stadium is really the site for the Leafs anyway," said Roth.

Although this isn't the Leaf's number one choice, Union Station is nearby, making for easy access to the TTC, GO Transit and Via Rail. For those people who choose to drive, parking is good, the Gardiner Expressway couldn't get any closer.

The puck drops next at the railway lands just west of the SkyDome.

This setup would mean that the Blue Jays home and the Leafs new shiny shrine would be within walking distance of each other.

"It would give Toronto quite the sports and entertainment complex," said Ziesberger.

There are many parking lots located around the SkyDome on Front Street, so parking will be easy to find for those who don't mind spending \$12 to \$15.

If you plan to ride the rocket, Union Station is on the east side and the Harbourfront Transit Line on the south.

"The site on Front Street is a pretty good one in terms of parking," said Roth.

Skating out of Toronto's downtown core to Downsview Airport on Wilson and Dufferin is the location of another possible land site for the "Buds".

The Spadina subway line is close by and the Yorkdale bus terminal is a few kilometres away. For drivers, the best routes are Highway 401 and the Spadina Expressway.

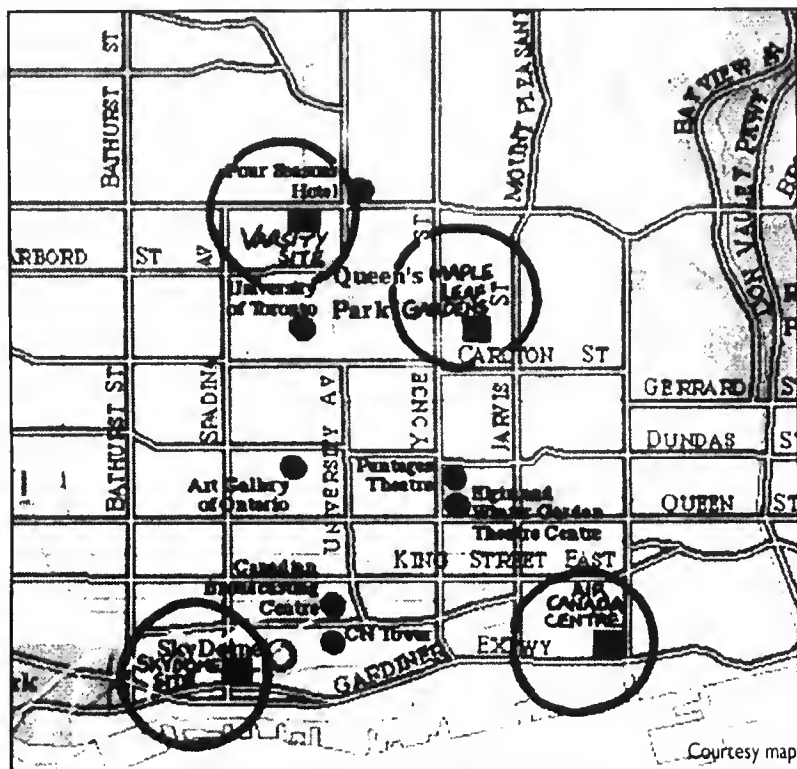
Although there is plenty of space to construct parking lots, it's not likely this spot will get many votes.

"A downtown location seems to be more desirable for the new arena," said Ziesberger.

With the College subway station a stride away and the Don Valley Parkway and Gardiner Expressway perfectly situated, the old cathedral is in perfect position.

However, there are factors to consider if remodeling does take place. One consideration would be where would the Leafs play while the building was being renovated? The Copps Coliseum in Hamilton? If so, for how long? The second consideration, parking is minimal and overpriced.

"The Gardens is out-of-date and I think the Leafs have to get



Four potential sites for the Leafs new Maple Leaf Gardens sports and entertainment complex. The fifth potential site is located further West.

Several other sites have been mentioned. Among them a spot near the Westin Harbour Castle Hotel along the waterfront, the Canadian National Exhibition grounds, the railway just southeast of the SkyDome and an adjoining site to the Metro Convention Centre.

One thing is for sure, the Leafs' will not settle for just anything.

The new arena must cater to the die-hard Leaf fans, in terms of location, ample seating capacity. The tradition and mystique of the fabled Gardens will be difficult to replace, but it should not be forgotten when designing the new home of the Leafs.

Lalime turning heads in Pittsburgh

by Davy Palumbo

Sports Reporter

The Pittsburgh Penguins have struck gold between the pipes with record-breaking rookie netminder Patrick Lalime.

The first goalie in NHL history to go undefeated in his first 16 games, Lalime surpassed the mark of 14 set by Boston's Ross Brooks in 1972-73, and Montreal great Ken Dryden in 1970-71.

Injuries to veterans Tom Barrasso and Ken Wregget have turned out to be a blessing in disguise for the Penguins, who drafted Lalime 156th overall in the 1993 National Hockey League Entry Draft.

No one in Pittsburgh, including superstar Mario Lemieux, expected Lalime to have such an enormous impact.

"I think everybody's a little bit surprised because he's been in the minors for so long and coming up here is a big jump," said Lemieux, the NHL's leading scorer. "So far, he's been playing like he's been in the league 10 years. It's nice to see a young guy come up and play well."

Lalime, born in Bonaventure, Quebec, has a butterfly style similar to that of All-Star Avalanche goalie Patrick Roy and has the potential to be just as great.

"What makes him so good is the way he plays his angles and reads the play," said Lemieux of the rookie. "He's very smart, he's never out of position and always faces the puck, which is key for a goaltender."

In 1991, Lalime was drafted by the Shawinigan Cataractes, but they had two veterans in goal already. He then tried out for Tier II Louisville juniors, but they decided to go with their established goalie, a young determined netminder named Manon Rheume, who happened to be a woman.

One year later, Lalime returned to Shawinigan as a starter, but won only 10 of 44 games with the weak team. He was then drafted by the Penguins in 1993 and finally signed a contract in 1995. Lalime played two seasons with the Cleveland Lumberjacks of the International Hockey League, before being called up by Pittsburgh Jan. 24. With the help of Lalime's heroics. The Penguins have turned a 5-12-1 start into a 29-18-5 record.

"He makes great saves after great saves," said Lemieux. "He has won us a few games lately."

Lalime, 22, leads the NHL with a 2.11 Goals Against Average (GAA) and .935 save percentage. He was named Rookie of the Month for December and January and now boasts a 17-2-2 record.

With his outstanding record and three shutouts this season, Lalime is the shock of



Patrick Lalime focuses on the action, while Penguins feisty defensemen Darius Kasparaitis battles with Senators forward/captain Randy Cunneynworth behind the net. The game ended in a 3-3 tie.

the 1996-97 NHL season, and is gaining respect all around the league.

"Lalime's a great young goalie," said Ottawa Senators veteran Dave Hannan. "He's got a lot of confidence right now and he's playing really well."

"He's been a big surprise for (Pittsburgh) with Barrasso going down and Wregget going down," said Hannan, after a 3-3 tie against the Penguins. "He finally got a chance to play in the league and he's proving himself."

Lalime, who leads the candidates for the Calder Trophy (Rookie of the Year), said he believes he began winning once he stopped being impressed and hopes it continues into the playoffs.

If Lalime continues his strong play in goal, he will definitely be a bonafide superstar for many years to come.

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Retirement stage is set



Adam Morandini



Eugene Selva

by Jennifer Morris
Sports Reporter

It has only happened five times in 25 years.

Tonight, at 7:30 p.m., Humber College will retire two of its superior athletes into Humber College history.

Adam Morandini, a veteran soccer player, and Eugene Selva, a veteran volleyball player, will have their numbers retired into immortality this evening.

"There have only been five numbers retired since 1968," said Athletic Director Doug Fox.

"It means a great deal to me. I'm really honored, to be the first men's volleyball player retired," said Selva of the honor.

Morandini was a little less sure about the night.

"I don't know what to expect, I'm don't like the sound of being retired," he said. "I will be back to help out next year."

Athletes have to meet very high qualifications in order to have their numbers retired. Some of these include, demonstrating leadership, being named OCAA-All Star, and demonstrating the "Humber Hawk" die-hard persona. Both Morandini and Selva have fulfilled all of these qualities.

Selva, the captain of the men's volleyball team, has been at Humber for four years, taking Hotel

and Restaurant management and Business management. He will graduate from Business Administration in the spring. He was named an OCAA All-Star and Humber College Athlete of the year during the 1993-94 season. In 1994-95 season and the 1995-96 season, he was named OCAA All-Star again. He was just recently named MVP of the West Division's All-Star team and CCAA player of the month.

Morandini, captain of the men's soccer team, has the OCAA goalkeeper award for all four years of participation. He was Humber College Athlete of the year for 1994-95, and was named an All Canadian athlete in 1995-96 and 1996-97. Morandini had the distinction of being the captain of the National Championship Gold medal winning team in the 1995-96 season.

"Both of these athletes (Adam and Eugene) have exemplified exactly what we're looking for," Fox said.

Christine Connelly, president of the SAA at Humber, is planning the ceremony for Thursday night. "We're trying to make it very special for them, because it doesn't happen often," explained Connelly. "We're trying to get a lot of fans out because it's a really special event."

The men's volleyball game will follow the ceremony. All students and staff are invited and asked to come out to honour Morandini and Selva.

InsideSports

by Robert Amoroso
Sports Editor

At the '98 Olympics, Team Canada embarks on the quest for hockey gold.

After losing to the U.S. in the World Cup, Canada will be on the prowl to regain the dubious distinction of being #1 in the world.

The selection committee of Bob Clarke of the Flyers, Bob Gainey of the Stars and Pierre Gauthier of the Senators, will guide Canada's fortunes.

Who should coach? The front runners: Marc Crawford of the Avalanche and Doug Maclean of the Panthers.

If I was general manager, I'd be inclined to ice a team with speed, a proven goalie, balanced with youngsters and veterans.

My 'Dream Team' features the old guards: Wayne Gretzky, Mark Messier and Mario Lemieux (if he accepts) Al MacInnis, Ray Bourque, Scott Stevens and Paul Coffey.

The goalie of choice would be none other than Patrick Roy.

The defense strong and mobile Ed Jovanovski, Richard Matvichuk, Scott Niedermayer, Chris Pronger, Adam Foote with Bourque, MacInnis, Stevens and Coffey.

Possible team roster: Gretzky, Lemieux, Messier; Adam Oates, Paul Kariya, Brendan Shanahan; Eric Lindros, Owen Nolan, Mark Recchi; Joe Sakic, Daigle, Fleury. The reserves: Brian Savage, Jarome Iginla and Jeff Friesen.

The Canadians failed in the World Cup (Aug.), due to defensive liabilities and GM Glen Sather insisting on veterans.

The future stars must rise to the occasion: Lindros, Daigle, Kariya.

A likely scenario, Canada vs. the U.S. for gold. Overtime tied at 2-2, Daigle on a clear-cut breakaway. Daigle deposits the puck upstairs, beating Mike Richter.

The "Surhomme" (Superman) flies. Daigle, finally a bonafide superstar? It could happen. Remember '84 'Miracle on Ice'.

OCAA standings

Men's Basketball Central Region

	GP	W	L	FOR	AGT	PTS
Sheridan	6	6	0	557	452	12
Durham	7	5	2	554	456	10
Humber	7	4	3	499	471	8
Seneca	5	2	3	351	364	4
Centennial	6	2	4	422	498	4
George Brown	7	0	7	437	579	0

Women's Basketball

	GP	W	L	FOR	AGT	PTS
Humber	11	11	0	902	557	22
Durham	9	8	1	637	419	16
Seneca		9	6	3	689	490
12						
Fanshawe	11	5	6	643	622	10
George Brown	10	4	6	544	605	8
Mohawk	8	2	6	344	531	4
Niagara	8	2	6	358	504	4
Redeemer	10	0	10	345	734	0

Men's Volleyball West Region

	MP	MW	ML	GW	GL	PTS
Humber	9	8	1	24	8	16
Cambrian	11	8	3	29	16	16
Georgian	9	6	3	22	17	12
Niagara	9	6	3	20	14	12
Mohawk	9	4	5	19	17	8
Seneca	9	1	8	8	25	2
Redeemer	10	0	10	5	30	0

Women's Volleyball Central Region

	MP	MW	ML	GW	GL	PTS
Cambrian	9	9	0	27	2	18
Humber	8	6	2	19	9	12
Georgian	8	5	3	18	13	10
Seneca	6	2	4	9	13	4
Centennial	8	1	7	6	22	2
Confederation	7	0	7	1	21	0

STUDENT ART COMPETITION 1996 - 1997

Participants

- Pick-up an application at your campus **Sac** or **Athletics** office.
- Submit artwork to Room KX 101 at North campus or Athletics at Lakeshore

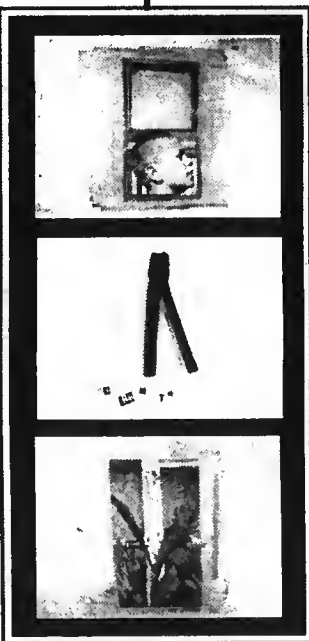
Submit entries on
February 17, 1997

Criteria

- Artwork must have been created within the past year
- Contestant must be a full-time or part-time Humber Student
- Artwork must be mounted so it can be displayed - easels provided
- Artwork must be signed

For more information, please contact
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