

Hawks massacre Niagara

Women's basketball wins big

by Joe Mercer

Seventy point blow out!

That's about all that can be said about Wednesday's 96-26 win over the Niagara Knights.

For a game that held importance for both teams, and was a probable preview of the first round of the playoffs, only Humber showed up to play.

"This will probably be the team we'll be meeting in the playoffs," Humber's head coach Jim Henderson said.

"I want to see how the team plays in this situation," he said.

Right from the opening tip, Humber had complete control of the game, jumping ahead of the Knights 18-4, behind great ball movement and sloppy play from Niagara.

As expected from the beginning, Niagara's post players were dominated, with Heather Curran, Shane Ross and Ayodele Bygrave taking advantage of Niagara's lack of height and scoring a combined 55 points.

"They have some tall players," Henderson said. "But we have a lot more depth at the post position, and at the guard position, so our guards will also play a part in the game."

And that they did.

Donna Cameron, the rookie sensation coming off her first All-Star appearance, was forced to sit out the game, because of missed practices earlier in the week. But Kim Poulin stepped into the vacant spot, and played the point for the first time this year, scoring eight points and picking up the MVP of the game.

"Kim Poulin did an excellent job," Henderson said. And the coach feels she could

step in and take over Cameron's position full-time if need be.

Christene Weber also came off the bench to play an important role in the absence of Cameron, putting good pressure on the Knight's point guard, and hitting a three pointer well beyond the arch to push Humber ahead by 50 points.

The Hawks defense was the key in the match up as usual, holding the Knights to only 15 points in the first half, and 11 points in the second.

Bygrave, as she did in earlier games, was a monster in the paint, swatting away six Niagara shots and cleaning up the defensive boards.

Although the Hawks put on an unbelievable showcase of defense and shooting touch, Henderson was more impressed with the intensity the Hawks displayed throughout the entire game.

"The last time we played them, we were up 25 or 30 at the half and only beat them by one," Henderson said.

"This time, even though the game was out of reach, the fact that we were able to play and play hard, is important to us in the long run, so that we don't have the ups and downs."

Bygrave lead the Hawks with 16 points, Shane Ross reached her highest offensive output of the year, chalking up 15 points, Heather Curran had 14 points and Tina Jones rounded off the foursome of double-figure scorers, pumping in 12 points.

The Hawks travel to Oshawa on Tuesday to play Durham College, and preserve their undefeated record of 10-0, and their ninth place national ranking.



Humber Hawk Ayodele Bygrave goes for the lay up against Niagara. Bygrave scored 16 points in the massive victory.

College quiet about administration layoffs

by Karen Becker

Although cuts to administrative positions are being implemented, details remain vague.

According to President Robert Gordon, as many as 20 positions could be lost. "When it's all over, my guess would be 20, of which about half would be positions that we wouldn't have to fill," said Gordon. "About 10 of those, that's not a fixed number, are in a category of people who are here and presumably would have liked to have stayed but we can't afford it, so

we're working out relationships on a case to case basis and that's underway now."

Although some of those in positions cut have been told of the layoffs, neither Gordon nor people affected wanted to talk about it.

In response to direct questioning about specific people and positions, Gordon said, "I don't want to comment case by case."

He said the layoffs are based on an analysis of which positions are more crucial to the long-term health of the college. Early retire-

ment is one of the options for those in positions that are being cut.

"We've tried early retirement for some and a handful have taken that," said Gordon.

Gordon said it's unlikely that many of the eliminated positions will have replacements.

"If you have an early retirement, ideally it would be a position we wouldn't have to replace. But if it's teaching, which we haven't got to yet, they have to be replaced because there's a fixed workload. We need a certain number of teachers," he said.

"But if a senior one leaves at a higher cost annually and we hire a lower level, there is a saving that way too."

Gordon said people in positions affected should understand where the cuts are coming from.

"I don't think you could say they're all aware, but I'm sure that they would have been very naive to think that it wouldn't be a problem if we came to tremendous budget downsizing, because of the nature of some of the jobs," said Gordon.



FILE PHOTO
President Robert Gordon

NEWS

EDITORS: Ken Collison • Lorrie Hills

675-6622 Ext. 4514



PHOTO BY WENDY CYRUS

A protester at Queens park voices his anger at Monday's passing of Bill 26, that gives Premier Mike Harris and his cabinet unprecedented new powers.

Rez students to vote in by-election

by Matt Guerin

Humber College students living in northern Etobicoke will be voting in a pending by-election following the resignation of Etobicoke North's Member of Parliament, Roy MacLaren.

MacLaren resigned his House of Commons seat, which included Humber College's North campus, on Jan. 25 after he was named Canada's High Commissioner to London, England by Prime Minister Jean Chretien.

MacLaren served as the riding's Liberal M.P. from 1979 to 1984, and was defeated when Brian Mulroney's P.C.'s came to power. He won the seat back for the Liberals in 1988 and was re-elected in 1993. Until last Thursday, he served as Minister of International Trade in Jean Chretien's cabinet.

Students living in Etobicoke North the day of the by-election will be able to vote, an Elections Canada official said. Etobicoke North spans south of Steeles Avenue West, west of the Humber River, east of Hwy. 427 and north of Eglinton Avenue West.

Elections Canada enumerators won't be allowed in Humber's residence, said Erin Hamilton, business manager of the residence.

"They'll only be allowed to put enumeration pamphlets in the mailboxes. Students will have to mail them back themselves."

Party candidates won't be allowed to canvass in residence either.

Kevin MacNeill, office manager in Roy MacLaren's constituency office on Islington Avenue, thinks the Liberals have a "good chance" of holding onto the

Etobicoke North seat. "This is a traditional Liberal riding," he said during a phone interview. The Liberals are expected to focus on their record in office to attract voters, Humber voters included.

The Tories and the NDP are also expected to field candidates. However, not all parties have nominated candidates yet.

Thorpe said the Reform candidate, when chosen, will decide which issues to stress in the campaign to attract potential Humber votes. He added the Reform Party "blue book" contains many policies "that might give comfort to a young person worried about their future." The Reform Party win could help the party replace the separatist Bloc Quebecois as the official opposition in the House of Commons is an "added attraction in the by-election," said Thorpe.

Government restructuring OSAP to benefit students

by Allison Haines

The federal government is concerned about the amount of debt students are accumulating with student loans, said Pat Scrase, manager of Financial Aid at Humber.

"There have been some concerns regarding the amount of debt load that students are getting into," said Scrase. "They have introduced some new policies surrounding the OSAP process."

The new programs introduced and the adjustments made to older ones are designed to stop students from getting into debt. Limiting the amount of money students can get and the time allowed to complete a course are ways the government hopes to help solve the problem.

According to Scrase, students are graduating with larger OSAP loans than they can repay.

Jennifer Brennan, a recent Early Childhood Education graduate, says the changes are not just geared for the students. "The changes will help the students, but they will help the government too. They are making cuts," said Brennan.

After three years of education Brennan's loan is over \$15,000. "It's a scary thing to think about when you graduate. The pressure of your loan hangs over you until you figure out how to pay it back."

Under the new changes students will be expected to complete their program within the number of semesters allotted, with one additional year if necessary.

Other changes in the program say students must enroll in a program that leads to a degree, diploma, or certificate. Full-time students must complete 60 per cent of the full course load in order to be eligible for continued funding.

"There should be some commitment on the part of the student if they're borrowing money to go to school. They should at least be able to pass 60 per cent of the full program," said Scrase.

The number of weeks of assistance that students are entitled to will also be reduced. Full-time students who received their loan prior to August 1, 1995, and students with permanent disabilities will still be entitled to 520 weeks of assistance (approximately 16 years of education), but those who

received their loans after August 1995 will only be allowed 340 weeks of assistance (approximately 10 years of education).

The responsibility of the repayment portion of OSAP loans has been transferred to banks, such as Royal Bank of Canada, Canadian Imperial Bank of Commerce, and the Bank of Nova Scotia.

"Now when a student leaves school and they graduate, it isn't the Federal and Provincial government that are going to be after them to repay their loans," said Scrase. "It will now be the banks."

The federal government has also improved the interest relief program which helps low-income graduates who are unable to meet monthly payments on their loans.

The government would take over the interest payments on the loan and no payments are required for up to 18 months.

Scrase said this option is available to all students as long as they can demonstrate to the bank that they're looking for employment.

The government has put out a pamphlet entitled "Canada Student Loans Update '95" which is being distributed at the financial aid office.

Brennan agrees the changes are needed. "I think a lot of people get OSAP when they don't really need it," she said. "They aren't thinking about the future, when and how they're going to pay the damn thing back."

SAC seeking 12 division reps

by Sara Paine

The Students' Association Council has positions available for co-option, the non-electoral process for joining SAC.

Right now, any student interested in becoming a representative on SAC can do so by going to the SAC office and picking up a co-option package and filling it out.

SAC needs to fill 12 positions in almost every division. Representatives are needed for Architecture and Construction, Business, Health Sciences, Horticulture, Fashion and Design Foundation, Information Technology and Accounting, Manufacturing Technology and Design, Liberal Arts and Sciences, and Media Studies.

"This is a chance for people to volunteer to be on council, they don't have to go through elections or anything like that because it's only for February, March and April," said Loreen Ramsuchit, president of the Students'

Association Council.

Although Ramsuchit said that she doesn't expect to fill every position, so far the interest in co-option has been favorable.

"We've had a lot of interest over the past few days," said Ramsuchit. "I've been in the office and noticed a lot of people coming in and asking if the positions are filled."

Ramsuchit also said that if students are interested in running in the SAC elections campaign later in the year, co-option is a good place to start.

"I came in on a co-option in February and I came back in May," said Ramsuchit of her first experience with SAC in 1994.

Right now SAC is down to 12 members on council.

"Some (positions) were never filled from May and some people resigned because they decided that SAC just wasn't a priority in terms of their grades or personal reasons," said Ramsuchit.

No more rewards for students who help move equipment

by Amy Lennie

The Media Centre is ending its distribution of free lunch tokens to students who pick up equipment for their teachers.

"It's too bad, but it's costing too much," said Dennis Camacho, a technician at the Media Centre.

The media centre was giving 60 to 70 tokens away each month and that translated into \$210 to \$245. Once known as "Kelly coins", (named after former Media Centre director Kelly Jenkins), the vouchers were worth \$3.50 each and were redeemable for meals at Kites and The Pipe.

The tokens were paid for with the money collected from overdue equipment fines.

Tom Fortner, the Media Centre's senior equipment technician said at one time the tokens

were also cashable toward purchases at the bookstore. However that was before the bookstore was contracted out.

Humber College has been sponsoring the meal tokens for about three years. "Teachers physically can't move them (equipment). Some have had backs or time restrictions, and we don't have time to do it," Fortner said.

Now teachers have to do it themselves or send students to pick up the equipment with no reward.

Reactions to the cancellation of the vouchers have been mixed.

"I always did it myself and it was never a big deal," said Jay Haddad, a Humber Psychology teacher.

"A lot of teachers are really disappointed. Really disappointed,"



PHOTO BY AMY LENNIE

Tom Fortner, head of equipment booking at the centre

Camacho said.

"I miss it, but I understand it," Carole Reid from Early Childhood Education said. "I'm a little person so I know how hard it is to lug that equipment up floors, but these are difficult times and we all have to cut back."

LAKESHORE

EDITORS: Deanna Hughes • Lorrie Kralka

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Readings put spotlight on Humber and authors

by Patricia Wilkinson

Humber salutes one of its own as the featured author at the semi-annual literary readings at the Lakeshore Campus this Valentine's day.

Communications instructor Antanas Sileika, author of *Dinner at the End of the World*, said he tries to pick the most politically incorrect passages to read from.

"People generally come to readings to have fun, so I do parts of the reading on life, sex and love," said Sileika, adding that anyone who is easily offended might not enjoy his reading.

Organizer Ben Labovich, a literary professor at Lakeshore, said having a Humber teacher make it big is an inspiration to the students.

"Students seem to be uplifted by the fact that we have these professors that are actually published novelists. The students are quite proud of that," said Labovich.

Sileika will read parts of his novel in the library of the Lakeshore campus on Feb. 14 and then open up to audience questions. The event starts at 2 p.m. and everyone is welcome including students from the North campus and community members.

Sileika's novel, set in the future, is about the world after the greenhouse effect has flooded many cities and brought intense heat to the earth. Survivors start fleeing for the North Pole where a group of people end up meeting.

However, things worsen when one member declares he has a nerve gas that could destroy all

human beings. Sitting around the campfire, the people are told to start telling stories. The man says that if by morning he decides their stories were good enough, then they will live.

"The more desperate they become, the darker the stories become," said Sileika adding that they can't seem to tell happy stories even with their lives on the line. Sileika, who wrote the novel about a year and half ago, said he got the idea for the book from a day-dream.

"(I saw) one image of an umbrella, a shoreline and an iceberg. The wheels started turning," said Sileika. He wanted to use the contrasting ideas in his novel.

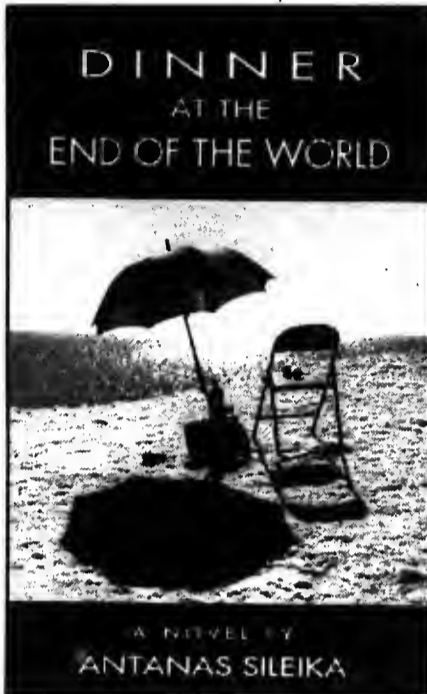
The idea of telling a bunch of different stories came from a series of novels and tales Sileika had heard.

"There is no real plan. You start writing and things come up," said Sileika.

About a year ago Sileika read the story on CBC's Morningside radio show. A few days later it received a very encouraging front page review in *The Globe and Mail* entertainment section.

The literary readings, in their 16th year, have also hosted Humber Communications teacher Joe Kertes who also runs the Humber School of Writers.

Originally, the readings were started for the benefit of the students in English at Lakeshore. Although they are now open to anybody, the students still study



COURTESY PHOTO

Antanas Sileika is a Humber Communications instructor who will be featured at an upcoming literary reading on Feb. 14.

the book in their class and write a number of essays on it before the author's appearance.

"We put (a study of that) author in our communication courses and then (the students) go and get the authors autograph, it's really quite exciting," said Labovich.

The literary readings are sponsored by the Canada Council. Labovich added that because the readings also draw OAC classes from surrounding high schools, they also serve another purpose.

"It gives us a chance to showcase the campus," said Labovich. "It also gives the students an idea of campus life."

Cost cutting necessary for Theatre Humber

by Patricia Wilkinson

The creative minds of Humber's Theatre program will be put to the test next year as budget cuts force them to find alternative ways to service their students.

Mark Schoenberg, artistic director for Theatre Humber, said they are looking to trim within the program without affecting the current quality.

"I think that the challenge for us is to find a way to deal with the reality of the mean times while minimizing the impact on the students," said Schoenberg. "We will be looking for places within the curriculum that we can save (money)."

Schoenberg said although the budget restrictions may force them to cancel one performance next year, he doesn't think the theatre can cut any deeper into the program.

"You can't have a Theatre program without productions," said Schoenberg. "There is a certain point where you have to say we can't compromise by making any more cuts."

"(The college) has to recognize that on a per student basis these programs cost more to maintain than other programs and that we're going to have to make the commitment to support them. Otherwise, it does not make a great

deal of sense to continue," he said.

However, Schoenberg added that the college has been supportive of the Theatre program.

"They made the commitment to put us in this building, so clearly they're interested in maintaining our presence," said Schoenberg.

Schoenberg also said Theatre Humber is already working on one way to save money for next year.

"We are being stimulated to work very hard to get our theatre ready, because every time we go outside to rent a theatre it costs us quite a whack of money," said Schoenberg. "So, with our own theatre up and running, that will save a substantial amount of money that will be applied back into the workings of the programs."

Theatre Humber will use the new stage, although not completely ready, to host the second year students' play *As You Like It* in April. By September they are hoping to open their season in the campus theatre.

Despite the recent cutbacks, Schoenberg said the Theatre staff is trying not to be negative.

"We're trying to look at the business of trying to stay alive and stay competitive as a positive challenge," said Schoenberg.

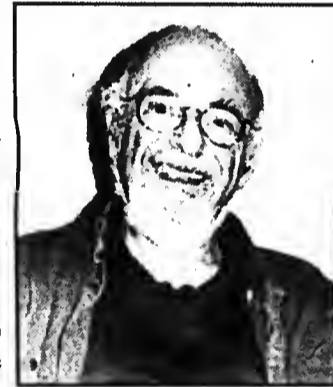


PHOTO BY PATRICIA WILKINSON

Mark Schoenberg, artistic director of Theatre Humber.

Theatre and Music students combine forces

by Patricia Wilkinson

Lakeshore's theatre and music students are joining forces in their production of *The Threepenny Opera* set to open on Valentine's Day.

The production of Bertolt Brecht's 1928 musical will be the first, time in about three years that both programs have been able to work together.

"We've been looking for a way to combine our effort for some time," said director Mark Schoenberg. "The fact that we have a combined effort really generates a lot of excitement, it's a healthy kind of cross-pollination."

The musical, performed by first and third-year acting students, centres around social and government problems. Issues such as bank profits, police corruption and ignoring the homeless are all exposed.

"Brecht is a man who thought theatre should agitate, in the political sense. His theatre was really

socially conscious, very up-to-the-minute in terms of the way it attacked hypocrisy," said Schoenberg.

He added that although *The Threepenny Opera* was written

almost 70 years ago in German, it deals with the problems of today's society.

"What's so intriguing is that the play could have been taken from tomorrow's headlines here in

Canada," said Schoenberg. "The kind of things that were being exposed are the kind of things we talk about today."

The score for the musical, being performed by an eight piece orchestra made up of students from the Music program, was written by Kurt Weill after Brecht asked for his assistance.

"It's a combination of an extremely witty and cynical script and a brilliant musical score, so it's one of the great enduring works of the theatre," said Schoenberg.

Band Conductor Alan Gutton said the musical includes ballads, jazz and marches. He said the score includes a parody of the late 1920s.

The music fits in

with the play's theme of ridiculing the times said Gutton, adding that both the script and the score work together.

Schoenberg said that both the Theatre and Music departments want to combine their talents on a regular basis in the future.

"We're hoping that this production will initiate an on-going series of productions that we do together. We'd love to be able to produce a musical play once a year in cooperation with the music department," said Schoenberg.

The Threepenny Opera runs from Feb. 14-18 at the St. Michael's Theatre located at 121 Joseph St. in Toronto.

Theatre Humber's second production will be William Shakespeare's *A Midsummer Night's Dream* playing Apr. 17-21. It will be performed at Theatre Passe Muraille, 16 Ryerson Ave. For further information or reservations call (416)-675-0216.



PHOTO BY PATRICIA WILKINSON

Theatre Humber students rehearse for their upcoming performance of *The Threepenny Opera*, which features an eight piece orchestra made up of Humber music students.

EDITORIALS

EDITOR: Lauren Blankstein

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

Editor: Deborah Rowe • Managing Editor: Chris Fell
 Production Editor: Deanna Hughes • Copy Editor: Raquel M. Scott
 News Editors: Kenneth Collison, Lorrie Hills • Features Editor: Marc St. Germain
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Students should rally to save education system

At the rally on Wednesday, Feb. 7 strong voices must be heard — student voices.

For weeks we have heard how Humber's support staff, administration and faculty are being laid off and of the proposed changes to various college programs.

Now students have an opportunity to protest these and future cuts to post-secondary education. Apathy must be overcome.

In a national day of protest, the Canadian Federation of Students hopes to send a message to the provincial and federal governments. The message is simple.

In Canada, post-secondary education provides an opportunity for those who are willing to work hard to have a brighter future. This should remain a right of every Canadian. We must not allow the pendulum to swing back to a time when colleges and universities were a place only for the privileged.

Today we live in a global economy and education is our most valuable resource. It is a resource well worth protecting.

Students must not be fooled into believing the cuts will not affect them. Cuts will mean higher costs and fewer opportunities.

Although we are only at Humber for a short time, it does not absolve us of a responsibility to the future of post-secondary education. In the coming years, we should be able to look our children in the eyes and say we fought to preserve their future as best we could.

The rally will begin at 3 p.m. at Nathan Phillips Square. A march up Bay Street will culminate in speeches at Varsity stadium.

Students owe it to themselves, and to the future of this country to be there.

Israel alienates Ethiopians

A quiet minority became vocal Sunday outside of Israeli Prime Minister Shimon Peres' office.

Black Jews in Israel exhibited their outrage at Israel's policy of discreetly rejecting any blood donations from the Ethiopian Israeli community. "It was the straw that broke the camels back," said an Ethiopian community leader in the Middle Eastern country. And understandably so.

Since the mid-80s when Israel started to secretly airlift thousands of Jews from Ethiopia, this small community, which now numbers approximately 60,000, has felt they have been treated like second-class citizens. They complain about being segregated into isolated settlements with poor-quality housing and schooling. As well, their legitimacy as being "real Jews" has been questioned time and again by the country's religious leaders.

And now they're faced with the greatest insult of all.

Last week an Israeli newspaper reported that for years Israeli blood-banks have been disposing of any blood donated by Ethiopians for fear that it is infected with HIV which causes AIDS. Moreover, they did so without informing the donor.

The *Globe and Mail* reported that Israel's Health Minister Ephraim Sneh said immigrants from Ethiopia are 50 times more likely to be infected with HIV than the general Israeli population. Discriminating against an entire community is neither the ethical nor the responsible way to deal with this situation. Israel should follow in the footsteps of other developed countries and properly test the blood from both high and low risk donors, rather than simply discarding it. Granted, testing is not fool proof and it often takes more than one test to be accurate. But Israel is known to be one of the most scientifically and technologically advanced countries in the world and is perfectly capable of implementing a thorough screening system.

Furthermore, not being honest with the Ethiopian community about these health concerns was disrespectful. This secrecy has created an even greater rift than if they had rejected the donors up front.

Israelis have become a society with deep divisions. Now more than ever, the government should be working towards unifying the different communities rather than alienating them.



Opinion

Fraternities get undeserved bad rap

I sit at 152 St. George St. My walls are similar in mere construction to other houses, yet they hold up and support far more than just my roof. My walls have housed residents from past to present and hold memories much longer and more in depth than any of my neighbors.

But unlike my neighbor, I'm often perceived as a house without meaning, without morality and without order. It's this perception that was developed by a stereotype, shaped by after-school specials and uneducated narrow minds.

I often wonder how society can assume so much without any actual knowledge of what I stand for. My sadness is cured and faith reassured when I think of those who have built my character, and those who continue to develop what I stand for.

You see, I'm actually a building that houses ideas and plans that benefit society. I find it strange that some view my members as beer guzzling brats that live only to participate in toga parties, mass beer drinking and of course the sexual harassment of women. What's really funny is that I have strict laws forbidding these actions or any other illegal activity. That's not to say they don't party, they just do it in moderation, and hurt no one in the process.

So what kind of a place am I?

I'm a place for those who have the courage and the desire to share themselves with other human beings; for those who wish to be more than they are. I'm built by continual striving between men who acknowledge their imperfections and limits, yet refuse to accept those limitations as insurmountable.

I was wondering why student papers are reluctant to report the benefits we bring to others. They tend to only feature articles that reinforce the negative stereotype surrounding our community. It seems every university paper turns a blind eye whenever my members



by Craig Hadley

take part in any charitable event. They make no mention that we have raised over 3,500 pounds of food for Toronto's hungry in a single day. They make no mention that 80 per cent of my members are involved in extra curricular activities. They refuse to acknowledge that our educational requirements are higher than any university requirements to be a 'student in good standing'. They spite the fact that a great number of my family members will go on to become lawyers, doctors, professors and politicians.

The family I keep is unlike any other. My family is everything to me, and I'm everything to them.

I exist not only in Toronto, but in 222 other towns and cities. I have a membership that exceeds 220,000, and I continue to grow. I've seen laughter, I've seen tears, I've felt ups and downs. I've seen the socializing of brothers from several generations, which proves to me that I am far more than a temporary outfit serving as some form of a social club.

Most importantly, I've seen brotherly love that is the root to the dedication, and life-blood that has made me what I am.

What am I? I'm the Lambda Chi Alpha fraternity.

Despite common belief, fraternities are open to college students. If you're interested, drop by the house or phone (416)351-7939.

Craig Hadley is a first-year Law and Security Administration student at Lakeshore campus.

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OPINION

EDITOR: Lauren Blankstein

675-6622 Ext. 4514

Axing Reading Week no benefit to students

The proposed cancellation of Humber's Reading Week indicates a lack of respect for both the college's teachers and students.

In last week's Humber Et Cetera, Richard Hook, vice-president of Instruction, said the proposal by President Robert Gordon to eliminate Reading Week from the college's schedule in 1996-97 is very possible.

"I would be very surprised if we had a schedule next year that included a Reading Week rather than a four-day break," he said. Hook said such advantages for students would include savings in rent and more time to look for summer employment.

The elimination of Reading Week is a moronic idea. Plain and simple.

Most students, by February's end, are feeling the crunch of mid-term marks. Reading Week gives them a time to either relax or catch up on any missed assignments. A large number of students take advantage of the week off and travel to sunny shores with their families.

Students, like myself, look forward to Reading Week to spend time with friends who have been away at university. That one week off gives me a chance to see friends, some



by Matthew Blackett

of whom I've only seen once since September.

President Gordon might also want to note that students have been braving the winter for nearly three or four months. In last week's Et Cetera, the "Winter Survival Guide" stated the well known fact that winter is the most common season to fall into a depression, which in some cases can lead to suicide.

When student suicide rates hit an alarming high at Trent University in Peterborough, students were granted an extra Reading Week in late October, in addition to their late February holiday.

When I attended Carleton University, the administration imposed a rule that all students living in residence, excluding out-of-province students, had to leave over

Reading Week. The last time they allowed students to stay on campus over this week, two male students killed themselves while another was found painting the walls in his residence room with his own feces.

Furthermore, to suggest a four-day Easter holiday is compensation for Reading Week is ridiculous. Most people make that holiday a four-day weekend anyway! Students end up taking the Monday off to spend more time with family and friends, while teachers have been known to not "take attendance" (translation: "don't come to class").

Mr. Hook attempted to play the "emotion card" and convince students that giving them a week off at semester's end will give them an advantage in their quest for summer jobs. This is a joke. If he believes that students are starting to look for jobs in the first week of May, he is as out of touch with reality as is his proposal.

With the enormous pressure that students and teachers face each day, a five-day break in the middle of our semester is a necessity.

Matthew Blackett is a second-year Journalism student.

What do you think about the possible cancellation of spring break next year?



Grant Harrison

first-year Landscape Technician

"It's not a good idea. We need the week off to work and make money."



Lori Lacey

second-year Safety Engineering

"It's bad. Students need a break to re-organize. They need time to reduce stress."



'Rafi'

first-year Mechanical Engineering

"It shouldn't be eliminated. Students need the break."



Robert Csele

final-year Funeral Services

"It would really suck. Everybody needs a break in the winter."



Mike Van Eften

first-year Radio Broadcasting

"It's fine, we get out one week earlier. They should maybe shorten the Christmas break too."

Compiled by Bob Salverda

OSAP experience worse than ever despite reforms

A new and improved system which promised no lines, no negotiations, no forms nothing short of frustrating

Way back in September, I was very pleased to learn that the Ontario Student Assistance Program had undergone a major revision. The woman at the Financial Aid Office assured me with a friendly smile that this year the entire student loans process was new and improved. OSAP had become user-friendly. I knew this concept sounded too good to be true, but I had faith. I am an optimist, after all.

Apparently, once the initial loan was negotiated at the bank, the student's only remaining duty was to spend the money. In fact, the same sweet woman behind the OSAP desk repeated several times to me (at my request, because I was in a state of disbelief), that semester-two's allotted funds would be even easier to obtain. The plan eliminates the student from the process. Loans moved from OSAP's head office in Thunder Bay directly into students' bank accounts. No more forms to be signed, loans to be negotiated or long, stagnant line-ups to endure.

The process worked for some. Many students received their semester-two loan documents in the mail during the holidays. Those lucky ones only had to visit their banks in the new year to ensure their money would be accessible



by Erin McNamara

within a reasonable amount of time. So the part about eliminating the student's role in second semester was not exactly on the money, but at this point, those people have their cash, so who is really complaining?

Unfortunately, the process failed a lot of others. And the ones who waited and waited for documents that never arrived are complaining. I fall into this category. I was reduced to standing in line outside the Financial Aid Office, sweating profusely from the four layers of clothing I piled on that morning and finally being greeted by an irritated person who wouldn't smile if her life depended on it.

Once inside the door, the number I'm given indicates I have another 20 minutes to wait. Ten minutes go by before

someone casually mentions that the numbers are "all screwed up" so she's going next, even though her number indicates she is the third to last person in line.

Finally I make it inside a cubicle. I think my ordeal is coming to a close, but as I discover, the fun is just beginning.

The not-so-nice lady at the desk informs me that my forms were lost in the initial mailing-out process, and would be re-ordered. When I tell her I've got bills to pay and things to do and I'm not impressed with the "new" system, she floors me by saying if I had budgeted properly, there wouldn't be a problem. The nerve of this woman, who knows nothing about my life, to lecture me on my finances. I should have told her that the problems I have only began when my OSAP was late. It is not my fault and I will not shoulder the blame.

I also do not blame this woman or anyone from Humber College for my position. However, a little sensitivity would have gone a long way.

Erin McNamara is a second-year Journalism student.

PISSED OFF?

DON'T JUST SIT BACK AND COMPLAIN.

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CALLING ALL STAFF AND FACULTY

THE PAPER IS INTERESTED IN YOUR OPINIONS ON ISSUES RELATED TO YOUR FIELD OF WORK OR STUDIES.

It is our hope that intelligent, insightful pieces written by experts in a field will help enlighten the Humber community.

Trials and Tribes

by Colin Purser

I was sitting in a movie theatre the other day and heard a phone ringing. The guy answered and talked for ten minutes.

Later I went to Sears and was startled by a loud ringing sound. The woman answered while paying for her clothes.

On the way home I went to a restaurant, and a guy was talking on the phone while he ordered his food.

What the hell is wrong with you people!

Cell phones were once a useful technology. If your car broke down you could call for help. If you were in danger you had easy access to assistance. But it's turned into a toy.

People are now using them for social calls. To talk to their friends everywhere they go and to make sure they don't miss anyone calling. But the whole idea of going out in the first place is to get away, so people have something to talk about later.

I remember a time when the answering machine was the newest in modern technology. If you didn't want to miss a call, you checked your messages.

Soon after, they invented car phones. I figured, "That's cool, good for emergencies." But carrying phones around with you, is going too far.

What could possibly be important enough to have to talk on the phone while you walk down the street? Who needs to carry a cell phone while picking out clothes in a mall? It's total bullshit!

Now these little devices are ringing everywhere today, in cars, in restaurants, in malls, all over. And it's really getting on my nerves.

I get out of the house to get away from the ringing phone, the television and the homework. There's no need to carry a phone around with me.

And nothing makes me angrier than being interrupted in a movie theatre, or in a store by some guy talking to a little device, about what he did last night.

So please, if you are one of the many who own a cell phone, and have the urge to talk to your friends while ordering food at Burger King, don't. It's not only rude to people around you, it makes you look like a damn fool. At least use a little discretion as to where, and when these phones are appropriate. Or here's a thought, use a pay phone.

St. Christopher House hosts farewell bash

by Rosanna D'Souza

A gathering at a farewell party turned into a night of bashing Mike Harris and his government.

Musical groups Kevin, Anne, and Carol, The Jitragz, Katie's Bridge, and Vox Pop all gathered to say farewell to St. Christopher House The Meeting Place before the community centre moves up the street.

All the bands that performed sang songs about poverty and the budget cuts.

They all paid tribute by reminding everyone how special this location has been.

"Let us remind ourselves just how important St. Chris's House has been to us," said Kevin Barrett of Kevin, Anne, and Carol.

"It has been a home to many unfinished revolutions."

Barrett also dedicated one song to Mike Harris. "Tell 'em it's time to end poverty. Don't dismantle health care, we need real child care," sang Barrett.

St. Christopher House is a neighborhood agency that has served the communities in the west end of Toronto for more than 80 years. It enables the less advantaged individuals, families and groups to gain greater control over their lives and their community.

"It's a settlement house serving



COURTESY PHOTO

Kevin, Anne, and Carol entertain homeless at St. Christopher House shelter in west end Toronto.

the community since the early 1900s," said Liz McLean, program organizer.

"It serves a diversity of people from the homeless to different ethnic groups to people with Alzheimer's; to abused women. Around 150 people drop in a day," she said.

The audience of about 75 people enjoyed live performances, some even got up to dance while others sang along to tunes they

knew.

Although the majority of the crowd was in their mid-thirties, they too enjoyed watching bands perform. For many groups like Vox Pop and Jitragz who are still trying to promote a name for themselves, playing small gigs like The meeting Place is very special to them. They are contributing entertainment to individuals who rarely get to see live performances.

The Sidemen go Hollywood

Toronto blues tune makes *Two If By Sea* soundtrack

by Ted Henley

Toronto's own funky-blues band The Sidemen are infiltrating Hollywood by debuting a song in the new movie *Two If By Sea*.

Their song, "Don't Mess With My Business", is on the album with artists like Sinéad O'Connor, Colin James and The Go-Go's on the official soundtrack for the movie, said band manager Serge Sloimovits.

"It's a great opportunity for the band," said Sloimovits. "The song is played in the movie during a sleazy bar scene, which oddly enough goes along with the tone of the tune."

"Breaking into the U.S. market is always tough," said Sloimovits, "but breaking into a movie is a great way to start."

This is not the first time the song has been used outside of the normal music industry. It first appeared on

the CTV drama series *Due South* six months ago where it was also used in a bar scene.

"It's really weird that the song is used in two similar contexts," said Paul Reddick, singer for The Sidemen. "The deja-vu thing is going on like crazy when you look at how totally different the TV show is compared to the movie. We're not complaining though."

The track is off The Sidemen's recent release *When The Sun Goes Down* and was not picked by band members to be an official single.

"We laugh about that all the time," said Reddick. "We always liked the song but didn't think it would ever be big. It goes to show how well we choose our song lists."

According to Sloimovits, the demand for the song is a mystery to most people associated with the band because The Sidemen did not directly approach CTV or the movie producers.

"I sent the CD to a lot of stations in Los Angeles, Toronto and around North America," said Sloimovits. "The people from CTV came to us about six months ago and asked for the rights to use the song. Then about three months after that, the movie producers asked to use it."

Reddick is surprised as well. "We're not great marketers," he said.

"We get our fans from word of mouth. How the TV show or the movie people heard about us is baffling because we almost go out of our way to not market ourselves."

The Sidemen's success is no surprise to Kevin Berry, co-manager of Albert's Hall in Toronto. "Whether they mean to or not, the bar is packed every time The Sidemen play," he said.

"They played a gig last week



COURTESY PHOTO

Left to right: Paul Reddick, Greg Marshak, Kyle Ferguson, Vince Maccarone, are making their mark, as The Sidemen.

and the place was rocking. Those boys have a knack to consistently fill the bar every time they're in Toronto."

The Sidemen are in studio to record their next release in about one month. The album is scheduled to be released in late spring.

Art Gallery on the Worldwide Web

Discussion panels sure to be a hit with art crowd and net surfers

by Pamela Chynn

Interested in what's been going on at the Art Gallery Of Ontario? If you want to keep up just surf the Worldwide Web.

The AGO had its electronic debut on Jan. 19. The AGO page is not going to be just a superficial parade of some key works from its permanent collection and travelling exhibitions.

According to Douglas Worts, educator in programming and interpretation at the AGO for 13 years, other galleries have registered on the web before, but AGO has something unique to offer.

The AGO is offering an open ended database, which means the gallery will set up discussion forums on the web that will feature a panel of note-worthy individuals. People participating in the discussion can electronically send their opinions to the panel live, during the discussion. Worts said this has been done before by galleries through e-mail, but the AGO is the first to ever add this dimension to their services on the WWW.

"We have things to offer to the

public, and we believe that the public has things to offer us," he said.

At a time when the AGO, like many artistic institutions, is having a huge portion of its budget slashed, there is a financial benefit in the gallery's adventure.

One of the ways in which the AGO's home page will be used to generate revenue, is as a membership incentive.

Those who purchase memberships, would have access to more information on the web, than those that do not. Worts said this is a great idea, especially for people living outside the Toronto area, who want to be kept up to date on the most recent activities, and art acquisitions of the AGO.

Another way that the AGO plans its web page, is by setting up a shopping sig. People could make purchases from the AGO's gift shop through its page on the web.

People would also be able to purchase tickets on the AGO's home page for gallery events and exhibits.

The OH! Canada Project is one

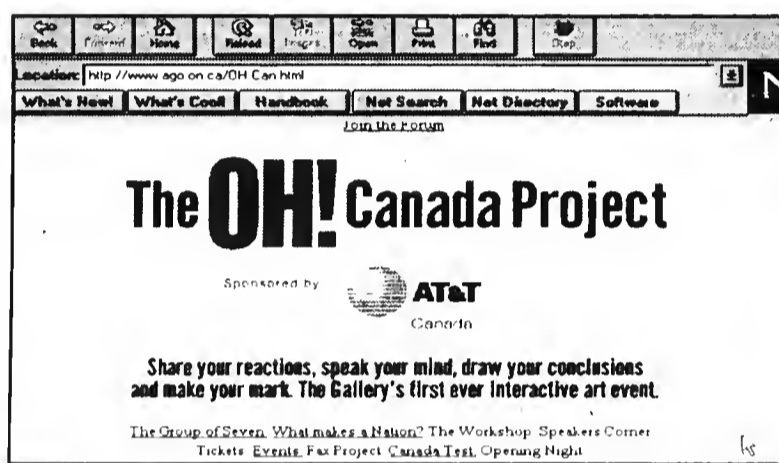
of the Gallery's upcoming exhibitions that helped launch the AGO's journey onto the information highway. The 'O.C.P' forum opened up on the web on Jan. 24, and is the first open panel discussion of the AGO. The 'O.C.P' exhibition begins Feb. 16, and runs until May 5.

Wort believes the experience of the AGO web-site has the potential to enhance the experience of visiting the gallery itself.

For example, those who partake in a panel discussion may be intrigued and enthused about seeing the actual exhibition itself.

The AGO's home page is still in its infantile stage. According to Worts, the AGO will over time add more of its collection to the site, and also expand its variety of discussion panels and information packages.

You can visit AGO at <http://www.AGO.on.ca>.



COURTESY PHOTO

Screen shots of Art Gallery of Ontario web-sites.

Waiting to Exhale

Breathing honesty on screen

by Marlon Merchant

The beautiful and talented quartet of actresses showcase truth and honesty about men and women in relationships in the film, *Waiting to Exhale*.

Based on the highly successful novel by Terri McMillan who was also one of the executive producers and screenwriters for the motion picture, the film centres around the lives of four women in Phoenix, Arizona looking for more out of life.

Whitney Houston, Angela Bassett, Lela Rochon, and Loretta Devine play four friends who are brought back together again seeking the perfect man in their troubled lives. They are each looking for a man with a humorous side, a sense of purpose, someone who is tender, confident and strong without showing the vulnerable or rude side of himself.

They have a difficult time, yet Savannah, played by Whitney Houston, has more than just picking the right man on her mind. Her main objective is to move from Denver to Phoenix to be reunited with her longtime friends and begin a fresh, new life from square one.

Although many who had already seen it said it was really a

woman's movie, *Waiting to Exhale* allows both men and women to relate to and understand what it means to have a true blue relationship turn out for the best.

Angela Bassett's character, Bernadine, goes through a most traumatic ordeal when her husband tells her just before they are leaving for a New Year's Eve party that he will be going with his secretary, not her. When her friends find out about her situation, they help her get over the mountain and move on with her life.

Whitney Houston's lead character left little to be desired as the actress could have displayed more feeling in her role. Angela Bassett, as in her other great movie roles, stole the show showing strength and bravery in her character to overcome her troubles.

Director Forest Whitaker did a commendable job in trying to capture the mood from the book. The music score arranged by Kenny "Babyface" Edmonds could have been stretched out to fill in some



COURTESY PHOTO

A romance for both men and women.

scenes with the appropriate songs which would have blended in well.

The movie soundtrack features Whitney Houston, Mary J. Blige, Brandy, Toni Braxton, Aretha Franklin and Patti LaBelle performing hard, soul-felt songs out of an already star-studded lineup from the R&B persuasion.

This is definitely a movie that everyone can enjoy, and more importantly learn from because everyone will experience something similar to what the characters in the film did: having the courage to be independent and not force anything you aren't sure about in the beginning.

The Inbreds:

Making noise Friday night for rowdy fans at Rivoli

by John Williams

The Inbreds have been at both ends of the live music spectrum in Canada. After playing in front of hundreds of thousands of people last summer with the Tragically Hip's Another Roadside Attraction tour, they now find themselves headlining a small club tour across the country. Comprised of Mike O'Neill on vocals/bass and Dave Ullrich on drums, the Kingston, Ont. duo brought their soulful rock sound down the 401 to the Rivoli Club on Friday night.

Over their four-year history, The Inbreds have achieved cult status across Canada, and seem to be close in bringing their music to mainstream listeners. The two-some have garnered a lot of attention since touring with The Hip and Buffalo Tom and have broken away from the trendy power guitar-driven alternative sound that is prevalent in the music industry.

When asked about the sound relative to the size of the band, Ullrich explained that "it is just bass guitar and drums which is unusual, (but) we tend to try and make our songs full-sounding with a normal pop-rock flavor. They inevitably end up sounding different than any other songs

from bands you might hear with the types of distortion sounds that Mike (O'Neill) gets with his bass."

Playing mainly songs from their latest album *Kombinator*, they pleased the sold out crowd with experimental tunes that ranged from hard edge to pop, to minimalist and full. Nevertheless, the hour and a half set was not without its flaws. It was occasionally marred by a bad sound system and a few drunken souls in the crowd screamed out their displeasure with the few seconds of tuning between songs. That aside, they managed to get the 250 plus people jumping with stand-out songs such as "Any Sense of Time", "Round 12", and crowd favorites "Matterhorn", and "T.S. Eliot."

Much to the displeasure of the packed Rivoli Club, the show ended approximately an hour after it started. With only two full-length albums to play from, and with each song being an average of two and a half minutes long, they simply ran out of material to play. Hopefully, with a new album slated for an April release, they will be able to stick around a bit longer next time.

EDITOR: Marc St. Germain

Winter the hardest season for those living on street

Good Shepherd refuge provides food and shelter in the meanest season

by Leeanne Lavis

David* (*for privacy some names have been changed) had a wonderful life, he was a successful accountant and was happily married.

Things began to change when his wife became very ill and died. David started drinking heavily and soon lost his job. When he couldn't afford his house any more he ended up on the street.

Bill* and Tina* just can't seem to make ends meet. They are a young, married couple, whose full-time jobs only manage to pay their rent. They have no choice but to turn to a refuge for something to eat.

At the Good Shepherd Refuge, located on Queen Street East, the people who visit or work there all have a story to tell. In the front office, a Catholic nun and a volunteer discuss a homeless man named David who frequented the refuge.

"You remember, David," says the nun, as she lays a photocopied picture of him out on her desk.

"Yes, I do. Why?" asks the volunteer.

sent to Toronto to do community service. No one knows what Clint did, they just know that he's there to help.

Out in a crowded foyer, about 20 men sit, chat and sleep. They have been waiting there since 10 o'clock for a 12:30 lunch.

"In winter time our lines definitely get bigger. Usually, in the summer time, (we serve) about 100 less. But since the cut-backs on the social programs the numbers have increased as well," said Denis Desrochers, cook supervisor.

Darcy Skitt glances over at the door the homeless people wait behind. He volunteers at this refuge and sleeps at another one

"The government isn't doing enough. The cut backs are not helping. You try and live on \$195 a month. You try that and see how well you do," said Skitt.

Everyone who comes to the refuge is treated with respect. No one makes a scene about how old you are or what kind of shape you're in. Not even a second glance is given to the two men dressed as women.

Some of the homeless succeed in getting their lives back in order. Charlie* was on the streets for many years. However, with a lot of encouragement, Charlie went to Alcoholics Anonymous and is now back in school.

Over 750 people are served at this refuge each day and some guests stay on for the night.

However, due to government cut-backs the refuge is having a difficult time accommodating everyone.

"We constantly turn away people from the shelter program. That's devastating not only for us but for the gentlemen who come because we can't always guarantee they're going to find some place else (to stay)," said Urquhart.

The atmosphere there is grey; the sky, the building, and the rags being worn. Smiles are rarely shown; laughter is not often heard. These people are human beings. They never intended to end up in this situation.

The refuge has over 400 volunteers, however, they still need more help from the community.

"We always need canned meat, powdered milk, sugar, coffee and hot chocolate," said Urquhart.

Other items that are always urgently needed are deodorant, shampoo, soap, razors, towels and pyjamas.

A man leaves the refuge and limps around the corner to the side entrance. His reason for being there is unknown.

I begin to realize how fortunate I am to have a warm place to sleep tonight.

For more information about the Good Shepherd Refuge and how you can help please call (416) 869-3619.



PHOTO BY LEEANNE LAVIS

The Good Shepherd Refuge on Queen street provides food, shelter and clothing for those living on the street.

"Well, they found him strangled to death last night," the nun replies. "He was only 38."

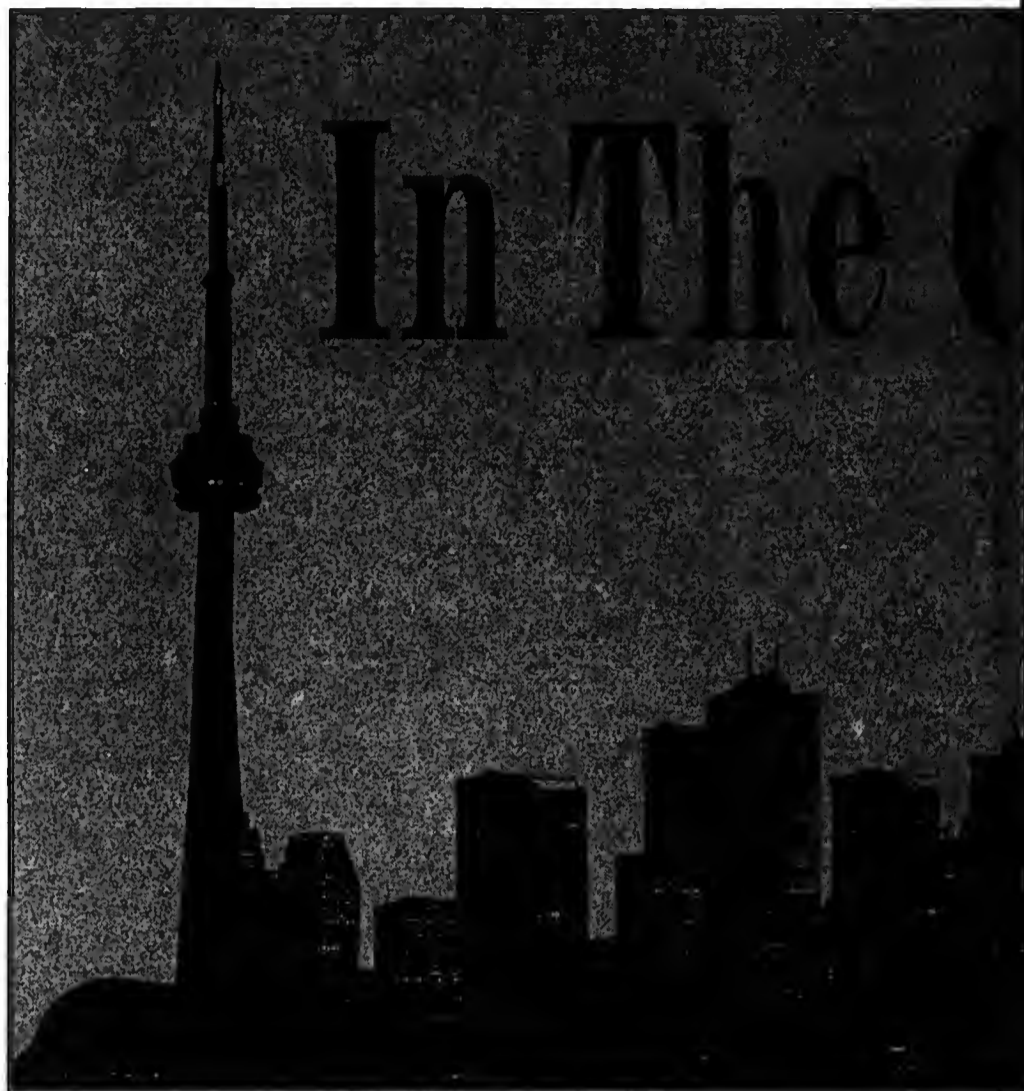
During the winter, the freezing temperatures create even more hazards for those who live on the streets.

Adrienne Urquhart, a fundraising and public relations representative at the refuge, said, "Any skin exposure during extreme temperatures will cause frost bite. There's the potential for hypothermia if they're not covered properly."

"We've also had incidences of tuberculosis which can be devastating if treatment isn't received," said Urquhart, adding that there is a clinic at the refuge where doctors are available to look after medical needs.

A middle-aged woman, professional in appearance, enters the room. She looks out of place at the refuge, like someone who's there to make a donation. However, June* is not there to drop off clothes. She volunteers at the refuge on a regular basis. June's sister is mentally ill and a cocaine addict. Occasionally, she will drop in at the refuge. That's why June works there: to know her sister is still alive.

Cleaning up in another room is a tall, tattooed man. Clint got into some trouble with the law in British Columbia and was



In The

Etobicoke's new cop employs new

New Division 23 commander p

of future through community-p

by Karen Elsworth

Beyond 2000, is one program that the new Unit Commander of Metro's Division 23 Police Station, Glenn Paproski will implement to establish more community based policing.

"Beyond 2000 is where we envision policing going in the year 2000," said Paproski, who was transferred to Division 23 in mid-December last year to assess the needs of the community, and implement the resources accordingly.

The new program is aimed toward community based policing, police working with residents in the area, and it involves guidelines on what a model division should represent. Basically, it asks citizens how they want their neighbourhoods policed.

Constable Stewart Davidson, responsible for public relations at Division 23 said that policing is changing considerably. Previously, police departments were reactive, where they would respond to a situation only after the call was made. Now, they are pro-active meaning the department plans on being involved in the community before a call is made.

Etobicoke began implementing Beyond 2000 approximately three years ago, although some police stations are only adopting it now.

System they are changing a computer system called, "The Town Crier", which lists all the residents in the com-

puter according to their geographical areas. If an incident occurs in your neighborhood that you should be concerned about, such as a rise in break-ins, the computer will send telephone recorded messages to all those it may affect. The recordings will warn the resident of the occurrences and perhaps

Paproski recognizes community and excellent response. This is on Kipling Drive, so



PHOTO BY KAREN ELSWORTH

Unit commander Glenn Paproski is in Etobicoke to implement Beyond 2000, a program for more community-based policing in the division.

give a description of the suspect.

"We have caught a lot of criminals by using this program," says Davidson.

But Davidson says, "The problems residents are having aren't necessarily crime related. It could be a disagreement over a parking ticket or something."

reward. Gary Resource with the p Last year and rece thanking

Day in the life of a food bank

Journalism student sets out to expose fraud at food bank to find the truth is very different from what she thought

by Karen Elsworth

As I approached a small wooden door near the end of a dismal warehouse, I had only one goal in mind. I wanted to expose all those scoundrels abusing the food banks and taking advantage of the "free food". I entered the building and found myself standing at the end of long, lifeless loading docks. This was my first visit to the Toronto Daily Bread Food Bank.

As I walked quickly along the docks, I turned to see a family of four packing up their new-looking Nissan Sentra with a large amount of food. I thought, "Yes, I was right, the nerve these people have, to drive up in this nice car and leave with food intended for the less fortunate." I was wrong. In fact, throughout my research I realized I was mistaken about many things.

The family I saw drive away with all that food were in unfortunate circumstances. The primary breadwinner had lost his job and needed some temporary assistance. In fact, Daily Bread Food Bank literature says one in four food bank users lost their jobs within the last year and are not chronic charity users. Too often we forget that for most recipients the food bank is only a temporary necessity.

Thelma Phillips, programs coordinator for Toronto's Food Bank, says it is common for people to misjudge those who use food banks. Thelma has previously received calls from members of the public asking questions like, "Why was that person in a fur coat leaving the food bank with bags of groceries?" Many people don't hide the preconceived notions they have of food bank users and display their disapproval.

Food bank literature says most people who require emergency food, think that people have negative feelings toward them. Many of those people struggling to feed themselves and their families feel the added burden of the misunderstanding of the community.

Phillips explained the process each individual must go through to obtain food at Toronto's food banks. Each recipient is required to fill out a questionnaire, disclosing information such as income, rent, bank statements, and why they are there. For many, this is very embarrassing and deters thousands of needy people from obtaining this kind of assistance. This is one reason why fraud is so rare among food bank users.

Phyllis Tyrie, director of the



Markham food bank says in the past five years she knows of only one instance in which fraud occurred. In this case a man's name appeared on both the Markham's list of recipients, and on Stouffville's. Every six months, each food bank cross checks their references with other food banks in the York Region. On his next visit he was simply asked to produce some ID, and when he went to his car, he never returned.

Tyrie admits that they do not take a lot of precautions but feel that it is not necessary.

"If people tell us they are hungry, then we will feed them. If that one per cent wants to do it fraudulently then they have to live with their conscience," Tyrie says. "We have faith in the people who come here, and all of Markham must too, or they wouldn't donate the amount of food that they do."

Jane Kennedy used to run a church food bank from her home. She says it was not for the volun-

teers offering free coffee and cookies to those waiting for orders to be filled.

Almost immediately I began to separate myself from those waiting for food. But, I thought I was really no different. I have no money, no car, no house, or anything, except I still have the support of my

parents. I remembered when I was attending university, I never had any money and no matter how I attempted to budget my money, I always seemed to come up short. When this happened, I found it was my diet that would suffer. But, all I would have to do is go home and grab enough food from my parents refrigerator to last until I got a paycheck. I had used my parents as an outlet for food the same way these people were using the food bank. Many of these individuals do not have the luxury of going to their families for help.

There were about ten people sitting around waiting for their orders to be filled. My heart has never gone out to a bunch of strangers as it did that day. Some had their heads hanging down, as if shielding the shame they felt by being there, and others seemed to just sit staring into space. One man sat in a chair with his head in his hands just shaking his head over and over again. I thought he was going to break down and cry.

Jane Kennedy says on numerous occasions, both men and women have burst into tears. It was at this point I felt ashamed for ever thinking these sincere, decent peo-

ple would ever scam a charity.

Tyrie says it perfectly: "For someone to come and sit in the waiting room with all these people who are down on their luck, who have no money, and take the food that will feed them, must have a lot of guts."

The picture I created in my head of the average food bank user, was of middle-aged, non-skilled, non-educated people, who did not have the means to get by. This is not



PHOTOS BY KAREN ELSWORTH

"If people tell us they are hungry, then we will feed them. We have faith in the people who come here."

teers to judge those who use the service.

"If they came, we gave them food. Let God be the judge."

Mary Quin, the director of the Georgina Food Pantry says she has not come across a case of fraud in the past two or three years.

From the loading docks I entered a room which reminded me of a doctor's office with chairs and a coffee table filled with magazines. There was a table set up

true. According to the food bank's statistics, the median age for a family head coming to the food bank is 34 years. As well, 29 per cent of food bank users already have at least some college or university education. 57 per cent have graduated from high school. They have average size families, and most have lived in the area for over five years.

I always considered myself an open-minded individual. Yet, I had this idea that many food bank users were frauds, without even looking into the matter first. Where did this bias come from? Where did I pick up such untruths and myths about members of my community? A pamphlet distributed at the Toronto Food Bank stated, the rhetoric has been built around words such as "dependency" and "abuse" that paint all people with the same brush. The question of how much stigmatizing people can endure is important. It can become a paralyzing force rather than a motivating one.

The recent attacks on the poor, and the lack of visibility of poverty in general, create a huge potential for misunderstanding. These people are not frauds. They are people who will swallow their pride to feed their families, go without food so their children do not go hungry, and manage to survive with all odds against them.

Philosophy Plans force policing

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eynes, director of Physical
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has a very good relationship
police in Divisions 23 and 21.
(the police) were nominated
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hem for assisting us."

Eating Disorder Centre helps comfort those plagued by negative body image

by Linda Farr

Skinny and bony models can be found when opening any top fashion magazine today. The runways throughout the western world are littered with women showing protruding hip bones and very little body fat.

Eating disorders are killing about 200,000 women aged 14 to 25 in North America each year, explained Naomi Wolf, author of the controversial book, *The Beauty Myth - How Images of Beauty are Used Against Women*.

In North America anorexia nervosa and bulimia are the main causes of serious eating disorders, affecting almost one million women per year. Of the people suffering from eating disorders, 90 to 95 per cent are female while five to 10 per cent are male, explained Wolf.

Anorexia nervosa leaves people obsessed with the pursuit of dieting and thinness even to the point of death by starvation according to the National Eating Disorder Information Centre (NEDIC).

It is common for an anorectic to weigh 40 kilograms and still feel fat. This food deprivation can lead to weak bones and muscle tissue loss, constipation, lowered heart rate and a cessation of menstrual periods. It can also cause stress as well as social withdrawal.

According to Dick and Mary Moriarty, founders of BANA-Can/Am (Bulimia and Anorexia Nervosa Association), one-third of anorectics die of starvation, one-third from electrolyte imbalances and one-third commit suicide.

While many people think bulimia is the same illness as anorexia, the two differ.

Bulimics have a preoccupation with food as do anorectics, but they will succumb to their food cravings by bingeing and purging. Methods of purging are vomiting,

use of laxatives or diuretics, water loss pills, weight loss pills, fasting and exercise, explained NEDIC.

These purging methods do not help the body get rid of unwanted calories. With laxative abuse, the large intestine is affected by the laxative and disposes the food, but by the time it passes through the

The loss of potassium and sodium caused by laxative abuse and vomiting can create severe problems such as muscle cramping, heart attacks, and even death, explained NEDIC.

Bulimics, like anorectics, have low self-esteem and a feeling of being out of control.

Males and females share more similarities psychologically, such as starting their eating disorders after a major life change like moving, going to camp, or going to a new school, added Dr. Bruch.

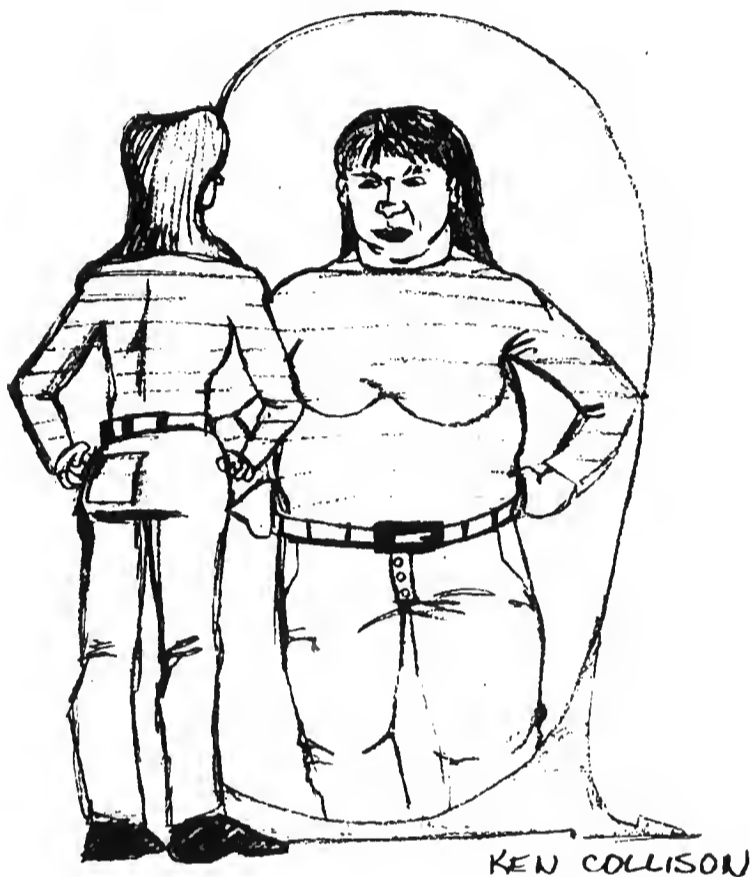
People with eating disorders are not the only sufferers. Family and friends are also affected. The problem is the inflicted party usually denies that anything is wrong with them and this is what makes it so difficult, explained NEDIC.

Eating disorders are similar to other addictive illnesses such as alcoholism, obesity and drug addiction. While these illnesses often manifest themselves physically, they are much more psychologically-based and need to be treated differently, NEDIC added.

These illnesses can be overcome but it usually takes years to fully recover from fears associated with food, explained Dr. Bruch.

There are ways for people to help those with eating disorders and NEDIC suggests the following tips:

- Let the person know you are concerned and would like to help.
- Suggest professional help but be prepared for the person to resist.
- Find a support group for the sufferer as well for friends or family members.
- Be persistent with the anorectic or bulimic. Remember, they do not think they are ill.
- Be careful not to direct conversation to their appearance because most of their concentration is on how they look.
- Do not force-feed or tempt them with high calorie foods.
- Read lots of material on the issue. Reference materials and support groups, can be obtained by calling NEDIC at (416) 340-4156.



Faulty perceptions create a misleading reflection.

body, the small intestine has absorbed almost all of the calories explained NEDIC.

Purging by vomiting only rids the body of a small percentage of calories. The body's natural defense system becomes quicker at absorbing the calories as vomiting persists.

What the body does lose is water and other essential nutrients.

Eating disorders in males is different from females explained Dr. Hilde Bruch, a psychiatrist who wrote the book, *Eating Disorders and the Golden Cage*.

While the men usually come from troubled families, the women usually come from upper-class families. Males usually are poor achievers while females usually are over-achievers, said Dr. Bruch.

Herbs: the *root* to good health

by Pam Swedko

Winter chills and runny noses are sending people past the pharmacies and into the health food stores this season in order to find relief.

All-natural vitamins and herbal remedies are finding their way into many medicine cabinets and helping people get through the cold Canadian winter.

Andrew Mierzejewski, a nutritional counsellor and owner of Naturally Yours Health Foods on Eglinton Avenue at Yonge Street says vitamins C, E and A are popular items in the winter months, but the biggest seller on the market

right now is echinacea.

Echinacea is a herb which comes from the root of a purple cornflower. Proponents of natural medicine say it contains specific properties which help the body to fight infection and boost the immune system.

Mierzejewski says, "Antibiotics knock out all of the symptoms, but they do not cure. Echinacea helps the body to heal itself."

While most vitamins are taken year round on a daily basis, herbs should be taken in cycles. Echinacea should be taken in a 10-day cycle.

"After 10 days it simply stops

working," says Mierzejewski. "It is no longer effective as our bodies have a tendency to lose sensitivity to everything taken on a regular basis."

"The best time to start taking the herb is at the onset of a cold or when the people around you start to get sick," Mierzejewski says.

German researchers, who have been studying echinacea since the early 1930s, say the best way to take this herb is to mix one teaspoon of the liquid form with water every three hours for three days. Then continue with this same procedure three times a day for seven days.

Although echinacea comes in many forms: capsules, tablets, alcohol tincture and glycerine tincture, Lawrence Titcher of Noah's Natural Foods on Yonge Street says, "The liquid form is better absorbed, it goes directly into the blood stream."

Does this herb from the root of a pretty purple flower actually work?

Mierzejewski says it does. "Echinacea is my only protector. My only so-called antibiotic."

Shoppers Drug Mart pharmacist Ada Komov takes echinacea when she feels ill and agrees that it works. "It does not interfere with

Forum addresses fat misconceptions

Everyone is invited to a Fat, Fads and Fantasy forum for an evening of discussion on issues surrounding eating disorders.

"On any given day (a place as big as) the SkyDome could be filled to capacity with Ontarian women aged 14-25 years experiencing clinical eating disorders," states a brochure produced by the National Eating Disorder Information Centre (NEDIC).

To acknowledge Eating Disorder Week, the St. Lawrence Centre for the Arts is holding a special evening of discussion on Wednesday, Feb. 7. Five guest speakers will talk about issues such as how obesity can be avoided without increasing the chance of eating disorders, as well as problems with weight and size preoccupation.

Adopting a positive attitude to your body size is an important goal many people need to achieve, according to NEDIC.

The impact of excess weight on people's health, social relationships, job opportunities and education will also be covered.

The panel will consist of: Donna Cliska, author of "Beyond Dieting"; Kaca Henley, who in 1994, won the *Toronto Sun's* Women on the Move Award for her program "UNIQUE" (a program which encourages women to accept their body's natural size); Carmen James-Henry, a Toronto public health nurse; Rena Mendelson, a professor of nutrition at Ryerson Polytechnic Institute as well as Lorna Simms, editor of *DAWN* magazine.

But it is first come, first served for the 498 available seats. The forum is at 7:30 p.m. at 27 Front St. E. Admission is free. For more details call (416) 366-1656.

any other medication and it has no side effects."

Many different companies now sell echinacea but Mierzejewski says that Vogel, from Switzerland, is the best on the market since it contains the most active ingredients. A bottle of echinacea costs from \$11 to \$13 and can be found at most health food stores and some pharmacies.



Packing on those winter pounds

Students should skip the French fries and opt for lighter fare

by Andrea Scott

Humber College students consume 300 pounds of French fries from the cafeteria each day of the school year.

David Griffin, general manager of Food Services at Humber's North campus says fried foods are very popular in the Pipe.

"In the winter, people tend to eat heavier soups and stews," he said. "More meat and potato type meals are popular."

This tendency to eat heavier foods in winter contributes to the weight gain many people experience at this time of year, according to dietician Cathie Martin.

"People often choose soup instead of salad as a starter in winter," she said, and this contributes to weight gain. This is not just for warmth but also because fruits and vegetables cost more in winter and selection in grocery stores is limited.

Martin, who works at the

Toronto Hospital, said people also gain weight in the winter because they maintain a lower activity level due to the cold weather.

"Some people can be encouraged to get out in good weather, otherwise they remain sedentary," said Martin. Older people are often afraid of falling on the ice, but younger people have less of an excuse.

Some people use the excuse that their body naturally puts on weight in the winter, almost like hibernation. But Dr. Tom Wolever, who is a researcher in the Nutritional Sciences department at the University of Toronto, said this may be a myth.

"Of course I'm not aware of all the research currently being done, but I don't know of any linking appetite and changes in the seasons."

There is hope, however, for preventing those extra winter

pounds.

Weight Watchers, which receives between a quarter and a third of their calls each year during the first six weeks of January, recommends a low-fat diet based on Canada's Food Guide. They say students are particularly vulnerable to high-fat diets due to their on-the-go lifestyle and tendency to grab fast food.



PHOTO BY ANDREA SCOTT

Ray Kissoon enjoys a hearty meal in the Pipe.

Weight Watchers recommends choosing chicken without skin or broiling and charbroiled hamburgers rather than fried ones.

And watch out for toppings on fast food. Mayonnaise, for example, contains four grams of fat per teaspoon, and a tuna sub with mayonnaise has 36 grams of fat according to the Weight Watchers program guide.

Martin suggested students should eat more grains and make a real effort to include fruit and vegetables in their diets in the winter months. She said they should keep meat portions smaller in winter, to compensate for the tendency to eat heavier foods.

Exercising in the winter is also important she added. "Finding some sort of winter activity provides stress relief and prevents weight gain."

Luckily, healthy food

choices and exercise facilities are available at Humber so students can put Martin's suggestions to work.

Griffin said the cafeterias try to provide lots of good vegetables for students. The Pipe also offers a salad-bar with about 30 different items. He said even the fried foods aren't too high in fat. "We use 100 per cent canola oil that is cholesterol-free."

Doug Fox, manager of Athletics and Student Life, says he has noticed that every January there is an increase in the number of students using the athletic facilities at the North campus. More students are asking for aerobics and weight training tests and the weight room is particularly busy. Fox notes the Athletic Centre's 1996 Winter Activity Schedule offers a lot of different possibilities to keep students active during the winter.

New fat-free product sparks controversy

by Heather Goode

Junk food lovers will soon be able to have their cake and eat it too without it sticking to their hips, thanks to a new miracle, non-caloric fat called Olestra.

Olestra is a synthetic chemical made of sugar and vegetable oil. It looks and tastes like regular fat, but it has no calories and is the first fat substitute that can be fried.

The United States Food and Drug Administration has approved this synthetic oil which Procter & Gamble Inc. have spent over 25 years and \$200 million in developing.

"There was certainly not a groundswell to develop Olestra as a product," says Jacqui d'Eton, a spokesperson for P&G. "It was more like a curiosity. We wanted to see what we could do with a zero-fat, fat that has the look, taste and feel of normal fat. Could we make chocolate ice cream with it? What else could we do with it? Plenty, as it turned out."

Olestra will first be used in P&G's Pringles potato chips sometime this year.

According to a Jan. 19 *Toronto Star* article, this will be great news for North Americans, who already eat \$4 billion worth of potato, corn and tortilla chips each year.

But Olestra is not without its critics.

The Harvard School of Public Health argues because Olestra can't be absorbed, nutritional vitamins and carotenoids, nutrients believed to be important in

repelling cancer, attach to it and are released rather than absorbed by the body.

Dr. Jeff Myer of Toronto's General Hospital says "Carotenoids are nutrients found in carrots and leafy, dark-green vegetables that are believed to keep the immune system healthy. If Olestra depletes certain nutrients in the body, that could increase rates of cancer, blindness, and other diseases."

P&G says it intends to pump added vitamins into Olestra-based foods but not carotenoids. Its reasoning: the link between the chemicals and disease prevention is merely suggested, not proved.

Testing of the fat by P&G shows ingesting Olestra may produce side-effects such as cramps, flatulence, loose bowels and anal leakage. But these side-effects will occur in only a small group of people, says P&G.

Weight consultants are warning that zero-fat doesn't mean zero calories.

"People may think that eating zero-fat foods will give them the go ahead to eat as much as they want and not worry about gaining weight. This is a misconception," says Joanne Ford, a consultant at Weight Watchers. "More healthy steps must be taken in order to lose weight like exercising ... and limiting your junk food intake."

It may be a year before Olestra is approved in Canada but when it is, counting calories and fat grams may become a concern of the past.

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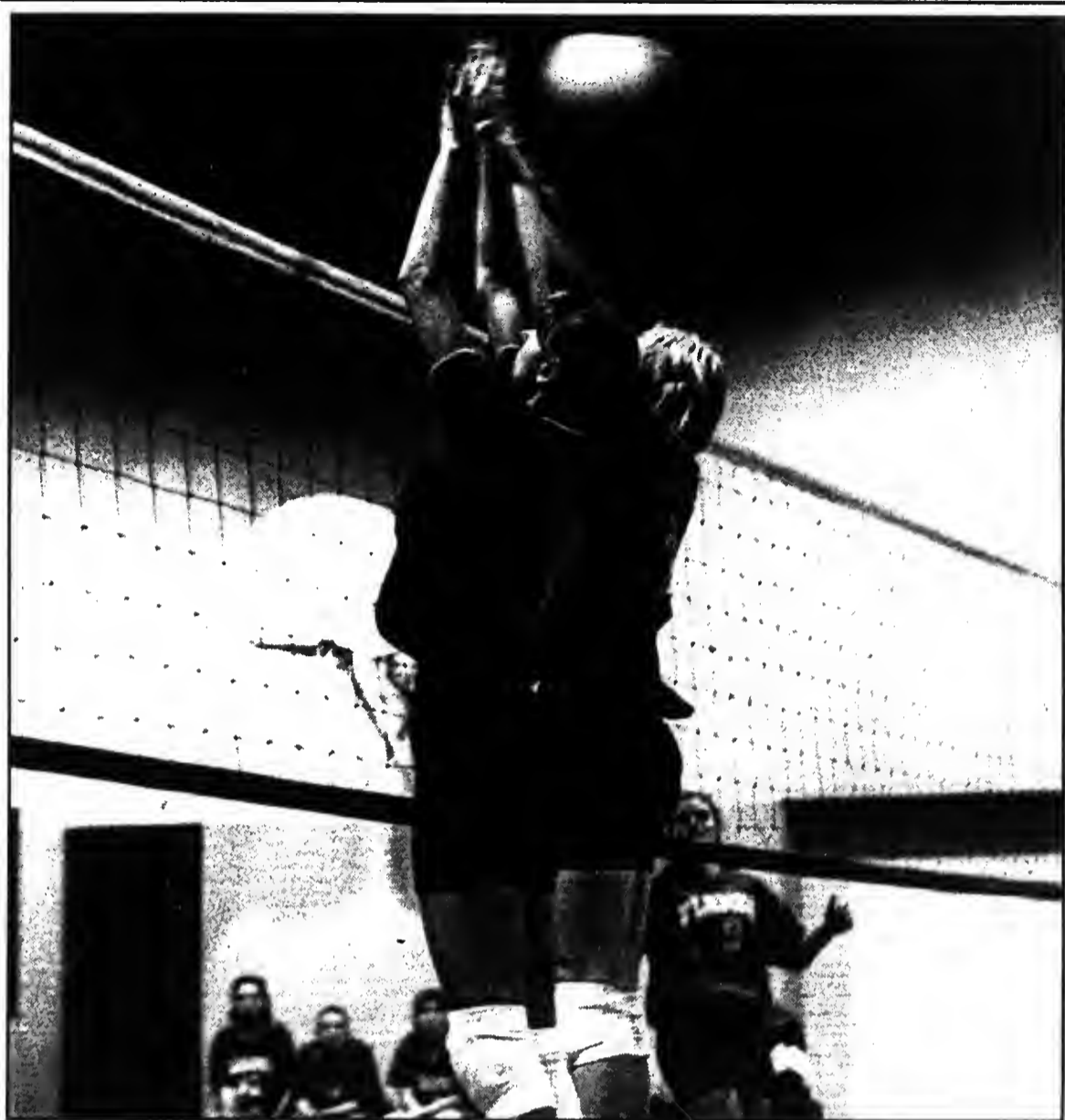


PHOTO BY PAM FAWCETT

Christine Rudics (left) and Amanda Roberts attempt to block the ball in a win over Fleming.

Women's volleyball still perfect for 1996

by Pam Fawcett

The women's volleyball team blew away the Sir Sanford Fleming Knights last Tuesday winning in three straight games, 15-5, 15-10 and 15-11.

The Hawks travelled to Peterborough to meet the Knights on their home turf. Coach Dave Hood said the game was yet another learning experience as the team gets one step closer to the provincial championship.

"Every time we play we get better and better. But when you get up on a team 12 to 3 it's really difficult to finish the game off. We had a few mental lapses and we let them back into the game but we were able to win. That's what we're going to have to work on is finishing as we get closer to the end of the season," said Hood.

The Hawks were few in number, entering the game with only eight players. With two team members being away and Carrie Swain having sprained her ankle last week in practice, only two players are playing injury free.

"We're getting really, really thin on the bench. Carrie should only be out for a couple of weeks though. It's not a really bad sprain," said Hood.

The Hawks took an early lead in

the first game, going ahead 5-1 before the Knights called a timeout. The Knights were able to take one point before relinquishing the ball to the Hawks who took the game 15-5. Nicole Nightingale served up six points in the game including three aces.

The Hawks took the first point of the second game with Nightingale blocking the return off Andrex-Claudia Davis' serve. The Hawks then lost possession on a serve into the net and the Knights took a point off a long hit out of bounds by Amanda Roberts.

The Hawks were able to sidout on a kill by Nightingale and won three points off her serve. The rest of the game was a tough battle as the Hawks fought through six sideouts before pulling away. The Hawks took the second game 15-10.

The Knights pulled ahead early in the third game, 2 to 0 until the Hawks were able to sideout off a big cross-court hit by Christine Rudics. Nightingale served up eight consecutive points in the game with Rudics scoring a couple of hits and teaming up with Roberts for a big block. The Hawks took match point off Roberts' serve when the Knights sent the return into the net.

Davis said to stay on top for the rest of the season the team is going to have to keep their momentum up.

"We have to stay strong. At this point, everything depends on our mental focus and if we lose that focus we tend to lose momentum. It takes a while to get it back and we have to find a way to get it back. As we progress we're going to play tougher matches and meet stronger teams," said Davis.

"Our team goal this year is to win the last game of the season," said Hood. "That's what we want to shoot for and if we win the last game it means we win nationals. We've got to take each game as it comes. We know right now that we've placed in OC's. Now our first goal is to win as many games as we can."

The team visited Ottawa last weekend where they met the Algonquin Thunder in regular season play and the Hawks came away with another win. The Hawks won in three straight games but played with seven team members, leaving only one extra player on the bench.

The Hawks play two home games this weekend. They will meet Nipissing University Friday at 6:00 p.m. and Cambrian College Saturday at 2:00 p.m.

Hawks shake off rust to beat Knights by 20

by Eric Smith

It was business as usual for the men's basketball team last Wednesday, as they bounced the visiting Niagara Knights, 91-71.

Coming in to the game, the 4 and 5 Knights were obvious underdogs against the second place Hawks. But it was not until the final ten minutes of the game that Humber pulled ahead of the much-improved Knights.

"We haven't played in 11 days so I think we were a little rusty," said coach Mike Katz. "But we've got so much depth, that all of a sudden it became a 20-point game."

This match-up marked the second time this season that the Hawks have beaten Niagara. In their first meeting on Nov. 28, Humber hammered the hometown Knights by 35 points.

"They (Niagara) played a lot better than the first time we went down there," said Katz. "I thought they played well tonight and they shot the ball well."

Rookie centre Scott Armstrong said the Hawks' lack of aggressiveness on defence led to Niagara's stronger performance in this final meeting of the two West Division teams.

"Our transition defence stunk tonight. We couldn't pick up their men on transition and they scored easy baskets," said Armstrong. "The zone wasn't really doing well for us either. We couldn't really do anything in it."

Despite their woes on defence, the Hawks' offence continued to click, as 11 of 12 players scored at least once. Jason Daley led the squad with 24 points, while Armstrong's 15 points, in addition

to his hard work, was good enough to earn him player-of-the-game honors.

"My scoring was better, but my defence has to pick up," said Armstrong. "We can't give it to (Daley) every time, so they had to give it to someone else sometimes."

Coach Katz agreed that Armstrong does have to improve on his defence, but he added that "for some reason - when you look at the stat sheet - our team does well with Scott in there."

With the win, the eighth ranked Hawks boost their regular season record to 8 and 1. But Katz said he is concerned about the 10-day break his team has until their next game on Feb. 3, at Sheridan College.

"I think everyone's going to have to step it up (against Sheridan)," said Armstrong. "It'll have to be a team thing, not just one person doing the work."



FILE PHOTO

Armstrong's tough defence and 15 points earned him player-of-the-game honors.

presents the

ATHLETE OF THE WEEK

The Fox and the Fiddle is proud to present the Athlete of the Week with a \$25 gift certificate.



Jamal Thomas led the Men's volleyball team to a 3-1 victory over Redeemer. He also represented Humber at the All-Star game in Belleville.

Humber recognized for b-ball contribution

by Eric Smith

For the past seven years, Humber College has been the summer training centre for both the men's and women's Canadian National Basketball teams. And last Thursday, the school was recognized for its contributions.

During an awards ceremony in 'The Founder's Lounge' at SkyDome, Humber President Robert Gordon was presented with the President's Award, by Basketball Canada. It is the highest award for service to the National Team programs.

"It's not really an annual award," said Michele O'Keefe, National Team's and media co-ordinator for Basketball Canada.

"Our president (Tony Wakeham) deemed Humber worthy of this award based on their commitment to basketball in Canada. Humber College has shown us more dedication to the game than any other educational institution in the country."

Gordon said he was happy to accept the award on behalf of the staff of the college, and those mainly involved with the housing of the national teams: Athletic Director Doug Fox; men's basketball head coach Mike Katz; and facility managers Marg Riley and Jim Bialek.

"We know the national team doesn't have as much money or get as much publicity as professional teams like the (Toronto) Raptors," said Gordon. "So we've helped them out over the years."

Gordon has been quite active in sports over the years. He is close to the basketball program at Humber. In fact, he played basketball for Bishops University in Quebec and continues to play in the Toronto Masters League.

Since 1989, Humber has opened its doors to the national teams for two or three months each summer. During that time, the student residences are available to those athletes and coaches who wish to pay for on-campus accommodations. But the college does not charge the teams for their use of the gymnasium/athletic centre.

"We've basically been good, co-operative citizens who are simply trying to facilitate the national program's work," said Gordon. "We keep their costs down in many ways by letting

them stay here."

"What Humber has been able to do is open our doors and give them the space needed and the support needed to continue their search of excellence on an international level," said Bialek.

After the ceremony, as special guests of Basketball Canada, Gordon, Fox, and the rest of the group from Humber were invited to watch the Raptors home game, versus the Vancouver Grizzlies.

"Things went well, and it was an enjoyable evening," said Fox. "The reputation we've got, is for being very interested in amateur basketball - and we're known across Canada for that. This award, if nothing else, only heightens that recognition."

With files from Cliff Boodoosingh and Danielle M. Edwards



PHOTO BY CLIFF BOODOOSINGH

(Left to Right) Jim Bialek, Marg Riley, Robert Gordon, Doug Fox and Mike Katz accept the award at SkyDome.

Hawks lose in finals

by Robert Amoroso

The men's indoor soccer team got off to a rough start in the York University Adidas tournament, but managed to reach the Championship finals. Eventually they lost to the Brock University Badgers in a classic shootout 2-1.

"Brock University was the team to look out for. (They) previously they captured the bronze medal in the Canadian Inter-university Athletic Union outdoor season," said coach Germain Sanchez. "Mentally and physically we weren't ready. We were always a step behind."

In the first game of round robin play, Humber battled the York University Alumni to a scoreless draw. This was a game Humber should have won.

Three hours later, Humber played a gritty defensive style as they downed the Guelph University Gryphons 2-0 on goals by Steve Spizzirri and Frank Spadafina.

In the third game the Hawks trailed 1-0 early in the match. An offensive outburst pushed Humber by Trent University 4-2. The scorers were Spizzirri, Marco Frasca,

Antonio Disanto and Luigi Dellarovere.

"University and college soccer are very similar," said Sanchez. "A good group of teams with many good talented players, but when you play against semi-pro teams it gets dirty and rough, but the college/university level is healthy and a good deposition is displayed by the players."

In the next game, Humber battled the Waterloo University Warriors. Humber's Franco Vaiano scored early on and Humber was in full control. Spizzirri led the Humber offensive attack with two goals in a 3-0 win.

The Hawks finished first in their pool with a 3-0-1 record. In their semi-final game, Humber took on the York Yeomen. In the other semi-final match, the Brock Badgers would battle the York Yeomen Alumni.

The Hawks feasted on the York Yeomen with a 4-2 win. Humber goal scorers were Phil Caporrella, Eric Ranaldo(2) and Tony Donia.

In the other semi-final match, the Brock Badgers squeaked by the York Yeomen Alumni, 2-1 in a shootout.

The championship game would be a gruelling match to decide the victor.

In the finals, Spizzirri scored his fifth goal of the tournament. It was a fierce battle of wills. The Badgers took advantage of a defensive lapse by the Hawks and squared the affair at 1-1. A shootout would decide the winner.

The Badgers won the coin toss and decided to shoot first. It was a see-saw battle. Eventually the Badgers shot down the Hawks to capture the championship.

The All-Star team was selected with Caporrella, Spizzirri and Dellarovere comprising one third of the starting five roster.

This loss marked the first for the team including the outdoor campaign. Their record is 24 wins, one loss and one tie.

"We have a very special group of players committed to the game, giving 100 per cent all the time," said a proud Sanchez.

"It's difficult to achieve with a group of 15 players, you talk about chemistry - it's become a formula for success. It will be hard to replace these players down the road."

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PHOTO BY TRAVIS MEALING

Although all four teams are top ranked, small crowds have become the norm for the Hawks.

Hawks need fan support

by Travis Mealing

Humber College sports teams are all ranked in the top 10 nationally, but you would never know it from the fan support they receive.

Crowds as small as a dozen have shown up for games, despite the high calibre athletics on display.

Women's basketball coach Jim Henderson is usually too busy during games to notice, but he acknowledges that it would be nice to have more support.

"I don't know if it affects the team negatively," he said. "But a bigger crowd would be a positive."

Men's basketball player O'Neil Marshall, 24, said the athletes are used to the empty bleachers and have learned to ignore them.

"We try to motivate each other," he explained. "And the coach motivates us on the bench too."

Henderson believes one of the reasons for the low turnout is the lack of promotion for home games. Students need more incentive to show up than just the game itself.

"But until someone thinks it's important enough to promote, things won't change," he said.

The problem isn't confined to basketball. All the Hawks teams have played in front of pitifully small home crowds.

Some students say that they don't go because they are unaware of when games are scheduled.

Computer information systems student Michael Hawke, 21, said, "There's no hype about it, so nobody cares about it."

One promotion that has received criticism is the decision to grant students living in residence free admission. Off-campus students charge they are being discriminated against by the

athletic department.

"I think it sucks," said 19-year-old Marketing student Stephanie Michaud. "That's why I'm not going."

"We still pay the same for tuition and stuff, so we should pay the same for sports," said Graphic Design student Neville Thompson.

Athletic director Doug Fox defends his department's policies with the argument that most off-campus students have gone home by game time. Residence students, on the other hand, are a captive audience that cannot be ignored.

"The intent is not to make money at the door," he said. "In fact, we would give (free tickets) out to anybody who comes down here in advance of the game."

That may not be necessary, however, as he believes the championship hopes of all four varsity teams should be enough to draw fans in the second semester.

Hawk Fact!

Every varsity team has at least one person ranked in the top ten in scoring.

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ACCOUNTING TUTOR
 Required Immediately!!
 Please Call **(416) 259-7161**
 Ask for Fabio.

WANTED

WRITERS WANTED
Tell us how your life has changed for you and/or the folks where you live since Mike Harris has been premier. If we like your story we'll print it in a new publication we plan and even pay you for it. We don't want intense intellectual pieces. Just real stories, about real people coping with real life.

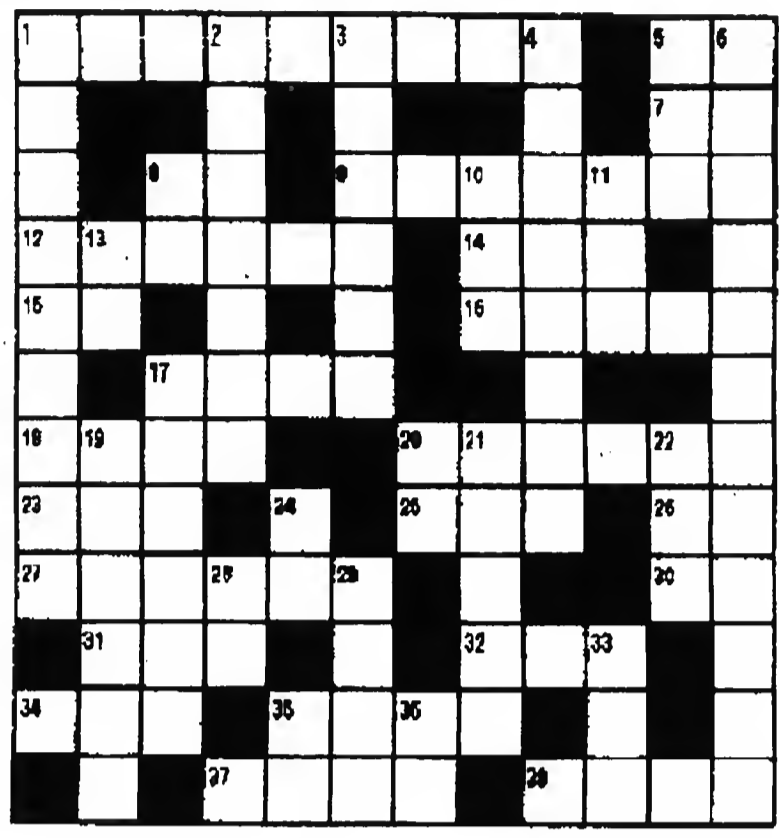
CALL COLLECT
 for more info: **Skip Hambling,**
 National Union of Public and General Employees, Ottawa
 (613) 526-1663.

MESSAGES

THE HUMBER COLLEGE LESBIAN GAY BISEXUAL CLUB will meet inside the SAC office at the North campus on **Wednesday, February 7 1996 at 1:00 p.m.** Come on out and let's get this club Flyin'!!

- Across**
- A lake over abundant in nutrients is said to be this (9)
 - "... Canada." (2)
 - What Mike Tyson usually wins by (2)
 - 3.14 (2)
 - Grandpa Simpson's first name (7)
 - Only planet with an axis of nearly 90 degrees (6)
 - "...you being served?" (T.V. show) (3)
 - They hold meetings with sobering topics (abb.) (2)
 - To copy (5)
 - Name of a chain of shoe stores (4)
 - OPEC country (4)
 - To stay (6)
 - A very, very long time (3)
 - About the time you think you'll get there (abb.) (4)
 - Word describing placement (2)
 - One measure of mental capacity
 - Title of anyone graduating from medical school (abb.)
 - Some boys will never be... (3)
 - Nasal mucus (4)
 - Bodies of salt water (4)

- Down**
- Ecosystems where fresh water enters into marine (9)
 - Stars Dustin Hoffman as Tom Cruise's brother (7)
 - A type of membrane (6)
 - A scale of overall attractiveness and character (8)
 - Site of a Native and federal confrontation (3)
 - People who see the good of the human race as prime importance (12)
 - Hillbilly for "father" (2)
 - Type of goat (3)
 - Sewing term (3)
 - "Turtles, Turtles ...!!" (2)
 - U.S. has done this to the import of Cuban cigars (6)
 - Dinosaurs did this on the earth for a few million years.
 - "Regarding" on a memo (2)
 - Powerful sedative gas (5)
 - The police of the police (U.S.) (abb.) (3)
 - Stephen King's longest book (2)
 - Opposite of "out" (2)
 - Small Yugoslavian car (4)
 - A golfer's ball stand (3)
 - Slang for "current" (2)
 - "To" backwards (2)



Last Week's Answers



ADVERTISE IN THE HUMBER ET CETERA CLASSIFIEDS

\$3.00 FOR THE FIRST 25 WORDS, 25¢ PER EXTRA WORD.



Can your "guys" swim?

HEALTHY SPERM DONORS NEEDED. Learn more about your own "swimmers" and help infertile couples too. Approximately 40% of infertile couples cannot achieve pregnancy because the male is infertile. Donor insemination gives these couples a chance to have children. If you are interested in being a sperm donor and are between 18 and 35 years of age, call the C.A.R.E. Centre weekdays between 9:00 am - 12:30 pm and 2:00 pm - 4:00 pm. All inquiries are held in the strictest confidence. The C.A.R.E. Centre specializes in the treatment of male and female reproductive failure (infertility).

Successful candidates are guaranteed reimbursement for their time and their travel expenses.

C.A.R.E. Centre, 649 Queensway West • Mississauga, Ontario L5B 1C2 • (905) 897-9600

ETC ...

HOT OFF THE WIRE ...

Geezer nabs herself a thief

(CP) A would-be thief in the Victoria-area picked the wrong victim. The thief lunged for a 60-year-old woman's purse as she was about to unlock her apartment. However, the angry woman gave him two sharp kicks to the groin before screaming for help. Slowed by the kicks, the robber was busted by the apartment manager and police.

Living the Martian life

(Reuter) Scientists meeting in London think there was once life on Mars and that it may still exist deep beneath the surface. They also think it's possible that life on Earth developed from spores from Mars that were carried across the solar system on Meteorites.

Garbage picking for cash

(Reuter) Melbourne police say an anonymous individual found about \$150,000 in the trash. They're checking to see whether the money came from a drug deal. It's finders-keepers for the person who discovered the money if the owner can't be tracked down.

PICK-A-FLICK



Can you name the movie this clip is from?

The first person to come to the Newsroom (L231) on Monday with the correct answer will win a prize. The prize could be anything so you better hurry!

Last week's winner: Tony Cusano, Arch. Engineering and Construction
Last week's answer: Big Bully

COMMUNITY CALENDAR

February 1st - February 8th

THURSDAY, FEB. 1.

SCHOOL STUFF

2:30 p.m.

open house: International students
Intercultural Centre
room A101

PUBS

8 p.m.

Caps

free admission (bring student card)

FRIDAY, FEB. 2

SPORTS

6 p.m.

Women's V-ball vs. Nipissing

\$2 at the door

8 p.m.

Men's V-ball vs. Nipissing

\$2 at the door

AROUND TOWN

Groundhog Day

find out if there is six more weeks of winter when Warton Willie looks for his shadow

SATURDAY, FEB. 3

PUBS

Rebecca West with Kat Rocket & Radioblaster

Ultrasound

269 Queen St. W.

\$6 at door

SPORTS

7:30 p.m.

Leafs vs. Montreal Canadiens

Maple Leaf Gardens

SUNDAY, FEB. 4

AROUND TOWN

3 p.m.

Black 2 the Future

forum on the Million Man March
Brigantine Room, York Quay Centre
presented by The Black Secretariat
and The Ontario Black History
Society

MONDAY, FEB. 5

SCHOOL STUFF

until Feb. 7

9 a.m. to 8 p.m.

Imaginus

North campus concourse

SPORTS

7 p.m.

Raptors vs. Portland Trail Blazers

SkyDome

TUESDAY, FEB. 6

THE ARTS

cheap night at the movies

check local listings for new releases

WEDNESDAY, FEB. 7

SCHOOL STUFF

2 p.m.

SAC buses leave for protest rally
meet at main entrance

3 p.m. rally

Nathan Phillips Square

for info. call Sue 650-6461

SPORTS

7 p.m.

Raptors vs. Milwaukee Bucks

SkyDome

THE ARTS

until Feb. 17

Mozart Festival

Toronto Symphony Orchestra

Roy Thompson Hall

call 593-4828

AROUND TOWN

7:30 p.m.

"Fats, Fads and Fantasy" forum

St. Lawrence Centre

free

THURSDAY, FEB. 8

LAKESHORE

10:30 a.m. and 2 p.m.

Freedom Drums

presented by United We Stand