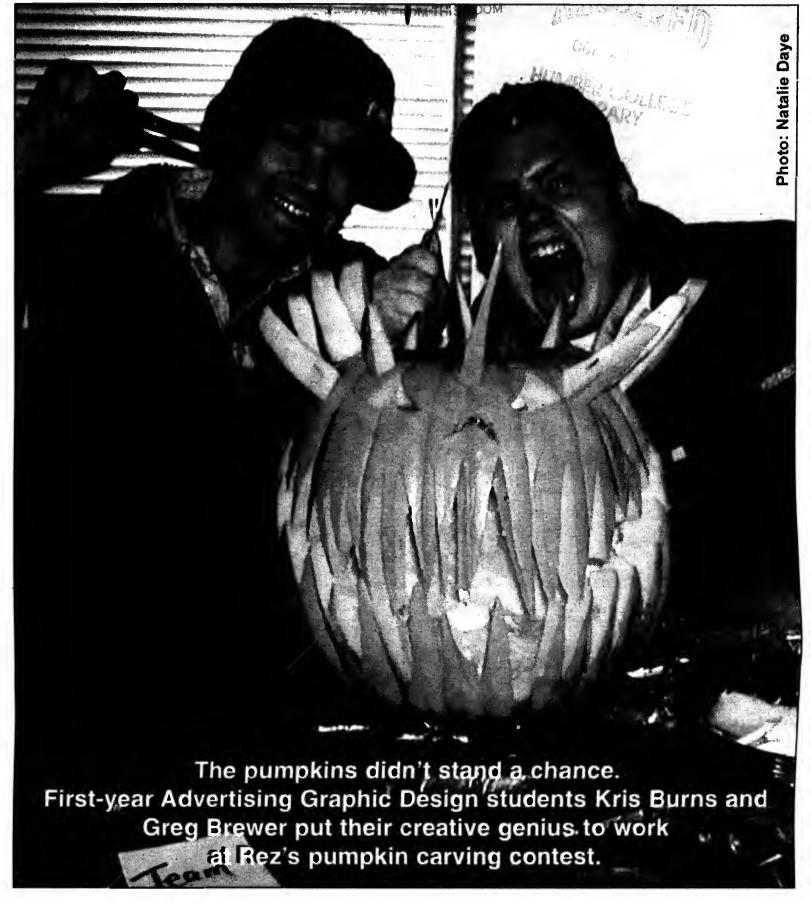
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Student fees on rise

by Melanie Irvine

fter three years of being frozen at \$62, Humber's student activity fee may be on the rise again.

A motion was passed by a unanimous vote at last week's SAC meeting here at Humber citing the need for more money for Athletics, SAC and the Student Development Fund (SDF).

Students will be paying an increase of \$6.55 more to the new Humber Student Federation (HSF) next year, and a \$1.39 more to the Student Development Fund. This equals a total increase of almost \$8 dollars in the activity fee.

SAC currently receives the largest portion of the activity fee at \$27.10, Athletics gets \$21.98, Council of Student Affairs administration gets \$6.35 and finally the Student Development Fund receives \$6.57.

SAC President Muhammad Virk said that an increase is needed to facilitate other student services.

"It's time for making this increase. I know tuition will go up this year but I don't have a choice, without the money we can't properly represent students," he said.

But with the upcoming transition of the CSA and SAC into the Humber Student Federation the question that has been raised is whether this increase is a direct result or not.

year, and it should be taken put to use in a better place.
"They won't be using this operating budget, I hope the

Of the \$6.55 increase that the HSF will receive, \$2.46 will be going to what has been called the Quality Improvement Plan. This is money that the new HSF will need in order to change their name on all of their present things like letterhead, T-shirts, signs and also to construct new signs to better advertise their office locations.

Cindy Dragic, the CSA business manager, attended the meeting last week and was a sup-

porter of raising the fees.

"You're going to have to change your name, the Web site, all the logos we have on T-shirts. It's going to cost a lot of money," Dragic said.

Virk said he doesn't want the quality improvement money to be budgeted in every year, and it should be taken out completely or put to use in a better place.

"They won't be using this money for their operating budget, I hope that we will get rid of this after one year," he said.

Some council members showed concern about the fund only lasting a year, and made it clear that if it did stay they wanted it put into a place where it's of greater use for students.

Dragic said, "the fee has to increase if you want to maintain a student government to operate like it was three years ago.

- see students page 7



PHOTO OF THE WEEK

First-year Creative Photography student Ana Taveira took this picture titled 'Nadia'.

Magna teams up with apprentices

Colleges help fill companies support staff needs

by Scott Van Slyke

Magna International, the Canadian company that is a world leader in producing auto parts opened its new multi-million dollar technical training centre in Brampton last week. Magna has a partnership with Humber College, Durham College and Conestoga College to provide instructors to teach the technical skills to fulfill Magna's need for technical support staff. Don Ames, Magna's vice-president of administration training and the in-class study

felt that his compa"This is more of a vides the practical competition with partnership than and on the job expecommunity a competitive leges.

"This is more of situation." a partnership than a

competitive situa-_ tion. We have done extensive research both in North America and Europe with Mercedes Benz, BMW, Audi and others to what the needs are for our clients in our industry. So we wanted the best possible training for our employees so we asked schools such as Humber to help us develop our curriculum and to provide instructors to help teach theses highly technical courses at our facility," Ames said.

Because Humber is qualified by the Ministry of Education as a training delivery agent to certify apprentices the College can provide Magna's student-apprentices with certification in their field.

Bob Molton, Humber's director of the school of Architecture and construction, said that Humber would provide instructors and training in the industrial electrical program and program logic control.

"We currently have two instructors, Joe Tomona and Micheal Rees who have been teaching at Magna one day a week since September of 1998. Our instructors provide the theoretical

rience," Molton

gram at Magna

The apprentices -Magna VP Don Ames who are in the pro-

> receive full credit for their course of study just as if they attended Humber. It will take an apprentice four to five years to complete their training. Only 10 per cent of training is actually done in school. Brampton Mayor Peter Robertson said he was very enthusiastic about Magna's efforts.

> "I applaud Magna and their vision to come up with such a beautiful building and in accomplishing a first in Canada apprenticeship training done by the private sector. I also applaud the colleges - Humber, Durham and Conestoga in participating with Magna in this unique facility," Robertson said.

Most Humber students want reading week

by Cynthia Attwood

While you are studying for your next test or finishing your assignment, other students in different colleges are sleeping in and watching television because unlike Humber they have a reading week.

Humber doesn't have a reading week because research has shown that students do better work when they have more time

Vice-president of Academics, Richard Hook said, "time on task is directly co-related to learning. Humber students have more time.

It's Humber's view that we would like to maximize the time on task in our programs."

The colleges that have introduced reading weeks in the fall have gone from a fall semester that had a typically 15 - 16-week semester to a fall that has two seven-week semesters.

Sheridan College student Meaghan Barber has a break this semester and plans to have a stress free week.

"I can catch up on my sleep this week and have a chance to do some homework," Barber said.

Niagara, Seneca and George

Brown College also have a reading week during the fall semester.

Some Humber students said they would like to see a fall reading week introduced.

Chris Donnait, first-year Business Management student, would like to have a break.

"My girlfriend and I were going to go away and now we can't," Donnait said.

Some students want a break to have a chance to relax and get caught up in their studies.

"I have six heavy courses and I need time to catch up. 1 can get ahead in projects," Donnait said.

Marianne Santo, second-year Travel and Tourism student, said she would like to have a fall break to do some of her assignments.

"I feel overwhelmed right now and I need a break," Santo said.

Humber has a reading week during the winter semester to give students a psychological boost.

"I'm advised by a lot of people, that when we don't have that break in the second semester, because of a variety reasons, people just become depressed," Hook

"Humber has no intention on changing its current commitment to the winter break for that reason and has equally no intention of introducing one in the fall."

"Humber is probably now in the minority of having something close to a 16-week semester," Hook said.

Not all students said they are happy about the length of the

Lisa Sponza, second-year Travel and Tourism student, would like to have a break in the long semester.

"We have to start a week earlier than (other colleges) and two weeks earlier than universities,"

\$1.5 million site hosts Humber River Enviro-fair

by David J. Wylie

Members of the local community gathered at Alex Marchetti Park to celebrate the Humber River's induction, one month ago, into the league of Heritage Rivers.

George Leja, founder of the Humber Creek Rest-oration Group said a \$1.5 million project to restore the park's natural wilderness is under way.

Alex Marchetti, previously named Sun Row Park, is located along the Humber Creek, about 15 minutes southeast of Humber College.

People from across the community helped make the day a special occasion.

Girl Guides Canada planted wild flowers, built birdhouses, and carved pumpkins. The band, Bittersweet, supplied the music and Don Bosco Catholic School contributed a student disguised as a groundhog.

"The event is put on to celebrate the Humber River, recognizing that the river made a contribution to the community," said Gary Wilkins, Humber watershed specialist.

He said the Enviro-fair brought the community together and gave them a chance to do their part

"This is one of the premier Community Action Sites," said

Wilkins.

The \$1.5 million will be used to add stable rocky structures to the bottom of the creek, sheltering the fish from the current. Another plan is to re-naturalize the creek, by restoring its natural route.

Money for the project comes from various sources including the Toronto and Region Conservation Authority, the city of Toronto, and Canada Trust Friends of the Environment Foundation.

Along with improving wildlife conditions, the money will fund construction of wetlands, interpretative signs, and viewing towers.

Leja said the vision and planning came directly from the community, and not the government.

He encouraged people to continue to get involved

There are similar schemes in the works at many locations - Lake Wilcox (Richmond Hill), Caledon East, and Black Creek (Lower Humber Watershed) to name a few.

"There was a bit of skepticism around it," said Leja.

But he encourages everyone to participate.

"Everyone who lives, works, and plays here should be involved in this project," he said.

Community members pose for a group photo with the Don Bosco Catholic School mascot (left) while a

Girl Guide leader helped a girl build a bird house.

Rez learns end of the world not so bad after all

Rez students relieved after scheduled 12-hour power outage lasts only few hours

by Jennifer Zalitack

Students in residence were expecting to be left in the dark for 12 hours on Sunday, Oct. 24, for a power-out, and were glad it didn't last that long.

Signs and phone messages were given to students, warning them that the power was to be turned off for testing from 8 a.m. to 8 p.m. There was to be no light, heat, hot water, food, or phone during this time. Students were told to go home if they could.

"We just put those down as precautionary times because there's a

possibility that there are problems they may have to fix or repair. Those are always the way we do things. We always over-estimate it in case the students would know," said Derek Maharaj, residence manager.

Bruce Bridgeford, facilities management director, said the reason for the shut-down was because the College rented generators in case Y2K left Humber without power. The generator was being tested, which caused the power-

"They had an order to hook up and test emergency generators for Y2K," said Bridgeford adding that the test was sucessful.

Tiffany White, a first-year marketing, student who stayed at rez during the power-out, said it was no big deal.

"It went off and on twice. The first time it went out around 2 p.m, for a couple of hours, and the second time it went out around 6 p.m., for only about an hour and a half,"

said White.

"I expected it to be out all day. I was freaking out, but it turned out to be no big deal," said White.

She said the only thing that she found wrong was that she felt she was misinformed about the situa-

I expected (power) to be out all day...I (de-frosted) my fridge for nothing because I saw signs telling us to do it before Sunday. So I had to eat all my food and even throw out some stuff."

> -Tiffany White student resident

"I (de-frosted) my fridge for nothing because I saw signs telling us to do it before Sunday. So I had to eat all my food and even throw

out some stuff," said White.

Derek Staples, a first-year accounting student, said the main reason he went home was because of the power-outage.

"I came home on Sunday night and thought 'What was the point?', I didn't really need to go home for that," said Staples.

While the power stayed on most of the day, students were upset about the phones being dead for the whole 12 hours.

"The phones were dead all day, when the power went out, even the pay phones didn't work," said White.

The phone lines are connected to the computer system at the college, which was also being tested.

"They shut down the computer systems at the college. That affects us, so regardless of how quickly they tested us here, if the college system went down, then it would affect us.

"So they may have been finished with the residence, but they

"I came home on Sunday night thought 'What was the point?', I didn't really need to go home for that."

-Derek Staples student resident

weren't finished with the rest of the college," said Maharaj.

During the power-out, the residence cafeteria was still open regular hours. They followed a Plan B. which included a barbecue from 11:30 a.m. to 2 p.m, then a dinner barbeeue from 4 p.m. to 7 p.m.

"We had over-planned. We had planned the barbecue and all those types of things in case, but we didn't have to use it, so they had full regular service," said Maharaj.

Residence had normal serviceuntil 2:30 p.m. when power went out. Service resumed at 4 p.m.

Student government getting face lift

by Melanie Irvine

It's out with the old for Humber's Council of Student Affairs (CSA) and in with the new as the Humber Student Federation (HSF) slowly begins to take shape.

After more than a decade of being the legal corporation to relieve and disperse student activity fees, Humber's CSA is going to be dissolved to form a new federation of student representatives.

The new HSF will be a combined student body of representatives from both north and Lakeshore campuses, with a Joint Committee (JC) of administrators to offer advice.

"The college is not going to say 'off you go and take the money' but they're (SAC) not trying to do that either," said Cindy Dragic, the CSA business manager.

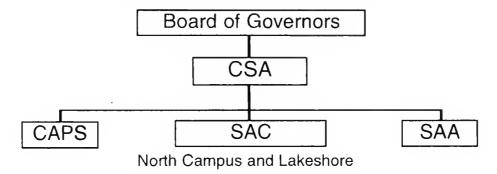
To keep this from happening the Joint Committee, was proposed to act as bridge between the college and the students said SAC president Muhammad Virk.

"We are students, and (administration) have more experience, we don't want to get rid of them," he said.

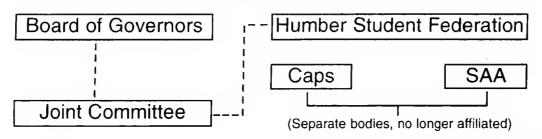
It's hoped the Student Federation will bring their proposals to the JC for advice on how to implement them.

How members of the JC will be chosen is still unknown but Virk is hoping their selection will be based on the same criteria used for CSA membership. Ideally, he

Old government structure



New government structure



With files from Melanie Justason

"I'm cautiously optimistic, but I do see there could be some problems with this."

One of the three concerns Gordon expressed was the possibility of the Lakeshore campus getting overlooked because North is much larger.

"I'm concerned that Lakeshore might end up being the ugly cousin, so to speak, because North can outweigh Lakeshore very easily," he said.

He also wondered whether it would be good to change the way things have been run for so long.

"I'm a little concerned. We've had a decent co-operative way of dealing with things for 30 years now," he said.

But he added it all comes down to how students react to the change.

"Money is tight these days, if students don't see things happening that they need, they may have to rise up against them," he said.

Student reaction was mixed.

"I don't think they should get rid of the administrators, it's always good to have someone who's been in it for longer than you," said Daniel Pereira, 22, a third-year Mechanical Engineering student.

"I think at least one should be there all the time, like a mediator in the House of Commons," he added.

Angie Huxter, 23, a first-year Computer Programmer Analyst said she thinks the change won't make much of a difference.

"You can do just as much with two as you can with one, although I guess it would be cheaper," she said.

The change-over will take place on May 1, 2000 just after the students will have finished voting for their new Humber Student Federation representatives.

Meanwhile, the *Transition Times* is being distributed around the school to keep students updated on Humber Student Federation Events.

wants to have the new HSF members make a list of potential administrators to serve on the JC and college President Robert Gordon pick from the list.

In previous years CSA membership was even in representation. Six administrators represented the college, and six members from SAC (three from North Campus and three from Lakeshore).

However, the number of administrators on the council decreased slowly from six to four and this year, only three members represented administration.

"(CSA) had veto power, they could stop anything, I think the right thing is being done," Dragic said.

Virk agreed.

"To approve anything, especially with money involved, we had to have all four administrators on our side. The problem was almost every time one would disagree and our proposition would not go through," Virk said.

Humber College President Gordon said while the changes have potential, he still has mixed feelings.

New training centre opens in Etobicoke

by Darren Lum

The Centre for Foreign Trained Professionals and Tradespeople had its official opening in Etobicoke on Friday Oct. 22.

The centre hopes to fill a gap felt by the nearly 20,000 immigrants arriving in Canada each year. It's based on an existing model in Caledonia and is sponsored by Human Resources Development Canada and co-ordinated by Humber College Business & Industry Services, and COSTI, a multicultural agency that works with immigrant communities.

"This centre is a bridge in helping people," said John Hastings, MPP of Etobicoke North.

Hastings sees this initiative as "strong pioneering work."

The Etobicoke location has actually been in operating since

Jan. 1999. The centre is only the second location in Canada and has already served 94 clients.

Centres are conveniently located where immigrant population is settling said Kris Gataveckas, vice-president Business Development of Humber College. The centre can be a win-win opportunity for both Canada and immigrants.

"This country needs the talent that newcomers can bring. It's a triple win.," said Gataveckas.

Maggie Alongi-Maxwell, coordinator of the centre, said she enjoys helping people. She wants people to know about the program and become "confident, driven, and motivated to do their best. I get excited when they're excited."

Amar Sandhu, a 27-year-old client who finished the program last Tuesday, said the centre found him and he found it. Sandhu has



The ribbon was cut last week on a new training centre for immigrants in Etobicoke. The centre will provide training for newcomers looking for work.

just finished his third interview with a prominent company and

feels optimistic about his chances.

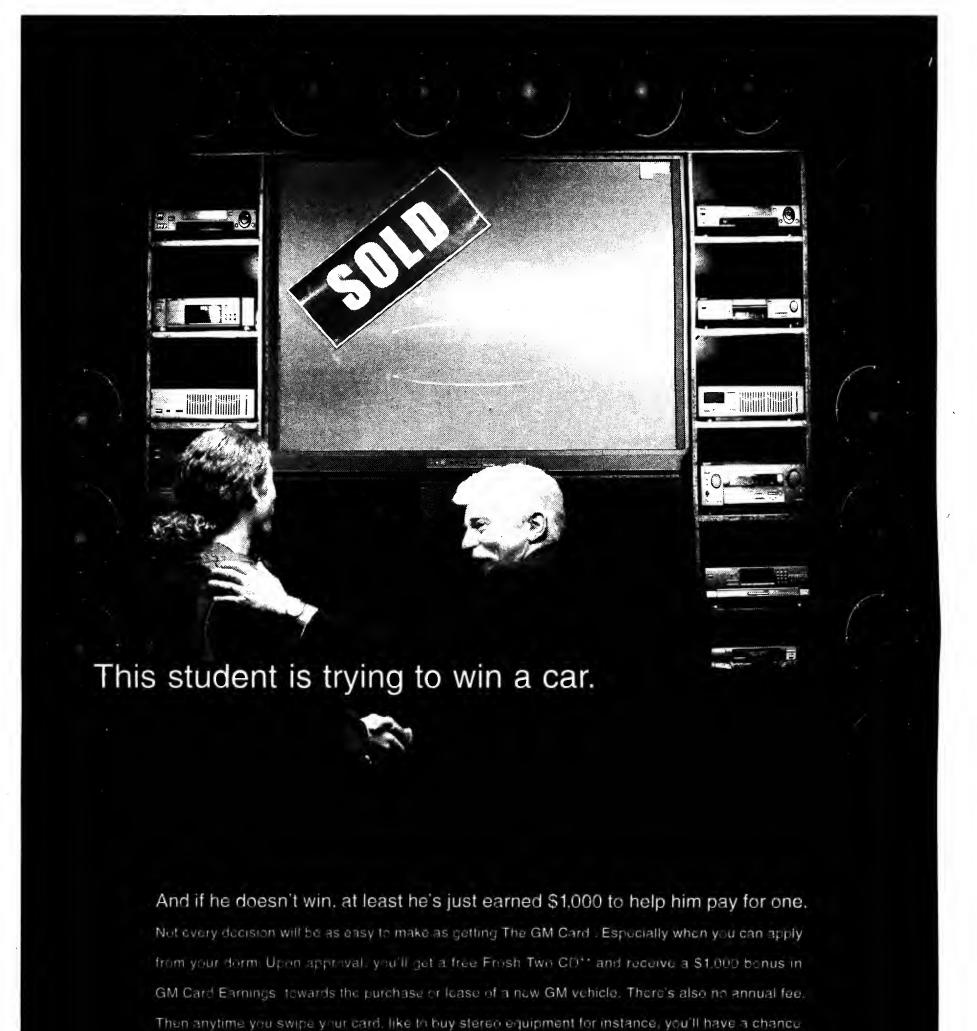
Born in England, he decided to come to here in May after a vaca-

tion introduced him to Canada four years ago. He likened Canada to a country in its "early twenties," and foresees a great opportunity to contribute to a nation just maturing into adulthood.

He hopes to eventually contribute to Toronto by improving the downtown core with his knowledge of urban regeneration learned from his experience in England as a Project Manager for the Chamber of Commerce.

The centre is open from 9 a.m. to 4 p.m. Monday to Friday and is available for newcomers with backgrounds in trades or other professionals. The services are free, but anyone interested must participate in a 22 day employability readiness workshop.

The next program will begin on Oct. 27. Call Michelle or Sylvia at 416-745-0281.



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Point and click to virtual library

by Andrea Austin

¬oronto Public Library officials cut the red ribbons off six computers to mark the launch of the Toronto Virtual Reference Library, a resource Web site made available to all Canadians last week.

With over 8,000 links to selected sites and a catalogued database of the resources available at the Toronto Public Library (TPL) on Yonge Street, the new Web site is providing what TPL chairperson Rick Goldsmith called "a gateway to information access to all our citizens."

Project co-ordinator Kathy Scardellato said the goal of the Virtual Reference Library (VRL) is to give the community and the

mation without having to visit the library.

"The directory represents the Toronto Public Library's first step in taking unique information and making it available beyond the library's walls," Scardellato said.

"What we've done is select the very best sites and resources we could find, as well as research guides on a wide range of topics that are popular with library The site, http://vrl.tpl.toronto.on ,ca also provides users with tips on essay writing, a unique selection of historic Toronto directories, Science Net, a link for teachers and students including an eight subject resource guide, a job search

country a way to obtain infor- engine called Career Bookmarks Gateway, and Bob's Your Uncle, eh? a genealogy link that helps users trace the branches of their family tree.

City TV Science and Technology Specialist David Onley, who also worked on the education beat at City TV for the last five years, told the audience at the VRL launch last Wednesday that the Library's site joins a new age of on-line libraries.

"We've entered a new era," Onley said. "Just about anything you can imagine you can go and visit on-line. You might be listening to music on your microwave or doing calculations on your toaster oven. Technology is moving along so fast."

Onley also said what excites him about the VRL is it gives students and children the same access they would get if they actually walked through the Toronto Public Library doors.

Along with community accessibility, Scardellato said the site will allow users to "personally tailor their resources to their needs," as is the case with Career Bookmarks Gateway. Users can create a report of the job-search



Travelling to the library may soon be history

research they do at the site and then print it or e-mail themselves a

The VRL is another resource Humber Students can use along with Humber's own library homepage, which offers similar resource services.

Manager of Humber library and media services, Lynne Bentley, said the VRL's main strengths are its digitized print collection, genealogy, and science sections, but it's one research database collection that isn't yet comparable

with the many available at Humber's homepage.

The Humber site, available for more than two years to students and staff at www.humberc.on.ca/ ~library, can be reached from any computer with Internet access once students login with their Humber user ID, which is the same as their college e-mail account ID.

"This is the direction that all libraries are going in," Bentley said. "(Libraries) don't have to reproduce things on-line in their entirety. They can provide links."

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Student skills set to improve with added seminars and workshops

by Pamela Goldfricht dinars may be added to ✓already existing programs at Humber to ensure that students receive the proper skills necessary to enter the workforce.

Judy Clarke, faculty member in the school of Liberal Arts, said during this month's Academic Council meeting that two years ago the college approved the need for six generic skills to be part of every program at Humber.

She said these skills include, math, thinking, information technology, personal, interpersonal, and communications ensuring students graduate with superior skills and training for the workforce.

Clarke said the Generic Skills Implementation Team (GSIT) will meet with co-ordinators from all of the schools' programs to determine how to embed the skills into courses.

If teachers are not familiar with a particular skill other ways would be made available to teach students these skills. Clarke said it might mean seminars or workshops that students would be required to take.

"what makes a good student, makes a good employee." - Bernie Wosnick

Bernie Wosnick, faculty member in the school of Manufacturing Technology and Design said, "what makes a good student, makes a good employee."

Wosnick said that these skills would improve learning and create better students.

"The idea of these is that they will be transferable," he

Clarke said students would be able to give feedback to their co-ordinators concerning the standards of the skills whether they are too high or too low but these skills are nonnegotiable.

He said a minimum set of standards will be developed for the whole college.

"We don't want standards to be so low it would be pointless to have the programs or too high that students can't reach the standards," Clarke said.

Humber Communications teacher Nina Butska said, "I don't know if we can really expect students to do this embedded in their courses."

Jim Watson, Liberal Arts and Science division of Humber, said a way must be found to incorporate many of these skills and a change is required.

"Some of these skills have already been identified as essential," he said.

SAC ready to tackle students' cash

by Melanie Justason

tudent Academic Council executives want to assure students that SAC will be even more accountable to them after the incorporation with the Council of Student Affairs(CSA).

Chuck Decker, SAC vice-president, said there will still be an overseeing body to all of their decisions. He also said the number one body they will be accountable to, is you, the students.

"We will be following a constitution. There will be no need to worry about swindling," he said. "Just as in any corporation, we are accountable to the shareholders, and in a college that's the students."

Decker said there will still be administration and the Board of Governors (BoG) to oversee every action the student body will be taking.

"The BoG is the be all and end all in a check and balance operation," he said. "They can withhold the student activity fee money if they see something is wrong."

Decker also said there will be a joint committee featuring five student executives, one student alumnus, and three administrators, who will review contracts, and give input for long-term spending. Although the group won't have decision -making power, they will work as the communication line between the college and the new Humber Student Federation.

Decker said SAC was lacking a long-term plan in the past years. This way, he said, more money will be going towards student projects.

He also said SAC will be able to set the budget. But, Decker said students don't have to worry because SAC has never had a budget turned down in the past by the

Muhammad Virk, student presi-

dent, said SAC's executive committee won't be able to make any final decisions until they have gone to SAC and the joint committee.

He said since the student fees pay SAC salaries, the students are their bosses.

taking over CSA duties, they will

"The BoG is the be all and end all in a check and balance operation."

- CHUCK DECKER

also be paying for them and that is why more of the student fees will go to SAC next year.

"We are ready to take on the responsibility," he said.

Virk said the new SAC arrangement will serve students in a better

"Right now we have limitations," he said. "Maybe we can save money and take that money and do something like provide more services."

The annual general meeting, where the budget will be voted on, will take place in late March, and Virk also said since SAC will be every student has a vote. Decker said he encourages all students to come and discuss what they like and what they don't like in the

> He also said for the new SAC'HSF, to get incorporated they still have to go to the CSA, the student body at the annual general meeting and to the BoG for final approval of their proposal.

> Decker said under the new proposal Lakeshore will gain a bit more in the way of clubs, services, and programs when the incorporation takes place on May 1, 2000.

> "Lakeshore will now have a stronger voice, with the one presi

dent," he said. "The whole mind-set is what's good for one is good for them all."

Student reaction to the proposed incorporation has been for the most part mixed.

Michelle Lewis, an occupational therapy assistant student, said she wonders how much experience SAC would have.

"I know everyone has to start somewhere," she said. "But do they have to start with my money?"

Rick Teigrob, a media student, said he wonders how much control SAC will have and said the editorial "A SACful of Cash" made him think about the whole take-over.

"The article mentioned the forum, so if students want to make a stand or have a say, they can," said Teigrob.

The forum will take place some time in November or December.

Students to pay more

cont'd from front

We froze the fees because the college increased tuition by nine per cent. The student government thought that this was a lot and decided against the increase. We're not packing in the profits, we're just putting out the basic services now."

Virk said that regardless of whether or not the HSF transition happens, this increase would still have occurred due to higher health insurance premiums as well as a need to build up the Student Development Fund.

Four dollars of the increase in the student activity fee is for the predicted increase of student health insurance premiums.

"I don't want to decrease services like health insurance to get the money. I try to take it from our operating budget, but we're at the bottom. We can't decrease it any more," Virk said.

Dragic said, "if we have the same operating budget as this year and our health insurance increases 28 per cent like Blue Cross has told us it will, we will have to decrease our operating budget ... the type of

student government you want to operate next year depends on your budget."

Angie Huxter, 23, a first-year Computer Programmer Analyst student said, "I think the fees are too high as they are. I don't use a lot of the activities anyway."

Daniel Pereira, 22, a third-year Mechanical Engineering student said he doesn't mind but some people may not be able to afford it.

"I'm not going to complain. At university they strip you even more," Pereira said. "I'd like to see where the money is going and why they need it. There must be another way to get it. Maybe they could have more fundraisers."

Virk said the college will be saving money, "because now where we have a six person council we will only have five next year."

Virk added the problem is each campus has been operating as a separate entity even though they are the same school.

"Last year we went to a conference in Halifax and we sent four representatives. Each campus paid for their two to go. Now we only

have to send two," he said.

The new federation will consist of five members, a president and four vice-presidents. SAC is attempting to put together a booth where students can take their comments and questions.

"I'm trying to make a SAC booth where myself or other members will be. We're there if anyone has any questions, and we will have a student feedback sheet where they can express their feelings on this," said Virk.

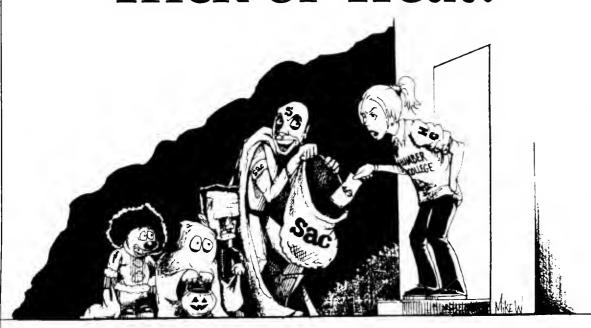
Our Mistake

The Humber Et Cetera editorial staff would like to apologize for two errors in the "Religious beliefs lift lid on rez washroom policy" story which ran in the Oct. 21st issue of Et Cetera. We apologize to Jenn Boyd for spelling her name incorrectly. Et Cetera also noted that Colin Gallagher is the RA on the R8 floor when in fact he is the RA on R7.



EDITORIAL

Trick or Treat?



Well it's been three wonderful years but it looks like inflation (or something) has finally caught up to us. Humber's student activity fee is on the way up.

The increase will total almost \$8, the booty split between two pots.

The Humber Student Federation (HSF), an amalgamation of SAC Lakeshore and North, will receive \$6.55 of the \$7.96, while the Student Development Fund will get the remaining \$1.39.

SAC president Muhammad Virk said close to \$4 of the additional \$6.55 the HSF will be collecting will likely pay for an expected increase in Humber's health insurance plan premiums.

Last year the number of people using the plan increased and, because of this, the premiums will likely rise.

The Et Cetera doesn't have a problem with this. SAC is providing a service and obviously students are

But what's that other \$2.46 for?

Admittedly, \$2.46 is not a lot of money. But, a lot of students we've talked to said SAC gets too much

And, when you multiply that \$2.46 by the 22,000 full-time students expected to enrol here next year, those 246 pennies increase to over \$54,000.

So what are our trustworthy rep-

resentatives going to be spending our hard earned bucks on?

New letterhead, T-shirts and

Seem like a wise investment?

If the HSF transition goes through, apparently they'll need to change the name on their current letterhead, Web site, T-shirts and

A \$54,000 name change at the expense of students?

Does the name even need to be changed? They should just incorporate the HSF under the name of

Happy Halloween. Trick or Treat? You decide.

Letters to the editors

After reading the front page story and the editorial in the Oct. 21st issue of Humber Et Cetera I feel that I must respond to the errors and accusations made by Brian Sylvester and staff.

R5 is an all-female floor with a bathroom that does allow males to enter on a "restricted access policy" as the author wrote. Males must knock before entering, flip a sign that says a male is now in the bathroom, and can only use one bathroom stall and one shower stall. This is something that has occurred on other floors in residence during past years and has been seen to work.

This "restricted access policy" came about after two votes and two visits by me, as an RA, to the mentioned person in the article to make sure things were ok.

If Brian Sylvester had stopped by to check the "restricted access policy" bathroom on R5 he would have real-

ized that the washrooms and the showers are not in the same room. The shower stalls are in a different room off of the bathroom with a closed door separating the two. In the shower room, each stall is separate, closed in with three walls and one door so each shower is like a different little room. Males are not allowed in the separate shower area of the bathrooms on R5. Instead, they must use a single shower that is not in the shower room but in the room with the toilets and sinks. So, the religious concerns about having "men and women naked in the same area before they are married" would not even

For the amount of guys that are actually in our bathroom I think that this story was blown way out of proportion.

The editorial especially upset me. By saying that having the bathrooms co-ed is "...an infringement on their way of life, and they shouldn't have to conform," you are wrong. I'm not making anyone conform to anything. This was something that was agreed on by everyone on the floor and anyone who wants the change can come to me and the washrooms will go back to being female-only.

We at residence are not trying to make anyone feel uncomfortable by doing what we have done. In fact, we are trying as hard as we can to please as many people as we can. I'm sure that the article and the editorial that were both obviously written because of one specific person have made that person in particular uneasy. You have now singled out one person on a floor full of students who before this was written had no complaints at all.

– Jenn Boyd

- 5th Floor Residence Assistant

Hallow's eve for everyone

behind you, as the ghostly gouls lurk behind each corner, regardless of your age.

The number of adults who celebrate this wacky holiday increases each year. Parties are planned, and millions of dollars are spent to make the entertainment richer, spookier, and full of surprises.

Years ago, it was just the kids who celebrated Halloween, with the help of their parents in the costume department. Children took advantage of this holiday to stock up on one of their most valued items: candy.

But, at \$1.3 billion spent so far on Halloween this year, it's clear that adults are enjoying the party and the excitement too.

Maybe people are spending so much this year because many believe that this could be the last Halloween ever, and it must be phenomenal and celebrated like never before. Others say that this is

Frankenstein waits to sneak up an obscene amount of money, and that it should be spent on more appropriate and useful things.

> But, who cares? If people want to go all out on Halloween, do so. After all, you only live once. If kids can celebrate, so can adults. Anyone who says Halloween is just for the kids should just stay

Competition for the best costume is always fierce, and times have changed where people would scrounge around the house to make the perfect costume themselves. If you want to look the best, you have to spend the bucks! Besides, you ean be anything you want to be with the selection that is out there, from Barney to Austin Powers, the choice is yours.

Halloween is basically an excuse for a different kind of party. Make the best of it. Dress up, drink, and be merry. You can make it as good as you want it to be. Happy Halloween.

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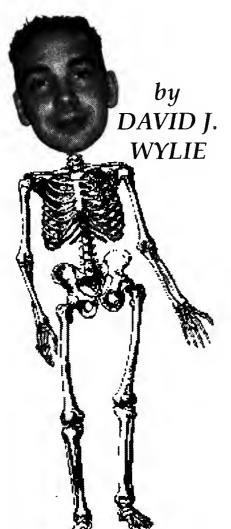
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Anyone out there remember He-Man? We sure do! Visit our site & get a special Halloween greeting from your favourite Eternian.

OPINION-

Twas the night before Halloween...



'Twas the night before Halloween, and the devils are out. The black cat is purring. He just ate the mouse. Houses are painted all yellow with yolk, from taking the brunt of a Devil's Night joke.

Children are bundled in camouflaged clothes, blending in with the night from their head to their toes. Hiding in bushes after Nicky Nine Doors, suppressing their giggles while I stand in my drawers.

Parents peer anxiously from their windows, dancing through their heads are visions of pillows. Eyes will be bloodshot and sleep deprived, if a prankster is caught, he'll be skinned alive.

When out in the yard arose a loud sound, I hurry to my window and look all around. Three little devils each snicker with joy, reaching inside their black bag full of toys.

One pulls out eggs, the second - a spray can, next a roll of toilet paper and a frying pan. My curiosity piqued, I observe what they do. I wait and I watch until all work is through.

"Now TOILET PAPER, now SPRAY PAINT!
Now EGGS ON THE WINDOWS!
On TREES, over ROOVES, smeared,
on WINDSHIELDS OF MY VEHICLES!"

Like clockwork, each child attends to his task, a SWAT team of trouble organized in a flash.

In less than five minutes all hell is set loose. The damage is done, no chance of a truce

They all gather 'round and bang the frying pan, waking every child, woman, and man." I'll get you," I scream and burst from my home, dashing while hollering in a psychotic tone.

The three break away in different directions.
"When I catch you punks, I'll teach y'all a lesson!"
Up over fences and through neighbours' backyards, they're faster than I expected but still won't get far.

Two get away but I catch one at last. I may be old but I still run quite fast. Turning around, the kid looks in my eyes, tears dripping down, he begins his lies.

"They made me do it. Really, I swear, threatened to hang me by my underwear. Don't tell my parents. I'll be grounded a week. Come on mister and turn the other cheek."

I know very well that kids can be cruel, and now I will demonstrate that adults rule. I take the little boy back to his home. And upon opening the door his dad gives a groan.

I tell dad exactly what his angel has done, putting an end to the Devil's Night fun.
Skipping back home I scream with delight,
"Happy Halloween and to all a good night!"













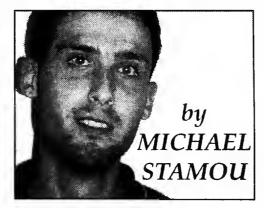
Life is far too short

When I wrote the story about Larry Jefferson's injuries for Et Cetera, I had many concerns. I had to write in a manner, that wouldn't offend anyone, most importantly the men's basketball team. It was a very sensitive topic that had to be handled with care and sensitivity.

One week ago the Toronto Sun NBA reporter, Craig Daniels, wrote about Jefferson and his cousin, former Toronto Raptor Carlos Rogers, and what their family had gone through in the last two or three years.

While writing my Et Cetera article, and as well as when I read the Sun's article, I couldn't help but think about how I take my life for granted.

I am going to generalize about college students, so I will apologize in advance. The average college student complains about how much work we have, how much stress we are under, and how we all hate our part-time jobs. We also complain about the teachers and their lack of understanding when it comes to these issues. I am certainly guilty of all of these things but we really have nothing to complain and bitch about.



Rogers, on the other hand, had so many tragedies in his life. His sister, Rene, was diagnosed with a rare kidney disease and he was willing to give up his basketball career by donating a kidney. However, before he could help she passed away.

Now, Rogers has taken some time off from the NBA to help his cousin, Jefferson, in his struggles after a car accident. Just one week ago his grandfather passed away.

Rogers has persevered through them all. As 1 read these articles on Saturday and Sunday my eyes filled with tears. 1 cried because 1 never thought anyone had the strength to conquer all of these tragedies and continue to lead a normal life like Rogers has.

I looked at my own life.

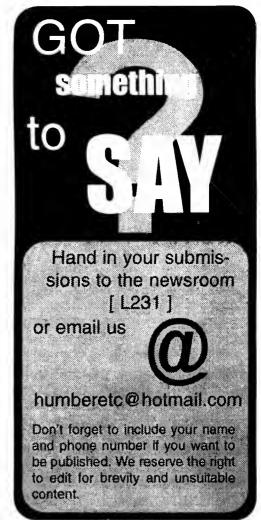
I realized that I come to school every day and complain about the same things that other college students do: the stress, the workload, and the lack of respect that goes on in the hallowed halls of Humber College.

After reading Daniels' articles, I made a promise to myself that I would never again complain about my life because I really have nothing to complain about.

I felt privileged to cover the men's basketball team's emotional strength. I witnessed the bonding and sensitivity that can be displayed in a strong group in the face of tragedy.

So please, next time you want to complain about life, where most of your major problems revolve around homework and part-time jobs, stop and think about people like Jefferson and his cousin. Think about what they have gone through and be thankful that you lead the life that you do.

Michael didn't like his old picture.



ON CAMPUS

Memorial concert for Eddie Sossin

Hundreds share good music and fond memories

by Derek Malcolm

I undreds of friends, colleagues, and admirers of the late Eddie Sossin gathered Wednesday night for a tribute concert in celebration of a jazz man who inspired and touched many.

Past and present faculty and alumni of Humber's music program came together to perform in honour of Sossin, who dedicated almost three decades of his life to Humber College.

In the auditorium of the Lakeshore campus nearly 600 people tapped their toes and snapped their tingers to some of Sossin's favourite songs, in a Celebration of a Life in Music "Eddie would have been knocked out," said his wife Helena Mermer-Sossin. "He would have been thrilled that so many people thought so much of him to do such a beautiful concert for him."

Among the set of jazz classics, the receptive audience was treated to original music written for Sossin by some of his close friends. The second last song of the evening, *Prayer and Celebration* was written by long-time friend, and former music director, Paul Read.

The song was arranged in two distinct parts, inspired by several jazz standards, and had an energetic calypso ending, a style Read said Sossin loved to play.

"I basically drew upon my experience



over the years with Eddie and just remembered what it was like to play in a band with him," said Read, who played piano and conducted the song.

Read joked to the crowd, that when he was writing the song, "I felt him (Sossin) sitting on my shoulder saying 'why didn't you keep it in 4/4?"

During the song, between the silence and the cheers, Mermer-Sossin was moved by the performance.

"The prayer brought tears to my eyes," she said. "The celebration part brought a smile to my face because it really was a celebration."

P.S. for E.S or Post Script for Eddie Sossin, the grand finale of the evening, was written by now-retired Humber jazz teacher Ron Collier.

In the '70s the pair taught at the jazz program's first summer course. The big band song featured Sossin on his favourite instrument, the alto saxophone.

Collier revamped and renamed the piece for the occasion, with colleague and former student, Humber graduate Mark Promane who was featured on sax.

Ted O'Reilly, well-known host of the CJRT radio show The Jazz Scene, hosted the concert, raising over \$4,000 for the newly created Eddie Sossin Scholarship Fund.

"Eddie would have put the needs of the students first," said Trish Colter, head of the

"Eddie would have put the needs of the students first."

vocal department head, Trish Colter

vocal department who, with Promane, organized the evening.

Colter said Sossin really cared for his stulents.

The feeling was mutual. Throughout the cafeteria where the reception was held after the concert, people drank, ate, and shared memories.

"He was everybody's friend around school. You could always find him to talk," said Emile Deon, a third-year jazz student who was busy providing the crowd with smooth jazz licks on his guitar.

"He was really encouraging," said Andrew McIntyre, also a third-year jazz student. "He made young players want to

"He was everybody's friend around school. You could always find him to talk."

third-year jazz student, Emile Deon

Tough women inspires sci-fi

Robert J. Sawyer reads at Humber College and all copies of The Terminal Experiment sell out in the Lakeshore bookstore.

by Andrew Horan
ward winning sci-fi author, Robert
J. Sawyer, read his new novel The
Terminal Experiment to a captivated
audience in the Lakeshore campus library
on Oct. 20.

Ben Labovitch, general arts and science professor, has been the organizer of the Lakeshore readings for many years. Labovitch introduced Sawyer's reading, one of the biggest events scheduled at Lakeshore this year.

According to Labovitch the Lakeshore bookstore had to reorder copies of Sawyer's novel *The Terminal Experiment*. All 135 copies sold out prior to the reading.

"I've been doing this for 20 years," said Labovitch. "This is the first time we had to reorder any books."

"For these students this is like a rock star coming here," Labovitch said at a luncheon for Sawyer earlier in the afternoon.

Sawyer talked about his education at Ryerson where he studied Radio and Television Art. He also said winning the Nebula Award, the literary science fiction equivalent of the Academy Awards, was the highest point of his career.

Sawyer read a couple of chapters from his 1997 novel Frameshift.

His experience giving public readings and public lectures has crafted him into a wonderful reader. He breathed life into the characters of *Frameshift* and held the students and faculty in the library spellbound

for the half hour that he was reading.

Sawyer fielded questions from the audience when he was finished reading. He said the inspiration for *The Terminal Experiment* was originally conceived as a sequel to his first novel *Golden Fleece*.

"I asked myself whether or not a machine could have a soul," Sawyer said.

He added the inspiration for one of the characters in his novel was his love of tough women.

"The character's gender was not important," Sawyer said.

When asked if he believed that animals such as dogs and cats have souls, Sawyer said that he didn't. He said he is against testing done on apes since humans are genetically similar to them.

"I'm a great defender of simian civil rights," Sawyer said. In The Terminal Experiment the apes have souls.

Sawyer fielded a question about the Human Genome Project (HGP). The HGP is a scientific study that maps out a complete human genome. Sawyer said they will have a complete human genome mapped out within the next 18 months.

"It will take us years to sort through the material," Sawyer said.

Sawyer said the genetic revolution is at an awkward phase right now. Scientists can clone whole organisms, such as sheep, but they cannot clone specific things, such as a heart or liver for someone in need of a transplant. improve"

As a professional musician since the '50s, the flute and saxophone playing Sossin played in, and led, several bands across Canada and the United States. He was the music director for a Montreal television show and has performed for radio, theatre, and in hotel nightclubs. He was the first to teach the woodwind program when Humber's music program began in 1973. He became the program co-ordinator in 1987, where he served for more than 12 years.

Sossin, who would have been 62 the day of the concert, died suddenly on May 19th of a heart attack.

"We're all colleagues, but we're all really close friends," said Colter. "I don't know anybody who didn't love him."

For information on the Eddie Sossin Jazz Scholarship, contact the Humber College music department at (416) 675-6622, ext.



Students get biz tips from top entrepreneur

by Seanna Murray-Neck

Isabel Hoffmann gave a lesson to North and Lakeshore campus students on the ins and outs of successful business techniques on the Internet.

Hoffmann, a Canadian business woman and Internet visionary, told approximately 125 business students that they should know HTML if they want to succeed in business.

Hoffmann is one of Canada's top entrepreneurs and

achieved her success with the Internet. In her presentation she described how her award-winning children's' Internet site, Nikolai.com, has expanded it's off-line solutions and combined on-line promotion to achieve a collective marketing program.

Hoffmann said that if the students came away with one thing from her seminar that it would be to "do something that you can live with 100 per cent of your time. Something that

you can be passionate about...otherwise you won't be happy and you won't succeed."

Hoffmann was inspired by her husband telling stories to her son Nikolai.

"When kids under 12 think Internet they think Nikolai.com," said Hoffmann.

Nikolai.com is a web sit for children which incorporates e-commerce with fun. Nikolai is the "problem solving" boy

and Neow Neow is his cat who thinks he is a human.

The Web site features games which Hoffmann says are played 2,500 times a week. They have a global virtual newspaper where kids submit writing. The site encourages kids, using their allowance, to do their own on-line shopping with permission from their parents.

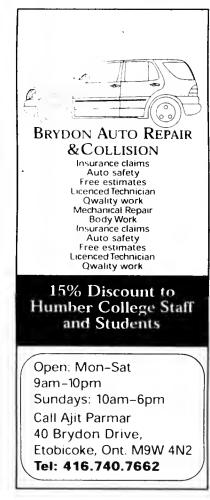
According to Hoffmann every minute seven new people surf the Internet, and today, through Web sites, everyone is in the publishing business but only a few are successful.

She gave students tips on how to create a successful Internet business using multifaceted marketing techniques. She said to never be afraid to make a mistake. Be decisive, flexible and adaptable. She said to "cherish your imagination" and never think that you are smart because there is always someone as smart.

Mike Planche, program co-ordinator of the financial services program at Lakeshore said that this seminar is important for his students because "banks merging with Internet companies opens up a huge business... I hope that they will see the possibilities of the Internet," he said

Hoffmann spoke as part of the Humber College Business School's speaker series





Get your free drinks at Spirit of Caps

SAC and CSA team up with Caps to host an alcohol awareness day

by Tanya Verrelli

It's that time of year again when students line up to alcohol poisoning, drink beer samples and learn how to drink responsibly. "It's a way for

On Nov. 3, in Caps, SAC, along with the Council of Student Affairs (CSA), is hosting Spirits Day, the alcohol awareness fair. It's a licensed event in association with Canadian distilleries.

The highlight this year is Bacchus, the alcohol education group, will be giving out information on all aspects of drinking, including the effects of binge drinking and alcohol poisoning.

"It's a way for distilleries and Bacchus to show that they're responsible to students," said Chuck Decker, vice- president of SAC.

Tables will be set up with alcohol and food samples. There will also be free giveaways and interactive games to play

"You also get to learn a bit more about drinking and

how to be smart with your drinks," said Decker. "Basically, student councils and student governments have found out they have to be more responsible for their students."

The benefit of this kind of event is it makes college and university students more aware of the effects of alcohol and how to drink responsibly. "In (college) residences they've started (alcohol awareness) programs. They also have alcohol awareness weeks," said Decker.



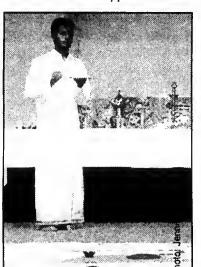
Hindu students celebrate the festival of the Divine Mother

by Jennifer Zalitack

One of the very important festivals for Hindus, Navaratri Puja, was celebrated by the Humber Tamil student Association on Tues., Oct. 19.

Navaratri commences on the first, and ends on the tenth day of the bright half of Aswayuja (September to October).

By celebrating this festival, the Divine Mother is saluted. This is a time with sacred opportunities to



worship the God of Mother. Devotees of Mother God fast, to commemorate the victory of Durga over Mahishasura, the buffaloheaded demon.

On the first three days, the Mother is adored as supreme power and force. The Mother Durga is prayed to, in order to destroy your impurities, vices, and defects. These first three days mark the first stage, and they are set apart for the worship of the destructive aspect of the Mother.

During the second set of three days, the worship of Goddess Laksmi is performed, who represents the wealth-giving aspect of God, who is purity.

After six days, Mother Saraswathi, giver of knowledge, is worshipped as the third stage.

On the tenth day, Vijaya Dasami, marks the triumphant of liberation

This day celebrates the victory, the achievment of the goal.

Tamil association has 25 members that meet every Tuesday in LX101 between 4 and 6 p.m.

Clubs fair success

Students treated to food, art, and dance at annual SAC event for student recruitment

by Kerri L. Patrick

It was a celebration of different talents and cultures at Humber College. The clubs fair is an opportunity for students to meet new people, and create an awareness of events occurring around the campus. The event helps each club spread information and recruit new members.

Live music, food and art set the stage for the occasion.

The annual fair, sponsored by SAC, featured a variety of clubs representing different cultures and groups.

The Lifeline Christian Fellowship, Humber Design Association, Muslim Student Association and International Students were among those represented.

"We have the clubs fair to represent several organizations, social and cultural programs throughout the school," said SAC vice-president, Chuck Decker.

In order for clubs to even be showcased at the fair, each club must go through a rather lengthy process.

Each organization must be approved by SAC in order to get funds to hold events. Funding is recieved on a per semester basis, returning clubs \$300 each semester, while new clubs are granted \$200.

Currently there are 18 clubs on the North campus. All of the clubs wern't represented at the clubs fair due to scheduling conflicts.

The Club Awareness committee has the right to revoke any type of sanctioning if certain critieria is not met. Clubs are monitored by a review board to ensure nothing unethical is happening.

With the increase in enrolment this year, associations have grown,

"It usually depends on the population overall. For example, the Muslim Student Association has a strong following. There is a much bigger population for this particular club," said Decker.

However, there are enough clubs to go around and students are sure to find something to suit their tastes.

HOLA (Humber Organization for Latin Americans)
President, Daisy Espinoza said it best when she summed up the
purpose of the day "to bring people together and have fun."



Live bands greeted students at this year's SAC clubs fair.



October 28, 1999

LIFESTYLES

Canada World Youth program opens doors and minds to new experiences at home or abroad

by Andrea Stonehouse icture yourself travelling to new and exciting places, meeting and working with new people and becoming involved in a uniquely different education program in another country. Picture yourself in Canada World Youth.

Canada World Youth, almost 30 years old, is a national, nonprofit organization giving young people the chance to get an education internationally and gain valuable experience by participating in an exchange program with other countries. It invites youth to learn and understand what their country and others are all about.

"I think the whole exchange itself will change a person," said York University student Nadia Fresolone.

Fresolone participated in the CWY program in 1996 and

The CWY places people in a community in Canada, then in a community in Asia, Africa, Latin America, Central and Europe or Eastern

In each community, the youth will stay with a host family and do volunteer work to build work skills and learn about the country. Youth will also have an exchange partner in the country they visit.

Fresolone was placed first in

Quebec, then in Burkina Faso, in the western Africa, for a total of seven months.

"I worked in a senior citizens' home in Quebec," Fresolone said, "and then in Burkina Faso I worked with a non-governmental

Once a week, Fresolone got together with other Canadians 'educational development day.'

"The whole group meets up and we have discussions involving development, within yourself, within a community, within a

> country, internationally...." Fresolone said.

"That's how you spend the whole day- doing activities. They could be physical activities, mental activities, everything, and the whole process is just non-formal education."

Exchange program participants are required to fundraise \$1,500 for Canada World Youth, to help

with program costs and to raise awareness about the program. This can be done in a number of

"You can do anything. People do car washes, they go to their MPs, they go to the corner store, next door neighbours, family, friends," Fresolone said.

"You're trying to do an outstaying in the same town for an reach to the community at the same time to tell people what

> "I think the whole exchange itself will change a person."

> > -Nadia Fresolone

you're doing."

Before the exchange takes place, participants meet for an orientation and training session. This is to get the whole understanding about what CWY is all about, and training is provided on how to fundraise.

"It's not just door-to-door (canvassing), but trying to make a real plan and go to businesses," said Leela Acharya, a program officer for CWY. "The logic is that it builds motiva-

In addition to raising \$1,500, participants are also required to pay a \$250 participation fee. The other costs include vaccina-

tions and medical expenses, passport fees and equipment like backpacks and sleeping bags if needed.

CWY picks up the tab on travelling expenses including transportation, food and lodging as well as a small amount of pocket money.

Fresolone also offered some advice for people considering taking part in the program.

"I think that what happens is a lot of people are afraid to do these type of programs because it takes you out of your day-today life for so long," Fresolone

"You can always come back to your schooling, you can always come back to the rest of it. But something like this, it's always when you're younger you have to take the opportuni-

The CWY program is open to Canadian citizens or landed immigrants aged 17 to 20, but programs are also available for youth over 20.

To find out more information on CWY visit their Website at www.ewy-jcm.org/ont.

A good personality suits a man

Forget the suit; a man's good personality and cleanliness go a long way for the women of Humber College.

by Jenn Mossey

If you flip through GQ or any men's magazine, you will see the pages plas-Ltered with good looking guys dressed up in suits with shirts and ties.

However, the men at Humber don't necessarily have to dress to impress.

According to some women interviewed at Humber, men in jeans or khakis with a nice shirt are just as attractive as a man in

"Suits are so rigid. It's such a conformist style," said Laurie Little, a Public Relations student.

Nursing student, Baldeep Mann, said "casual stuff looks good as long as they're well dressed, the colours match, and they're neat."

Some women are intimidated by a formally dressed man. They are more comfortable when he is casually dressed and find him more down to earth.

"I can approach someone in jeans and a t-shirt," said Miriam Guiban, a Recreation and Leisure student.

However, some women find men in suits irresistible.

"I love men in suits," said Andrea Dowling of funeral services, "that's half the reason I'm taking funeral services."

Christine Maunu, a media copywriting

"Casual stuff looks good as long as they're well dressed, the colours match, and they're neat."

-Baldeep Mann

student said, "it shows that he knows how to take care of himself. It just looks good."

Gabby DaMota, wardrobe consultant for Tip Top Tailors said, "nothing can top a suit. People know that, especially going into an interview."

"It's very business-like and professional. It makes him look clean, proper, classy, and romantic," she said.

Nonetheless, DaMota said traditional formal wear is turning more casual now. A man may wear a shirt and fun tie with a pair of khaki pants, rather than wearing formal black pants, a white shirt and a boring tie.

Curtis Ruscoe, a business administration student said it's a sign of the times.

"Things are more casual now rather than suits and ties, like in the '50s," he said. ..

Javed Butt, an electronics student at Humber said he wouldn't dress to impress.

"The school environment should be more relaxed and not so formal," he said.

Whether the women interviewed at Humber find suits or jeans with a T-shirt more attractive, they all agreed that it depends on the man. If he doesn't take care of himself inside and out and he doesn't have a good personality, then he won't be attractive no matter what he



A casual approach to traditional dressing

Relax your tresses with patience

Gentler relaxing treatments and care products help black hair maintain moisture and strength

by Natalie Davis

he care and treatment of African American hair can sometimes be frustrating and time consuming

According to Janet McInnis, owner of Janet's House of Beauty in Mississauga, it's probably because women don't know how to

The misuse of products, over-exposure to heating elements and a lack of patience lead many black women to believe that they don't have healthy hair.

"Black hair on as a whole is very fragile, and hard to handle, and it's a matter of not understanding it," said McInnis. "Our scalp produces natural oil called sebum, however due to the kinkiness of our hair, it is unable to travel to the ends," she added.

Due to misunderstandings chemical relaxers, many women are left with coarse and damaged hair.

A chemical relaxer, which is a cream substance applied to the hair,

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counteracts with the active ingredient sodium hydroxide to break down the hair's keratin bonds, and make it straight.

The results have left many with what McInnis calls the two biggest problems with black hair - dryness and breakage.

Good Hair:

and revert to their natural hair. She also said the pre-occupation many black women have with straight hair starts in early childhood in what she calls, the "Nappy Hair Phobia."

Mothers struggle in a desperate attempt to rid any traces of curliness from their daughters' hair, either

using a hot comb, (an iron comb, that when heated, straightens the hair) or a chemical relaxer.

Constance Simpson, a Humber Business student, said that as a child she always wanted straight

"I was always envious of Caucasian hair," said Simpson. "1 remember looking at the girls on TV and thinking 'hey how come my hair doesn't look like that? I was so desperate that sometimes I would take a metal fork, heat it on the stove and use it as a hot comb," she said.

While this may sound extreme, any women have opted for these barbaric methods to achieve what they perceive to be good hair.

Many companies have recognized this by creating products that promise to provide the hair with shine, manageability and even

According to Bonner women have bought into it considering that the North American black hair-care market grosses \$1 billion annually.

Carol Douglas, a sales associate at Discount Beauty Supplies Ltd. in Mississauga, said that black women should choose hair products that are rich in moisturizers and conditioners, applying hot oil treatments at least once a week.

"Keri Oil by Organics (\$8.89) is a Be patient with heaters to prevent damage good oil treatment

that I recommend," said Douglas.

"In terms of relaxers, Motions (\$7.59), Dark and Lovely (\$8.99) and Soft and Beautiful Botanicals (\$8.99), are our most popular sellers," she said.

I was so desperate sometimes that would take a metal fork, heat it on the stove and use it as a hot comb."

-Constance Simpson

"But I like Soft and Beautiful Botanicals because it's more natural, and I find that it does not burn as much."

McInnis, however, said all relaxers are virtually the same because they work with the same active ingredient.

"Many women have stupid reasons for choosing a relaxer," said McInnis. "They think that if they use a more expensive brand like

Dudley's (\$35) it will work better. It's what they do after that really matters," she said.

McInnis said that many women try to achieve a super-straight look by leaving the relaxer on for too long, which eventually breaks off the hair

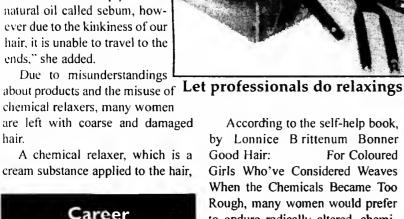
"I would recommend that any chemical treatment be performed by a professional."

While some women choose chemicals, many have opted for weaves (hair extensions that are either glued or sewn to the roots of the hair).

"These things can cause more damage than anything else," said McInnis, adding hair extensions should be used in moderation, because they pull on the scalp, leaving hair weak and damaged.

Simpson said that she has tried for years to "come out from the grips" of chemical relaxers and heat products.

"I know that chemicals and curling irons are terrible for my hair," said Simpson. "But I'd choose burn-out over naps any day."



to endure radically altered, chemically-damaged and unflattering hair so that they may achieve a style they believe is socially acceptable.

Bonner encourages black women to eliminate the use of chemicals,



Bizarre

AUSTIN, Texas-An Austin barber is trying to construct the world's biggest hairball using leftover scraps of human hair. Barber Bill Black is inviting people from around the world to send him sweepings from barbershops and beauty parlors to add to his huge hairball which is currently the size of a pick-up truck bed.

The 54-year-old barber says he's creating the massive mound of tresses to call attention to the many alternative uses of hair such as a fertilizer for soil. Black also claims hair can be used as a construction material, and he's even created "hair bricks" to demonstrate their strength.

RIVERSIDE, Calif.—Jackie Stallone (mother of Sylvester) claims she has the ability to predict the future by reading people's rear ends. But Jackie is being given the bum's rush by psychics who laim her "rumpology" technique - which involves making a print of the client's rear end and reading the resulting squiggles is ridiculous.

Parapsychology researcher Tom Hagman says the idea of predicting the future by reading a butt imprint is "nonsense." Hagman believes Jackie is only touting her rump-reading abilities as a ploy to get more publicity.

Meanwhile, Jackie claims her butt-reading technique is an ancient ~flashnews.com~ Indian art that's been practiced for years.

October 28, 1999

Maurice Abbey, Abdolrez Abhari, Arif Abji, Daniel Lewis Abrams, Robert Allen Adams, Sheri Adamson, Nana Osei Addae, Jai Aggarwal, Gulzar Ahmad, Cindy Priscilla Ah-Yuen, Rawan Al-Ghosen, Ach-Ary Alhabo, Nabeela Ali, Nadia Ali, Anmar Al-Khafaji, Rodney David Allan, Meghan Allen, Karim Allidina, Jeries Alsayegh, Patricia Ambroise, Hoda Amiri, Paul Asija, Christopher Askwith, Erhan Asliturk, Wissam Assaad, Nour Atroshi, Jason Au, Giles Babin, Robert Baron, James Alexander Bartlett, Brabakaran Baskaran, Pascal Bastien, Joel Beaulieu, Jamie Beck, Hosnara Begum, Eliane Belanger, Paul Belanger, Colin Belcourt, Joel Belcourt, Alain Bellehumeur, Kader Benbrahim, Jeffrey Benenati, Dominic Bergeron, Annie Bernatchez, Peter Bernier, Rahul Bhardwaj, Jarod Bickle, Dina Bilenkis, Scott Birksted, Vadim Bishtein, Jarrod Blackburn, Marc Andrew Blais, Sean Blake, Joseph Bokhaut, Philippe-Andre Bonneau, Forrest Malcolm Boomer, Shannon Borho, Phillip Daniel Borm, Jean Botembe, Phoebe Botros, Heath Bott, Enoch Boulet, Matthew Robert Brash, Christopher Brouse, Jordin Brown, Ryan Brunner, Alan Brunton, Scott Bryant, Helen Buie, Karin Buist, Carleton University, Nicolas Carpentier, Guillaume Chamberland-Larose, Sean Richard Charlebois, Thomas Chatain, Kwok Hong Vincent Cheng, Michelle Cheng, Kevin Cheung, Kenny Cheung, Mathieu-Andre Chiasson, Meng-Han Chiasson, Matthew Stephen Chmiel, Efim Chor, Ryhan Choudhury, Carolyn Chow, Jennifer Chow, Joahua Norman Cimino, Dustin Clark, Robert Collier, Caleb Cond, Ly Cong, Jean-Philippe Cormier, Lucas Corvino, Neil Roderick Costford, Marc-Alexis Cote, Victoria Cowle, Grace Cox, Jeffrey Craft, Kyle Craig, Jeffrey Cushen, Royce D'Souza, Ehsan Dadelahi-Sarab, Alexandra Dafoe, Gavin Daly, John Daly, Robbie Daoud, Olivia Das, Richard Daviau, Colin Davidson, Daniel Davies, Shawn Davy, Jeffrey Dawson, Patrick Decoste, Michael Delage, Jeeliyana Delancharles, Jean-Christian Dellanoy, David Adam Demers, Anthony DeSousa, David Deutsch, Mark Deverno, Christopher DeVries, Deepti Dewan, Rajpreet Dhillon, Tanya Di Cesare, Eric Kevin Dolan, Paul Dostaler, Anestis Dounavis, Gregory Doyle, Lise-Anne Dubois, Darryl Ducharme, Michael Ducharme, Erick Duchesneau, Benoît Dufour, Gabriel Dumitrascu, Ali Echihabi, Stephen Ernest Edmonds, Paul Robert Edmunds, Marwa Mohamed Sam El-Hennawey, Gavin Ellis, Laura Lesley Emond, Erix Jose Escobar Ardon, Bret Evans, Hamed Faghfoury, David Faya, Andrew Fell, Jinghua Feng, Rares Fodor, Florence Fong, Jason Geigel, Bradley William Genereaux, Sachin Gera, Richard Gerrad, Stephane Gervais, Alan Gillespie, Eric James Glynn, Bruno Gnanapragasam, Douglas John Godding, Ksenia Golod, Jasinthan Gopalapillai, Robert Gordon, Christopher P. 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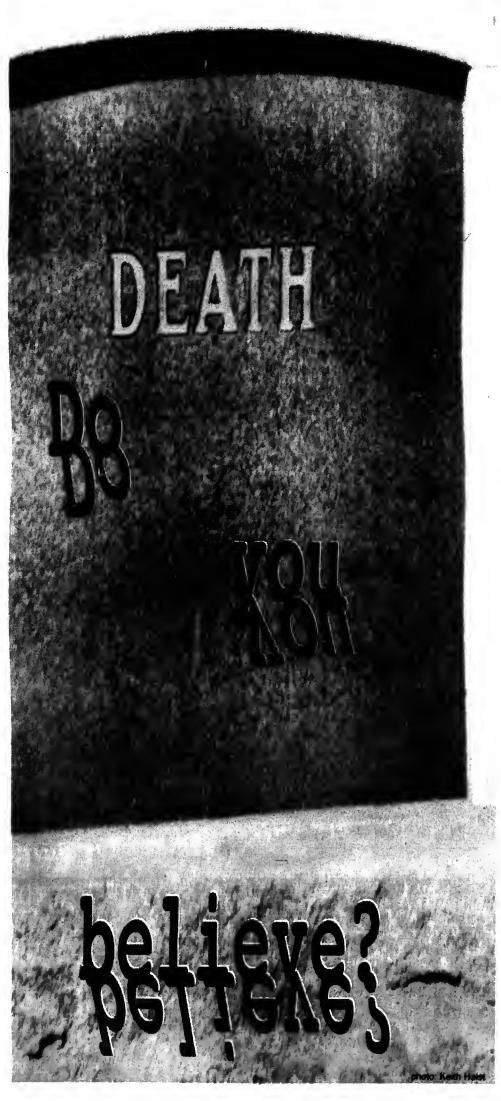
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How the world dinner ideas

Spirits and souls



Seeing Alex

by Shauna Duffy

Rosa Carranza believes.

On June 12, 1999 Rosa Carranza's son, Alex, died. He was 19 years old and a legal assistant student at Humber College. He was at the Toronto General hospital when he died of myocarditis (inflammation of the heart). Rosa's story is one of a spiritual journey. In that journey she recieved signs she didn't percieve as warnings, but now knows they were. She believes what she and her family experienced was a connection with her son during the time before his death and the time after he died.

On June 10, two days before he died, Rosa wanted a change, so she decided to rearrange the fumiture in her room. Without her knowing, that was the same day Alex was taken to the hospital. The furniture in her room is very heavy, she said, and now, when she looks back on it, she thinks she must have had some help, even though she was the only one in the room. She said she felt a presence with her in the room that day and when she moved the furniture it was so easy, she couldn't have done it on her own. At one point she saw her son in a doorway.

"It felt like somebody was watching me. I saw a flash of him. I didn't know he was already in the hospital. He was trying to

He had come to her house to see his sister, Millie, the day before. She said he looked very sad and he said he was having headaches, but she didn't think it was serious. He told her he had made a doctor's appointment for that Friday, so she felt comforted knowing he was going for a check-up.

Alex's girlfriend took him to the hospital. It was the first time his mother wasn't the one taking him there. It was also the first time he had ever gone to Toronto General. As a child, he went to The Hospital for Sick Children, and as he got older, he went to Credit Valley in Mississauga.

Alex had sickle cell anemia, a blood disease, since birth, and throughout his lifetime his condition brought him in and out of hospitals. Rosa said there was always a pattern where he'd go into the hospital for a couple of days and then he'd be okay and able to go home. That is what she expected this time.

It was Friday night at 7:30 p.m. when Rosa got a call at work, telling her Alex was in the hospital. She left work and went over to find him on the 13th floor in room 413. She was disturbed by this since she said the number three or anything with three in it, is bad luck for her. She stayed with him in the hospital, gave him juice, talked with

"It felt like somebody was watching me. I saw a flash of him."

-Rosa Carranza, Alex's mother

communicate with me somehow."

Rosa said she saw him sitting on a pile of stuff she had put in the entrance to her bedroom, but that glimpse was fleeting.

"I looked quickly at the door and thought I saw Alex. It was really fast. I looked and he was gone."

Rosa knew her son wasn't home and she thought to herself 'stop thinking stupid thoughts'. She had thought maybe he's here in some way and that something was wrong, but she decided that was absurd since she just saw him the day before.

"I saw him Wednesday walking and driving. How can I think he's dying?"

On the same day, Rosa was in her garage doing chores and on the other side of the garage, some lamps she had on a table fell off and shattered on the floor. When Rosa went back into the house that day, she picked up a drinking glass and it broke in her hand.

She thinks now these were signs, but she had no idea her son was already in the hospital.

him, lay down with him, and rubbed his back.

"I got so upset. I thought, 'they have to take him out of there'." She decided that on the Saturday she'd go in and talk to the nurses and tell them she wanted him moved to another room.

She stayed with him until midnight but something strange occurred that night. Usually, he tried to keep her in the hospital as long as he could, saying things like, 'can you brush my teeth?'. This time he didn't try to stall her at all. She said she'd be back in the morning, and all he said was 'ok mommy'. While she was there, she and Alex's father, noticed there was a bright white inverted triangle on Alex's chest, going from the top of his stemum down towards his stomach. Rosa said it may have been a sign and when she asked the doctor what it was the doctor had no medical explanation for it. The doctor told her it may have been 'a sign from above'.

(Continued on page 17)

Pumpkins and pets

(continued from page 16)

When Rosa went back the next day, the mysterious mark was gone. Two weeks before Alex died, he went to Wasaga Beach with friends. He told his mother that while at the beach he had a vision of his Aunt Tony. He was walking towards the water and he could hear someone calling his name. He said he got to the water's edge and saw a boat in the water. In the boat was his aunt, who had died three years ago. He said someone was with his aunt, but he couldn't make out the face. His friends who were with him said they were calling out his name, but Alex told his mother he couldn't hear them.

Two weeks before Alex died his sister, Millie, had called wanting to talk to him, saying it was urgent. She told him she had a dream that he died.

For the first month after he died, Rosa said she felt her son with her everyday. She felt him when she was in the car, and when she was going about her daily activities.

"It's like when you feel somebody watching you and you look over and nobody's there."

After Alex died, Millie told her mother she had a dream that he was angry. She said in the dream he told her that everything was dark and when he tried to talk to them (the family), no one paid attention to him. Rosa believes that her son didn't realize he was dead and was still trying to interact with the living.

Now, Rosa said she doesn't feel her son anymore. She said she's had dreams where "he's happy and there's a lot of light." Rosa believes in the powers of spirits and she hopes her dreams are true.

Make a Darth Gourd

by Shaun Hatton

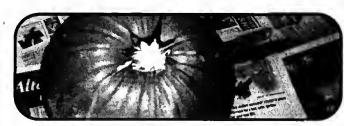
Hey kids! Halloween is fast approaching, and while you're caught up in preparing your costume (or are still undecided as to what you'll be – slacker!) you may have forgotten the hallmark of the event.

That's right, good ol' Jack-O-Lantern. There are several things you gotta know before you start.

Most importantly, you need a pumpkin.

I've been a professional pumpkin carver for eight years now, and I can't possibly express how important the gourd is to the project. I bought my pumpkin from A&P, but I'm pretty sure you can get yours anywhere. Finding the right one is tough, but remember: ugly pumpkins need love too.

First, you need to harvest the proper tools. You'll need a felt-tipped marker, a bowl, some newspaper (you're holding one now), and a really sharp knife. Okay, now you need an open space, preferably with-



out carpet. Pumpkin guts stink even more when they've fused with the rug fibres.

Lay down the paper and place the pumpkin on it. Now all you have to do is carve the pumpkin. Easier said than done. Of course, you can be a total

Cats kept safe for season

by Sabrina Divell

Black cats in Erie County, New York, and London Ontario will still have their nine lives thanks to the Humane Society.

Eileen Cahill, Communications Officer for the SPCA

(Society for the Prevention of Cruelty to Animals), said some shelters do not give black cats away for adoptions around Halloween because of the possible animal abuse that has followed with Devil's Night and Halloween.

"It is up to the individual shelters to decide what the situation is in each individual community, if there is a big problem with people adopting cats under false pretenses at (this) time of year."

The SPCA is an umbrella organization for 57 Humane Society shelters across Ontario.

She said there isn't a province-wide policy in Ontario, but it is up to each shelter manager to decide if it's necessary for their community.

"(Some) communities might find that it's not a problem and with the proper screening they can make sure the animal gets a good home and isn't being adopted out to be abused."

Liz Tyler, with the Adoption Council for the Humane

Society in Erie County, said they are one of the shelters in the U.S. who put a hold on black cat adoptions.

"We stop black cat adoptions a week before Halloween, you can adopt a cat but you just can't take them home until after Halloween."

Tyler said there has been problems in the past

where people have used them in "inhumane ways" causing the shelter to stop adoptions for the last three years.

Jenna Hegler, Executive Director Assistant for the Humane Society in London Ontario, said their shelter has taken one step further this year and put an adoption hold on all black animals.

"We were in contact with a cult bookshop – it was their suggestion that the belief of taking energy from an animal extends to all (black) animals and not just cats."

She said they are not expecting any big problems and that this adoption hold is just a precaution.

"It prevents anyone thinking—'oh I will get a black cat for a party.' We don't want them used as props," said Hegler.

She said animals are not a novelty item and those who are sincere about adopting an animal can wait until after the Halloween season.



wuss and do what EVERYONE else does: carve a happy triangle-for-eyes-and-a-nose face. But the world

would be a better place without another dunce pump-



kin, believe me.

I chose Darth Maul from *Star Wars Episode I*, an undoubtably scary-looking guy.

If you want a Darth Maul pumpkin, you need to first find a good picture of his face for reference. Then it's time to draw on the pumpkin.

A little artistic talent is helpful here, so if you can't draw, you should get someone else to do it. Good artists will pretty much draw anything for you as long as you tell them they're the best artist you know, even if they're not.

With a face like Darth, you need to be careful not to draw the pattern too close together. Also, cut out the parts of his face that are red. It gives an eerie effect once it's done.

When you're done drawing the face, cut out the hole on top of the "head" to scoop out the guts. Some people like to use a knife to scrape all the guts out.



These people need help.

Time for the fun part: carving! Please be careful here, because you can kiss your Nintendo career good-bye if you slice into your thumb. Use a slow, jigsaw motion to cut out the pieces. If the pieces don't pop out after being trimmed, use the knife handle to push it into the pumpkin.

With a complicated design like Darth Maul's face it's better to cut out little chunks of big pieces. Don't try to cut out an entire section, or you will be sorry. It's easier to trim off excess pieces than it is to mend a broken chunk.



About two hours later, you should be done. Stick a fat candle in there, light it, and enjoy it while it lasts. In two days, it's going to be even uglier.

October 28, 1999

Halloween weekend ub listings

Compiled by Dayna Hahn

Wondering what to do for Halloween?

Toronto clubs have tons of stuff to offer on Halloween weekend. Many of them are giving away prizes for the best dressed. Want to win big money or a trip somewhere exotic? Get dressed in a crazy costume, and check out a club.

The Docks (located @ 11 Polson) is having a Q107 Party on Oct. 30th and giving away \$10,007 for best costume. They are featuring DJ's David Knapp and Denise Benson. Doors open at 9 p.m. and it costs \$10 to get in.

Phoenix (located at 410 Sherbroune St.) is live to air with Edge 102.1 on the 30th and giving away \$1,002 for best costume. On Oct. 31st they are live to air with Energy 108 and giving away \$1,008 for the best costume. Cover for both nights is \$8 and the doors open at 9 p.m.

The new club **Meow** is having their Halloween bash on Oct. 30th giving away \$10,000 worth of prizes for best costumes. Doors open at 9 p.m. cover is \$10.

Southern Po Boys (located @ 159 Augusta St.) is having a raging Cajun scary Halloween ball, on Oct. 30th. Doors open at 9 p.m. if you are out of costume it is \$3 for cover and some very special"yet to be revealed" prizes.

Freaks Come Out Again on October 30th at Industry Nightclub (located @ 901 King St. W.). DJs in town are Derrick Carter from classic records, Chicago, Evil Eddie Richards from Dynamix, London UK, Miss Honey Dijon from New York and resident DJs Matt C. Petter and Tyron. Tickets are \$25 in advance and \$30 at the

The Guvernment (located @ 132 Queens Quay E.) is having a Halloween bash in the main room. Giving away cash, prizes, and a trip to New York. The doors open at 10 p.m. Cover is \$10.

Whisky Saigon is live to air with Martin Streak from 102.1 the Edge on Halloween. They are giving away prizes from Roots Canada, Samsung electronics, and BGM music. The doors open at 9 p.m. and there's a \$10 cover.

Life nightclub (located @ 240 Richmond W.) is having lour Halloween parties starting on the 28th with a U of T, Proteges, and metro media party. Doors open at 6 p.m. and cover is \$8. On the 29th is Asian Halloween featuring DJs Ecstasy, TOMMY Z, and special guest DJs with a mixture of house and R and B. Doors open at 10 p.m. and cover is \$8 at the door. On the 30th Bandit promotions presents *DJ Jimmy Jam*. Doors open at 10 p.m. cover is \$10. Ending it all with a Halloween bash from Robert Allen productions featuring DJs Peter, Tyron and a few special guests from out of town. Doors open at 10 p.m. and cover is \$10.

Abyss (located @ 3636 Hawkestone Rd. Mississauga is having a Halloween bash that is live to air on 100.7 global grove with DJ Terri Kelly. Doors open at 10 p.m. and \$10 cover. This one will go until 4 a.m.Hallowmass 99 at the **Reverb** and Holly Joe's (located @651 Queen St. W) is a Goth celebration. Advance tickets are \$30 for all three nights. Each night is \$12 at the door. On Friday Oct. 29th Autum, Ariel, and Translucia are playing live. In the main room is DJs Lady Bathiry, Ceremony, and Electric Hellfire. In the side room is DJs ASI, Fross, and Leslie. On Saturday, Oct. 30th playing live is Scarlet Life and Parade.

Up for a roll in the hay?

by Scott Van Slyke

If you are one of those sick people who loves to have the stuffing scared out of you then the experience of traveling to Magic Hill Haunted Hayride in Stouffville is for you.

The Haunted Hayride, the first of its kind in Canada, has been in operation for eight years.

It was started after the owner who would only identify himself as 'Grandpa' was Arizona in 1991 and he picked up an 'entrepreneurial trade magazine and read an ad about how to start a Halloween hayride. He sent away for the brochure and was disappointed with what he received back.

"I've been a magician for

over 50 years and I said to myself I can do a better job than this. So when I came back I talked to my kids who were all in their 20s and who all loved horror movies and asked them if they would do this with me. We were open three months later," said Grandpa.

The hayride, which is operated over 100 acres features over 77 actors who appear in different costumes and settings to scare the daylights out of you.

"I've been to most of the big scare rides in the U.S. and they all operate with mechanical creatures. They are nice to look at but they don't scare you. If you really wanted to be scared there is nothing like 77 people right in your face," said Grandpa. In addition to the hayride there is also a haunted

barn in which to test your courage.

"All we ask is that no one under the age of eight attend, no one who is pregnant and no wimps," laughs Grandpa.

Over 75 percent of people who attend Magic Hill are adults, meaning those 12 and older.

The haunted barn is worth the price of admission alone leaving a trail of shrieking, scared kids and wide eyed, smiling adults that have traveled from as far away as New York City and London, England to experience Magic Hill's special brand of horror.

If you want to go Magic Hill their phone number is (905) 640-2347 or @ www.members. home.net/magichillfarm.



by Erin Lippens

Toronto's Waterfront Museum is hosting the first ever "Ghost Ships and Goblins" event, fit to shiver the shoes of even the bravest

Over 100 children attended the opening day on October 23. Carol Hughes, a historical interpreter at the museum who helped put together the display, says the team did a fantastic job for the kids.

"We hope it will be successful," she said.

Children ages three years

crafts, stories and special Halloween exhibits. The "Goo Gallery" is a hit, giving excited children the opportunity to stick their fingers in eyeballs of grapes and innards spaghetti noodles.

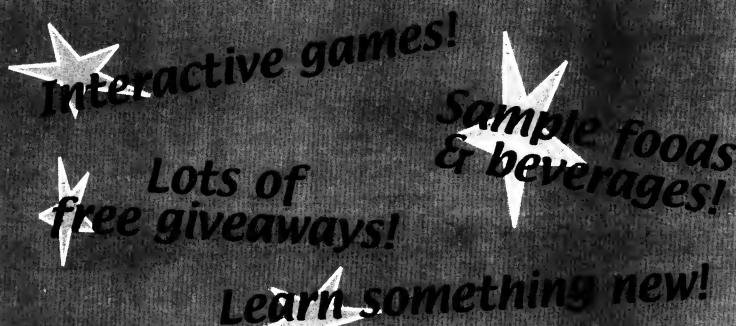
The craft table was crammed with young carpenters, each hoping theirs would be the champion pirate ship, with the help of instructor Paul.

"They like the model boat building because they can sit down and actually build their own boat," Paul said.

Intrigued listeners sat attentively at story time to hear of

long gone ghosts and witches. Storytelling takes place in the museum two times a day, until the exhibit closes October 31.





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HEALTH -

The power of the healing touch

by Cynthia Atwood

There has always been a power struggle between modern science and new therapies. However, therapeutic touch has waged a battle and is winning.

Although not everyone agrees with therapeutic touch, it is becoming more popular, and is now being used along with traditional medicine.

Therapeutic touch is based on the assumptions that people are made up of energy fields. In a state of health the energy flows freely. In a state of illness, injury, birth, the energy field is changed and needs to be restored.

Lorna Walker, registered nurse with VON Canada, took the part-one course in therapeutic touch.

"You hold your hands six inches over the persons body, but you don't touch them," said Walker, "using your hands, you move symetrically down the body, trying to open an

Therapeutic touch is healing that concentrates on the outer energy fields of the pain.

energy field to allow energy to enter the body."

In order to perform therapeutic touch, you have to take a three level course and become certified through the Therapeutic Touch Network (TTN) of Ontario. Crystal Hawk and Mary Simpson started TTN.

"You have to take the first three levels and practice for at least a year and study with other teachers," Simpson said.

Simpson uses therapeutic touch with science medicine to promote patient comfort. Therapeutic touch reduces anxiety and pain by eliciting a relaxation response and promotes healing. Any condition can be helped with therapeutic touch.

"Therapeutic touch can reduce a person's anxiety before they go into an operating room and after an operation when therapeutic touch is done, the person heals faster and less pain medication is required," she said.

Although Humber's nursing program doesn't have a course in therapeutic touch, student nurses still learn the fundamentals behind it.

Since therapeutic touch was started in the nursing community, it is primarily practiced in the nursing profession. However, anyone can learn therapeutic touch.

"Dora Kunz (founder of therapeutic touch in the U.S.) felt that the ability to learn therapeutic touch work was in any-

body who wanted to do it and not just the chosen few," said Simpson.

Cindy Graham, a recognized therapeutic practitioner and teacher, as well as a nursing instructor at Humber, said most student nurses are receptive to therapeutic touch

"When we bring it up in our curriculum, there are certainly more students in the class who have heard about therapeutic touch now, than what there used to be," Graham said.

However, some people are still skeptical of therapeutic touch.

Walker took the first course because her patients wanted therapeutic touch. However, she did not continue because she did not feel comfortable in doing therapeutic touch.

Connie Hill, a second-year nursing student, has learned about therapeutic touch, but doesn't believe in it.

"If patients want you to do it, there is no harm in trying it. I personally don't believe in it. I think the effects of therapeutic touch have been over emphasized," Hill said.

Hill said she has seen where nurses can calm Alzheimer's patients

"But I don't know if it is the therapeutic touch or if rubbing the person's arm or back would do the same thing," Hill said.

Therapeutic touch is taught to most nurses after they have graduated and have started to work in the field. Some hospitals, such as Sick Children's, Toronto East General and St. Joseph's Hospital, offer therapeutic touch courses to their nurses at the hospital.

"Right now it (therapeutic touch) is looked at as an added or advanced skill. Each nurse is responsible to study on their own, but the hospital is making it easier to take on this study because they are bringing it right to the hospital," Graham said

Simpson likes the idea of introducing student nurses to therapeutic touch, but feels they have a heavy enough course load as it is.

"Once they graduate, that's when I think they should learn it," Simpson said.

Graham likes the idea of having therapeutic touch taught at

"There's a lot of exploring in the nursing department looking at the possibility of this in the future," Graham said.

More patients are requesting therapeutic touch. Some of them are bringing their healers to the hospital with them.

"People that I've worked with, with AIDS, wouldn't go without calling (a recognized therapeutic touch practitioner)," Graham said.

Simpson said there is no such thing as a 'typical' therapeutic touch patient, but generally they are open to the possibilities of complementary therapies.

Simpson said there wasn't a big surge in the apeutic touch until last year.

"Once hospitals started merging and downsizing, classes became smaller and there are fewer classes. The interest is still there, but by the time the nurses get home, they don't want to do anything else." Simpson said.

Dolores Krieger, who holds a PhD, RN, a professor at New York University and Dora Kunz, a natural healer, started therapeutic touch. In 1972, Krieger and Kunz began teaching their techniques to a group of Krieger's graduate student nurses. The initial teaching began with nurses because of their natural compassion, understanding and contact with the sick and as a result, therapeutic touch was developed.

Simpson read about therapeutic touch in a magazine in 1976. She started to get her life together to move to New York and learn about therapeutic touch when Hawk began teaching it here in Toronto.

"I was in Crystal's (Hawk) first class and I never really looked back," Simpson said.

Simpson and Hawk started the network to reach therapeutic touch practitioners and to bring them together. It is also a way to refer people who want therapeutic touch.

A recognized therapeutic touch practitioner can be reached at (416) 65-TOUCH or you can visit the Therapeutic Touch Network of Ontario website at www.therapeutictouchnetwk.com

THE THERAPEUTIC TOUCH PROCESS

Centering - bringing the body, mind, emotion to an quiet, focused state of consciousness. Centering is using breathing, imagery, meditation and/or visualizations to open one's self to find an inner-sense of equilibrium to connect with the inner core of wholeness and stillness.

Assessing - holding the hands 2 to 6 inches away from the individual's energy field while moving the hands from the head to the feet in a rhythmical, symmetrical manner. Sensory cues such as warmth, coolness, static, blockage, pulling, tingling are described by some practitioners.

Unruffling - also called cleaning - facilitating the symmetrical flow of energy through the field. Unruffling is achieved by using hand movements from the midline while continuing to move in a rhythmical and symmetrical manner from the head to the feet.

Treatment - also called balancing, rebalancing intervention - projecting, directing and modulating energy based on the nature of the living filed; assisting to re-establish order in the system. Treatment is accomplished by moving the hands to the areas that seem to need attention - energy may be transferred where there is a deficit or energy may be mobilized or repatterned from areas of congestion.

Evaluation - finishing the treatment - using professional, informed and intuitive judgment to determine when to end the session. Reassessing the field continuously during the treatment to determine balance and eliciting feedback from the individual are cues as to when to end the treatment.

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Just a few bites to increase energy

by Nikki Carswell

If you think snacking on an energy bar is as good as having a Imeal, think again. Fnergy bars are becoming increasingly popular with the average person, not just athletes and body builders.

Kim Collins, an employee at the health food store, A Nature's Emporium, in Newmarket, said, "Pretty much everybody uses them, especially weightlifters and people who want a fast meal on the go.'

Registered nutritionist Linda Miller of Interro North Health Centre is concerned that people are eating energy bars and thinking they are getting all the nutrients they would get from regular

"People are busier," said Miller. And because of that Miller says they are not eating natural or healthy foods.

"If people were eating properly there shouldn't be a need for energy bars," said Miller.

"I think it is going to eventually lead to some kind of nutritional dysfunction," Miller said. "It (will) imbalance their body chemistry (because) it's not a normal way for us to eat."

Because energy bars promote energy they are very high in sugar and "in the long run (that) does imbalance the body's chemistry," Miller said.

She would rather recommend a food that is not so high in sugar for

a snack. For example, a handful of lot of people are going nuts or crackers and cheese would be her ideal snack.

"I'd rather see (people) do it dif-Ferently." The most popular energy bar according to Brian Fleischman, owner of Heartbeat Personal Health and Fitness Studio, is the

"A lot of people seem to like that." The Power Bar comes in a variety of flavours and contains approximately nine grams of protein, two grams of fat and 230 calories. It also contains herbal extracts that promote energy and endurance while combating stress and fatigue.

While energy bars have been on the market for a long time Collins said they are becoming more popular.

There are more kinds of bars you can buy. Most energy bars range from \$2 to \$5 and are available at health food stores and gyms.

Sandy Mainsine, a personal trainer at Delf's gym in Bradford, who takes the Power Bars when she can't get out, said the energy bar "is just like a meal replacement and snack. It's a way of monitoring how much fat, carbs and protein intake you are getting."

Because the body needs to eat every two and a half to three hours a day, Mainsine said people are trying to eat a little lighter.

"We are on this great big major protein thing (with) low earbs, so a higher protein, low carbs and fat. And people are going more with that protein bar."

Mainsine wouldn't recommend the bar as a meal replacement, but said "I use it as a snack myself, but I'd rather see people having a regular meal."

The benefits of the energy bar, according to Mainsine, is that, if a person can't get home to have a regular meal then having a protein bar is healthy.

Bodybuilder, Chimene Malcolm, doesn't eat the energy bars. Instead she the protein drinks shakes.

"It is a liquid, (therefore) it gets absorbed into your body faster," Malcolm. "Every personal trainer will tell you that." Fleischman,

also uses the protein shakes rather than the bars for the same reason Malcolm does. The shakes have more protein rather than carbohydrates, unlike the bars. He also prefers the taste of the shake to that of an energy bar. "If you're looking for a little bit of energy over half an hour or so then the bars aren't too bad, but I



There are several different energy power bars to choose from, each with their unique flavour and taste.

wouldn't plan a diet around

The energy bars and protein shakes can be used as a meal supplement, said Fleischman, as long as you're having three to four meals a day. "It's just extra protein."

While his gym does sell the bars, he said he doesn't try to push them. He recommends any sort of meal replacement to the people he trains "if they are not eating enough." It all depends on a person's size and weight, but according to Fleischman, most bodybuilders eat five meals per day.

According to Fleischman, most "hardcore" bodybuilders look for the ingredient createne when purchasing a bar or shake because it helps build muscle.

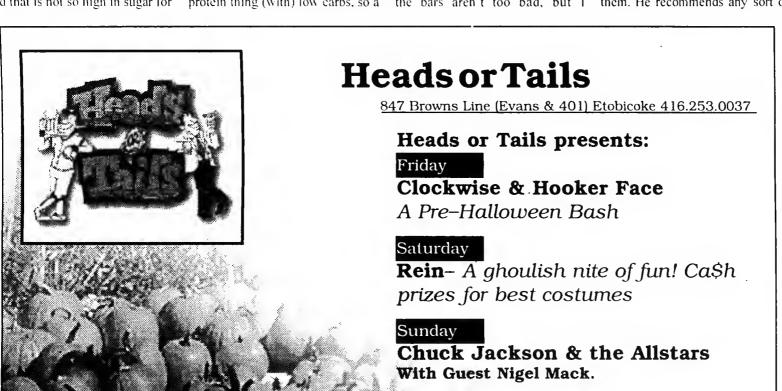
Collins said a lot of elderly people come in when they're feeling run down and when they "need an added boost."

"We do have some parents that buy (energy bars) for their young children and give them small portions."

However, energy bars are not for everyone. Mainsine said pregnant women should not eat energy bars, and diabetics should be checking the sugar level before having them.

So can the bars work to give you that jump-start before an exam?

We may never get the answer, but at least we will know they shouldn't be used as regular meals consistently. While fruit may seem like the perfect alternative, Mainsine said it doesn't provide a balance between protein, fat and carbohydrates, like the bars do.



Managing the anger within you

by Tanya Verrelli

Your fists clench, your heart races, and your blood starts to boil, but before you decide to give up your future – breathe.

Cyril Bulanda, counsellor at Humber College, said the ultimate form of anger is withdrawal which, as he has seen, results in dropping out of school.

"What I try to do is give (students) a neutral, third point of view and try to encourage them to earry on and keep going," said Bulanda.

Bulanda said he tries to ease frustrations by offering solutions to problems, giving options to promote motivation, and telling students to breathe.

"Through explanation, discussion, hopefully we will lessen the nervous tension on the person, then the anger will be lessened. Hopefully we can turn that around and make it a positive," Bulanda said.

According to Bulanda, it's crucial the interaction between student and counsellor be two-sided in order to have an effect.

The good of the discussion, he said, is to clear up misinterpretations in order to understand and deal with the anger.

"If a person is constantly in this state of anger, they have to organize their lives." Bulanda said there must be time for school, recreation, exercise and sleep.

"If everything is in order, you get a good organism that's functioning and will control the anger."

At Humber, Bulanda helps soothe a variety of frustrating situations, including what he calls 'romance counselling.'

"(Students are) finding themselves. They're finding the other gender and we get cases where there's disharmony or conflict and you get anger." Bulanda said with this issue he stresses that college is not a romance location, and although it can happen, it's not the focus.

Bulanda said he is just one of several counsellors available at the college to help.

Terry Whitfield, counsellor at Master Plan Services in Newmarket, said the thoughts that drive your anger may be irrational ones.

"Basically what we come to believe is that everything in our heads is gospel truth because. hey, it's our thought and idea," said Whitfield.

For nearly 20 years, Whitfield has counselled people on their emotional triggers and how to deal with them.

"I spend much more time with individuals going back to the root cause. We get looking at what the primary drivers were in their lives."

According to Whitfield, anger triggers can be anything from feelings of abandonment to feelings of fatigue. The thoughts that result, however, may not be grounded.

"A good deal of our anger is not based

"If a person is constantly in a state of anger, they have to organize their lives."

-Cyril Bulanda

upon legitimacy," said Whitfield.

"What people tend to do is they use the anger to do one of two things with a person, either blame them or shame them."

Whitfield's approach is to get people to identify the core issue of their anger so that they can challenge it.

"Your anger needs to be your stop light," he said, adding that many people can't read their own signals.

The goal of Whitfield's 12 – week program is "to get somebody to continually learn how to recognize when they are getting stressed or upset and to be able to say 'I have to stop the escalation right now."

As their thinking becomes healthier, Whitfield said anger will diminish and all around health will improve. While one on one discussions are effective for some in dealing with anger, the group approach is good for others.

Sandra Savage is the executive director of the Aurora-Newmarket Family Life Centre where a group program on anger management is held for young offenders.

"We strongly believe in a group approach to doing anger management work because it's a very supportive and healing environment."

According to Savage, the 12 week program starts off very structured, with teaching the sources of anger.

time outs, and problem solving, are taught to relieve frustrations: The difference with working with youths, said Savage, is that they don't hide their anger as well as adults.

Savage said that it's also important to teach the physiology of anger in terms of adrenalin and mind state.

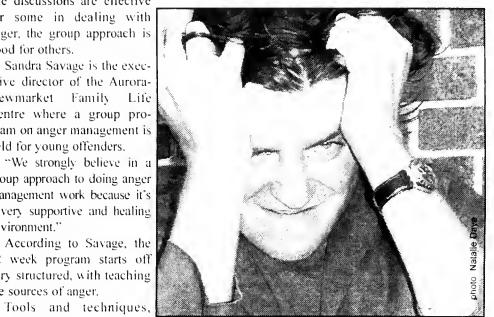
"When one gets angry, one of the things that happens is that you get less oxygen to your brain so you don't think so elearly."

The teens also learn about diet and nutrition and the types of substances that increase the likelihood of negative reactions.

"If you have a high nicotine and a high caffeine intake, then your system is in a heightened state of arousal."

Working on the inside is what can help in handling anger, but it is also important to treat the effects.

Dr. Richard Bornstein, of the Upper Canada Chiropractic Centre, said besides causing tense muscles and higher blood pres-



like breathing exercises. Before you pull your hair out, stop to breathe and assess the situation.

sure, anger affects different systems.

"The digestive system and things like that actually shut down because your body starts to prepare for other things. When you're angry, it's almost like your body's trying to prepare itself for danger."

Bornstein said that as a chiropractor, he not only treats body pain, but he makes a diagnosis.

He works on the spine to restore proper mechanical movements, as well as the muscles to relieve tension. While he said that it's crucial to get to the root of anger first, he's sees a bright side to its effect on the body.

"In the same way stress can be good and bad, anger can be good and bad. Sometimes a person can let out some anger and just get it over with and they're done with it. It may be a good way of just letting out this tension depending on how they direct it," said

Tae Bo may be tremendous fun, but is it safe?

by Leah DiGirolamo

The Tae Bo workout and variations of it have become Lextremely popular in a short amount of time, but some fitness instructors are concerned about whether it is safe.

Billy Blanks, actor, martial arts and boxing champion invented a marketable Tae Bo workout which is a combination of tae kwon do and boxing. Buying his tapes is not the only way for you to experience the action of his aerobic

Christa Petz, fitness manager of Exclusively Women's itness Centre in Brampton, warns back and hip injuries are up substantially because of the actual video.

"It is way too fast for beginners and people aren't prepared for the workout," Petz said. "If the appropriate people take the appropriate levels it can be an excellent workout."

Her fitness centre offers tae boxing once a week. Petz said it is fun and full of energy.

"It is the variety of the aerobic (workout) that has people

attracted to it. It's more exciting than your average work-

Fitness Instructor Dwayne McLean from Fitness-one-onone, Toronto, said more females are trying Tae Bo.

"It seems to be geared towards a younger age group".

McLean also said people with a history of medical problems or those who are at a beginners level shouldn't try the workout because of potential such as back and hip injuries because they are not prepared for the workout.

Fitness Instructor Marina Curic from Lady Fitness in oronto, said Tae Bo can boost your self esteem and increase self confidence.

"One woman said that she felt better walking down the street knowing that even though it is an aerobic punch she still knew it was self defence," Curic said.

Scott said the difference between an acrobics step class and a Tae Bo class is that in Tae Bo you sweat more. Tae Bo makes your heart rate go up and then back down.

Step class is a more gradual increase in heart rate then you slow down and cool off.

Brampton high school student Lisa Biffis tries to practice Tae Bo twice a week. She said the workout is better than other exercises because it has a good pace which alternates from slow to fast then back to slow again.

Biffis started practising Tae Bo to achieve a six pack, and strong abdominal muscles, but that didn't happen. She said it took about two weeks to see results.

Humber College doesn't offer Tae Bo, but has a workout illed Mix It Up + Abs every Thursday from 7:30 a.in. to 8:15 a.m. and Friday 12:10 p.m. to 12:50 p.m. This workout is more of a step acrobic than a Tae Bo class. It is a complete cardiovascular class at either a high or low impact. It moves at a fun, funky pace.

Humber also offers Cardio Kickboxing and other workouts. To find out more about Humber's aerobic class schedule visit the athletics centre or call (416)675-6622 ext.4186.

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EARLY CHILDHOOD EDUCATION FACULTY AWARD

Donor FACULTY - E.C.E. DEPARTMENT

Winner Sarah Disatte

EARLY CHILDHOOD EDUCATION PROGRAM ADVISORY

COMMITTEE COLLEGE SPIRIT AWARD

Donor EARLY CHILDHOOD EDUCATION PROGRAM

ADVISORY COMMITTEE Winner Lafane Sharpe

EARLY CHILDHOOD EDUCATION DEPARTMENT

CONTINUING EDUCATION AWARD

Donor ANONYMOUS

Winner Umashankari Ramaswami

H.S.ECKELS & COMPANY (CANADA) LIMITED AWARD Donor H. S. ECKELS & COMPANY (CANADA) LIMITED

Winner Thomas Bonneau

THE EMBALMERS SUPPLY COMPANY OF CANADA LIMITED

Donor THE EMBALMERS SUPPLY COMPANY

Winner Angela Masters

EXTENDICARE (CANADA) INC AWARD Donor EXTENDICARE (CANADA) INC Winner Maria Tassone

FABHAVEN INDUSTRIES AWARD Donor FABHAVEN INDUSTRIES INC.

Winner Debra Kusner

JOHN FINN MEMORIAL AWARD Donor FINN FAMILY AND FRIENDS Winner Luann Jones-Anderson

DOROTHY FULLER COMMUNITY SERVICE AWARD Donor DOROTHY FULLER COMMUNITY SERVICE

ENDOWMENT FUND Winner Joanne Richkin

FUNERAL SERVICE TECHNICAL ABILITY AWARD

Donor MACKINNON & BOWES Winner Jennifer Rodger

GOLDEN HORSESHOE FUNERAL SERVICES AWARD Donor GOLDEN HORSESHOE FUNERAL SERVICE

Winner David Marchand

GUARANTEED FUNERAL DEPOSITS OF ONTARIO (FRATERNAL)

Donor GUARANTEED FUNERAL DEPOSITS OF ONTARIO Wiriner Jo-Ann Hunt

ROBERT HAGGARTY MEMORIAL AWARD

Donor MEMORIAL FUND Winner Diana Lithgow

HAMILTON & DISTRICT FUNERAL DIRECTORS ASSOCIATION

Donor HAMILTON & DISTRICT FUNERAL DIRECTORS ASSOCIATION

HARCOURT BRACE & COMPANY CANADA HEALTH SCIENCES

SCHOLARSHIP AWARD

Donor HARCOURT BRACE & COMPANY, CANADA

Winner Anita Carbonelli

HARCOURT BRACE OTA/PTA FUNCTIONAL MOVEMENT AWARD

Donor HARCOURT BRACE & COMPANY, CANADA

Winner Amy Chan

HARCOURT BRACE OTA/PTA REHABILITATION SCIENCE

Donor HARCOURT BRACE & COMPANY, CANADA

Winner Alexandra Mitanis

HARCOURT BRACE OTA/PTA ANATOMICAL SCIENCE AWARD Donor HARCOURT BRACE & COMPANY, CANADA

Winner Isabelle Pare

HEART AND STROKE FOUNDATION OF ONTARIO AWARD Donor HEART AND STROKE FOUNDATION OF ONTARIO

Winner Leon Burt

MARGARET HINCKS AWARD

Donor MARGARET HINCKS

Winner Tina leraci

THE DOUGLAS K. HOLLAND MEMORIAL AWARD

Donor ANDREA HOLLAND Winner Robin Genest HONEYWELL LIMITED AWARD Donor HONEYWELL LIMITED Winner Sarmad Odisho

ITP NELSON CANADA AWARD Donor ITP NELSON CANADA

Winner Veronica Henry abu Kibria Award Donor ABU KIBRIA Winner Cathy Young

THE KITCHENER-WATERLOO REGIONAL AMBULANCE AWARD

Donor THE KITCHENER-WATERLOO REGIONAL AMBULANCE Winner Krzysztof Dias THE LILLY AWARD FOR ACADEMIC ACHIEVEMENT

Donor ELI LILLY CANADA INC.

Winner Christie McTaggart

LIPPINCOTT WILLIAMS & WILKENS OCCUPATIONAL THERAPIST

ASSISTANT AWARD

Donor LIPPINCOTT WILLIAMS & WILKENS

Winner Ryia Talanow

LIPPINCOTT WILLIAMS & WILKENS PHYSIOTHERAPIST

ASSISTANT AWARD

Donor LIPPINCOTT WILLIAMS & WILKENS

Winner Alexandra Mitanis THE LOEWEN GROUP AWARD

Donor THE LOEWEN GROUP INC. (ONTARIO REGIONAL

OFFICE)

Winner Maureen Cochrane

THE JILL LOGEL PROFESSIONAL DEVELOPMENT AWARD, 1999. Donor ASSOCIATION FOR EARLY CHILDHOOD EDUCATORS

LOUGHEED'S BEHAVIOURAL SCIENCES AWARD

Donor LOUGHEED'S LIMITED Winner Anne Huizingh

MARGARET MACKENZIE AWARD

Donor MEMORIAL FUND

Winner Gloria Picart

THE MAXWELL SCHOLARSHIP AWARD

Donor KIM MAXWELL Winner Silvana D'Angelo

MARK McAVOY MEMORIAL AWARD

Donor MRS. PHYLLIS McAVOY

Winner Ivan Silverman

METROPOLITAN TORONTO & DISTRICT FUNERAL DIRECTORS

ASSOCIATION AWARD

Donor METROPOLITAN TORONTO & DISTRICT FUNERAL

DIRECTORS' ASSOCIATION Winner Jennifer Rodger

NORTHEASTERN ONTARIO FUNERAL SERVICE ASSOCIATION

Donor NORTHEASTERN ONTARIO FUNERAL SERVICE

ASSOCIATION

Winner Mark McDonald

NURSING FACULTY SCHOLARSHIP

Donor NURSING FACULTY Winner Deborah Grant

Christine DaSilva

Kevin O'Brien

Alison McCubbin Practical Nursing Winner ONTARIO FUNERAL SERVICE ASSOCIATION PAST PRESIDENT'S

Donor ONTARIO FUNERAL SERVICE

ASSOCIATION

PARAMEDIC PROGRAM FACULTY AWARD Donor PARAMEDIC PROGRAM FACULTY

Winner Steven Wagner

PARAMEDIC PROGRAM ALUMNI AWARD

Donor PARAMEDIC FACULTY Winner Kim Smith

THE MAX PAUL MEMORIAL AWARD

Donor MR. RICHARD I PAUL Winner Katherine Amodeo

PERSONAL SUPPORT TRAINING PROGRAM ACHIEVEMENT

Donor ANONYMOUS Winner Dorothy Enwere

PHARMACY ASSISTANT PROGRAM AWARD

Donor PHARMACY ASSISTANT PROGRAM

FACULTY

PHARMACY ASSISTANT PROGRAM FACULTY MATURE STUDENT

Donor PHARMACY ASSISTANT FACULTY

Winner Anne Harrison

THE PHYSIOTHERAPIST/OCCUPATIONAL THERAPIST ASSISTANT RECOGNITION AWARD

Donor ANONYMOUS

Winner Dawn Grosvenor KAREEM JOHN, ELMA PINDER AWARD

Donor MRS. E. PINDER Winner Bibi Verwayne

MARY E. POLLARD MEMORIAL AWARD

Donor JUDGE LAUREN MARSHALL Winner Patricia Boersma

MARGARET POLLARD AWARD

Donor MARGARET POLLARD Winner Rana S. Dhaliwal Singh

Winner Helena Kuzma CARON POWELL AWARD OF MERIT

Donor CARON POWELL

Winner Jocelyn Kamphuis

PTC AWARD Donor PTC

Winner Sandra-Lynn Fullan

Donor REGISTERED NURSES ASSOCIATION OF ONTARIO

Winner Carrie Wood Winner Laura Ferguson

Winner Romelia Burfitt

R.N. OPERATING ROOM NURSING AWARD

Donor JOHNSON & JOHNSON MEDICAL PRODUCTS CANADA

Winner Tammy Flegg RPN OPERATING ROOM NURSING AWARD Donor JOHNSON & JOHNSON MEDICAL PRODUCTS CANADA

Winner Allison Trotter

ANGUS M. ROBERTSON SCHOLARSHIP

Donor ANGUS M. ROBERTSON SCHOLARSHIP ONTARIO

ASSOCIATION FOR COMMUNITY LIVING Winner Michael Hand

DR ROBERTA ROBINSON MEMORIAL AWARD

Donor ENDOWMENT FUND Winner Karen Wartecker

ROTARY CLUB MISSISSAUGA WEST ACHIEVEMENT AWARD

Donor ROTARY CLUB MISSISSAUGA WEST

S.C.L. (CANADA LTD.) AWARD OF MERIT

Donor SERVICE CORPORATION INTERNATIONAL

CANADA HMITED Winner Pauline Medeiros

THE GODERFY SCHUETT AWARD Donor GEORGIAN BAY DISTRICT FUNERAL DIRECTORS

ASSOCIATION Winner Amy Pollard

THE ROBERT E SCOTT AWARD Donor ROBERT E SCOTT Winner Shannon Koppenhoeffer

WILFRID R SCOTT MEMORIAL AWARD Donor ROBERT E SCOTT

Winner David Portch SENIORS MENTAL HEALTH SERVICE AWARD

Donor SENIORS MENTAL HEALTH SERVICE, WEST PARK

Winner Kimberley DiVenanzo

TILLIE SHEPPARD CONTINUING EDUCATION AWARD Donor MS SYEVIA SEGAL Winner Christine Juneau

Winner Cheryl Reavie CAROL TAI MEMORIAL AWARD

Donor FACULTY AND FRIENDS Winner Josefina Lagda Winner ERICA WASSER

TD TRUST SERVICE AWARD Donor TD TRUST COMPANY

Winner Eileen Fitzpatrick THE TORONTO CENTRAL SERVICE AWARD

Donor TORONTO CENTRAL SERVICE

TORONTO DEPARTMENT OF AMBULANCE SERVICES AWARD

Donor METROPOLITAN TORONTO DEPARTMENT OF

AMBULANCE SERVICES

Winner Alison Rix LEANNE MARGARET TUMILTY MEMORIAL AWARD

Donor ENDOWMENT FUND

Lisa O'Donovan Winners Antoinetta Del Priore TURNER AND PORTER AWARD

Donor TURNER AND PORTER FUNERAL DIRECTORS Winner Thomas Whitcroft VERSA CARE CENTRE AWARD

Donor VERSA CARE CENTRE Winner Alexandra Tokar

THE VICTORIAVILLE GROUP AWARD Donor THE VICTORIAVILLE GROUP

Winner Angela Emerson WESTERN ONTARIO FUNERAL SERVICE ASSOCIATION AWARD

Donor WESTERN ONTARIO FUNERAL SERVICE ASSOCIATION

Winner Deanne Medeiros

JOHN WYLLIE MEMORIAL AWARD Donor ETOBICOKE GENERAL HOSPITAL AUXILIARY

Winner Came Wood

ANN STAFFORD "LIGHT UP THE FUTURF" BURSARY

Winner KEVIN LAVIS

An Evening of Excellence

Wednesday November 3, 1999 School for the Built Environment

School of Information Technology Accounting & Electronics

THE BUSINESS SCHOOL

THE BUSINESS SCHOOL - LAKESHORE

PRESIDENT'S LETTERS - for Highest Academic Standing BUSINESS ADMINISTRATION Mary Summers BUSINESS ADMINISTRATION Mary Summers

School of Manufacturing Technology and Design

BUSINESS ADMINISTRATION BUSINESS ADMINISTRATION CO-OP BUSINESS ADMINISTRATION CO-OP

Heather Cook Heather Cook

Brian Gordon

BUSINESS ADMINISTRATION CO OP Jennifer Charter BUSINESS ADMINISTRATION CO OP Jennifer Charter BUSINESS MANAGEMENT Alexander Hoy **BUSINESS MANAGEMENT** Olga Kormevskaia BUSINESS MANAGEMENT FINANCIAL SERVICES Adam: Burton BUSINESS MANAGEMENT FINANCIAL SERVICES Isabel Raposo BUSINESS MANAGEMENT FLIGHT & AVIATION Debbie Stasko BUSINESS MANAGEMENT FLIGHT & AVIATION Debbie Stasko MICROCOMPUTER MANAGEMENT Youhua Zhao MICROCOMPUTER MANAGEMENT PRESIDENT'S LETTERS - for Highest Academic Standing in the Graduating Year BUSINESS ADMINISTRATION Agmeszka Sokolowska BUSINESS ADMINISTRATION Heather Bland BUSINESS ADMINISTRATION CO-OP Kelly McCool BUSINESS ADMINISTRATION CO-OP Kelly McCool BUSINESS MANAGEMENT Violetta Jurkiewica BUSINESS MANAGEMENT Edyta Dubik BUSINESS MANAGEMENT FINANCIAL SERVICES David Michael BUSINESS MANAGEMENT FINANCIAL SERVICES David Michael BUSINESS MANAGEMENT FLIGHT & AVIATION Mark Cameron BUSINESS MANAGEMENT FLIGHT & AVIATION Mark Cameron

HUMAN RESOURCE MANAGEMENT Tania Music HUMAN RESOURCE MANAGEMENT Amanda Crawford INTERNATIONAL MARKETING Erm Quinn INTERNATIONAL MARKETING Erin Ouinn MARKETING MANAGEMENT Andre Gopiechand MARKETING MANAGEMENT Charlene Hercules MICROCOMPUTER MANAGEMENT Davanand Sharma MICROCOMPUTER MANAGEMENT Caroline Double

THE BUSINESS SCHOOL - NORTH

PRESIDENT'S LETTERS - for Highest Academic Standing BUSINESS ADMINISTRATION Margaret Berry **BÚSINESS ADMINISTRATION** Margaret Berry BUSINESS ADMINISTRATION David Gault BUSINESS ADMINISTRATION David Gault BUSINESS ADMINISTRATION PROFESSIONAL GOLF MANAGEMENT DIPLOMA Mark Oldfield BUSINESS ADMINISTRATION PROFESSIONAL GOLF MANAGEMENT DIPLOMA Mark Oldfield BUSINESS ADMINISTRATION PROFESSIONAL GOLF MANAGEMENT DIPLOMA David Wolanski BUSINESS ADMINISTRATION PROFESSIONAL GOLF MANAGEMENT DIPLOMA David Wolanski BUSINESS MANAGEMENT Doranne Fabris-Busche BUSINESS MANAGEMENT Agmeszka Pawlik FASHION ARTS Vanessa Wardle EASHION ARTS Vanessa Wardle LAW CLERK Susan Anderson LAW CLERK Carole Dikschei MARKETING DIPLOMA Steven Rapallo MARKETING DIPLOMA Steven Rapallo OFFICE ADMINISTRATION - LEGAL Giuseppina Bozzelli OFFICE ADMINISTRATION - LEGAL Alla Gorbatchyskaja

PRESIDENT'S LETTERS - for Highest Academic Standing in the Graduating Year BUSINESS ADMINISTRATION Mariana lacob

BUSINESS ADMINISTRATION Tammy Watson BUSINESS ADMINISTRATION PROFESSIONAL GOLF MANAGEMENT CERTIFICATE Laurie McKnight BUSINESS ADMINISTRATION PROFESSIONAL GOLF MANAGEMENT CERTIFICATE Laurie McKnight BUSINESS ADMINISTRATION PROFESSIONAL GOLF MANAGEMENT DIPLOMA Daniel Rızzi BUSINESS ADMINISTRATION PROFESSIONAL GOLF MANAGEMENT DIPLOMA Daniel Rizzi BUSINESS MANAGEMENT Tabında Mahmood BUSINESS MANAGEMENT Ancilla Lobo BUSINESS MARKETING - INTERNATIONAL

(C)rar

BUSINESS MARKETING - INTERNATIONAL Zhou He BUSINESS MARKETING - INTERNATIONAL GERMAN

Gordana Kokorovic TASHION ARTS Julie Auger FASHION ARTS Yvette Jones TAW CIERK Samantha Hrynkiw LAW CLERK Madeline Ferreira MARKETING DIPLOMA Michael Huynh

MARKETING DIPLOMA Perminder Sooch OFFICE ADMINISTRATION - CERTIFICATE Dianne England OFFICE ADMINISTRATION - LEGAL Amanda Walker OFFICE ADMINISTRATION LEGAL Simone Graham

THE BUSINESS SCHOOL

BARCLAY LAMPS AWARD Donor BARCLAY LAMPS INC Winner John Trimble

MORLEY BINSTOCK MEMORIAL AWARD Donor BOWEN & BINSTOCK ADVERTISING LTD

Winner Daniella Schmidt

BLAKE, CASSELS & GRAYDON AWARD

Donor BLAKE, CASSELS & GRAYDON, BARRISTERS & SOLICITORS

Winner Alla Gorbatchevskaia BORDEN & FLLIOT AWARD

Donor BORDEN & FLHOT BARRISTERS & SOLICITORS

Winner Dianne England

BUSINESS ADMINISTRATION FACULTY AWARD Donor FACULTY IN THE BUSINESS ADMINISTRATION

BUTLER REAL ESTATE AWARD FOR LAND LAW

Donor BUTLER REAL ESTATE BROKER INC

Winner Sandy Greco

ENTREPRENEURSHIP AWARD

Donor THE TORONTO FASHION INCUBATOR

Winner Erin McKean

Donor SHOPPING AROUND

Winner Julie Auger

Donor TECHNOLOGIES FOR GROWTH

Winner Yvette Iones ERNST & YOUNG AWARD Donor ERNST & YOUNG Winner Jeniufer Charter FIRST CANADIAN TITLE AWARD Donor - FIRST CANADIAN TITLE

Winners Bryce Clark. Shawna Slumskie Michele Gasparini. Oxana Zelentsova

THE GOODMAN PHILLIPS & VINEBERG AWARD OF EXCELLENCE

Donor GOODMAN PHILLIPS & VINEBERG Winner Sarina D'Angelo

DAVID HAISELL AWARD Donor FRANCA GIACOMELLI Winner David Owens

HUMAN RESOURCES PROFESSIONALS OF WEST TORONTO Donor HUMAN RESOURCES PROFESSIONALS OF WEST TORONTO

Winner Emily Smith

LAMON & STUART & MICHAELS INC. AWARD Donor LAMON & STUART & MICHAELS INC

Winner Heather Cook

CHARLENE MINKOWSKI MEMORIAL AWARD

Donor BAKER & MCKENZIE Winner Shawna Slumskie LINDA SAUNDERS MEMORIAL AWARD

Donor ENDOWMENT FUND

Winner Ericka Miranda

THE JIM SEAGRAVE "UNSUNG HERO" AWARD Donor BUSINESS ADMINISTRATION CLASS OF 1970

Winner David Gault

TORONTO EL DORADO LIONS CEUB AWARD Donor TORONTO EL DORADO LIONS CLUB

Winner Brent Prepp TORY HAYTHE AWARD Donor TORY HAYTHI

Winner Michelle Brandao

TWO DIMENSIONS MARKETING AWARD

Donor TWO DIMENSIONS - ADVERTISING BY DESIGN Winner Steven Rapallo

WHOLESALE MANAGEMENT AWARD Donor JULIAN ERNEST SALES Winner Jeffrey Graetsch

PREVIOUSLY PRESENTED LEADERSHIP AWARD

Donor E.L. PRODUCTIONS Winner Erin McKean MAKE-UP ARTISTRY AWARD Donor MAKE-UP ART COSMETICS

Winner Judith Moon

ON FIGURE STYLING AWARD Donor COLLEGA FOR AVEDA Winner Teffrey Graetsch OFF-FIGURE STYLING AWARD

Donor COLLEGA FOR AVEDA

Erin McKean

SCHOOL FOR THE BUILT ENVIRONMENT

PRESIDENT'S LETTERS - for Highest Academic Standing AIR CONDITIONING, REFRIGERATION ENGINEERING TECHNICIAN Adam Prest AIR CONDITIONING, REFRIGERATION ENGINEERING TECHNICIAN Adan Prest lared Hynes ARCHITECTURAL TECHNOLOGY ARCHITECTURAL TECHNOLOGY Chris Corcoran ARCHITECTURAL TECHNOLOGY Douglas Ramsay ARCHITECTURAL TECHNOLOGY Kasper Hinds CIVIL ENGINEERING TECHNICIAN Steve Tollington CIVIL ENGINEFRING TECHNOLOGY Paul Couch Ashley Springman INTERIOR DESIGN INTERIOR DESIGN Cybil Chiu INTERIOR DESIGN Magdalena Woloszyn-Robak INTERIOR DESIGN Magdalena Woloszyn-Robak LANDSCAPE TECHNICIAN Margot Parker LANDSCAPE TECHNICIAN Margot Parker

PRESIDENT'S LETTERS - for Highest Academic Standing in the Graduating Year 3D FOR DESIGN AND ARCHITECTURAL PROFESSIONALS

Shawn McSweeny

3D FOR DESIGN AND ARCHITECTURAL PROFESSIONALS

Elvis Deane AIR CONDITIONING, REFRIGERATION ENGINEERING

TECHNICIAN Michael Petherick AIR CONDITIONING, REFRIGERATION ENGINEERING TECHNICIAN

Kevin Fernandes ARCHITECTURAL TECHNOLOGY Romina Facchini ARCHITECTURAL TECHNOLOGY Romina FacchiniCIVIL ENGINEERING TECHNICIAN Lawrence DiPietro CIVIL ENGINEERING TECHNICIAN Mauro Russo CIVIL ENGINEERING TECHNOLOGY Andy Kikites CIVIL ENGINEERING TECHNOLOGY Anna Bagrianskaia ENVIRONMENTAL SYSTEMS (ENERGY MANAGEMENT)

TECHNOLOGY Ragai Louis ENVIRONMENTAL SYSTEMS (ENERGY MANAGEMENT) TECHNOLOGY Ragai Louis FACILITY PLANNING Leslie Avery INTERIOR DESIGN Lisa Corby INTERIOR DESIGN Lisa Corby LANDSCAPF TECHNICIAN Matthew McFarland

LANDSCAPE TECHNICIAN Matthew McFarland RETAIL FLORISTRY Diane Marcotte RETAIL FLORISTRY Diane Marcotte RETAIL FLORISTRY Diane Marcotte SUPPLY CHAIN MANAGEMENT Barbara Poffenroth SUPPLY CHAIN MANAGEMENT Dawn Lavinio

SCHOOL FOR THE BUILT ENVIRONMENT

THE A.R.I.D O. AWARD Donor ENDOWMENT FUND

Winners Karen Brzozowski Vanessa Vilic

AMERICAN FLORAL SERVICES INC. AWARD Donoi AMERICAN FLORAL SERVICES INC.

Winner Susan Gillingham

ASSOCIATION OF ARCHITECTURAL TECHNOLOGISTS OF

ONTARIO AWARD Donor ASSOCIATION OF ARCHITECTURAL TECHNOLOGISTS

Winner Stefan Svehran

OF ONTARIO

WILLIAM G. BELL MEMORIAL AWARD

Donor WILLIAM G BELL MEMORIAL FUND

Winner Daniel McMahon

CANADIAN ACADEMY OF FLORAL ART (CAFA) AWARD Donor CANADIAN ACADEMY OF FLORAL ART

Winner Diane Marcotte CARRIER CANADA AWARD Donor CARRIER CANADA LIMITED Winner Michelle Campbell JAMES 1. CLARK SCHOLARSHIP AWARD

Donor ENDOWMENT FUND

Winners Meaghan Ransom Stephanie Thayer

COLLINS SAFETY SHOES AWARD Donor COLLINS SAFETY SHOES

Winner Kirk Scarlett

Donor MEMORIAL FUND Winners Evsandros Kouroumalos Doug Ramsay DUPONT RISING STAR AWARD Dunor DUPONT CANADA INC Winner Matthew Borg GENE DURET MEMORIAL AWARD Donor ENDOWMENT FUND Winner Tarry Rezansoff ENBRIDGE CONSUMERS GAS SCHOLARSHIP AWARDS Donor ENBRIDGE CONSUMERS GAS Jeff White Winners Valmond Nazareth Jon Sam Derek Valeno ENBRIDGE CONSUMERS GAS EXCELLENCE AWARDS Donor ENBRIDGE CONSUMERS GAS Winners Matthew Jewell Dexter Tucker Adam Prest THE GARDEN CLUB OF TORONTO AWARD Donor THE GARDEN CLUB OF TORONTO Winner Mike Eves THE GIFFELS ASSOCIATES SCHOLARSHIP Donor GIFFELS ASSOCIATES LIMITED Winner Steve Ballan THE GLOBAL GROUP AWARD Donor THE GLOBAL GROUP Winner Ashley Springman JOHN G HOFLAND LTD AWARD Donor JOHN G. HOFLAND LTD. Winner Susan Gillingham HUMBER ARBORETUM AWARD Donor HUMBER ARBORETUM Winner Kelly Mullan HUMBER COLLEGE STUDENTS' ASSOCIATION AWARD Donor HUMBER COLLEGE STUDENTS' ASSOCIATION Winner Ralph Bohn ICI CANADA INC. AWARD Donor ICI CANADA INC Winner Shaun Spalding ITP NELSON CANADA AWARD Donor - ITP NELSON CANADA Winner Jan MacDonald LANDSCAPE STAFF AWARD Donor LANDSCAPE STAFF Winner Brandon Reid JAMES F. McCONACHIE MEMORIAL AWARD Donor ENDOWMENT FUND Winner Antonio Teti MOLLIE McMURRICH AWARD Donor ENDOWMENT FUND Winners Kamila Czerwonka Kimberley Govers Winner Eric Massara OACETT CERTIFICATE OF EXCELLENCE AWARD Donor OACETT ETOBICOKE/YORK CHAPTER Winner Mauro Russo ONTARIO STONE QUARRIERS ASSOCIATION AWARD OF ACADEMIC EXCELLENCE Donor ONTARIO STONE QUARRIERS ASSOCIATION Winner Romina Facchini PETRO-CANADA AWARD FOR ENVIRONMENTAL TECHNOLOGY Donor PETRO-CANADA Winner Marina Laccona PROGISTIX-SOLUTIONS AWARD Donor PROGISTIX-SOLUTIONS INC. Winner Barbara Poffenroth REFRIGERATION SERVICE ENGINEERS SOCIETY ONTARIO MAPLE LEAF CHAPTER #17-293 AWARD Donor RSES ONTARIO MAPLE LEAF CHAPTER #17-293 Winner Jon Sam RICE BRYDONE LIMITED AWARD Donor RICE BRYDONE LIMITED Winner Magda Woloszyn-Robak SOUTHERN ONTARIO UNIT OF THE HERB SOCIETY OF AMERICA AWARD Donor ENDOWMENT FUND Winner Matthew McFarland STEELCASE SCHOLARSHIP FOR DESIGN EXCELLENCE Donor STEELCASE CANADA LTD.

DR TIUBERT W. DABROWSKI MEMORIAL AWARD

WERNER'S WHOLESALE GROUP INC. AWARD Donor - WERNER'S WHOLESALE GROUP INC Winner Tavis Kerr YORK LEADERSHIP AWARD Donor YORK AIR CONDITIONING HMITED Winner Ragai Louis

SCHOOL OF INFORMATION TECHNOLOGY, ACCOUNTING AND ELECTRONICS

PRESIDENT'S LETTERS FOR HIGHEST ACADEMIC STANDING ACCOUNTANCY DIPLOMA Xin Wang ACCOUNTANCY DIPLOMA Sharon Dahari ACCOUNTANCY DIPLOMA Xin Wang ACCOUNTANCY DIPLOMA Shuh Fan COMPUTER ENGINEERING TECHNOLOGY Allan Huisman COMPUTER ENGINEERING TECHNOLOGY Allan Huisman COMPUTER ENGINEERING TECHNOLOGY Gregory Devries COMPUTER INGINEERING TECHNOLOGY Eugeniusz Wysoczanski

COMPUTER INFORMATION SYSTEMS Darshan Harrmanan COMPUTER INFORMATION SYSTEMS Dan Wojtkiewicz COMPUTER INFORMATION SYSTEMS Kany Shams COMPUTER INFORMATION SYSTEMS Lorena Erdelyi COMPUTER PROGRAMMER John Adams COMPUTER PROGRAMMER Wei Ling Du ELECTRONICS ENGINEERING TECHNICIAN Dan Kamiyama

ELECTRONICS ENGINEERING TECHNICIAN Joozar Vasi

PRESIDENT'S LETTERS - for Highest Academic Standing in the

Graduating Year ACCOUNTANCY DIPLOMA Michael Somasundaram ACCOUNTANCY DIPLOMA Selena Goodridge COMPUTER ENGINEERING TECHNOLOGY Shane Jacych

COMPUTER ENGINEERING TECHNOLOGY Shane Jarych

COMPUTER INFORMATION SYSTEMS Maria Tutor COMPUTER INFORMATION SYSTEMS Maria Tutor COMPUTER PROGRAMMER David Christian COMPUTER PROGRAMMER Jon Lawler COMPUTER PROGRAMMER-ADVANCED Sheldon Page COMPUTER PROGRAMMER-ADVANCED Sue Buckley COMPUTER PROGRAMMER-ADVANCED Yuri Komissarchuk ELECTRONICS ENGINEERING TECHNICIAN

Ashoor Yousif **ELECTRONICS ENGINEERING TECHNICIAN** Ashoor Yousif ELECTRONICS ENGINEERING TECHNOLOGY

Danusz Gawdzik **ELECTRONICS ENGINEERING TECHNOLOGY** Anthony Nesci

LOCAL AREA NETWORK DESIGN AND ADMINISTRATION Erik Brown LOCAL AREA NETWORK DESIGN AND ADMINISTRATION Erik Brown

WIRELESS TELECOMMUNICATIONS Homayoun Pakravanfard WIRELESS TELECOMMUNICATIONS Homayoun Pakravanfard

SCHOOL OF INFORMATION TECHNOLOGY, ACCOUNTING AND ELECTRONICS

ACCOUNTEMPS AWARD Donor ACCOUNTEMPS Winner Selena Goodridge ACCOUNTING FACULTY DEPARTMENT AWARD Donor THE ACCOUNTING DEPARTMENT FACULTY Winner Shuli Fan Winner Magdalena Demintchouk Diyu Wang Winners Laura-Lee Walker

Winner Selena Goodridge JAMES A BURKE MEMORIAL AWARD Donor MSA CANADA INC. Winner Jon Lawlor CERTIFIED GENERAL ACCOUNTANTS ASSOCIATION OF ONTARIO AWARD Donor CERTIFIED GENERAL ACCOUNTANTS ASSOCIATION

OF ONTARIO Winner Selena Goodridge ERNST & YOUNG AWARD Donor ERNST & YOUNG Winner Shuli Fan

Vanessa Vilic

Winners Lorena DiAdamo

Winner Teresa Letkenham

Winner Lawrence DiPietro

THE UMA SCHOŁARSHIP AWARD

Donor U.M.A. ENGINEERING

II BY IV DESIGN ASSOCIATES INC. AWARD

Donor II BY IV DESIGN ASSOCIATES INC.

HARVEY FREEDMAN AWARD FOR COMPUTERIZED ACCOUNTING

Donor - MR HARVEY ERLEDMAN Winner I wa Kaszkur

DERFK HORNE MEMORIAL AWARD Donor ENDOWMENT FUND Winner Sharon Dahari

ITP NELSON CANADA AWARD Donor - HP NETSON CANADA Winner John Adams

DOROR - MUNICH REINSURANCE COMPANY OF CAMADA

Winner Asin Shahabuddini MUNICH RE GROUP AWARD

MUNICEL REGROUP AWARD.

Donor MUNICH REINSURANCE COMPANY OF CANADA

Winner Miranda Bimo ONTARIO POWER GENERATION AWARD

Donor ONTARIO POWER GENERATION Winner Trevor Forde

THE DON SBROLLA CANADIAN CAREER COUNSELLORS AWARI Donor CANADIAN CONSULTING INSTITUTE

Winner Sophia Okolie

SUN MFE AWARD FOR DATA PROCESSING

Donor SUN LIFE ASSURANCE COMPANY OF CANADA

Winner Shawn Crisp

THE JOHN SZILOCK MEMORIAL AWARD

Donor TRUST FUND Winner Luigi Battiston BILL YARDY MEMORIAL AWARD

Donor FAMILY, FRIENDS AND COLLEAGUES

SCHOOL OF MANUFACTURING TECHNOLOGY AND DESIGN

PRESIDENT'S LETTERS - for Highest Academic Standing CHEMICAL LABORATORY TECHNICIAN Lynda Karo: CHEMICAL LABORATORY TECHNICIAN Wioletta Glowacka ELECTRICAL ENGINEERING TECHNICIAN CONTROLSYSTEMS Farmire Kajmoth

ELECTRICAL ENGINEERING TECHNICIAN CONTROLSYSTEMS Bismark Ampoto

ELECTRO-MECHANICAL ENGINEERING TECHNICIAN ELECTRO MECHANICAL ENGINEERING TECHNICIAN Bruce Caceres Jeremy Johnston INDUSTRIAL DESIGN

INDUSTRIAL DESIGN Jeremy Johnston Gregory Fowler INDUSTRIAL DESIGN INDUSTRIAL DESIGN Gregory Fowler MECHANICAL ENGINEERING TECHNICIAN

Derek Kulyk MECHANICAL FNGINEERING TECHNICIAN

Vadım Betsis PLASTICS ENGINEERING TECHNICIAN George Quinn PLASTICS ENGINEERING TECHNICIAN Marz Magdamo SAFETY ENGINEERING TECHNOLOGY Gregory Anderson SAFETY ENGINEERING TECHNOLOGY Gregory Anderson

PRESIDENT'S LETTERS - for Highest Academic Standing in the Graduating Year

CHEMICAL LABORATORY TECHNICIAN Inthika Ibrahim CHEMICAL LABORATORY TECHNICIAN Inthika Ibrahim CHEMICAL ENGINEERING TECHNOLOGY

Leora Cherian CHEMICAL ENGINEERING TECHNOLOGY

Leora Cherian ELECTRICAL ENGINEERING TECHNICIAN - CONTROL SYSTEMS

lon Tufoi ELECTRICAL ENGINEERING TECHNICIAN - CONTROL SYSTEMS Ion Tufoil

ELECTRICAL ENGINEFRING TECHNNOLOGY - CONTROL SYSTEMS Charles Burdick ELECTRICAL ENGINEERING TECHNNOLOGY - CONTROL Maxwell Essibrah

ELECTRO-MECHANICAL ENGINEERING TECHNICIAN Michael Wilson ELECTRO-MECHANICAL ENGINEERING TECHNICIAN Michael Wilson

ELECTRO MECHANICAL ENGINEERING TECHNOLOGY

ELECTRO-MECHANICAL ENGINEERING TECHNOLOGY

INDUSTRIAL DESIGN Stacey Gay Michelle LeBlanc INDUSTRIAL DESIGN MECHANICAL ENGINFFRING TECHNICIAN

Jose Simoes MECHANICAL ENGINEERING TECHNICIAN

Jose Simoes

MECHANICAL FNGINEERING TECHNOLOGY

Craig McNay

MECHANICAL ENGINEERING TECHNOLOGY

Craig McNay

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October 28, 1999

ARTS

Funk band Planet Earth have landed

by Nick Jones

Normally when something is launched from planet Earth it's a space ship heading for outer space. This time around it's CDs being launched into record stores near you.

The Ali Shuffle is the first record attempt for Toronto funk band Planet Earth. The Reverb last week was the spot for the band's big release party.

For the last three years, the band has been circling the city playing shows and building momentum. The group consists of four members, Ron Littlejohn (vocals), Dylan Heming (key instruments), Glenn Olive (bass) and Ben Riley (drums).

Before the band took the stage to perform, Riley talked about how things came together.

"It was something that happened after about two years of us being together. We did a completely original project that maybe didn't have a lot to do with some of the covers we did. I think our style is unique and influenced by many different styles of music." Riley added, "we put out a CD because we had all these ideas. We wanted to record them and it turned out better than we thought."



Planet Earth are Glenn Olive, Ron Littlejohn, Ben Riley and Dylan Heming play The Orbit Room every week.

Planet Earth is a band thriving on their live show. Since 1997 the group has played regularly at The Orbit Room, (which is co-owned by Alex Lifeson of Rush), as well as playing other gigs. In 1998 and 1999, Planet Earth played one closing night gala

and one opening night gala at The Toronto International Film Festival.

It's opportunities like these that make the band believe in the live show.

playing other gigs. In 1998 and 1999, "I think the live act is the act. It's the Planet Earth played one closing night gala" character and we tried on a few tunes to get

that feel on the CD, but it's different. They are two different animals."

With their CD out and their name buzzing around town, Planet Earth is ready to take things to the next level. The first step will come in the form of local air play on radio and television stations.

But is the general public ready for their straight funk?

"I think it's coming out a lot more thanks to bands like Jamiroquai," Riley said, "I think we have implemented enough of the pop categories. I think we've put in enough of those statements that people will like it."

Planet Earth love Toronto, but they know what direction they will have to take if things are going to become really successful.

"You want people to enjoy your CD and it just so happens that there are a lot more people in the States than in Canada and there are a lot more cities to play in," said Riley.

When asked to describe Planet Earth's sound, Riley doesn't hesitate to say, "Planet Earth, I guess the simplest ... word is funk."

You can catch Planet Earth every week at The Orbit Room.

These horror films make you scream

by Charlie Rashed

In December 1996, Miramax films released Scream and audiences world wide remembered how much fun it was to let a movie freak them out with a jolt of fun and fear.

The teen slasher genre was once again on the run, some hits (I Know What You Did Last Summer, Scream 2, Halloween H2O) and some notable flops (Urban Legend, Disturbing Behaviour) followed.

"What makes a movie scary for me," explained Tabitha O'Connor, a first-year PR student, "is letting my imagination do the work. It's all great when everything is splattered on the screen for you, but the real terror comes from the unknown. Like The Blair Witch Project, I didn't know what I was afraid of but I knew I was afraid."

"I am not a huge fan of horror films," admited Angela Tobin, a second-year Law Enforcement student. "If there are other aspects in the movie, like (Bram Stoker's) Dracula, then I'm there. Dracula was more of a love story with a horror subplot. That was

cool. I don't need to see a blood-bath to be entertained."

A good horror movie paralyzes you with fear. If you're afraid to do something because of something you saw in a film then the filmmakers have been successful.

"I didn't go swimming after Jaws," admited O'Connor, "and now I'll never go camping, referring to Blair Witch."

Some of the most popular horror films of the past do not sit well with audiences of the '90s.

"I saw Night of the Living Dead," said Gerry Confiant also in Law Enforcement, admited, "and laughed my (way through it). I was like, 'This scared people?' And Psycho too. If I go to a horror movie I expect more than the music to scare me."

The 1998 remake of Psycho did very poorly at the box-office despite being a shot for shot remake of Hitchcock's 1960 film. It would be easy to assume that '90s audiences expect blood, gore and effects to scare them but the Blair Witch Project had none of those and grossed nearly \$140 million.

"All I could think of during

Blair Witch," continued Confiant, "is what would I do in that situation? I think most people had that reaction, and that's what scared them. Also Blair Witch seemed real, like it could actually happen, so it was hard to separate myself from the movie like I could during Nightmare on Elm Street."

Stephen King is probably the best and most respected horror novelist of our generation. Three of his novels turned into movies placed on the top ten list (Carrie, The Shining and Pet Semetary), but his recent offerings Apt Pupil, Thinner and Sleepwalkers have been duds at the box-office. His last hit was Misery in 1990, discluding his non-horror efforts Dolores Claiborne and the Oscar nominated The Shawshank Redemption. Current hot screenwriter is Kevin Williamson of Scream fame.

Next up horror fans can expect Scream 3 starring Neve Campbell and a bunch of TV teens who will no doubt be butchered by the end, and Sleepy Hollow with Johnny Depp and



Drew Barrymore in Scream

Christina Ricci battling a headless horseman.

RENT ALERT

If the popular movies are out. Try some of these hidden gems.

NIGHTWATCH (1998) Ewan McGregor stars as a night watchman at a morgue where strange things begin to happen.

MIMIC (1997) Mira Sorvino stars as a scientist who must stop giant insects who have infested New York sewers.

FLATLINERS (1990) Kiefer Sutherland and Julia Roberts as med students who dare to challenge death with horrifying results.

Fight Club violent but good

by Dan Lawrence

First rule of Fight Club: Do not talk about Fight Club.

Second rule of Fight Club: Do not talk about Fight Club.

Third rule of Fight Club: Do not write reviews about Fight Club.

There are many dark, twisted movies starring Brad Pitt out there, and David Fincher has directed two of them. The first was Seven, and he has done it again with Fight Club.

Fight Club is about striking back against the materialistic modern world that wears us down day by day. Doing this apparently involves volunteering to be savagely beaten by a friend.

Our hero, played by Ed Norton, is driven to insomnia by his job, screwing people out of their car insurance when one of his company's cars, bursts into flames for no reason.

His relief comes from joining various support groups, pretending he has a serious disease, so he can safely weep in the company of strangers, and thus ensure himself a good

night's rest.

After fellow faker, Marla (Helena Bonham Carter). begins ruining his support group experience, Norton runs into Tyler Durden, played by Pitt, and together, from very humble beginnings, they create Fight Club.

Pitt has a knack for playing the mentally disturbed (Twelve Monkeys), and he shines in Fight Club. He's a soap manufacturing social anarchist, and he delivers some of the greatest lines in the film.

"It's only after we've lost everything that we are free to do anything."

The idea behind Fight Club is men who hate their pointless and tedious lives can gather in the dark basement of a bar, and take turns beating the living crap out of one another. It is macho rebellion against male domestication.

As Norton said, "You are not the contents of your wallet. You are not the car you drive. You are not your khakis."

Soon, Fight Clubs begin popping up all over the nation, and Tyler Durden becomes a

Norton's character, however, finds himself losing control as Fight Club evolves into Project Mayhem. Now leader of an elite group of urban commandos who follow him mindlessly despite his obvious psychotic tendencies, Tyler Durden begins to hatch his master plan, while our hero can only hang on for the ride.

The thing that makes this movie so great, is that it's so messed up. Half the time you don't know whether to laugh or vomit. In one scene, after having his face reduced to sausage by severe pummelling, Pitt finally vanquishes his opponent by holding him down and leaking copious amounts of blood in his face until he cries uncle.

The clever story, however, is complicated by a massive plot twist, reminiscent of The Sixth Sense. In this movie, it is more annoying than satisfy-

Despite this, Fight Club is still easily one of the best films of the year. It is dark, subversive, and wickedly

CD reviews

Saukrates - The Under **Ground Tapes**



When you take the name of a well-known, widely respected philosopher, you better have the skills to back yourself up, and not into a corner.

If you're from Toronto and spell your name S-a-u-k-r-a-t-e-s this isn't a problem.

Toronto's underground is the home of many talented MCs, but not a lot of well-rounded artists. Saukrates has those curved edges on his artistic palette and they are sharp enough to cut away the shackles binding him to the underground. Saukrates doesn't just rhyme he is also an established producer. He has worked with homegrown talents like Choclair as well as well known American artists Ginuwine and Masta Ace.

This multi-talented 22-year-old has now dropped his debut album and it isn't just a bomb threat, this sucker is live. The beats are top notch, and the words in his rhymes fit together better than Lego. Released on Capitol Hill Music Inc., a label he co-owns with his manager, The Under Ground Tapes has raised the level of hip-hop standards in Toronto. The whirling string sound on the track 'Fineline' gives you the feeling of anticipation that is normally reserved for motion pictures when the main character is looking for the villain to face off with in the final showdown. While the lyrics on 'Vietnam' take many different colours from Sauk's palette painting the musical canvas with a picture that is vivid, thus leaving a serious impact on listeners.

The guest tracks on the album only make it that much better. Xzibit, Pharoahe Monch, and up in the lyrics and the disc Heltah Skeltah all drop by to is over. Clocking in at 40 deliver some diversity. This is the minutes, One for the Modern best album to come out of Toronto has you reaching for the so far and is the first foot in the repeat button over and over door from a very talented city.

Ocean Colour Scene -One For the Modern



Together Birmingham England's Ocean Colour Scene have released their fourth studio effort entitled One From The Modern.

Containing 11 tracks, vocalist/guitarist Simon Fowler, guitarist/backing vocalist Steve Cradock, bassist Damon Minchella and drummer Oscar Hamilton have written a lyrically moving and musically confident album.

A modern folk/Alternative rock record incorporating winding guitars, jazzy bass lines and fantastic drummin, One From The Modern is a fairly good listen.

Writing the majority of the disc at Fowler's new home, lead off track and first single 'Profit In Peace', is a cheerful acoustic folk tune featuring thought provoking lyrics ("All the people in broken homes don't want to fight no more, all the people nursing shattered bones don't want to fight no more ...").

Off to a good star, One From The Modern slows the tempo down with 'So Low'.

Calling on Brian Tavers (UB40) to supply saxophone duties on "Soul Driver," (disc's stand out track), Paul Weller to sing backing vocals on "No One At All," and Steve White to play the Tabla on "I am the News," their guest appearances add texture to the disc.

Listening to One for the Modern, you'll find yourself in a reflective mood. Before you realize it, you're caught again.

- Nick Jones

- Michele Stefancic

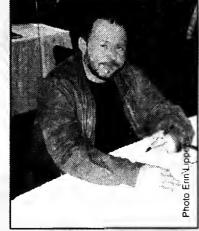
Mike Bullard hosts **Festival of Authors**

by Erin Lippens Bullard, George Bowering, and Bernard Slade took the stage at the Premiere Dance Theatre Oct. 24 to expose their hilarious literary geniuses to the audience at the 20th Annual International Festival of Authors.

"I don't think of myself as an author, but I am flattered to be here," Bullard said after he came on stage.

He said he was approached to write a book through the magic of television.

His work, Open Book: Little Thoughts From A Big Head, is full of jokes and thoughts on advancing technology and being Canadian. He lets loose with his thoughts about email, the Internet,



Comedic host Mike Bullard

and the thoughts he grew up with.

"A tough day came when I discovered there were no toys at Grand and Toy," he read, and

rolled the audience with laughter.

He also writes about his first time on stage as a comedian. He told the audience he is very gratified to be putting his thoughts in a

George Bowering read from his book, Egotists and Autocrats: The Prime Ministers of Canada, which tells of the trials and tribulations of our former leaders in a humorous light. He brought the audience to laughter as he reiterated events long forgotten in history, specifically embarrassing moments for the former prime ministers.

He exposed a whole string of politicians as corrupt, and his entertaining antics reached the audience successfully.

Finding new passion MacIsaac picks up the fiddle again

by Elizabeth Goncalves

It's been said that absence makes the heart grow fonder.

After three years of extraordinary fiddling, Ashley MacIsaac may just prove the validity of this old adage.

Set to release his long-awaited new album Helter's Celtic on Nov. 9, MacIsaac has left many of his fans asking, "where is Ashley?"

Revealing my delight at the news of a new album, I complimented Ashley on his two previous releases, the triple-platinum, "Hi, how are you today?" and the traditional "Fine, Thank You very much!" as well as his unbridled passion as a performer.

"Gee, you're making me blush," said the fiddler with the Ronald McDonald-inspired, orange-red hair.

Attempting to explain his absence from the music scene, MacIsaac said the last two years have been primarily dedicated to working on Helter's Celtic, as well as taking a much-needed introspective voyage.

"I sat down in February and had a big life change and that caused me to take a look at some of the things that I was doing in context and put it together and call it a record," said MacIsaac.

The amicable 24-year-old added, "I didn't get anything finished for three years because I was quite enraptured in myself. I've semi-gotten out of that, and started realizing that I wanted to do more music and finish the record."

MacIsaac said the rapid success he achieved with his previous releases, ("Hi, How Are You Today" skyrocketed to gold status in just 22 days) allowed him "more freedom to do certain things" and provided him with money.

These things MacIsaac said resulted in his addiction as "an intense drug head for about two years"

Although saying "hi" and asking MacIsaac "how are You Today?" may not present you with a "Fine, Thank you very much!" response when referring to his music, the fiddler is slowly rediscovering the joy of making music again.

Constant questioning by the

Fiddle player Ashley MacIsaac releases his latest CD Helter's Celtic on Nov. 9.

media about the new album, and a lack of freedom allowed by his previous record company, A&M (now Universal Group) didn't help matters.

"That was a pressure that became at certain points very hard to dwell on. It was my duty to finish a record," said MacIsaac.

While the Creignish, Nova Scotia native said he believed that stress is relevant and good. It trapped him in the debilitating frame of mind that made him view music as work.

"I found the joy that it's creative work, and I know that that's going to be fun for me if I continue to create and make music. It's still a bit

of a job for me at this phase right "now, and I'm trying to get out of that," said MacIsaac.

Now signed with Loggerhead Records, a small but close-knit company strongly in favour of promoting all of their artists, MacIsaac said he has been given the space to move freely and create the type of music he desires.

With Helter's Céltic, the new album which MacIsaac said he hoped would be titled 'Pickled Walnuts,' music lovers will receive a mish-mash of all that is MacIsaac.

Mixing traditional Celtic music with contemporary beats, and "choosing freedom in music over

stylistic confines," should see MacIsaac hit radio airwaves with a fury.

"To know that some people will be waiting for a record that they'll buy and hopefully love, is a good thing."

- Ashley MacIsaac

Calling on his younger sister Lisa for musical help on his new album, MacIsaac said she played fiddle on the hip and dynamic beatdriven track, 'Gravel Walk.'

"It's very entertaining," said the often controversial, out-spoken fiddler of his album.

"It's one day of me spending my time mixing everything I thought was really good and putting it into a package and then as an entity. It'll be cool to some people. I hope they like it," said MacIsaac.

rience, it is his live performance which boggles the mind.

Step dancing with his black Doc

play proves to be a pullsating expe-

Step dancing with his black Doc Marten boots like a mad scientist in search of a remedy, the fiddler/pianist/ and Canadian icon, dazzles audiences in every corner to the world.

Often tossing his set list out, MacIsaac is left with no connection of what will happen once he hits the stage.

Familiarity is an aspect of touring that MacIsaac said he enjoys most. He enjoys playing for people who have already heard him play.

"It's nice to think that you have fans. It's comforting because underneath it all, the dirty old dollar plays a heavy part. To know that some people will be waiting for a record that they'll buy and hopefully love, is a good thing."

JJQ'S SPORTS CAFE



October 28, 1999

Media will find The Insider controversial

by Catherine Stancl

The Insider is a movie that gives a less than glowing portrayal of the media, and is sure to cause a large public outcry about journalistic integrity since All The President's Men.

Director Michael Mann (Last of the Mohicans, and creator of Miami Vice) created a very believable movie that is bound to cause a huge buzz in the media. It is a riveting tale of 60 Minutes, one of North America's most respected news programs, succumbing to the pressure of the CBS corporation and hiding the truth from the public.

Starring Al Pacino and Russell Crowe, The Insider is a suspenseful drama based on actual events that took place in 1995 and were described in a Vanity Fair article titled, 'The Man Who Knew Too Much.' Crowe plays Jeffrey Wigand, a top scientist from one of the country's biggest tobacco com-

panies who is fired when he objects to some of the company's tactics. Pacino plays 60 Minutes journalist, Lowell Bergman, who produces segments for Mike Wallace (Christopher Plummer). Bergman is researching fire hazards when he comes across Wygand and finds a story that needs to be uncovered.

This is the first story line in the movie. Soon after this, Bergman finally gets Wigand to drop his confidentiality agreement and talk. He

gets the damaging evidence on tape but 60 Minutes will not air it. The corporate gurus at CBS don't want to get sued by the tobacco company, and end up compromising journalistic integrity for corporate interests.

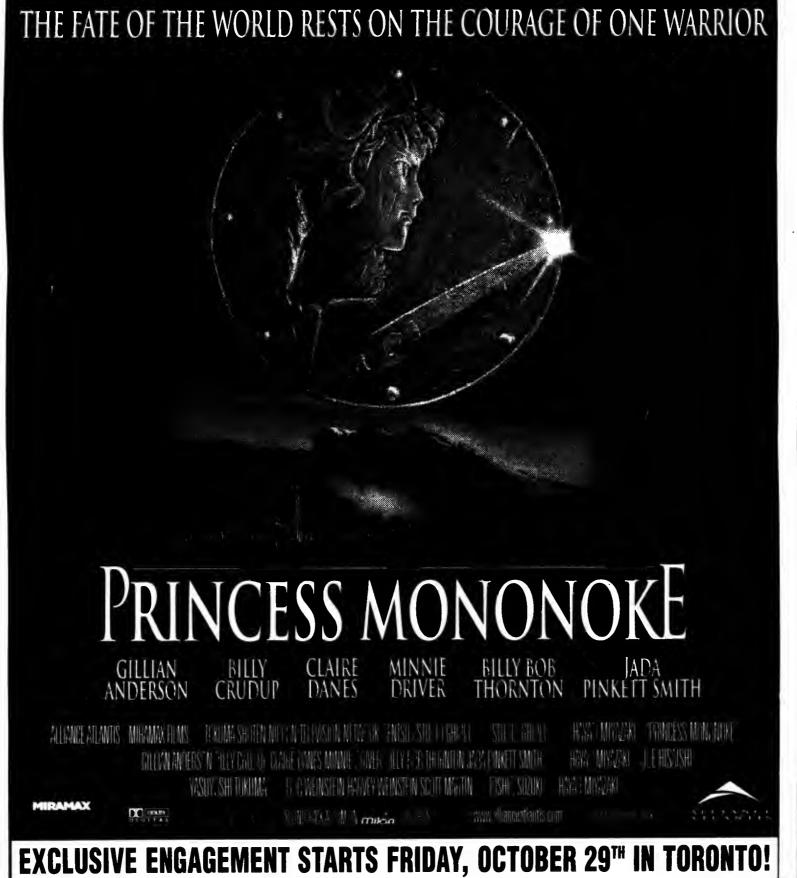
The problem is the movie's two story lines do not blend well. The split is obvious. The first hour focuses on Wigand's struggle to divulge this information, despite death threats, a divorce, and a smear campaign. But in the second hour Wigand is shelved and Bergman's power struggle with the bigwigs becomes the focus. You don't really know what happens to Wigand amidst all this controversy until they pop a paragraph on the screen at the movie's conclusion.

However, the superb acting talent more than make up for this. Thirty-five-year-old Crowe does a phenomenal job as 53-year-old Jeffrey Wigand. Putting on 30 pounds for the role, Crowe gave a strong and emotional performance, impressively showing physical and emotional decline as his career and family collapses when he decides to talk.

Pacino plays the fiery all-ornothing journalist and works well with Plummer's dead-on depiction of tough guy Mike Wallace. In fact, if you don't pay attention to the credits, you could almost believe it was Wallace himself. These three actors could very well be up for Oscar nominations for their outstanding performances.

Aside from some of Michael Mann's overly dramatic touches, like mood music, symbolic background posters that or said "White Lies", and the highly unlikely possibility that a bar would air an episode of 60 Minutes, he has created a shocking and poignant film worth seeing.

The Insider opens nation-wide on Nov. 5.



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SPORTS

Men working towards gold

by Frank Monaco

The men's soccer season finished with a solid effort as they beat Redeemer Royal 4-0, Oct. 20.

Most of the game, the Hawks tried unsuccessfully to feed the ball to forward Jesse Calabro. Calabro was two goals away from the scoring title in the Ontario Colleges Association Athletic (OCAA).

It affected the team's overall play as the Hawks were up only 1 - 0 by half time on a goal from rookie forward Kenny DePavia. In last week's game against the Royal's, Humber dominated and were up by 4 going into after countless chances,

Calabro broke out and scored two goals in five minutes to give Humber the 3-0 lead and give himself the scoring championship. Defender, Angelo Nero scored the final goal to make the final 4-0.

The game against the Lions marked the end of the regular season. The Hawks finished with an undefeated record of 8-0-2. They posted impressive numbers by scoring 38 goals and allowing only 9



the second half. Finally, Victory can be a pain in the neck

Since the beginning of the campaign, head coach Germain Sanchez preached the theme of this year's Hawk squad is solid and complete

"It was a good team effort. I did-sion," he said. n't see anyone really being much on top of the other players. We had 15, 16 very good players."

The play of the rookies has steadily improved from the start of

the season.

"Brendon (Harris) has been a great improvement. Also, with everyone else you can tell (they are playing better). The first game against Mohawk, some of the rookies just stunk (up) the place, including Arturo (Alava) and Kenny because they were too nervous. There is a lot of pressure (being a Hawk) and they couldn't take it at first. But they are doing very well now," Sanchez said.

Athletic Director Doug Fox said he understands the pressures of being a Hawk and knows how difficult it can be to field a good team through constant player change.

"It's always nice to see another group of athletes come in and continue the domination of the divi-

This year was also one of change in the coaching staff. There has been a noticeable absence of newly acquired assistant coach Joe Schiraldi. The team has made it official that Schiraldi regrettably resigned his position due to schedule conflicts.

There was not much time to reflect on the season as the Hawks' next playoff game was just two days after the regular season.

They hosted the Loyalist Lancers Oct. 22 in a one game elimination qualifying match for the provincial championship.

The Hawks took the play to their Belleville opponents by playing most of the game in the Lancer's "red zone." They had many scoring opportunities but could not capitalize. Finally, in the second half, midfielder Luigi Landauro scored the game's lone goal to win the game



I got it! I got it! I got it! I got it!

for the Hawks.

"Everyone was a little bit nervous," Landauro said. "Finally, the ball came from a header from Arturo (Alava) and just came to me. I kicked it off a player and it went in. It was awesome. The best feeling I ever had."

Coach Sanchez said that the team is in good form and if they can stay away from the injury bug he is confident that, with some good bounces, they can bring home the

Women heading to **OCAA** semi-finals

by John Maida

The Humber Hawks' women's soccer team has advanced to the OCAA semi-finals following their outstanding quarter-final victory against the Algonquin Thunder.

This marks the third straight

year Humber has advanced to the Ontario championships.

The first half featured frantic action from both teams.

Mid-fielder Adriana Cataldo opened the scoring in the 13th minute off a corner kick. Shortly after, the

Hawks failed to take advantage of a penalty shot.

Strong physical play marked the second half of the game.

In the 80th minute, Vitale gave Humber a two-goal lead when her close range shot rolled between the legs of the Thunder keeper.

Just before the final whistle,

defender Rosie Butera scored off another corner kick for the win.

Humber coaches Mauro Ongaro and Vince Pileggi said they are ecstatic with the team's performance.

Pileggi said, "We definitely

deserved to win this game...Everyone on the field did their job."

Mid-fielder and co-captain Claudia Marmo said the team won because they wanted it.

"We were hungry, we were pumped and we definitely wanted this game. We hustled and we were first to the ball. We want to keep playing the way we're capable of and have the same

mentality going into the championships.

Before this week's quarterfinal game, the Hawks closed out the regular season by defeating the



Hawks in winning action

Redeemer Royals 1-0 on Oct. 18.

The Hawks finished the 1999-2000 regular season in first place in the Central West division with an 8-1-1 record. Rookie forward Kim Perras had the only goal of the game. Vitale finished the season with 15 goals to win the OCAA scoring title.

The Hawks will travel to Hamilton this week for the Ontario Championships Oct. 29-30.

Hoopathon '99

by John Maida

Humber College was one of many colleges across Ontario to take part in the second annual Hoop-a-thon where \$3,727 was raised.

More than 16 colleges took part in this year's event - a substantial increase from the few that took part last year.

The OCAA started the Hoop-athon as a way to help the Special Olympics raise money for their Olympians. Proceeds also go to the OCAA and the athletic departments for each college. Humber College opted to donate its proceeds to Larry Jefferson to help pay his medical costs. The amount raised is broken down to 40 per cent to Jefferson, 30 per cent to the Special Olympics, and another 30 per cent to the OCAA.

More than 75 Humber varsity students from the basketball, volleyball, and hockey teams took part as well as Humber faculty and students. Each student was to get a minimum of 20 sponsors and collect pledges at a minimum of two dollars. Each player took 50 foul shots with a partner and kept their own score.

All scorecards were then placed in a random draw for various prizes such as an autographed Blue Jays'

baseball. A final draw was held near the end for a weekend stay for two at the Valhalla Inn.

Jill Sadler, special event co-ordinator for Humber's Student Athletic Association (SAA) said the Hoopa-thon is a great idea for a good cause.

"It's an excellent advantage for the college and gives it a good image. I would've liked to see a lot more promotion and marketing, so that more people could've participated," Sadler said. "Whereas the other colleges will be using its proceeds to help out their athletic departments, Humber is donating their proceeds to Larry."

Filomena Aprile, forward for the women's varsity basketball team, raised over \$560 in pledges. She sunk 44 out of 50 shots, one short of Doug Fox's score of 45.

"I just went out there and asked people if they wanted to sponsor me. I wanted to do this because it's for the Special Olympics and it gave me more of an incentive because of Larry Jefferson," Aprile added.

Humber College Director, Doug Fox, was a little disappointed that he only made 45 shots this year. He was pleased with the positive turn out and said the Hoop-a-thon definitely raises public awareness of its causes.

Hawks may soar at Air Canada Centre



Fans can catch the Raptors in practice on Sunday afternoon.

by Frank Monaco

College and University basketball teams will be slam dunking balls for title of Toronto's basketball world at The Air Canada Centre (ACC) in the second annual Raptors Cup tournament this

Last year, the Hawks ranked second behind the Thunderbirds, a senior team with international and professional expe-

Hawk forward, Adrian Clarke was named a tournament all-star and forward Mark Damon received a fair play award. The Humber basketball team participates in about three tournaments throughout the year and head coach, Mike Katz said the Raptors Cup is important for the Hawks.

"This is another early tournament that

we need. This is part of the scheduling process that one needs to develop your team for the league and playoffs," Katz said. "Also, ... it is becoming high profile, so you want to be part of that.'

This year the tournament adds a thrill for the players, all of the games will be played at the ACC, on the same court the Raptors play.

The Hawks played well in a tournament in Montreal and hope they can build on that success.

The tournament opens with an important game against the University of Windsor, Oct. 28. Katz said the first game is key.

"I'd like to win the game against Windsor because then you get to play another university instead of one of the colleges because we play the colleges during the regular season. So, Thursday

night is a big game."

General Manager of the Toronto Raptor's Grunwald praised Humber and predicted a good showing in the tournament.

"I know that (Humber) has an excellent coach. Mike



G.M. Glen Grunwald shows off the Raptors Cup trophy

(Katz) will do a great job with whatever players he has. Humber is one of the better basketball teams."

Fans will have an opportunity to see the Toronto Raptor players in an open practice at 1 p.m. Sunday, Oct. 31.

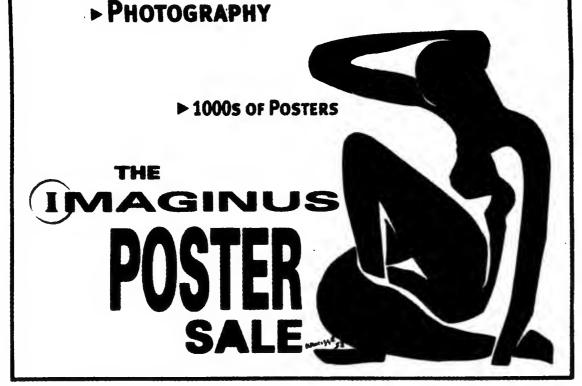
The tournament is \$5 a ticket or \$19 for a package that will give unlimited access to the whole tournament.

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Hawks preseason ends 4-2-1

by Scott Van Styke Despite a lack of conditionis and some mental lapses, the men's hockey team won their final preseason game against the Sir Sandford Pienting Knights, 7-5, in Peterborough last Saturday.

And if not for goaltender Brent Delvare's solid play, the Hawks would have left the ion after first period trailing by more than the 1-0 hole they

"We came out flat in the first period but we pulled together and really put it to them in the second," said defenseman Cory Kennedy, who finished the game with three points.

Hawk's assistant captain Rich Mackenzie led the turnaround hen he tied the score at 1-1. Nathan Vanderbaaren scored but luckily, it was enough. If less than a minute after Kennedy's goal.

Ten minutes later Jamie Visser scored.

Rob Perkovic, Rich Wand, and Marcus Ludlow scored to

nish the Hawk's second period explosion and they left the ice with a 6-2 lead.
But the Hawks lead began to

vaporate in the third period when mental lapses allowed Floming to get back into the

The Knights scored at the even minute mark and Fleming player Peter Willis maleted a hat trick scoring nidway through the period to nake the score 6-4.

The Hawks caught Fleming on line change with two minutes left and Wand tapped it in to ce the game for Humber, 7-5. Humber coach Joe Washkurak was subdued after the game.

"To be honest I don't think we played well from start to finish. We only won one period we want to win in March (the playoffs) if have to make the commitment to conditioning now and be prepared to play 60 minutes every night," said Washkurak.

Men's team score bronze medal finish

By Michael N. Stamou

The Hawks men's basketball team captured a bronze medal at the 18th Annual Hagen tournament, held in Montreal, over the weekend.

The tournament served many purposes for the Hawks, from team bonding to playing games against top quality competition. The team had a lot of fun on and off the court.

"The fact that everybody got a chance to play and felt a part (of the team) is always important on a trip like this early in the season," said Hawks head coach Mike Katz. "The players get along with each other, get to know each other, and my feedback was, that they really enjoyed the weekend experience; around the games or in the games and off the court as well."

The Hawks' first game of the tournament was against a strong Montmorency squad.

Montmorency started the game on an eight to zero run, but the Hawks quickly rebounded and sunk their first basket.

In the second half both teams had a lot of turnovers. With less than six minutes left in the game, Montmorency had a seven point lead, a lead they would not relinquish.

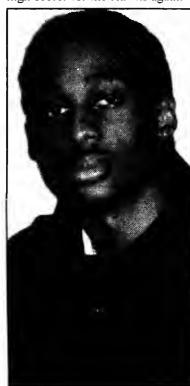
The final tally was 78–72. Jason Francis was the Hawks high scorer with 30 points.

Game two saw the Hawks take on the Vanier Cheetahs. Once again, the Hawks' were down early on in the game but managed to rally around some strong team play. With 12 minutes gone in the first half, the Hawks' finally tied.

By the end of the first half, Humber SAIT was 68 to 60 in favour of the was up by 10.

The Hawks maintained the lead throughout the game and won by a final score of 78-69.

Francis, with 20 points, was the high scorer for the Hawks again.



Forward and co-captain Marcel Lawrence

On Saturday the Hawks met SAIT (Southern Alberta Institute Technology). This time, the Hawks jumped off to an 11 to 4 lead for the first time in the tournament. Humber never relinquished the lead and at half time they were up

The play intensified in the second half and SAIT narrowed the

Coach Katz was so excited by a

shot that he jumped out of his chair to congratulate the player but on his way he fell flat on his stomach and tripped a SAIT player, before crawling back to his seat on the bench.

"I think any time you can create an advantage in the attacking end, you have done your job," quipped Katz.

The final score in the game against

Hawks. Dexter Miller was the Hawks' high scorer.

The last game before championship Sunday, was against a strong but rookie- filled Dawson College Blues squad.

Once again, coach Katz was in the middle of the action. Katz got a technical foul for arguing a call at the 18 minute mark. This sparked a little fire under the Hawks and they managed to tie the game. But before the first half ended, Katz, incensed by a call, received a second technical foul. He was considering pulling his team from the floor.

"It's an old trick. It tends to get the refs eventually on your side, and I think that would be the deciding outcome," said Katz.

At half time, Dawson was up by one, but Humber made a comeback beating the Blues 87-78. Francis, with 31 points, was again the Hawks' top scorer.

"I did what I had to do to win. Whether it is 15, 20 points, it doesn't matter, as long as we won," said Francis. "If that is what they want me to come out and do, than I will just do it."

But winning three games in a row wasn't enough to get the Hawks into the championship game. They had to settle for playing for the bronze medal against the Sheridan Bruins. The Bruins were missing their star player, Shane Boscoe who was out with a pinched nerve in his neck.

The Hawks played a strong game under the net, getting many offensive and defensive rebounds. At the end of the first, the Hawks had a six-point lead, and never relinquished it.

The final score and the bronze medal went to the Hawks after they trounced the Bruins, 87-68.

The top Hawk scorer was no. 33-Jason Francis.

The tournament was a great learning experience for the young Hawks squad.

"I was very pleased with the team's performance,"said Assistant Coach, Dave DeAveiro. "I thought we executed some of the things that we have been working on in practice for the last two or three weeks and I was pleased with the effort."

No consolation for women's b-ball team

by Penny Laughren

The women's basketball team did not get much consolation from its fourth place finish at the annual Hagen tournament in Montreal last weekend.

In a tournament marked by bad calls, technical fouls, and aggressive physical play a small Hawk force faced some tough competi-

The Hawk's won their first game against the King's College Blue Devils on Friday.

The win was important because it allowed Humber to play against teams from outside of Ontario.

At the half the Hawks had a four point lead and they would go on to win by a seven point margin,

Centre Brenda Chambers and Kesha Guidford fouled out of the

Brenda Chambers said the win was good for the Hawks because it allowed them to see the competition from outside the league.

Humber's high scorer was Beth Latendress with 17 points. Khadijah Akbar netted 12 points.

Saturday afternoon pitted the Hawks against John Abbot College,

The Hawks were down by 13 points at the half but their lack of offence killed them in the second

John Abbott outscored the Hawks by 20 points in the second. The Hawks lost by 82-48.

Lindsay Higgs, 12 points, was the

Hawk's high scorer.

In the consolation fina Sunday afternoon the Hawk met John Abbott College again and again they were defeated This time the score was 60-37. Conditioning was a factor in the final game.

Humber was still in the game. trailing by 11 points midway through the game but they were unable to pour on any offence in the second half.

John Abbott defeated Humber 60-37. Tara Lee Reddick netted 12

Higgs was named Humber's most valuable player for the tourna-

The team has a lot to work on said Chambers.

"Teamwork, setting up plays. conditioning, and our offence," listed Chambers.



Lindsay Higgs, Tournament MVP

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