

HUMBER

Vol. 1 No. 12

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Humber College's Student Newspaper

Nov. 25, 1993

Lifestyles



Chronic Fatigue Syndrome.
Tired of being tired.
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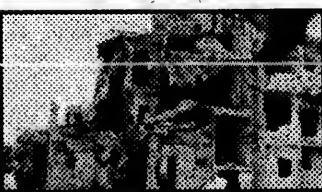
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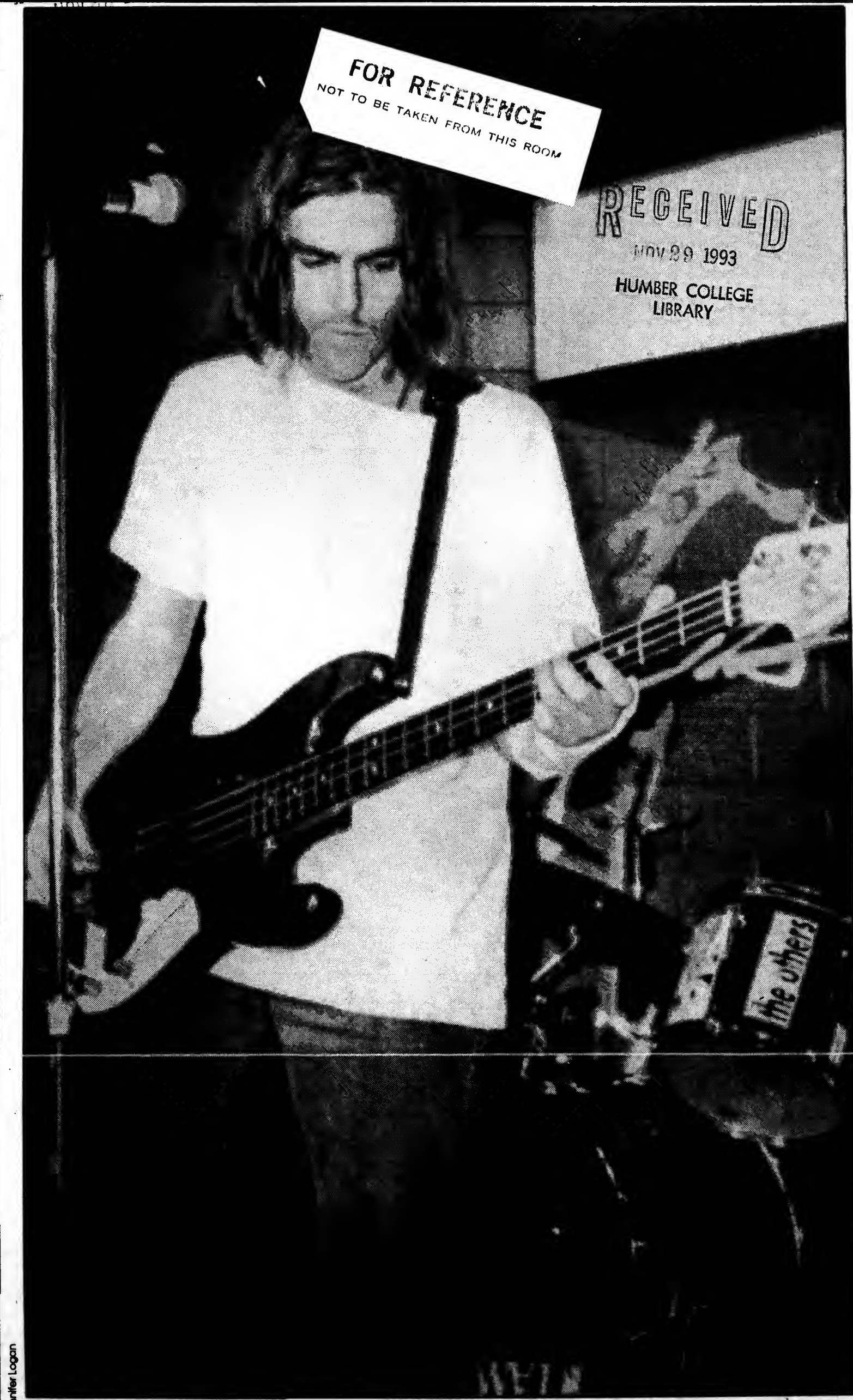
Special Section



COUNTRIES AT WAR
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THOUGHT OF THE WEEK

"It all seems to be getting out of hand."
— Gerrard McGilly, on Northern Ireland.



Jennifer Logan

Mellow Morganfield — Laid-back bassist Mike Pond and the band belted out their tunes in Caps.

Humber campus closes down

by Andrew Parsons

Lack of government money may be crippling Humber's smaller campuses but they will face the future with or without the province's help, according to Richard Hook, the Vice-President of Instruction for Humber College.

Humber College's Aberfoyle campus will be closing its doors in December because government funding just isn't as strong as it once was. The shutdown of the York-Eglinton campus and its merger with Humber's Keele in the city of York was cited as being more economical for the college.

"Keele will play a role in important priorities," said Hook. "Number one: there is a need for 'post-secondary' gen-

eral arts and science courses in York. Number two: there is a demand, world wide, for English immersion programming and we are actively recruiting students in Mexico and South America. Thirdly, York will be part of short term, strong programs, in computer business applications."

Major renovations, paid by the college, rebuilt the main office but the school will continue to upgrade the campus and make facilities better for the adult students who are now facing seven per cent cut-backs to their provincial Ontario Basic Skills funding.

"There is a strong interest in the transformation of the library into a learning resource centre that will facilitate enrollment growth, flexibility of study

time, student learning, in depth program enhancement and cost savings," said Hook.

Keele is set well back off main roads and surrounded by large industrial complexes but despite the location, he said that geography is not important. There is a need for Humber in the city of York.

As for the closing of Aberfoyle, located at the Bloor-Islington subway, Hook simply said, "That relied on provincial and federal funding that are not there."

In the end, the students and not the buildings are what matters to the college and its plans.

"Let's not get hung up on facilities," said Hook. "But get hung up on students."



Clothes Make The Man— Harry Rosen spoke with students about his quality clothing chain

Entrepreneur sells personality

by Liesl Grattan-King

The strongest tools entrepreneurs have are their personality and their ability to communicate, menswear retailer Harry Rosen told Humber business students last week.

The chairman and executive officer of Harry Rosen Inc. — a 23-store clothing chain — said he has promoted his clothes on the strength of his personality.

"I proselytized," Rosen told about 70 students at North campus. "Whether they were customers or not, no one walked out of the store without knowing what we were about and how they could benefit from owning our clothes."

"I converted everyone I met — neighbours, delivery men, postmen — into recognizing we were unique," he said.

"I sold them on me — on my dedication to quality products," Rosen said during a 70 minute speech. "Many didn't buy, but they walked out impressed and in time became customers and referred us to others."

Rosen came to Humber on Nov. 18 to share his experience of working for 39 years in the retail industry. The event was organized by Humber's retail management program.

Harry Rosen Inc. has 22 stores in Canada and one store in Buffalo, N.Y. The

company is part of Dylex Ltd. — a retail conglomerate which operates over 1300 stores such as Bi-way, Club Monaco and Fairweather.

Rosen told the students that communication with customers and advertising was important to business. "I'd write letters or phone these people and tell them what I was doing," he said. "I found if I could communicate in this respect, people would come." During his first year in retail, he asked customers for names of people they thought could be potential customers.

A few years later, Rosen said he began printing "interesting, provocative advertisements" which prompted customers to "just ask Harry" a series of questions about the clothes he sold.

"It wasn't about the product, but about the customer and questions he didn't have the nerve to ask," he said.

Rosen said the ads got him national recognition.

"One thing it taught me was to never be frightened of running provocative ads — so long as behind it all is an honest attempt to communicate," he told the students.

Rosen said that building Harry Rosen Inc. around his personality puts him in a position of having to act out a role.

"But at least it gives us a more animate quality than if we were called Studio 99 or something like that," he said.

Mock NAMUN course offered

by Marshal Lyons

For the first time since the start of the North American Model United Nations (NAMUN), Humber College will be sending a delegate team to participate in the simulation.

The Secretary-General of NAMUN, Hans S. Feil, estimates approximately 300-400 North American, University-level students will be attending the simulation.

Richard Hook, Vice-President of Instruction, believes this will be an enriching opportunity for students and said that it is about time Humber was recognized for its merits.

"Humber is the first in many things," said Hook. "I think it is ridiculous that it has taken 25 years (for Humber) to get there."

The simulation, which is being held at the Sky-Line Hotel in Toronto, will cost students \$75 per person to register and if the students wish to stay at the hotel, accommodation fees range from \$69 for a single room to \$23 per person for a triple.

According to Hook, Humber will be "contributing \$1000 to support the opportunity for our students to participate in debating interna-

tional issues."

Students participating in the simulation will debate issues concerning current international events and develop an understanding of the United Nations structure and its role in international affairs.

Before attending the simulation, students must take a four week (8 hour) course on the United Nations. The class will be credited the same as any other course. Human Studies professor Adrian Adamson created the course in order to give Humber students a solid base of knowledge on the U.N.

"It will make the experience of attending the model UN more valuable than if you went and didn't know what it was all about," Adamson said.

"If you don't study the course, you won't be able to contribute to the discussion. If you already know the basics, then you can spend some time contributing to the discussion."

The delegate team is asked to represent a country that has representatives in the UN, and take on the responsibilities of that country. This means debating issues from the point of view of the country the delegate team is assigned. For example, a del-

egate team may be asked to debate the issues of Somalia and the former Yugoslavia if the country they are assigned to is on the Security Council.

The simulation lasts a week, starting on Feb. 16 with the opening ceremonies and a rules review. There are more than 25 hours of official committee time during the five-day event.

Students who are interested in attending the simulation must have a background in political science, political geography or international marketing. Students must fill out an application and write a letter stating why they would like to participate in order to be considered to be part of the delegate team.

The deadline for the school to submit the application is Dec. 1. If you are interested in attending the simulation, applications are available from Adamson.

Students should have good marks in their program in order to attend the simulation, according to Hook.

"You should remember that the students attending (the seminar) are people who are interested in world issues," Hook said. "People wanting to attend should ensure that they are doing well in their program and enjoy debating."

Professors battle NAFTA merits

by Liesl Grattan-King

Hours before the U.S. Congress passed the North American Free Trade Agreement (NAFTA) on November 17, two Humber professors pitched their pro and anti-NAFTA arguments to students at the North campus.

The 45-minute debate pitted international marketing instructor Hermes Martinez and Human Studies instructor Adrian Adamson against each other in front of an audience of 17 students.

Pro-NAFTA Martinez argued that NAFTA is necessary to "counterattack" the trade policies of Europe and Japan. "It's about protectionism," Martinez said. "Canada, the U.S. and Mexico are coming together and saying — look, back off — you've got international trade policies that are despicable — but we're here together to play you in the same field and see what happens." Adamson replied,

"When we're not competing out there, we're competing against each other."

"Mexico has had free trade with America for decades," Adamson said. "There's no more money left in Mexico — it has been saturated by exports. So don't think we are going to tap into a 80 million person market — we already have the market."

Adamson said that the trade agreement between Canada, Mexico and the U.S. "isn't about free trade, exports or equality."

"It is the freedom of business from the interference of government. It limits the power of government when you sock them with a treaty where there are penalties involved," Adamson argued. "NAFTA takes business out of the control of elected government."

I don't think so," countered Martinez. "It's not like a European situation of having one parliament and one flag. It's pure trade — about having a common trade philosophy

and a common standard for products."

The debate in the SAC conference room was organized by the International marketing and Latin American club. The president of the club, Chris Collucci, acted as moderator.

On the issue of jobs Adamson pointed out that Canadian may lose jobs as Canadian companies take their business to the U.S. while Hernandez argued that "every country in the agreement his this fear of losing jobs to the other."

"Canadians are twice as likely to invest in the U.S. than Americans will in Canada," Adamson said. "Americans have 100 times more influence in Canada than we have in the U.S."

"But Canada was losing jobs before free trade," Martinez argued. "We can't protect ourselves from everything. But our best protection is to exploit and explore ourselves for free

trade with any country."

NAFTA is a framework of rules outlining investment and trade activity among Canada, the U.S. and Mexico, effective from Jan. 1, 1994 upon approval of the governments of each country.

Students who listened to the debate said it didn't change their opinion on NAFTA.

"I wanted to hear something that would make me feel 100 per cent certain one way or the other," said Tim Talabjee, a first-semester international marketing student.

"But I didn't hear anything new that I hadn't heard before."

Julius Rodrigues, a second-year marketing student said he expected "a more economic approach" in the debate.

"I wanted them to tell me — if NAFTA happens, this will happen and this will effect the economy," Rodrigues said.

Humber students earn something *Extra*

by Nicole Middelkamp

Five Humber students from graphic design and media copywriting will split a \$1,000 prize.

Media copywriting is a new program at Humber this year and students in that program teamed up with graphic design students to enter a competition sponsored by Sullivan Graphics, a company that specializes in vivid, imaginative flyers.

The competition was only open to Humber students. Sullivan Graphics agreed to sponsor the event because they feel it is necessary to tap into young copywriters. The media copywriting program is unique to Humber College.

"Denis Longpre, vice-president of Sullivan Graphics, was absolutely astounded by the talent displayed in the ads," said media copywriting co-ordinator Johanne Lehman.

"In fact when it came to the judging, they couldn't pick only one winner so there was a tie."

Who Done It? is the title of one of the winning ads designed by Chasity Staples and written by Stephanie Bloomberg. The other ad was titled *Leave it on their minds, not on the world* and was designed by Margaret Jeronimo and written by Patti Maxim and Denise Rossetto.

The two groups will split the prize money and both groups will have their ads published in a Sullivan Graphics flyer.

"It's a great opportunity. It's not just work for a portfolio but actual published work," said Chasity Staples.

Dick Brown, co-ordinator of the graphic design course, was extremely proud of the way the two programs pulled together.

"We needed these (copywriting) students. Before this new program the design students had to write their own copy. Now they get the experience of the art director and copywriter working as a team."

Brown explained how the students had to contend with the stress of working on a "real" job, not just a class project.

"The classes were given the

assignment only a week before the deadline of the judging so they had to work quickly and come up with good ideas."

The five winners were honored at the elaborate *Extra Awards* held at the Pantages Theatre. *Extras* are given for excellence in print advertising.

The guests were treated to a seminar 'Old Lessons, New Opportunities' given by Tony Brignull, who his colleagues say is the best copywriter in the English language.

In an hour-long lecture Brignull showed slides of advertisements he considered good and bad. He used his examples to emphasize his main point that the only safety in advertising is danger in advertising.

"A lot of today's ads lack the confidence of the medium. They try to say everything in one or two ads. If a company wants to be successful they have to take risks," said Brignull.

Dick Brown praised Brignull's speech.

"He stressed what we've been stressing to students in class. There is too much mundane work being done," said Brown.

The highlight of the evening was the presentation of the awards. The audience was treated to a fantastic visual show on a theatre-sized screen. The title of the film was *Terrorize the Page!* It was fast-moving, with lots of color, and excellent ideas on improving print advertising.

Howard Busgang, a comedian who has been seen on *Caroline's Comedy Hour*, *Evening at the Improv*, and *Arsenio Hall*, hosted the event. Busgang's witty humor made two hours of award presentations fly by. There were more than 4,000 entries submitted from across Canada and from these, 14 were awarded gold *Extra* awards, 19 silver awards, and 17 bronze awards.

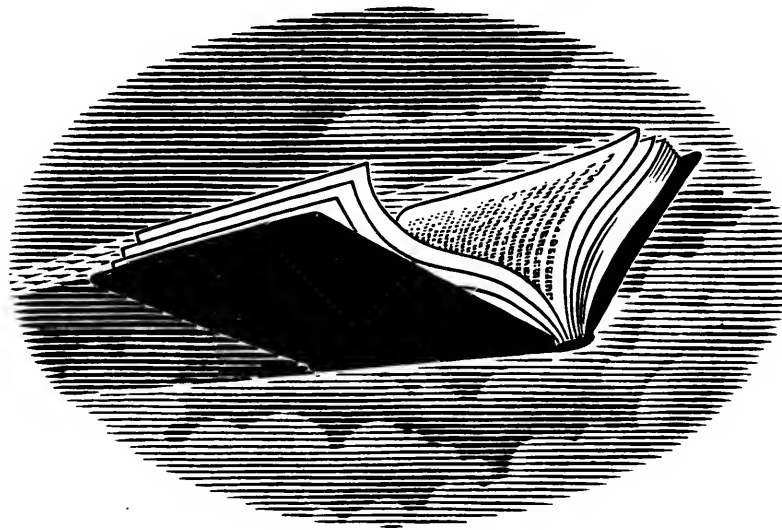
The entire evening showed that markers, paper and imagination are combustible materials. If you combine all three, you get an explosion of an idea and the evolution of a dynamite ad.



Nicole Middelkamp

EXTRA, EXTRA, READ ALL ABOUT IT - (l to r) Stephanie Bloomberg, Chasity Staples, Margaret Jeronimo, Patti Maxim and Denise Rossetto win at the *Extras*.

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At Canadian Airlines, we understand how difficult it is for students nowadays to make ends meet.

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Voyageur makes fare cuts

by Deborah Walker

Thinking about travelling to Montreal or Ottawa? If you are, the sooner the better.

Voyageur Colonial Ltd. the intercity bus carrier serving Ottawa-Toronto and Toronto-Montreal, has announced a new "student" promotional fare for travel on these two routes.

In a recent press release, Voyageur representatives said the student fare will be \$59 return plus tax between Ottawa and Toronto, and \$69 return plus tax between Toronto and Montreal. Tickets may be purchased right up until departure time.

"We'll evaluate the results

of this offer as we go and then determine if we can do something similar during the second semester of the school year," Voyageur president Don Haire said in a press release.

Haire also noted that the company experimented with this new promotion for students because of the current weakness in the "domestic travel market."

"I travel a lot to Montreal," said general arts and science student Nalla Shabbir. "I am going to take full advantage of this offer."

The special return fares remain in effect until December 15 and all travel must be completed by midnight on that day.

Tougher licensing targets young

"Misconceptions" over graduated driving licenses, says Province

by Cindy Vautour

Thousands of drivers trying to get their licenses have driven up the enrolment of Ontario driving schools and thrown driver examination centres into high gear.

Graduated licenses, which would replace existing 365-day Class L driver's permits, are expected to be in place by the spring of 1994, said Young Drivers of Canada driving instructor Cynthia Moore.

"The (Ontario) Ministry of Transportation has told us that graduated licensing will be in effect... April 1," she said.

Enrolment at dozens of Toronto driving schools have increased. According to Moore, Young Drivers of Canada courses are operating 30 per cent above normal.

Moore said the demand for road tests is caused by eligible drivers rushing to be excluded from graduated licensing.

"Those who obtain their 365 class L before the date graduated licensing comes into effect will not (take part) in the two-step system.

"They will have a year from the date they received their 365 to book a road test and if they pass, will receive their driver's license as issued under the old law.

"But if you fail your road test anytime after graduated licensing has taken effect, you will automatically be placed into the graduated licensing system," said Moore.

Mrs. Nolan, an instructor with Etobicoke Driving School

(EDS), said that they have experienced a tremendous jump in enrolment and have more than the maximum capacity of new students in their driver education course.

"There has been an increase...in-class sessions have been 32-35 students compared to the average 25 per class.

"The first question people ask when they phone the school is how soon can we get them a road test," said Nolan.

According to operators at the driver examination centres in Brampton, Oshawa, Scarborough, Orangeville, Burlington and Hamilton, road test bookings are available for early March, mid-April, May and the beginning of June.

"People are trying to get road tests before April 1 because they want the chance that if they fail, to be able to book another road test in order to avoid graduated licensing," said Moore.

"There is some truth in, if you book a road test through a driving school you may get an earlier date, but there are some schools charging an extra \$50 for early bookings. What you're paying for is for them to have someone stand in line at a test centre for you and book tests where cancellations are being made," said Ken Ward, driver examination coordinator for the Ministry of Transportation's test centre in Brampton.

Ward also says that people who are trying to beat graduated licensing account



LICENSED TO KILL?— About 300,000 people are involved in traffic accidents annually in Ontario, and roughly 2,100 die. Nearly half are 16-25 years old.

for the backlog of 25,000 bookings.

He also questions the driving ability of those drivers who are rushing to beat the new law when it isn't really necessary to panic.

"There are a lot of misconceptions about graduated licensing," Ward said. "It may take a little longer for you to get your driver's license but in the end, the extra time may save your life or someone else's. People just don't seem to understand how important it is that they know how to drive safely and defensively."

According to a booklet that was compiled by the Ontario

Ministry of Transportation entitled, "Graduated Licensing and What It Means To You," licensing will be a two-step process where drivers gradually earn licensing privileges as they gain experience.

The new system is being implemented in Ontario because of the high risk of collisions among 45 per cent of new drivers between 16 and 24 years of age compared to older and experienced drivers.

"There are 200,000 collisions in Ontario alone per year, involving 300,000 people, in which 100,000 are injured and 2,100 die; 42 per cent to 50 per cent of those 2,100 people are between the ages of 16 and 25—the majority alcohol related.

"Too many of our young people are being killed on the roads. It has to stop," said Nolan.

Graduated licensing involves two steps: Level One and Level Two.

To enter Level One, first time drivers must meet the same requirements that are needed in order to obtain the 365-day learner's permit (Class L).

Under the new graduated licensing law, Level One will last for 12 months. Drivers may reduce this period to eight months if they successfully complete an Ontario approved driver education course.

During the Level One period, you must

- *maintain a zero blood alcohol level when driving;

- *be accompanied by a fully licensed driver with at least four years driving experience, holds a Class G license and whose blood alcohol level is less than .05 per cent;

- *refrain from driving on '400' series highways and certain designated multi-lane expressways (Don Valley Parkway, Black Creek Drive, the Gardiner, et cetera.);

- *not drive between the hours of midnight and 5 a.m.;

- *display a sign that tells other drivers of their new driver status;

- *limit the number of

passengers they carry to the number of seatbelts in the vehicle;

- *drive only Class G vehicles (passenger cars, vans or small trucks).

The above requirements apply to Level One Class M motorcyclists providing they drive only during daylight hours, do not drive on highways where a speed of 80 kilometres or more per hour has been posted and carry no passengers.

Level One will last for a minimum of 60 days and will be valid for a maximum of 90 days for Class M drivers.

At the end of Level One, both Class G and M licensees will be required to pass a road test before advancing to Level Two.

Level Two will last for a minimum of 12 months for Class G drivers and 22 months for Class M. Motorcyclists may reduce this period to 18 months providing they pass a motorcycle safety course.

More driving privileges are allowed in the second level of graduated licensing, since Level Two drivers will have acquired more driving experience than those in Level One.

Level Two requires that Class G drivers:

- *maintain a blood alcohol level of zero when driving;

- *must limit the number of passengers to seatbelts in the vehicle; and

- *drive Class G vehicles only.

For Class M motorcyclists, the only restriction they face in Level Two is to maintain a zero blood alcohol level while driving.

Once all Class G and Class M drivers have completed Level Two, they will be required to take an advanced driving ability and skills test in order to obtain fully licensed privileges.

Humber graphic design graduate Mario D'Angelino is upset with the new law.

"I don't have the money right now for the \$31 learner's permit, driving lessons and a road test. (Under the new system) I'll be 25 by the time I get around to getting my license."

HANDLING HARASSMENT



There is a growing awareness that sexual, racial and other forms of harassment is a serious problem in all our institutions. Hear several members of the Humber community discuss their experiences and their strategies to dealing with it.

PANELISTS:

Lesia Bailey
Sandra DiCresce
Michael Glassbourg
Leigh Whiting

SAC President
Consultant, Human Resources
Instructor, Film & TV, ACA
Humber student

This panel discussion will be held:

DATE: Tuesday, Nov. 30th, 1993
TIME: 12:00 – 1:00 p.m.
PLACE: Community Room

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WOMEN AT HUMBER
SPEAKER SERIES

Easy Rider's not so simple

by Sharon Allen

Humber College paid \$2,500 for a car-pooling system (known as Easy Rider) that isn't working because it was designed for people who live close together and match them based on their postal code. For the college, postal code matching is difficult.

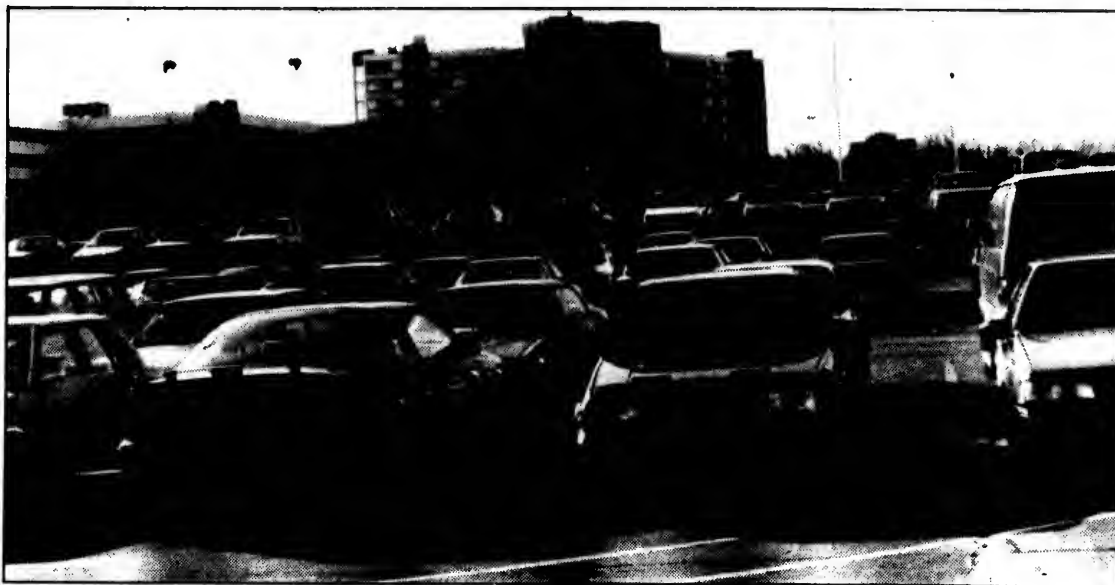
The system originated in British Columbia and it was designed for students attending the University of British Columbia and Simon Fraser University.

According to Tom Skillman, who was put in charge of the program by SAC, Parking Services purchased the system without a good knowledge of how it works.

"Students in B.C. who car-pool, live in or are from the Metropolitan area," he said. "This is where they're commuting to and from so it's easy to find a match. In Ontario, people are travelling from all over the province and they're going different routes. Ontario also operates on many different postal codes so it's difficult to match people that way."

In B.C., all postal codes begin with V.

Donna Davenport, Manager of Parking Operations and Physical Resources, said that although they purchased Easy Rider, SAC took over the



FULL HOUSE - Easy Rider, the college's controversial car-pooling system, isn't helping the parking problem at Humber's North campus.

responsibility for the service in June of this year.

"SAC showed an interest and gave us assurances that they would have it up and running by September," she said. "I'm aware that there are problems with the system and that it's not working properly. What would be ideal is to customize a program specifically for Humber but that would be too costly."

Nicole Mitchell, a second-year public relations student, found out about Easy Rider when it was introduced in *Humber etc...* a couple of months ago. She registered

with the service early in October.

"Only one person has called me," she explained. "They lived close but our schedules didn't match at all. I went back to the A+ office a few weeks ago looking for more entries and was told the computer was down. They told me to come back in a month."

Skillman said Easy Rider stores names and addresses and when someone registered wants to use the service, the operator must go through each file individually to find a match. When a match is found, it does not zero in on a

particular area but gives names and numbers of users who live within a 50 kilometer radius.

"The computer is not fast or effective. It is basically an expensive filing system," he said.

Through the use of a map, Skillman is going to try to match people based on the area they're going to, which is known as corridor matching. If someone needs a ride to Barrie, for instance, and someone else is going to Bracebridge, that person can provide a ride because they are going beyond Barrie.

Karina Bekesewycz, SAC services co-ordinator, said anyone who can provide a ride or needs one can still advertise on the Ride Board. She said the board must remain open for now until they decide what they are going to do about Easy Rider because people have different feelings about both systems.

"I'm hearing things from both sides," she said. "If I close one and open another, I'm canning half of the students or I'm not paying attention to them. What we would like to do is make sure we have a system that works effectively. As soon as that happens, we will close down the Ride Board."

SAC has not been promoting car-pooling because of the problems associated with Easy Rider and that is perhaps why there are only an estimated 60 people registered with the service. Bekesewycz said she doesn't have the tools right now to make it work.

"I can make it work with a map," she said. "We can't fix this program but we can do the best we can with it. If that's good enough for the students, we can promote it tomorrow."

Bekesewycz said as soon as they have the map and the system is up and running well, they will advertise car-pooling through various sources.

THE QUALITY OF YOUR EDUCATION IS AT RISK

The government has severely cut funding to post-secondary education. And more cuts are on the way.

- This year 91,000 eligible students were turned away from colleges and universities.
- Each day we read and hear from politicians and business leaders about the need for a highly-trained workforce.
- Yet the funding for higher education is being reduced.

Does this make sense?

The tool the provincial government has used to do most of this cutting is the "Social Contract" - Bill 48. This bill has taken about \$4 billion out of public services in the name of Expenditure Reduction.

College funding has been cut by \$40 million this year alone - that buys a lot of education.

What does this mean for college students?

- Overcrowded classes
- Longer lines for services.
- Less money for program equipment
- Teachers and staff faced with 3 year wage freezes and forced days off with out pay.
- Possible tuition increases of up to 50%.

It means you are paying more for less.

You came to college for a quality education - you have a right to expect one. Tell Premier Bob Rae and his caucus at Queen's Park that you want a brighter future for yourself and for Ontario. Tell them to scrap the social contract act - Bill 48. Tell them to restore an adequate level of funding for post-secondary education.

OPSEU

 SEFPO

Local 562

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RUTH GRIER - MPP ETOBICOKE-LAKESHORE
 Phone: 327-4300 Fax: 326-1571

HUMBER

Humber College's Student Newspaper

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The truth hurts

The truth is out and the telegram has been delivered by a \$1.9 million messenger: more than half of Canadian women over the age of 18 have experienced physical or sexual violence at the hands of men.

It strikes a chill in the heart of any human being. It is not just the numbers which shock you, even though they have increased from one in 10 women in 1980 to the current one in two. It should disturb society that violence against women even exists.

What should wake up the masses is the fact that it has taken a \$1.9 million survey to shake lethargic Canadians from their dreamy sleep. It has taken an inanimate set of figures to show a problem which has been parading across the screens of televisions and the covers of major Canadian newspapers and magazines for years.

It has been a message which feminists and other people interested in the health and welfare of women have been saying for years as well. The women and children who flood women's centres and shelters have been a graphic and emotional example as well. Violence against women has been in Canada all along, we didn't need a survey to tell us.

But it has taken this survey to finally force the government to promise to do something about this increasing problem, not the graphic documentation occurring daily in the suburbs and schools of Canada. It seems to be number crunching and spending money which finally gets the attention of bureaucrats, not black eyes and tears. Perhaps other interest groups in the country could use this ploy to get more attention for their causes. Maybe enraged farmers should pool their dwindling profits to finance a survey of problems faced by farming families instead of protesting their plight on Parliament Hill.

But now that the truth is out about violence against women and Canadians have come out from behind the Beaver Cleaver facade of family life, what is society and the government going to do to stop it? Will tougher penalties finally be imposed against men who abuse their wives? Will women be encouraged to come forward and speak about abuse and be believed? Will programs be introduced in schools to help children who have been the witnesses and victims of violence to help curb the wicked cycle? Will the next generation be the one to finally learn that when Daddy beats Mommy, it's not okay?

Or will this be just another survey filed in the annals of government bureaucracy to be ignored and forgotten? As members of society, and as human beings, we can't let that happen. Not because it would be a gross waste of money but because it would also be a gross waste of lives.

A shot of good sense

It's not a new issue, but it is one that deserves attention once again—drinking.

This week is Alcohol Awareness week at Humber. It's not just about drinking and driving which is the equivalent of putting a loaded gun to your head. It is also about drinking responsibly—something we don't always do.

No one is saying that you can't get drunk, but if you do, you mustn't put yourself in a position where you present a danger to you or those around you.

Drinking responsibly means being in control of yourself, when you lose control, the risks run high. Some of us learn by trial and error, others decide early on drinking is not for them. Whatever your opinion, all must agree that done responsibly, drinking can be enjoyable and harmless (notwithstanding your liver or brain cells).

What's left of a car, parked outside the Registration Desk is a reminder to us all about what can happen when drinking is present and thinking is not. When good fun ends up hurting or even killing someone, action must be taken.

Groups like H.A.D.D. (Humber Against Drunk Driving), promote responsible drinking habits and attempt to educate students about the dangers of driving while intoxicated.

While some may say groups like this are crashing the party, one only has to read the papers to know some people still aren't getting the message.

It's sad that we still need Alcohol Awareness Week, but the fact remains all people need to be educated about responsible drinking. If we are going to live with drinking, should we have to die from it as well?



To keep campaign promises,
 a leader must sometimes
 take drastic measures

Letters ~ to the editor

Humber etc... welcomes letters to room L231, please

include your name, signature, program, student number and phone number. We do reserve the right to edit letters containing libellous or slanderous content. Call us at 675-3111 ext: 4514 or Fax us at 675-9730. Your input is appreciated.

I'd like to address the editorial, "Three cheers for SAC", printed in last week's edition of *Humber etc...*

The letter (editorial) made numerous unfounded and slanderous allegations concerning the process by which SAC handled Co-options. I feel it is extremely important that you, as students, be aware of the article's authors, and their motivation in writing it.

"Three Cheers for SAC" was printed as an anonymous letter. I later discovered the article was submitted by your very own *Humber etc...* editors.

I cannot condemn all the editors, as I am sure they did not all contribute. The article discredits and insults The Student's Association Council.

Granted, we are far from perfect, but we devote and volunteer a considerable amount of time and effort to improving student life at the college. The issue that concerns me is the attitude and behaviour of *Humber etc...* towards The Student's Association Council.

The school newspaper seems to thrive on printing articles that undermine SAC's reputation with the students. This "Enquirer" approach to journalism has been present for the two years I have attended Humber, and likely long before that.

It is a well-known fact that few students bother to read our school paper. Could this be why?

The newspaper is discouraging and de-

motivating for SAC members with it's relentless criticism. A positive and fair attitude towards SAC might actually promote school spirit, and at the same time, increase readership. I feel the editors could better utilize their time improving the paper itself, as opposed to digging up dirt on SAC.

An appreciative comment for SAC is almost unheard of, but not undeserved. At this time, I would like to commend The Student's Association Council Members, Staff, and Executives for their efforts and accomplishments this year.

Please become informed and involved in SAC events, if for no other reason than to take advantage of your student activity fee. We judge our success in planning events by the number of students who attend, and it is thanks enough to have a respectable turnout at our functions.

There really is something for everyone, and keep in mind we always welcome constructive ideas and input. This year we are dedicated to improving SAC's image with the students, and I hope we can work together to achieve this.

Melissa White,
 VP Finance, SAC

Editor's Clarification: The piece referred to by Ms. White was the lead editorial last week. It was not a letter or an article.

**WIN FREE
 TICKETS!!
 Q107 ROCK
 AWARDS
 WED. DEC 1 7PM
 THE WORLD**

ANSWER THE QUESTION...DROP OFF THE
 BALLOT AT HUMBER ETC..OFFICE L231.

WHO IS BEING INDUCTED INTO THE ROCK AND ROLL
 HALL OF FAME?
 (hint....the lead gullarist and vocalist went to Humber.)

Name: _____
 Phone #: _____

****ENTRANTS MUST BE AT LEAST 19 YEARS****

Forum

Reduce Recycle Reuse Who really cares?

by Daniel Kielly

If you were given an environmental report card, how would you rate?

When you got up this morning was the current level of CFC's in the atmosphere foremost on your mind?

When you turned the water on for your shower did you think about the disappearance of fresh water lakes?

When pushing the bread into the toaster did you think about the risks involved in producing this electricity in nuclear power plants?

I didn't think of any of them. People are tired of hearing about environmental inquiries and tired of environmental garble.

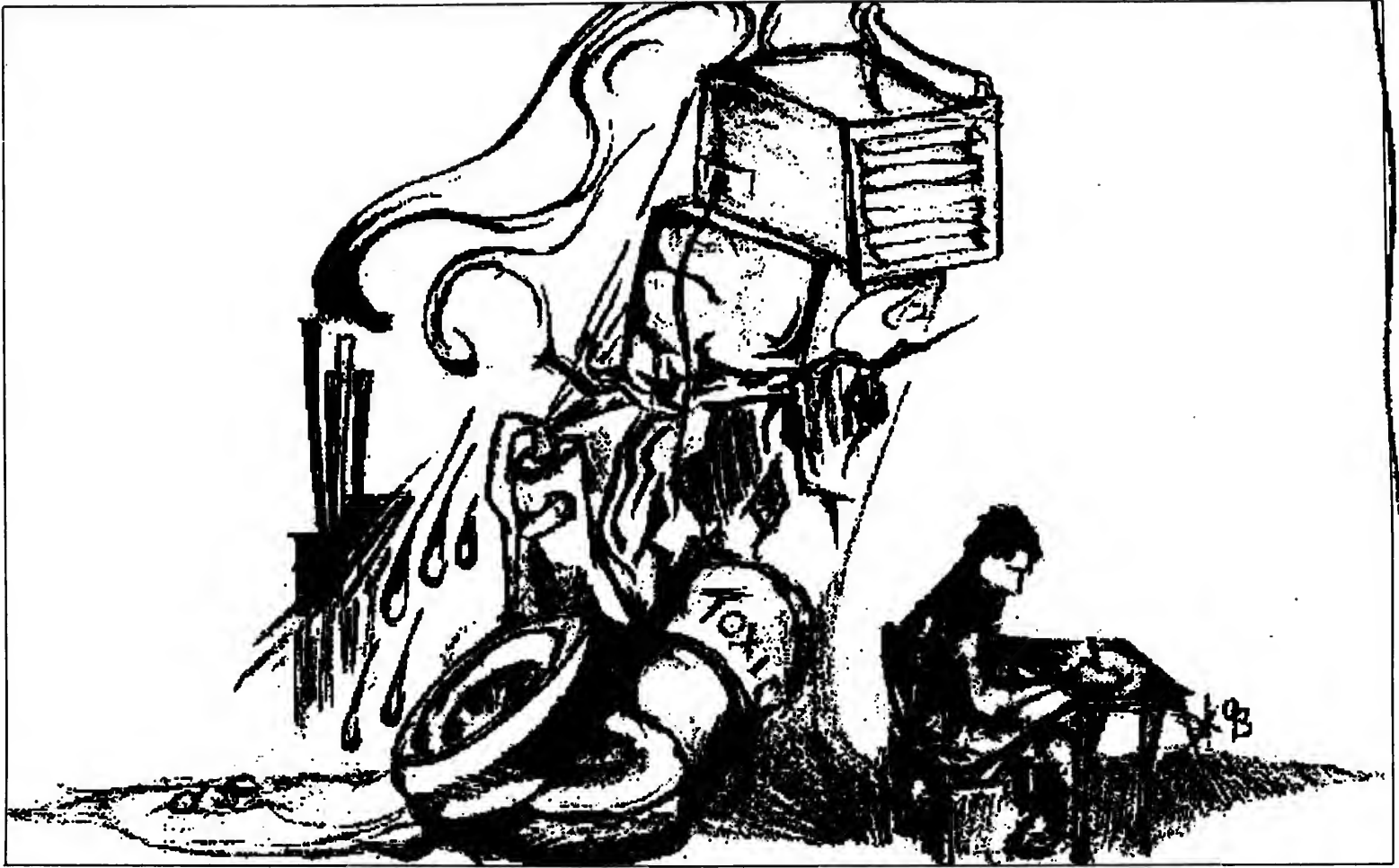
Instead, many of us are starting to put the problem of the environment up on a shelf, trying to forget about it and hoping it'll go away.

Well, we've tried ignoring the problem, and it doesn't work. A federal report released on Nov. 12 revealed the ozone layer over Toronto is weaker than ever. It's letting in eight per cent more ultraviolet radiation and, if current emissions from such things as cars and air conditioners continue, these harmful rays could rise to 50 per cent by the year 2005.

In laymen's terms, these rays make temperatures rise effecting the water table, the lengths of seasons and the industries that go along with these changes. The Ministry of the Environment which released these numbers has called these increases significant but took the official stand that they "should not be viewed as an immediate threat."

The problem with some assessments of the environment is that there isn't a problem until their health is affected. The ozone layer has been disappearing for 30-40 years and people have only just gotten concerned about it.

I'm going to make an effort to use as little electricity as I can, reduce the garbage I send out to the curb, recycle aluminum and plastic products and start riding my bike or carpooling.



Minors' dilemma

by Doug Lucas

The public is calling for Arnold Minors' suspension. I think we should be calling for his resignation, after he not only watched an injustice to Toronto Sun reporter Sharon Lem, he helped it.

Lem was covering a meeting of The Organization of Ethnic Employees of the Metro Toronto Housing Authority (MTHA), a public agency, at which Minors was guest speaker.

The public meeting was held in the Bloor St. E building that houses the MTHA.

Lem had missed the first 20 minutes of the meeting, but sat through the remaining two hours of the meeting. She was gathering her notes when MTHA group leader Terry Philp asked her what department she worked in (I guess he thought she worked for the MTHA). When Lem told her name and said she was a Toronto Sun reporter, Philp flipped.

He demanded her notebook and the crowd began to surround her. Minors, a member of a public board that represents both the police and the public, was no more than five feet away.

"I figured," Lem said, "if anyone could, he could defuse the situation."

Well, he didn't. When Lem asked if she had to hand over her notes Minors said, "You have no choice but to hand over your notes." Lem handed the notes over and they were immediately ripped out of the book.

If Minors, hand-picked by Premier Bob Rae, was a Metro police officer being investigated by the Ontario Provincial Police (OPP), he would be suspended with pay. That's just an officer.

We're talking about a member of the Police Services Board who is being investigated, a man who is supposed to know right from wrong and a man who is supposed to come to the aid of the public.

"I don't want to talk to the Toronto Sun, because I don't like how they represented me," said Minors, when asked about the incident.

How else were they going to report it?

Did he really think that the Sun would just let it go and say that everything was all right? When it happened, could he not tell that Philp was wrong and that Lem had every right to be at the public meeting? Or was he just afraid that if he tried to stop the action, the crowd would turn on him?

When asked about the incident at a Metro Police Services Board meeting, Minors said, "I am perfectly happy and comfortable in myself that I did nothing wrong." How could he say this? What he allowed to happen was not within the law and never should have happened. What kind of man is he, that he can be perfectly happy, after what he has done?

According to police commissioner Brian Ashton, "They have a very difficult time explaining how it's a private meeting."

Sun Managing Editor Mike Strobel had this question: "How does a police commissioner justify not only refusing to help a law-abiding woman doing her job, but even supporting her accusers?"

I don't think believe he can justify this and for that reason I think he should step down from his post or at least be punished in some way.

JFK lives 30 years later

by Robert Ellidge

There comes a time in everyone's life when they must depart from this world of ours. That day came on November 22, 1963 for John Fitzgerald Kennedy, 35th President of the United States.

This week marks the 30th anniversary of the tragic day in Dallas that sent shockwaves throughout America and the rest of the world.

We are no closer to finding out the whole truth about what happened on that day, and perhaps we never will.

Was Lee Harvey Oswald the lone assassin? Or, was he a "patsy" as he claimed?

Oswald took the answers to many of these questions with him to the grave when he was gunned down on national television by Jack Ruby.

It is hard to imagine a single event could change the world into the one we are familiar with today.

American journalist Tom Brokaw wrote, "In our collective shock that weekend, we knew something was terribly wrong. We experienced a common vulnerability, but we did not yet understand that the violence of a presidential assassination was a harbinger of much more violence to come in our lives at so many levels." Kennedy promised to "get America moving" during his campaign against Richard Nixon, and Americans elected the young Kennedy by one of the slimmest margins in election history.

As part of this new freedom, Kennedy issued one of the greatest challenges to the American people when he promised "to put a man on the moon and return him safely to earth," before the end of the 60s. This dream, shared by all Americans, would not have become reality on July 20, 1969 if the memory of Kennedy didn't live on after his death.

Many people still have to cover their eyes or turn their head when they see the fatal eight seconds of the film taken by Abraham Zapruder on a hot Friday afternoon. Many cannot forget the image of a man standing alone in the Oval Office with his hands on the desk, head hung low, and back turned to the photographer.

And who can forget the picture of John Fitzgerald Kennedy Jr. saluting the coffin of his slain father at the funeral service held in Washington.

Tom Brokaw wrote, "When I look at it now, I understand as I did not then that little John-John's salute was not just a farewell to his father; it also marked the passing of our post-World War Two innocence."

A riderless horse and a reserved boot hanging from the saddle symbolizes the loss of a leader. Would the world be a different place today if Kennedy had lived to ride again? Most people think so.

The eternal flame in Washington still burns today as it has for the last 30 years. The flame represents the energy and enthusiasm passed on from one man to an entire country in a time of hope and change. The eternal flame, like the dreams of John Fitzgerald Kennedy, will never be forgotten.

Neither will his words, "Ask not what your country can do for you, but what you can do for your country."

Blood donor clinic breaks records

by Andrea Maxwell

This year's blood donor clinic broke records, but fell 22 units short of a 400 unit goal. Public relations (PR) students who organized the event said they were not the least bit disappointed.

"The goal wasn't realistic. We had two less hours than previous years to collect the blood and were understaffed as far as nurses were concerned," said PR student Karen Bernstein.

"The first day of the clinic over 200 people showed up,

but 175 were actually able to donate because of the strict screening process," said Bernstein.

Janice Calder, who works in the school's computing services donated blood "to make sure there is some for me or my children."

"I know how much they need it," said Ed Easterbrook, who is in the emergency care program, when asked why he decided to donate blood.

Ruth Watts, Etobicoke clinic organizer, called this year's event "one of the most organized clinics due to the positive recruitment by the PR students."

Humber's most generous club was IABC (International Association of Business Communications) which won \$100, donated by SAC, for having the highest percentage of donors.

The Nursing Association

came in second place, winning a pizza party.

The interdivisional challenge was won by the Health Sciences division, who had the highest percentage of blood donors. They will be presented with a plaque, also donated by SAC.

There was also a raffle held the week prior to the clinic. Winners were notified by phone, and the raffle prizes consist of coupons for area restaurants and night clubs.

Bernstein thanked those who donated their support.

"You helped make the clinic a huge success."

This Week at S A C

New Years Eve Trip To
MONTREAL
Only \$99 plus tax!
ALSO AVAILABLE
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Trip Packages
Now Available

FRIDAY NOVEMBER 26
Mascot Championships At The Roxx
Tickets on sale in A+ office

Karaoke
Pre-Party
in CAPS!

TUESDAY NOVEMBER 30
Women at Humber panel
Handling Harassment
Community Room 12:00 p.m. - 1:00 p.m.

WEDNESDAY DECEMBER 1
Band Competition
2:30 p.m. In CAPS!

THIS WEEK IN



AIN'T NO BISTRO!

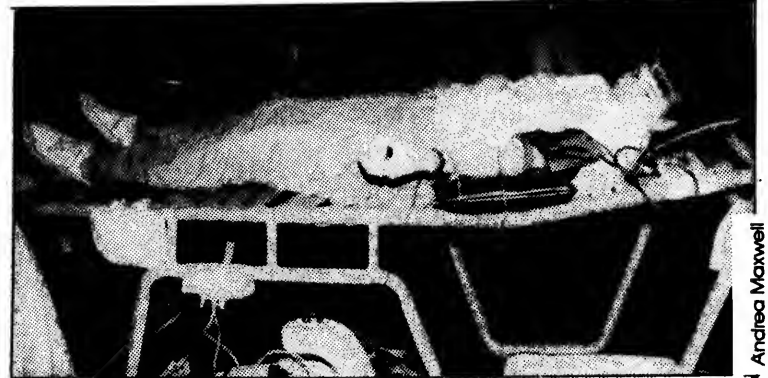
First 150
people
receive a
Free T-Shirt

TONIGHT IN CAPS
Humber Against Drunk Driving Pub
Students \$2 • Guests \$4
Proper I.D. Required

MONDAY NOVEMBER 29
Coffee House in CAPS
Richard Janick 12 - 1 p.m. & 2 - 3 p.m.
Free Pool - Darts - Euchre
In CAPS at 7 p.m.

S A A

WEDNESDAY DECEMBER 1
Ice Hockey Showdown
See SAA for details!



IN THE RED—Clinic brought in blood, broke a record

"Booze can" profits illegal but lucrative

by Kelvin Connelly

Reciting the words "Bakersfield Blues" to a large man will gain you entrance Friday night to one of Toronto's better kept secrets, The Roaming Raging Room.

This exclusive and elusive after-hours booze can operates Friday and Saturday nights from a different location in the Dufferin and King Streets warehouse district.

"I don't think they (operators) decide on the location until three or four hours before bar closing times," said Sean Cowan, long-time patron of the club. "Occasionally the club will be set up in the same spot for three or four weeks, but usually it moves around."

The mostly deserted warehouse district, which runs from Dufferin to Hanna Street and south to the CNE grounds, has fallen into decay over the past five or six years. Mark McConvey, who has worked in a unit of the Hanna Street warehouse for more than 10 years, said there has been a mass exodus of business from the area.

This (Hanna Street) warehouse must have over 200 units and I'd say only 20 or 30 are being used right now. Many of the ones that are rented are not for business, but for aspiring bands' crude recording studios and party spots," said McConvey.

The Roaming Raging Room has taken advantage of this desolate and decaying district by creating a unique spot where people can drink until dawn. Entertainment ranges from strippers to dog fights, with rock and roll or blues

pumped through portable speakers.

"You can bet on anything that's going on that night," said Cowan. "There's a betting booth with a \$20 minimum. Last week I lost \$200 on a female shot contest."

Drinks and occasionally black-market cigarettes are available at the club from 1 to 6 a.m. The price for a bottle of beer is \$4, shots are \$5, and mixed drinks \$5.50. The prices are steep, Cowan said, but if nothing else is going on, The Room is a great place to party.

The penalty for operating an after-hours booze can is not strict enough to deter potential entrepreneurs, said Stan Beals, a Guardian Angel who patrols the King and Dufferin Streets area.

"They (police) cannot control the problem without stricter penalties," said Beals. "The fines involved will not deter people who are making thousands of dollars (in) profit every weekend."

Detective Raymond Hubble of 22 Division said the fines for operating an after-hours booze can range from \$5,000 to \$80,000 depending on the size of the operation.

"A provincial offences search warrant must first be obtained before we can raid the place," said Hubble. "Penalties are determined by the judge depending on the cost of drinks (and) amount of people."

While many after-hours liquor establishments remain in the same location, gaining exposure and complaints from neighbors, the Room has beat the system through mobility and a small clientele.

Arts & Entertainment

The Seattle sound it ain't

by Jennifer Logan

A little known band came to play at Caps last Monday. They were good, they were strange and they were very, very loud.

The band consists of a singer, Allun Piggins; a drummer, Jay Santiago; and a bassist, Mike Pond. Together they make up The Morganfields.

The Morganfields are a band from Guelph who have been around for about four years. They have come out with two albums so far, the latest called Thrash Waltz.

Why Thrash Waltz? Because that's how they view their music. According to Piggins, "It's electrified, raunchy waltz."

Actually, there doesn't seem to be any evidence of waltz in the music. But many who attended thought they heard a definite Seattle sound.

One man, who wouldn't give his name, said, "They're very Seattle right now. If they don't change in a few years, this music's gonna die."

However, all three Morganfields seemed offended by the comparison of their music to that of Seattle bands.

Pond said, "Media throws little lines at you to describe sound. Any band with loud guitars is called Seattle."

"There's a lot of bands all over the country that have played for years they're calling Seattle now," according to Piggins.

The band has changed its sound from album to album. Piggins said the first album, Scribblehead, was more along the lines of "electrified, raunchy, folk." They say their next album will be more along the lines of Thrash Waltz.

Like any band, The Morganfields have toured to promote their albums. "We've been out west and back three times in the past year," said Pond.

They are also played on campus radio stations. They haven't been able to get

into commercial radio yet. According to Piggins their music is "too hard edged. There's a few f-words. We don't want to offend any grandmothers."

Piggins said that "commercial radio in Canada is pretty uptight. Not very supportive of Canadian music at all."

However, when they play live, the lyrics are barely understood.

Humber music student Cory Pioveson said, "they're together, they're originals. But they could use a bit more clarity on the vocals."

Pond said, "With a good p.a. you can hear it." But they admit they like playing loudly.

"I like playing loud. There's an adrenalin rush. I think that loud is the stage we're at right now," said Piggins.

Although the audience can't understand what they are singing about, the lyrics to their songs do have meaning.

"It's all how I see things," Piggins said. "There's a lot of emotion."

Piggins writes all of The Morganfields' music and said there is a definite dark side to it.

Piggins formed the band about four years ago. He and Santiago were the first official members.

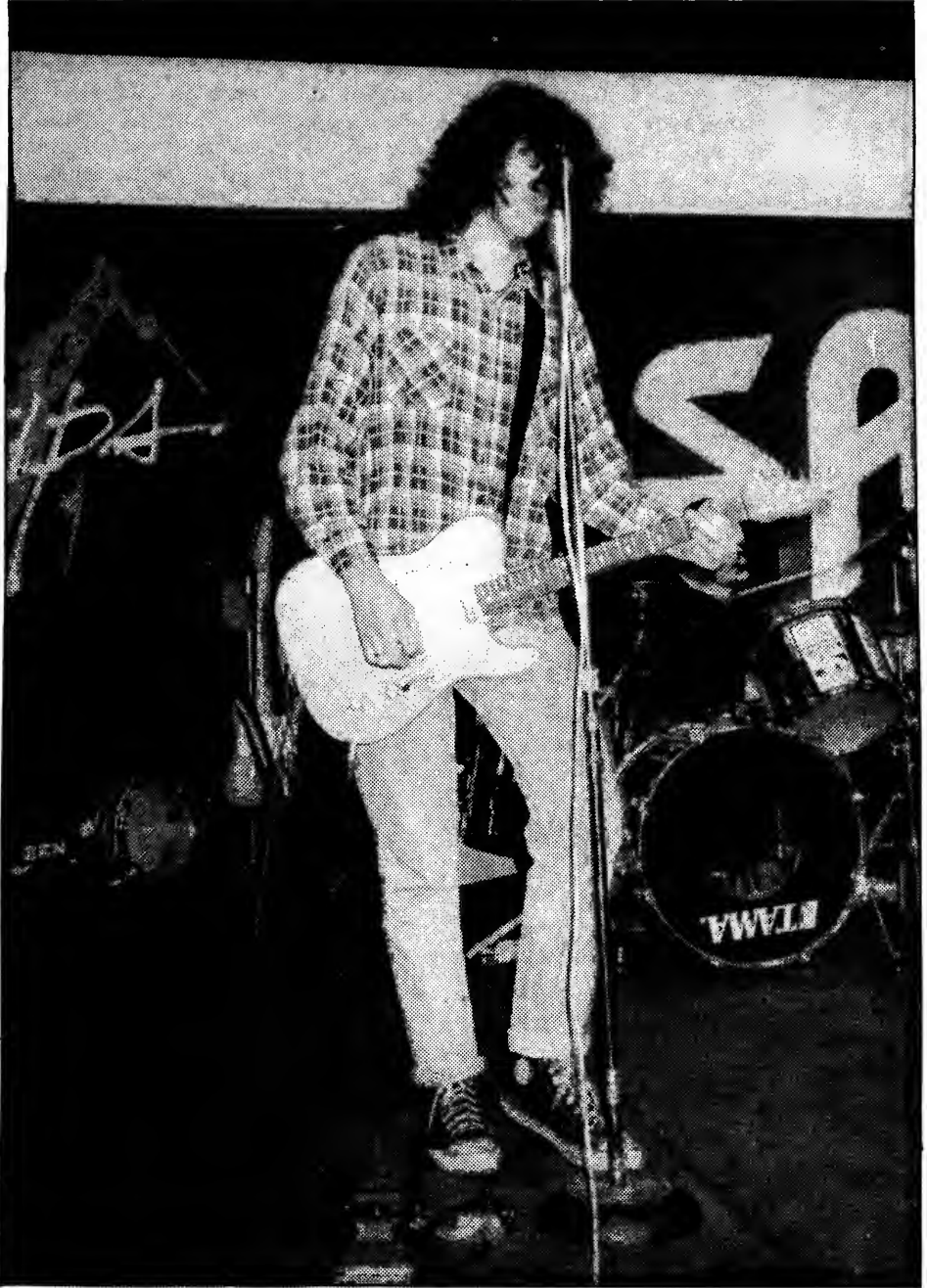
Santiago said, "They were looking for a drummer, so I auditioned. I sucked actually."

"But now he's the best drummer in the world," said Pond. "But I'm the best looking guy in the world."

The band members do have a definite sense of humor. When they signed off after their first session at Caps, they vowed to return for the second "wearing nothing but cat food over our genitals." Luckily they returned fully clothed.

As for their personal lives, the three are now best of friends.

They all agree that playing in The Morganfields is something they'd like to make a career of "As long as we don't turn into Glass Tiger."



THRASH WALTZ: The three member Morganfields, who change their style with each recording, waltzed to their own beat at CAPS.

Big Country stays small

by Kimberly Mitchell

While some bands achieve recognition beyond their wildest expectations, others, who are no less talented, don't get the same breaks and disappear into virtual oblivion.

Such is the case with U2 and Big Country.

Both crossed the Atlantic in the early 1980s and were heralded as passionate, anthemic bands.

Since that time, U2 has become one of the world's biggest acts and a household name while Big Country has been all but forgotten, despite its signature song, In a Big Country.

Why this has happened is anybody's guess.

Perhaps the members of U2 were more willing to accept roles as larger-than-life showmen. It seems inconceivable that Big Country lead singer Stuart Adamson would ever adopt the black leather and sunglasses persona of The Fly that U2 frontman Bono has.

Maybe the rigors of touring in the Soviet Union before the Cold War was completely over, and the threat of losing its drummer forced Big Country to concentrate on things other than world domination.

Certainly U2 was more willing to compromise its sound and ideals to

accommodate American audiences, as the albums *The Joshua Tree* and, in particular, *Rattle and Hum* prove.

For the 350 or so fans who jammed Lee's Palace on November 3, it didn't seem to matter that Big Country never made it big.

In fact, they seemed to relish the opportunity to see their Scottish heroes in an intimate venue rather than in a stadium setting where U2 would undoubtedly be.

Big Country appeared genuinely surprised — stunned even — with the rousing ovation they received after not touring North America for a few years.

Much of the material the quartet played during their 90-minute set was taken from their latest compact disc, *The Buffalo Skinners*.

Not surprisingly, the audience reserved its biggest applause for the early hits, *In a Big Country*, *Chance*, *Wonderland* and *Look Away*.

Fittingly, Big Country ended the night with *Hey Hey, My My (Into the Black)*, a tribute to one of its inspirations, Canadian legend Neil Young.

Though this outing did nothing to explain why Big Country sits at home, like the rest of us, watching U2's Zoo TV tour invade our homes, it did suggest oblivion isn't such a bad place to be.

Giving the people what they want

by Jennifer Logan

Julian Knox rides a *Johnny Kab* to Junior Kindergarten with a *Jack Knife* in his pocket.

Who is Julian Knox? It is the stage name of Dan Turcotte, the lead singer of JK, a band from Belleville.

The band's first album *Lovely Shade of Nothing* has a variety of musical styles. It consists of dance, blues, alternative and ballads, mainly written by Turcotte.

The band was formed by their former keyboardist Rob Blackburn. Originally called *The End*, they changed the name to JK after Turcotte joined. The band's bassist and background vocalist is Keith Robertson.

Turcotte says the reason for the variety of song styles on the album is market research. "I wanted to see what would get the best response," he said.

Turcotte said, "There are very few people who like the entire album." But he has found the style of song that is most for him.

Two songs on the album, *Emulation* and *Flying Over the Water* are Turcotte's favourites. They are both slow songs resembling *Enigma* with deep lyrics.

Turcotte took philosophy and wrote poetry when he attended Ontario Bible College last year. This leads to his style of writing lyrics.

He says all his songs have meanings, but he understands how people wouldn't get them right away.

Turcotte writes in a very poetic manner

and listeners have to analyze his lyrics to get their meaning.

He said he never invents events to base a song on. "To me they represent memories. Places I've been. Things I've seen...I don't make things up. It's all experience."

Even the accompanying music is based on places he has been.

He said he wrote *Flying Over the Water* while he was staying in a town near Los Angeles. The music he listened to there was much like the style of music in this song.

Turcotte said his style of music is influenced by Sting, Simon and Garfunkel and Beethoven. He said, "People thought Beethoven was nuts. He'd throw really unexpected things into his music. But there's method to his magic."

This is the style Turcotte wants to achieve in his next project, which will take about a year to complete. He has already begun writing for it but would like to orchestrate it and use a choir.

He said he has tried to get his first album on local radio stations in Belleville but has not had much luck. He is selling his album in local music stores as well as in Toronto's HMV on Yonge Street.

In the meantime, he produces albums on the side for fun and is looking for a job in radio.

As for the band, Turcotte said "I am JK. I could go solo. I just need a bassist. I'll use the name forever."

Taking a walk on the wild side

by Michelle Dorgan

What would you do if you met Jesus while wandering along the road? For Nanabush, a Native spiritual being, the experience would probably be comical and serious, according to the playwright Alanis King-Odjig.

King-Odjig's play, *If Jesus Met Nanabush*, was presented at Humber College November 22nd.

The play, sponsored by SAC and the Intercultural Centre, was performed by the De-ba-jeh-mu-jig (those who tell stories) Theatre Group to educate people and make them aware of Native culture.

The audience, some as young as eight, seemed pleasantly surprised by the plot line.

Jesus, played by Alon Nashman, arrives on earth in a Native community and meets up with Nanabush, played by Clayton Odjig. At first, the somewhat conservative Jesus seems lost and confused but after

spending time with Nanabush, who is more wild and fun loving, Jesus begins to enjoy himself.

They decide to travel together and embark on a journey which in turn becomes a learning experience for both. Jesus teaches Nanabush about his religion by bringing him to a church and giving him a Bible to read. Nanabush is hesitant at first but decides to listen and learn from his new friend. In turn, Jesus learns about Nanabush and his culture. They have fun as Nanabush teaches Jesus how to play a Native instrument and unsuccessfully tries to teach him a Native chant. Jesus, unfortunately, doesn't sing as well as he preaches.

When Jesus asks Nanabush what the chant means, Nanabush replies, "It's like O' Canada except we're not lawyers."

Humor was ever present throughout the play. Jesus learned to adjust to life on earth appearing in hilarious outfits and picking up bad habits along the

way — smoking, drinking and swearing. He even started "checking out the chicks" and was eventually tempted by one woman, played by Sharon King, who also played Jesus' mother and a Hell's Angel member in other scenes.

The performance also surprised its audience with its choice in music. Aside from traditional Native chants, The Rolling Stones' Pleased to Meet You, Eurythmic's Love is a Stranger and Billy Idol's Midnight Hour were included — perhaps to lend a more modern touch.

Although the performance was excellent, it also dealt with religious

conflicts and spiritual ideas that were sometimes difficult to understand. The idea, however, was to leave it open to audience interpretation. "Every person interprets it a different way and that's okay," said King after the performance.

Unfortunately, the performance — which is well worth seeing — left Toronto on Wednesday. If you're really interested, it will be playing in Kingston, Thursday, November 25 at the Grand Theatre and continues on to play in Belleville, Cornwall and North Bay before returning to its home base in Wikemikong, Manitoulin Island in mid-December.



IF JESUS MET NANABUSH: Jesus meets up with Nanabush, a Native spiritual being, in the play at Humber College.



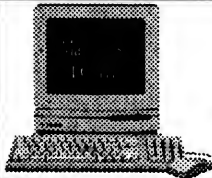
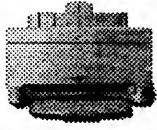
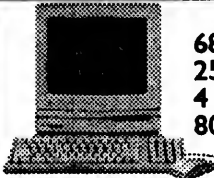
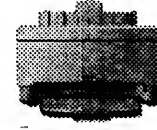
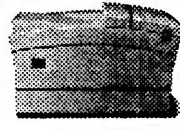
ON A HIGHER GROUND: Challenging the audiences' religious interpretation

IGNITE YOUR FUTURE!™


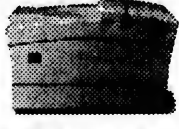
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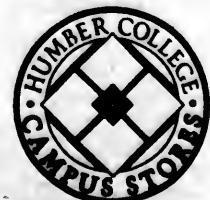
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Battling bands ready for war

by Kent Moore

Get some friends together, some instruments, some money, write some tunes, and head to a local studio and record a demo. Then take the demo and submit it to the SAC office to enter in the Battle of the Bands.

But make it snappy because the submission deadline has only been extended to November 29.

All tapes are judged and the runner-up becomes the opening act for the winning band.

"There are music students on SAC, and they will assist in the judging of the band's submissions," said SAC Director of Pub Programming Martha Toth. "It doesn't have to be a professional tape, we just want to hear what the bands sound like."

Toth explained that cover bands are welcome and any format of music is welcome (rap, rock, country, jazz, etc.), and that all tapes are returned upon request of the band.

So why not have live bands in Caps more often?

"Some bands have asked me in the past if they could perform in Caps," said Toth. "But we can't let everyone play because of time restraints and our budget, so the winning bands must be available between 2 and 4:30 p.m. on December 1."

Doug Hainer, lead guitarist for Wakefield, explained that "Caps should have bands at play at night, not at 2:30 in the afternoon." Hainer is a Radio Broadcasting student at Humber.

As to whether Wakefield will enter the contest, Hainer said, "All the guys in our band have

jobs, and with the lost wages it's not really worth it—2:30 is just a bad time."

Hainer sarcastically added that Wakefield also doesn't want to disrupt people's studies. "However, if you can juggle your education and partying, then that's cool. Word to your Mother."

One band that has already submitted a demo is The Mighty Fishermen. "We submitted our first demo to SAC at the beginning of September and I'll submit our second demo very soon," said Fishermen drummer Rob Hancock, also a Radio Broadcasting student.

"Caps should have professional bands play more often," Hancock added.

Hainer explained that when Wakefield played Caps one afternoon last semester, "The people who showed up just weren't interested."

"The people that could be interested in coming to see the bands would still be in bed or in class."

As to the success of the contest, Toth is confident. "We held a C.D. Sing-a-long contest at 2:30 p.m. last week (November 17), and a lot of people showed up, so I'm positive."

Some secondary prizes for bands are gift certificates for music stores, and CISS FM mugs for all those who enter.

But what about the complaints of having the bands playing in the afternoon? Toth said, "Maybe we can work it out that the winning band can also play Caps on a Thursday night."

"We can't arrange the audience, but we can hope for the best."



courtesy photo

On the rise — With widespread praise of their second album, *Chrome*, the future's looking up for shoe-gazers, Catherine Wheel.

Wheel keeps on turning

by Rob Witkowski

It was six o'clock when I walked past the gate-house of Marine Terminal #28 last Friday. On the right of the huge doors a sizable crowd was gathered out along the old brick wall, waiting to see the first concert ever at this new venue. Catherine Wheel and INXS. Huuh? Yah, you heard it right the first time.

This paring raised more than a few eyebrows. INXS fans were asking who was Catherine Wheel? Catherine Wheel fans were just asking why — and why \$30.

Well, you see they're both under the PolyGram label. But there was aah... explanation — INXS is moving in a new direction and Catherine Wheel wants to reach more people.

"We will be playing to a new crowd that has never heard of us before — it'll be a challenge," said David Hawes, bass player for the Wheel.

Even the cool night air in the building was warmed midway through Catherine Wheel's show as they Cranked it up.

The price of tickets caused the band some concern because they usually play smaller venues that cost their fans \$15, said Hawes.

A mosh pit formed, the crowd surfers roamed, and any cost was quickly forgotten.

Catherine Wheel made up of Hawes, Brian Futter (guitar and bug-orange hair), Neil Sims (drums) and Rob Dickinson (guitar, vocals and who unfortunately has a cousin in Iron Maiden- Bruce Dickinson).

Dickinson's vocals range from the high and blissful lyrics of Crank to hard and intense lyrics of Kill Rhythm. The band played a crisp and wonderfully loud sound that blended wavy creative guitar sounds with the singers vocals.

He surprised the crowd when he pulled off his shirt and showed he was wearing a Blue Jay shirt underneath. "The best fuckin' football team in the world," yelled Dickinson.

Their new album *Chrome*, boasts Crank, The Nude and Show Me Mary which are bound to be classics. The album shows maturity which even managed to silence the British Press. Hawes calls their first album safe and layered.

The band doesn't feel that appealing to a larger public means the band needs to lose their identity said Hawes.

"We'd have to be crazy to not say we'd want to appeal to more of the general public," said Sims.

The band points to Depeche Mode and Led Zeppelin as groups who've done the job

without losing the gist of their music.

They took their final song Black Metallic, to a Smashing Pumpkins state, blaring the guitars until people stood and stared.

A few people left the front of the stage but were soon replaced by adoring female fans who had come to see INXS, moreover, sassy lead singer Michael Hutchence.

Hutchence was the spotlight. He did nothing to break their big band image, floating across the stage and interacting with the crowd and firing them up.

The lighting and stage production made Marine Terminal #28 the perfect venue for the show. The wooden and steel ceiling matched the unique lighting techniques to produce a bar-type atmosphere. Big lights were hung overhead and old stage spotlights were used to enhance the party atmosphere.

Some of their new songs were unusual and hard to get used to but they thrilled people with refreshing renditions of classics from their *Kick* album.

"INXS is still credible," said Sims. They still make mistakes and get angry. "You know they're not in it for the money, it's their life," he added.

Sour Lemonheads

by Grace Maala

In a word, the Lemonheads concert Sunday night was nothing but disappointing. A band with so much recorded energy could have easily put on a performance 10 times better than Sunday's show at the Concert Hall.

Stumbling onto the stage after Redd Kross, the Lemonheads were obviously anticipated by the audience, mostly consisting of screaming 12-year-old girls. The general theme of the night: neo-hippie, '90s grunge-style.

The Lemonheads have so much more potential, which is apparent in their recordings. It seemed they were at a loss for energy with the way they performed. It even took them a while to get on the stage. The lights dimmed and the audience hushed with anticipation but the band could not be seen anywhere. Instead, they played *Lucy in the Sky with Diamonds* by the Beatles over the speakers. Finally after the whole song was over, the three band members appeared.

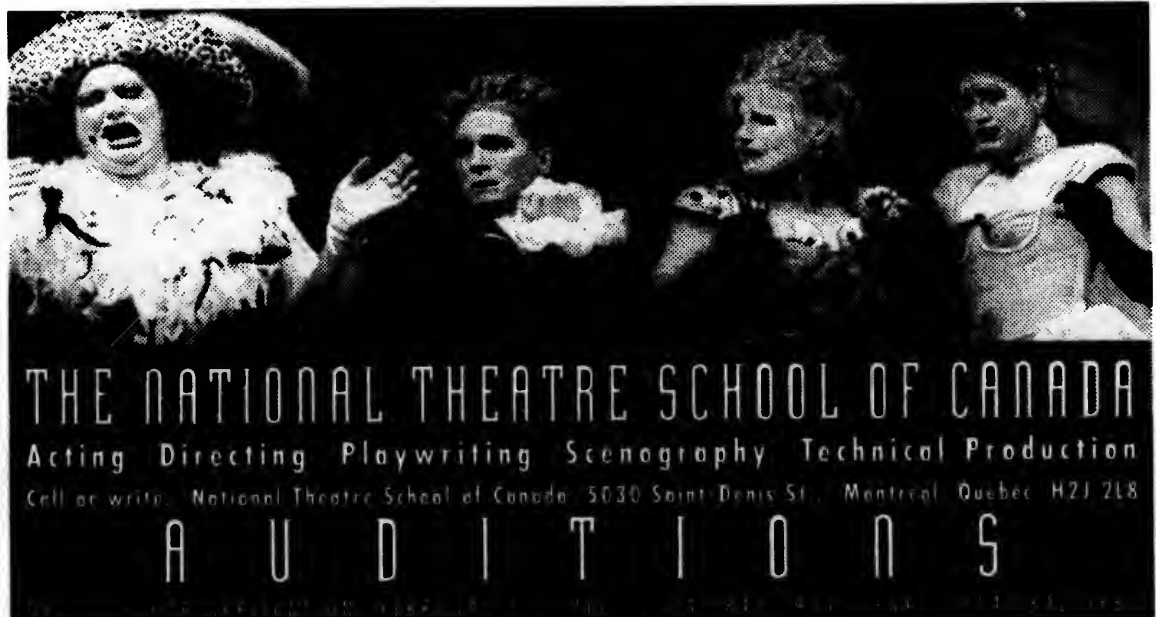
Dando has so much more to offer but didn't remotely show it Sunday night. Just the fact

he appeared seemed to be enough for the screaming girls. They didn't seem to notice the band was stumbling all over the stage, trying to put on a show for people who paid good money to see them perform.

On the other hand, opening act Redd Kross seemed to play to their full potential, with tunes that resembled good old rock and roll with a harder edge. One thing about Redd Kross that wasn't so apparent in the other bands was it seemed they actually enjoyed playing together. Maybe that's why they stole the show.

To round off a truly disappointing show, Dando and Dalton made a spectacle of themselves at the end. Dalton began by throwing his guitar onto the speaker, then against the drum set. After that he began singing into the microphone, all this while Dando was creating nothing but feedback on his guitar. Dalton twisted the guitar and the microphone together and left the stage, leaving Dando lying on the stage floor creating even more feedback.

Another word for the finale of the concert — unforgettable.



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A U D I T I O N S

SPECIAL SECTION

LIVING

An age old land battle

by Nadia H. Shousher

Although Lebanon's civil war may have ended two years ago, for 'Abou Talib, war and violence are still part of his everyday life.

He lives in Sohmour, a sleepy little town in southern Lebanon, which lies just north of the area Israel has occupied since 1978. Sohmour, like several other towns and villages in the south, has fallen victim to indiscriminate military attacks by the Israeli army since its occupation.

"The Israeli's bomb our village all the time," said Abou Talib. "They say we are bothering them, provoking them, but what are we doing? We are sitting in our homes and they bomb us."

Abou Talib walked among what used to be his three-storey home that had graced the side of the Lebanon mountains. Digging through the heaps of rubble, he pulled out pieces of shrapnel and recalled how his home was destroyed from the most recent Israeli shellfire.

"If the Israeli's are going to bomb, let them bomb soldiers or militia bases. There were no guerrillas in this area, but the Israeli's bombed our homes anyway. They hurt civilians instead."

"We heard that Israel might start bombing the town again. I thought, if it's not our house it will be a neighbour's house," Abou Talib explained.

"When the bomb fell, my entire house collapsed. All I could salvage was my bed and the stove. Everything else was destroyed."

For seven straight days this past July, Israel bombarded south Lebanon in what it termed retaliation for Hezbollah attacks on Israeli army bases and settlements. Hezbollah, or Party of God, is a Muslim militia that forms the bulk of the resistance to the Israeli presence in Lebanon.

"If the Israeli's are going to bomb, let them bomb soldiers or militia bases," implored Abou Talib. "There were no guerrillas in this area, but the Israeli's bombed our homes anyway. They hurt civilians instead."

Abou Ali shares the anger. His hometown of Labaya, just a few kilometres away from Sohmour, is another village that has seen devastation

and destruction in the form of Israeli cruise missiles. Abou Ali shudders when he remembers the first night the bombs fell near Labaya.

"Two and three storey houses were falling, crumbling to the ground," he said. "We have no underground shelters, so we were hiding in basements. When they began to bomb Labaya, we fled with nothing to neighboring towns. We didn't even grab a blanket."

The number of casualties in Maydhoun, a nearby hamlet that boasts fertile land and a panoramic view of the mountains, is testimony to the shelling that rocked the area.

With a population of about 45 villagers and only a few dozen homes, Maydhoun barely survived the bombardment. The roads are pock-marked with bomb craters, the crops blackened from sulphur. The buildings lay in crumpled disarray, the rubble punctured with bits and pieces of broken furniture and burned clothing.

One of the few surviving residents, Abou Khalil, returns to Maydhoun every few days to check on the land his family has been farming for generations.

"When the Israelis came, the tanks came from this direction and the jeeps came

from the other. Eighteen people died here," he remembered sadly. "All the houses were bombed. We lost everything. Everything."

During the seven days Israel pounded south Lebanon, over 500,000 people were displaced from their

people killed and more than 500 wounded over the same period.

After 16 years of a civil war, no Lebanese is a stranger to the chaos and upheaval that military conflict imposes on a civilian population. Yet perhaps because the war had ended and Lebanon was finally on its way toward true peace, the ongoing Israeli occupation and aggression is more difficult to accept.

"Im Khalid, a resident of Sohmour who has moved countless times to escape the onslaught of Israeli missiles, expressed the frustration many Lebanese feel.

"This is our land, not their land. They bombed our homes, but that is not important. What is important is that we stay on our land," she said.

"The Israeli's have to leave our land," Abou Ali echoes. "We are not fighting on their land; they are fighting on our land. We have no weapons; they have the weapons. But if they want to occupy our land, then we have to fight it."

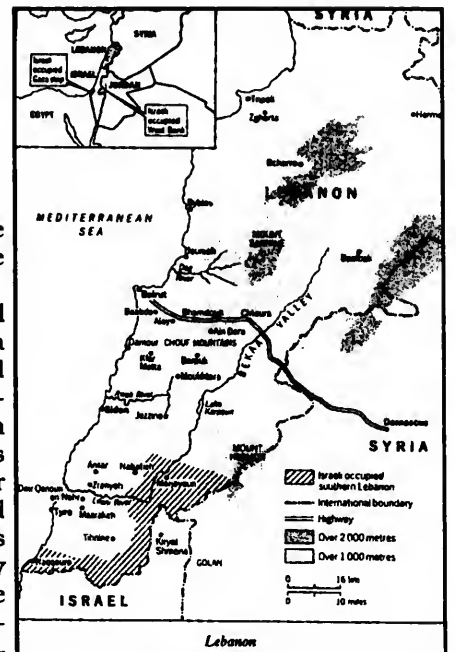
Despite repeated air and ground attacks on the region over the years, residents say they never get used to the instability or destruction.



SHELL SHOCKED—An apartment building stands empty amid ruin.



A SPLIT BEIRUT—'The Green Line' was a man-made blockade separating life in East Beirut from the West in Lebanon, in 1990.



Abou Khalil, gazed over the ghost town that used to be Maydhoun, wondering when the constant upheaval will end.

"We rebuilt our homes after the last attack, then the Israeli's came and bombed them. So we rebuilt again, and they bombed again. How many more times can we rebuild?"

Sameer stands atop the rubble that once represented his family home in Zallaya, a cliffside farming village known for its rocky land and fertile crops. He survived the barrage

"Everything is still lying where they fell from the attack. I haven't been back since the day my home and my family were destroyed."

of Israeli rocket-fire last summer; the only one in a family of eight that did.

With tears in his eyes, he points to the slippers that protrude from the rubble and identifies them as his father's.

"My father was wearing these when the bomb fell on our house. He was buried beneath the rubble," Sameer said. Moving some of the debris aside, he continued to pull out items that belonged to his parents and siblings.

"The money that he had in his pocket is still here, burned on the edges from the bomb. Everything is still lying where they fell from the attack. I haven't been back since the day my home and my family were destroyed. It's too hard."

Peace, that essential staple in the human condition, seems, at least to the people in south Lebanon, more elusive than ever. But at the same time, all the more imperative.

"We only want peace," said Abou Talib. "We don't want to fight anyone. Israel has to leave our land. More than Lebanon, we don't want. More than Lebanon, we don't want. We just want our land."

*Abou is a title meaning 'the father of,' and Im, is 'the mother of.'

All photos by Nadia H. Shousher

IN WAR



Helpless victims

Children suffering in war

by Lana Fleming

"In war, whichever side may call itself the victor, there are no winners but all are losers."

Neville Chamberlain

The orphaned child is the saddest casualty of war and unfortunately, Lebanon has more than its share of victims.

Dar Al-Hannan, an orphanage in the Bekaa Valley, is home to about 300 parentless children. The orphanage operates solely through fund-raising and donations.

According to Omar Harb, Dar Al-Hannan president, while there will always be a need for such institutions, the war in Lebanon has definitely contributed to the large number of orphans. "There would still be an orphanage if there had not been a war, but because of the war there are many more children here. We are open to any child, we do not shut the door to a child who needs a home."

Children come to Dar Al-Hannan after their fifth birthday, and stay until they finish school. They attend school at the orphanage until they are 14 years old, and they may then leave to attend university. They return on weekends until graduation, but Dar Al-Hannan is home and all their needs are provided there.

Harb is very grateful to the community for their ongoing support of the children. "Many people within the community donate to the orphanage; things like eggs,

chickens, milk, potatoes and other vegetables. We have a representative who travels to Canada and the United States and every year. They collect \$150,000 in child sponsorships." Sponsors in North America do not sponsor a specific child. The money is distributed evenly so that the children can maintain their pride. "We don't want the children to become jealous of each other or to feel that they are needy," explained Harb.

The orphanage also hosts an annual fund raising Eid El-Fitr dinner party to commemorate the end of Ramadan, the month of fasting in Islam.

The Lebanese government does not contribute financially to Dar Al-Hannan. "They are not able to help us, after all they are just getting back on their feet," explained Harb, referring to the two year old end of the civil war.

Because the orphanage is Muslim, the children at Dar Al-Hannan will never be adopted. In Western culture, the tradition is to give the children their adoptive parents' name. In the Muslim faith children always keep their father's name, so in case of adoption the children are protected from accidental inner-marriage. To prevent the name change, Muslim children are not adopted.

Faculty supervisor Majid Al-Afash said that the main aim is to try to raise the children as normally as possible. "It's like a hotel here. It is very comfortable and people shouldn't feel sorry for them. They have a very good life here."

Dar Al-Hannan has 50

people on staff. There are teachers, kitchen help, custodians, hall monitors and medical staff. A nurse is on duty 24 hours a day and a doctor regularly visits the patients at the medical clinic. If a child becomes very ill and must go to a hospital, a supervisor travels and stays with him or her, much like a parent would.

A dietician plans all of the meals that are served in the cafeteria to the residents, and to the 50 children from the surrounding area who come daily to school at the orphanage.

They provide for special needs as well.

On one terribly sad occasion, two children were abandoned by their mother on a city street in the middle of winter. The girl was only five years old and her younger brother merely four. When the children arrived at the orphanage, they were terribly frightened because of their ordeal. A psychiatrist was brought in to help the children deal with their problems, and make their adjustment easier. The children have both adapted well to their new home.

Dar Al-Hannan is expanding. It will eventually be home to 750 children. But it is difficult in a war-torn nation to progress. There is a lack of electricity, water, fuel, building supplies and money.

Lebanon faces many trying years ahead as it tries to rebuild and recapture its' losses during 16 years of war. Yet, the people at Dar Al-Hannan are working hard to protect the country's most precious asset — its' youth.

CHRONOLOGICAL HISTORY OF LEBANON

- 1920 — After collapse of Ottoman empire during World War I, France is given mandate for Lebanon and Syria.
- 1941 — British and French armies invade Lebanon.
- 1946 — French army leaves Lebanon.
- 1975 — Civil war in Lebanon begins between Christian Maronite and Muslim militias.
- 1976 — Syrian troops invited by Lebanese president to intervene in fighting. Syrian troops enter and occupy Lebanon.
- 1978 — Israeli army invades southern Lebanon after PLO guerrilla raid. UN forces enter southern Lebanon.
- 1982 — Israeli forces invade west Beirut, and are responsible for massacre of hundreds of civilians in Palestinian camps of Sabra and Chatila. After international outcry, the Israelis withdraw from Beirut. US — French — Italia multi-national forces stationed in Beirut.
- 1984 — Multi-national force evacuates Beirut after Lebanese government army collapses. Abductions of Western hostages begin.
- 1985 — Journalist Terry Anderson among Westerners taken hostage. Palestinian camps in Beirut attacked by Shia Amal militia.
- 1986 — Hundreds of Palestinians die in camp wars.
- 1987 — Terry Waite, the Archbishop of Canterbury's envoy, disappears while trying to negotiate the freedom of other Western hostages. Militia battles in Beirut bring Syrian troops.
- 1988 — Parliament fails to elect a new president, two prime ministers take office in divided east and west Beirut.
- 1989 — East Beirut attacked by Syrian troops after Christian Lebanese prime minister declares war on Syrian army.
- 1991 — Civil war ends, after new Lebanese prime minister helps to disarm militia and civilians.

Compiled by Lana Fleming



Lana Fleming

DAR AL-HANNAN— Young boys gather to relax and play on bunk beds in the orphanage.

Thriving in chaos

by Nadia H. Shousher

Poets dreamed of its majestic cedars, lovers flocked to its sandy shores, and greedy statesmen lusted over its natural resources. It's Lebanon, the pearl of the Middle East and at the same time, the scene of countless bloody battles. Lebanon is the ultimate dichotomy.

Even though the 16-year-old civil war ended in 1991, much of the territory is still dotted with military checkpoints manned by either Lebanese, Syrian or Israeli soldiers. Armed to the teeth, the soldiers and intelligence officers search the cars passing through. On a whim, a car could be pulled over and confiscated, or the driver arrested—something that has been witnessed too many times for the comfort of passersby. It would seem that random violence and aggression are requirements for this job.

But these same soldiers have been seen carrying a young child across a busy street, or rescuing a woman from any unwanted male

attention. On a few occasions, during the worst of the war, some have even been caught weeping. This is the dichotomy of Lebanon.

Beirut spent most of the civil war divided in half—the population separated by blockades, checkpoints and sniper fire during lulls in the regular hostilities. Along the Green Line that marks East and West, evidence of the devastating civil war is quite prominent: demolished homes, walls covered in bullet holes and scorch marks, caved-in roofs, and the homeless poor squatting in the abandoned buildings are visible as far as the eye can see. Snipers still hide out in the rubble, relics of a time in Lebanon's short history when dozens of militias were squabbling over power much like children over a new toy.

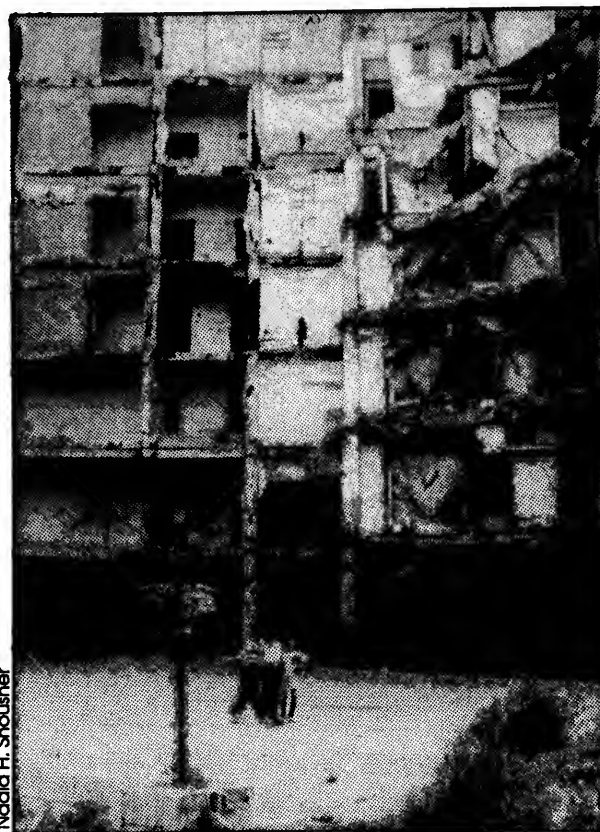
In the midst of this poverty and despair, though, vendors ply the streets with their homemade bread and handwoven mats, shouting to be heard over the city's infamous traffic and the clamour of laughing children. Money exchanges hands, neighbours exchange gossip, and

there are always plans being made on the rebuilding of Lebanon. This is the dichotomy of Lebanon.

A few kilometres away from the Green Line, sunbathers languish on the white beaches watching fishermen haul in the day's catch. Motorboats and sailboats navigate the Mediterranean, and all of them seem to be oblivious to the garbage that pollutes the sea.

For the past 15 years Italy and France have been dumping their industrial waste off the coast of Lebanon, leaving it to contaminate the drinking and irrigation water the Lebanese must depend on. The garbage is too conspicuous to be ignored, the way it floats on the surface so arrogantly. But then, there is the dichotomy of Lebanon.

In the midst of chaos, there is calm.
In the midst of war, there is peace.
In the midst of defeat, there is spirit.



AT PLAY—Lebanese children pose in front of the blasted U.S. Embassy.

Surviving the terror

by Kris Mueller

Temperatures have plunged below zero and snow has begun falling in and around Sarajevo. For nearly three million desperate victims of Bosnia's civil war, this winter will be as harsh and as deadly as the fighting that's going on around them.

With major shortages of electricity and gas, civilians are living without food, shelter, and water. Under such conditions, no one can exist for very long.

Add to it all the suffering caused by the 19-month-long war. Perhaps the worst tragedy in the past months happened when 80 muslim villagers were found dead. Men, women, and children had been shot, had their throats slit, or were burned beyond recognition. Fifteen corpses, including a group of women clinging to each other, were also found nearby. In all, tens of thousands of people in Sarajevo alone have been killed or wounded since Serbian forces attacked in April 1992.

International relief forces have played a major role in aiding war victims in Bosnia, Croatia, and other parts of the Balkans. The International Committee of the Red Cross (ICRC) has been helping to protect and assist those in the conflict areas.

"We have trained people who are over there, in the middle of the fighting," said Millie Blair, a member of the Canadian Society of the Red Cross. "Currently we have eight delegates who are driving trucks in convoys. We also try to provide them with the

essentials; clothing, boots and immediate emergency needs like food, shelter and medicine."

The ICRC has also been conducting other services for the victims. "We deliver mail for them. It's necessary for the families to keep in contact, and we also trace the whereabouts of those within the war zones for family members outside. We try to let them know if their families are safe," Blair said.

The Canadian Society of the Red Cross is one of 161 societies that make up the International Red Cross, with the main headquarter's in Geneva. The Canadian society promotes the needs of victims and accepts money to purchase boots and clothing overseas. "We don't accept clothing because it is too expensive to ship over. Instead, we accept money and purchase the goods over there," Blair said.

"In Croatia there are 500,000-600,000 people dependent on human aid. They need everything... They don't have the things we take for granted."

Another branch of the Red Cross, the International Federation of the Red Cross (IFRC) deals with providing for individuals outside the areas of conflict. Jane Buchan, the deputy head of delegation for the IFRC, spent 11 months in the Balkans aiding civilians. She managed programs deal-

ing with food, relief, and social welfare.

"The biggest issue is food," said Buchan, who spent eight months working with displaced refugees in Croatia. "In Croatia there are 500,000 to 600,000 people dependent on human aid. They need everything... they don't have the things we take for granted. They can't just go and buy shampoo, or toothpaste." Buchan also stressed their need for clothing. "The children grow out of their clothes so quickly. They always need new shoes."

Another international group providing aid for victims is the United Nations. U.N. escorts have been evacuating thousands of civilians from war zones and provide aid through convoys into Bosnia.

Recently, Canadian and Danish peacekeepers took over two psychiatric hospitals that had been abandoned by staff in central Bosnia's war zone. The troops have been caring for 570 patients, bottle-feeding and changing the diapers of 60 young, mentally handicapped infants. Only 200 of the patients can walk. The rest are bed ridden, in wheelchairs, or dying. Troops spent time retrieving weapons that patients who are wandering around barefoot, could injure themselves with. Nearby, relief workers were trying to coax thousands of Croat refugees from the forests, after Muslim soldiers stormed their town the day before.

The problems and dangers that U.N. soldiers and relief workers face are numerous. Attacks by Serb forces have hampered their attempts to aid victims. Since the war

began, 10 U.N. relief workers have been killed and countless others have been injured.

One of the biggest problems that the U.N. faces is resistance from the Yugoslav government. Roadblocks set up by the government have been blocking food convoys into Bosnia, while deaths from starvation are reported daily. Serb, Croat, and Muslim political leaders recently signed an accord in Geneva to grant safe passage to convoys, but no new deliveries of food and medicine have been sent through. Other blockades are hindering the evacuation of hundreds of women, children and elderly from Sarajevo. Government red tape has also tied up U.N. engineer crews from repairing electrical lines

"Canadians have a good reputation for fairness and hard work. We're contributing to ensure that the most vulnerable are protected."

throughout Sarajevo. As well, there are reports that U.N. troops were frequenting brothels and taking advantage of Muslim and Croat women forced into pros-



titution. Survivors of concentration camps said uniformed U.N. troops forced young women into their vehicles and drove to unknown destinations. Three women admitted being dragged from their homes by Serb authorities and being held at gunpoint at the brothel.

Ignoring the accusations, the United Nations are continuing to lend their support to the victims caught in a ravaged, war-torn land, and they, as well as the Red Cross, are still appreciated by the civilians. "Canadians have a good reputation for fairness and hard work. We're contributing to ensure that the most vulnerable are protected," Buchan said.

For the victims of Bosnia's civil war, life will continue as long as they receive aid. And while international relief groups do their part to protect the victims, the victims themselves must continue with their daily lives.

And so, the children who were killed while playing together in a schoolyard were finally buried, and the mourners gathered around the little coffins, praying for their children, while overhead, gunfire from snipers whistled by.

Taking sides in war

by Andrea Maxwell

Margaret McKeown has lived in Canada for more than 20 years, but still calls war-torn Northern Ireland her home.

She grew up in a time when Catholics and Protestants could walk through segregated districts at night and not worry about their safety. It was a far cry from the fear that has become a part of every day life for those living in bomb-ridden Belfast today.

It was this same fear that forced McKeown to flee her home in search of a peaceful place to rear her family. According to Flaka Hersom, of Employment and Immigration Canada, Manpower and Immigration, 6,882 Irish immigrants came to Canada between 1970-1975.

McKeown's peaceful childhood was shattered when society would not accept her decision as a Catholic to marry a Protestant man.

She met him "at a Catholic dance hall" she frequented with her friends in 1963. "I didn't expect to find a 'wee prod.' in a Catholic dance hall," she said. The man she met and later married was the 'rebellious type' who went to Catholic functions because he

was told not to. He failed to tell her his religious background for several weeks into the relationship.

Later they "experienced a lot of flack from both families" who feared for their safety.

Nevertheless, they proceeded with their relationship and finally married without the approval of his family.

Three years into the marriage troubles erupted again in Belfast.

McKeown and her family were living in a Catholic area when, "The UVF came into the neighborhood and said we had to be out of our home by midnight that evening." The Ulster Volunteer Force, is the British equivalent to the Irish Republican Army (IRA). They grabbed what they could and left. "The next day we returned, escorted by the British Army, to retrieve furniture that was to be stored in a nearby Catholic school."

Like many other people who began squatting in the area, McKeown located a vacant house near her family's home and got permission from the IRA to move in. "The IRA had previously been using the

house as a First Aid unit for their wounded." But McKeown didn't feel quite safe there when she found out the "IRA were using the house next door for gun-running. At night a women loaded a baby carriage with guns and ammunition and delivered the weapons to whoever needed them."

McKeown moved her family to a government-funded house outside the city where they remained for a few years. But troubles surfaced once again while McKeown was celebrating her sixth wedding anniversary with her husband and other relatives.

They spent the evening at a nightclub in a Catholic district, but when they called for a cab to take them to their Protestant area home, they

"were overheard by an IRA member who assumed we were all Protestant." The wait for a cab was too long so McKeown's father offered to give them a lift. Her husband and

brother-in-law got out to check a flat tire shortly after leaving the club. "A car pulled up and five guys jumped out and started beating them up." McKeown and her sister ran to get help from the police station nearby. "It was empty," she said, "They had been out on patrol." Things were finally brought under control when the British Army showed up on their way to their barracks. But not before, "mother had her teeth knocked out, my brother-in-law had broken his hand and my husband suffered a broken nose, three broken ribs, a broken toe and lacerations to his face. Three out of the five men were arrested and charged, but a couple of years later they were murdered



Margaret and Steve



IN THE SHADOW OF WAR—Children hang out under IRA graffiti, at dark.



by the UVF," said McKeown.

By 1970, the fighting was at its peak. "There was shooting back and forth between the British Army and the IRA. I remember there were two policemen and an IRA man shot and killed at the bottom of our street."

Drive-by shootings were on the rise at this time as well. McKeown's husband had to jump behind bushes when cars passed him on his way to work in the morning because he walked through both Catholic and Protestant districts to get there.

The fear was taking a toll on their lives. "I was terrified for my family," recalled McKeown. It was at this time the family decided to leave their home and head for Canada.

McKeown recalled her last day in Ireland as assurance she was making the right move.

"I took a bus downtown to pick up some last minute things. As soon as I stepped off the bus a bomb went off," she said, "I felt good about leaving."

Terrorism in the streets

by Michelle Dorgan

"Trick or Treat". Just three short words from the mouth of a gunman who then opened fire on a small pub in the north of Ireland October 30, killing seven people.

The Ulster Volunteer Force (UVF) the British equivalent to the Irish Republican Army (IRA) later claimed responsibility for the killings. They said they were retaliating an IRA bombing that killed 11 Protestants a few weeks earlier. The IRA said the bombing was to retaliate the gunning down of five IRA members by the British Army.

"It all seems to be getting out of hand," said Irish-Canadian Gerard McGilly, who studied the history of Northern Ireland's conflicts at the University of Toronto. "I mean there's definitely a prejudice against Catholics. I've been there, I've seen it, they're harassed all the time, but people getting killed in the way they are, there's no justice in that."

But for the IRA, justice won't be served until Britain hands back the six counties it presently controls in the North of Ireland. A simple solution would be to do exactly that, hopefully putting an end to the conflicts. Unfortunately, reality isn't that simple.

The British Protestant settlement in Northern Ireland

would no doubt rebel to such a move with a likely outcome of civil war and widespread bloodshed.

Although the British settled in Northern Ireland as early as the 1690's, the most recent wave of terror began in the late 1960's.

Irish-Catholics in Northern Ireland were tired of the extreme repression they were undergoing by the British. Protestants not only controlled the higher jobs and better housing and schools, they also had a firm grip on the police, defence force and the entire justice system. Catholics had little or no chance to prosper.

And so while Martin Luther King led civil rights marches throughout the streets of America, Irish-Catholics led theirs throughout the streets of Northern Ireland.

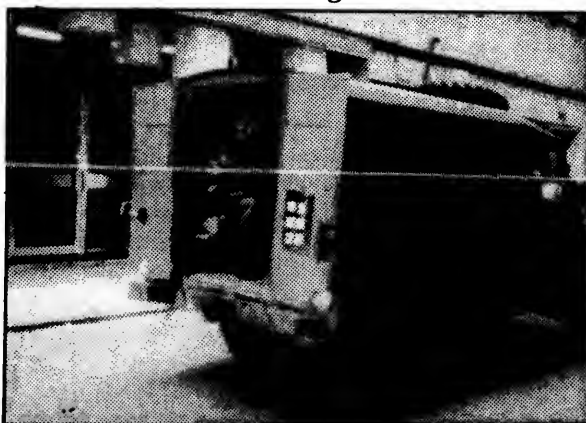
In fear of losing their firm control, the Protestants lashed out at these marches, retaliating in extreme violent acts. Groups now known as the Ulster Volunteer Force and Ulster Freedom Fighters formed in the hope of quickly putting an end to the marches.

One Sunday morning in the early '70s the British Army hoped to quell a civil right's march. They fired into the

crowd killing 14 people and injuring many more. The incident later became known as Bloody Sunday.

The IRA had been lying dormant for many years but was forced to form once again to protect the Catholics and fight for their cause. A whole new wave of violence began.

Almost 30 years after this rebirth of violence, an end to the problem seems less promising than ever. Many citizens, including those in



ON PATROL—A soldier peers out of a truck at people passing by.

Southern Ireland are tired of the situation, claiming too many lives have been lost. Marches were again taken to the streets but this time in the hope to end the fighting and find a more peaceful solution.

Regardless of such events, violence continues because some believe that violence is the most effective way to prove a point.

"Unfortunately, many inno-

cent people are killed along the way," said 'Mark,' an IRA supporter from Southern Ireland. "But these things happen. We've talked for long enough but they (the British) never listened. They came to our country and took over our land. And we'll get it back at whatever cost. It's as simple as that."

Although Mark is from the South and does not live among the fighting, he, like many southerners is effected by the situation. "It's my country too, and whether I live in the North or not is unimportant. It belongs to Ireland," said Mark. "But what makes me angry is the injustice. The IRA are portrayed as the bad guys while the British army have committed some of the most brutal and illegal acts. But the media are unaware of this so nobody ever hears about it."

Hundreds of Catholics have filed complaints against the British army over the years. Many claimed to be harassed and humiliated simply crossing the border between the North and South. The complaints are generally ignored.

Mysterious murders and 'accidental shootings' of Catholics are rarely solved. A series of murders took place in the '80s which forced the

Catholics to demand an investigation. A British investigator, John Stalker, was put on the case. Stalker found misconduct on the part of the British army was apparent. But, before the case was solved, he was ordered back to England. No explanation was given. However following pressure from the Irish government, Sir Patrick Mayhew, the British attorney general, admitted that members of the security forces were guilty of the perversion of justice. But because of the situation in Northern Ireland the guilty would not be prosecuted.

This incident like many others forced the European Court of Human Rights to investigate the situation. In the early 1970's the security forces in Northern Ireland were found guilty of inhumane treatment.

But the violence continues, even increases in Northern Ireland. The only question left to ask is, when is it ever going to end?

"The only people that can bring about a settlement is the British Government," said 'Eamonn' who recently moved to Canada from Ireland. "When the British government puts their effort into finding a solution instead of trying to defeat the IRA, then a solution will be found."

But with 500 active service men and 250,000 on the waiting list, it seems like the defeat of the IRA is nothing short of impossible.

New Lives Rebuilding after war

by Soraya Senosier

War in Somalia is a constant hazard for its native people. Somalians stay as long they can but eventually they are forced to leave their friends, family and country behind.

On October 21, 1969 General Mohamed Siyad Barre, seized power in a military coup.

His group abolished parliament, suspended the constitution and banned all political parties. A year later the regime declared itself to be Scientific Socialist.

This was the beginning of the political regime in Somalia. Opposition groups such as the Somali National Movement and the United Somali National Movement were formed to put pressure on Barre's regime.

On January 27, 1991 he was ousted from power and forced to flee the capital.

Ali Madhi Mohamed was named interim president. Fighting erupted between factions loyal to the president and General Mohamed Farah Aided. The fighting caused 14,000 deaths.

According to Mohamed Abdurahman, liaison officer of the Somali Canadian Association of Etobicoke, there are approximately 30,000 Somalians in Toronto.

The non-profit organization provides counselling services for Somalians just arriving in Canada.

Adurahman has been in

Canada for three years. He left Somalia because the war got too violent.

"There was total devastation, attacks on houses and looting," recalls Abdurahman. Two of his brothers were killed.

"There was no way to stay," said Abdurahman.

Abdurahman found the hardest thing Somalians new to Canada have to deal with is leaving everything behind.

"Coming here and not working and leaving high ranking positions, and your community, leaves you totally lost and frustrated," he said.

Somalian immigrants to Canada experience a society completely different than their own. Their main barrier is learning the English language.

The Somali society is a collective society. It is a contrast to the individualistic society of North America, explains a report released by the Somali Association of Etobicoke.

"Canada is a good country, a land of immigrants. I feel more comfortable here but you still do not

feel welcome. You know no one. In Canada we are refugees, we feel low scale," said Abdurahman.

The youth of Somalia are experiencing different problems altogether. Ninety-nine per cent of Somalians are Sunni Muslims and follow their religion strictly. The youth are straying from their religion and trying to adapt to the Canadian way of life. Ahmed Adam has been in Canada for five years, he is torn between two cultures.

"We have enough to deal with as young Somalians, there is pressure from parents to stay the same and there is (the desire) to live as Canadians. Compromise is almost impossible," said Adam.

Nadia Bogor has been in Canada for eight years. Her parents came to Canada just as the Somali regime was getting worse. Working abroad for the Somali embassy the Bogors planned to return to Somalia. Coming from an influential family they had no choice but to leave Somalia. Bogor lost her grandfather and uncle to the war.

Bogor has been in Canada longer than most Somalians, and says she feels Canadian, but she knows the problems that young Somalians face when they arrive here.

"I feel accepted in Canada, the only thing blocking our advancement is language. Everyone came here as immigrants, whether you are black, purple, green or white, we came in a recession and that makes it harder," says Bogor.

Abdiradik Ali, who has been in Toronto since 1986, shares the same outlook as Bogor. Life was tough for Ali under Barre's regime, his father was in prison and his family was persecuted. Like many others, Ali had no choice but to leave



Somalia. Ali spent four years in Kenya where he said life was good but he made no money. He eventually moved to Canada.

"The first year was the hardest, I didn't know anyone here. There were not many Somalians here and it was cold. It took time to get adjusted," he said.

Ali now owns a restaurant specializing in Somali cuisine. He keeps in touch with his brother and sister still in Somalia through the Red Cross. Since the law only allows people to sponsor parents, spouses and children, but not siblings, Ali is having trouble bringing his brother and sister to Canada.

Somalians are finding it hard to adjust to life in Canada, but are realizing that adjusting here is far better than adjusting to the changing war in Somalia.



SOMALI-CANADIAN
ASSOCIATION OF
ETOBICOKE

Fighting for change

by Soraya Senosier

With all the diplomatic efforts halted to bring exiled Haitian president Jean Bertrand Aristide back to Haiti, Haitians are in despair.

Attempts to restore democracy to Haiti began in 1986 when Jean Claude Duvalier was ousted by a coup d'etat.

Asselin Charles a native of Haiti, who teaches Caribbean Literature, said that the latest episode in an ongoing political struggle.

This struggle between the elite of the land and the people has been going on since colonial times. The struggle between the privileged which include some five percent of Haiti and the remainder of the population.

"Haiti is an Oligarchy society dominated by a close group of people belonging to the same class and share the same interest in the status quo. These include mulattos and some blacks," said Charles.

Many of the middle class politician accumulated their

wealth under the Duvalier regime.

"They want a piece of the

"The fight is that of the people. Haitians are strong and the more United Nations backs down the stronger we fight."

cake (politicians) and the great unwash, uneducated, no health care, no rights, undernourished want change," said Charles.

Charles went to Haiti in 1990 and found the country in an appalling situation and increasing degradation.

Haitians have protested vigorously since 1986 to bring change to their country. Pierrot Rameau has been living in Canada since the late '60s, he lost a brother to the Duvalier regime.

"We (Haitians) have been living abroad for so long our only wish is to go home. Canada has been good to some

and not so good to others. Haiti has been without democracy for so long, it is only natural to want to do anything we can to return it," said Rameau.

Haitians have built a strong community throughout Canada the bulk of it being in Montreal. There are as many Haitians ready to leave Canada as those wanting to come in. Gisele Lacruz former president of the Haitian Association of Sherbrooke, Quebec thinks that Haitians are not giving up the fight for democracy.

"The fight is that of the people. Haitians are strong and the more United Nations backs down the stronger we fight," said Lacruz.

Haitian youth growing up in Canada have found a new identity in their country's struggle.

Yanoushka Labrousse, a native of Montreal, feels like the fight is also hers.

"Before Duvalier we knew the food and music of our culture and nothing else. We had a negative outlook on Haiti. Now we are proud and understand the positive qualities of

being Haitians," said Labrousse.

Denise Jean returned to Haiti in 1990 she found her country totally devastated by famine, violence and corruption.

"The problems in Haiti are not fully understood until you arrive and see them for yourself. Instead of better we have gone from worse to worse. Home is a no longer becoming a reality," said Jean.

The problems arising in

"We are not unaccustomed to struggle. We know that the fight will be long and hard."

Haiti have been around before the Duvalier regime. There is virtually no middle class, only poor and rich. With Aristide's help the poor finally decided they would no longer live without democracy.

Those in power will not give it up.

Carlo Rameau who has



studied Haitian history knew that the battle would be long and hard. "Haiti is a corrupt country. It has been for a long time. It is a way of life. Those who dared speak against the government were killed, jailed or tortured," said Rameau.

Haitians feel that they need continued help to restore democracy in their country. They also believe that once the country's democracy has been restored nothing will stop them from advancement.

"We are not unaccustomed to struggle. We know that the fight will be long and hard. Our creed reads — union equals strength. We only wish that others work just as hard and just as long as we," said Lacruz.

According to Charles the situation in Haiti will not end with simply reinstating the president.

He said, "There is no end to the decline insight, we need institutions and a sense of collective purpose."

LIFESTYLES

Chronic Fatigue Syndrome

by Donna Weidenfelder

Chronic Fatigue Syndrome (CFS) afflicts over 100,000 people in Canada today. It is a sickness that has over 150 names world-wide and it is a disease that in many respects remains a mystery. In the past the medical community looked at CFS with scepticism, questioning its validity. However, for those who suffer from CFS the realities of this illness are all too real.

"It's been a nightmare," said Lisa Wallgrove, a 28-year-old CFS survivor from Oakville who has been battling this illness for the past ten years. Wallgrove was coordinator for a CFS support group in Oakville. She became involved in the group while trying to cope with her own illness.

"Frustration sets in because you want to move forward," says Wallgrove. "You can't be where you want to be."

Wallgrove says the more she tries to accomplish in a day the more fatigued she feels. "A one hour trip to the shopping mall will put me in bed for the next two days. I just can't do it," she says.

Experts say the disease often starts with a typical flu-like feeling. Sometimes CFS comes on gradually and infection at the outset can not be remembered.

Wallgrove's nightmare started in 1984 when she was a student. Her illness "just came out of the blue," she says. There were no great stress factors in her life at the time.

However, the continuing affects of the illness and the inability of physicians and psychiatrists to determine what was truly happening to her did indeed cause stress in her life.

Many members of the medical profession have been very sceptical about the disease, treating it as a psychosomatic problem, a product of stress.

"Stress is not the cause of the illness but, it can trigger it or cause a relapse," Wallgrove says.

When Wallgrove first visited the doctor she was told she had the flu. Throughout the illness she experienced weight loss and her eyes became sensitive to light.

Wallgrove decided to get away for some rest and relaxation, hoping it would put her back on track. While on her trip she became sick and was in bed for a week upon her return.

Wallgrove became intolerant to heat and began to experience "panic attacks."

"The exhaustion in my muscles was so bad, standing in one spot seemed to take more energy out of me than actually moving around. Your body wants to get out. You just lose it."

A psychiatrist told Wallgrove she was "having a phobia."

Wallgrove agrees that she was experiencing a phobia but only because she didn't know what was causing her panic attacks and she began to fear the attacks themselves.

"I didn't listen to myself. I thought they (doctors) must be right. I was fed up." In May of 1990 she decided to go back to

many CFS sufferers who are much worse off than she. She recalled talking to one woman at a CFS support group meeting who was "locked up in a psychiatric ward when her doctor told her the reason she couldn't walk was not because of fatigue but because she was angry."



CFS SYMPTOMS: The exhaustion is such a strain the victim can be confined to bed most of the time.

work. She landed a good sales job but, once she began her job, she ran into some problems. "I couldn't remember my boss's name."

Wallgrove's psychiatrist told her to take notes.

CFS symptoms can also include memory loss, poor concentration and clumsiness.

In July, things worsened for Wallgrove. "I'd get lost in my car and didn't know what I was doing or where I was going," she says.

"A one hour trip to the shopping mall will put me in bed for the next two days."

By the end of October she couldn't take a shower. "After taking a shower I was too tired to dry myself," she says. "My mother had to bathe me and I could only shower once every five days."

Wallgrove says "It was all coming from the centre of my brain. It felt as though I could almost pinpoint the area it (fatigue) was coming from."

Wallgrove says there are

Michael Keleman, 41, of Toronto has been afflicted with CFS for the past five years. He too, underwent an onslaught of tests while doctors tried to determine what was wrong with him.

Today, diagnosing CFS is a process of eliminating other illness and a general consensus of various symptoms.

With CFS comes frustration. Because the source of the illness is still undetermined and treatment still in the works many CFS sufferers have turned to each other to form their own support network.

Keleman co-ordinates a CFS support group at Deer Park Public School near Yonge and St. Clair. He says people come to the meetings and share information on various treatments they've tried and how effective they are. The members of the group exchange names of doctors who are good and bad, those who will listen and those who will not, he said.

In the USA alone there are over 400 support groups and the Centre for Disease Control receives one to 2000 calls per month about the condition.

"There is always new news

about CFS," said Keleman as he checked his modem for any new data. Internet is a computer information system that allows newsletters to be sent worldwide. "College students have hook-ups and for 10 cents a day can talk to anyone in the world." Both Keleman and Wallgrove have turned to alternative medicine to treat CFS such as acupuncture and homeopathic treatments. "The key is to try to cure the symptoms," says Keleman.

Dr. Wood of Newmarket's Natural Path Centre says "there are too many CFS sufferers to count." Wood looks at homeopathic remedies and acupuncture to treat his patients. "It's important to do everything possible that isn't harmful." Stress levels and daily toxins (pollutants) need to be controlled, he said.

Keleman and Wallgrove have learned how to manage their lives with this illness. However, Keleman says, "I don't think I'll ever be the same again."

Symptoms of CFS

by Donna Weidenfelder

Eight of the following symptoms must persist or recur over six months for a person to qualify as having CFS.

- *Extreme fatigue
- *Neurological problems (confusion, memory loss, visual disturbances)
- *Sleep disorders
- *Chill or low-grade fever
- *Sore throat
- *Headaches
- *Tender lymph nodes
- *Muscle pain
- *Muscle weakness
- *Extreme fatigue
- *Sudden onset of symptoms

Primrose oil: the optimum balance

by Donna Weidenfelder

Evening Primrose Oil (Efamol) may be the answer to treating symptoms of Chronic Fatigue Syndrome as well as Cancer, AIDS and a host of other diseases.

"It's going to (help) hundreds of diseases," says Paul Beatty, a CFS sufferer who has become an expert on CFS and the effects of Evening Primrose Oil.

Beatty has six years of university behind him but it wasn't until he became sick with CFS that he became involved with Evening Primrose Oil.

He has written articles and made guest appearances on David Suzuki's - The Nature of Things, Shirley and The Dini Petty Show to talk about CFS and Efamol.

Efamol is a product of Evening Primrose Oil and contains the optimum balance of essential fatty acids (EFA's). EFA's are vitamin-like substances which must be eaten in food because they cannot be made by the body. They are required for the normal structure of every single cell membrane in the body. Efamol is available in both health food stores and pharmacies.

Beatty says \$50 billion has been spent on cancer research using Efamol and,

within the next year, Beatty expects there will be some "stunning announcements with respect to essential fatty acids on cancer."

Beatty also predicts that when HIV research is complete anyone who has AIDS or HIV and takes Efamol in large doses and watches their diet will last 20 or 30 years without a problem.

He says three trial tests have been done on groups of 150 terminal cases of cancer and they are all going to live many more years.

Efamol is already licensed in this country for A topic Eczema, PMS and Chronic Fatigue. It is also being injected secretly into 100 cancer patients with tumors in trial cases around the world, said Beatty.

And according to Beatty, Harvard University released a study that says Evening Primrose Oil stops arthritis.

Why isn't Efamol more widely used? "From the lab to the front line physician it always takes a minimum of ten years," said Beatty.

Beatty said a Clinic for Chronic Fatigue Syndrome will open in Toronto within the next 60 to 90 days. It will have eight doctors on salary. Although announcements have not been made, there is speculation that the clinic will open out of Women's College Hospital.

Reflexology therapy; your feet hold it all

by Lesley Allen

Reflexology is an old form of therapy used to help restore a person's health and fitness through foot, hand and head massage, but people who seek this form of therapy should be wary.

Ancient Chinese and Egyptians used therapy to help relieve pain in the body and create a healthy one.

The therapy works on the principle that the body has channels of energy which terminate in the feet, but are actually connected to various organs in the body. What organ the reflexologist is trying to treat will determine what area of the foot is massaged.

Like medical doctors or veterinarians, Eugene Dietrich of the Reflexology Association of Canada said, "In order to be regulated, you have to write an exam. Once you pass you can then be listed as a certified reflexologist."

According to the book, *Body Reflexology*, there are hundreds of ailments which can be cured including tonsils, lungs, eyes, kidneys, pancreas, hips, knees, stomach, shoulders, heart, solar plexus and it claims to improve your sex life.

Reflexology can promote natural functions of organs and thus reduce stress and induce deep relaxation, release tension, improve cir-

ulation, cleanse body of toxins and impurities and revitalize energy

According to the book, sometimes pain in one part of the body can result from the formation of 'crystals' which build up on nerve endings and capillaries. When the foot is massaged, these crystals are broken by the transmitted energy and are flushed out of the system.

Alan Holt of the Reflexology School in Toronto said, "Crystals are just one theory as to the cause of pain. You don't necessarily have to find crystals, it depends on the person. You could work on someone and find a sore spot and there may or may not be crystals. It goes back to the person's own body structure."

Holt said people from very early ages to seniors come in to have reflexology done.

Anyone can learn to do reflexology on themselves, but for those who would rather seek someone else to do it, Dietrich said, "we can refer them to a certified reflexologist, usually members of our association."

Dietrich said the law does not require anyone who wishes to do reflexology to join the association since it is not regulated.

"We do not regulate what non-certified people do and when you go to them you are given no guarantees that they know what they are doing."

You want to make sure the person is not simply taking your money and promising you the treatments will work with follow-up appointments, so Dietrich suggests asking for their qualifications.

Dietrich said members of the association do not have to take an annual exam, but they can attend on-going seminars or take the advanced courses in reflexology to keep up with modern techniques.

Anyone wishing to learn the techniques of reflexology or have a basic treatment can do so at the reflexology school.

Holt said a basic treatment at the school starts at about \$40 and can go up to \$65 depending on the locations of the schools. He said they start off with the head to slow the brain down so the body can relax, then move onto the feet, hands and then finish off with the head again.

Holt said, "A year or two ago there were 800-900 people doing reflexology, and now there are about 1,500 people."

The course runs one night a week for 10 weeks. It is a 30 hour course and there are anatomy assignments, health records and two other assignments. There is a written and practical exam."

Holt said they do not limit anyone who wishes to come and take the course offered at the school. The cost of the course is \$350 and the final exams are an extra \$75.

Does your cup runneth over?

by Ingrid Reid

Approximately 25 to 30 per cent of all Canadian women don't wear their correct bra size. The bra is either too big or it is too small, according to consumer and public relations manager, Mary Claud Desjardins of WonderBra.

If your bra is too big you will get wrinkles in the cup. If the bra is too small the breast will overflow out of cup, or the underwire will rest on the breast instead of the breast zone.

"To buy the correct bra the female must know her correct size. To do that they must be measured" says Desjardins.

These are the six steps to measuring yourself.

1. Before you begin you must be wearing a bra.
2. Get a partner. You cannot measure yourself, because when you raise your arms, you inflate your rib cage which will make you seem bigger than you actually are.

3. With your arms relaxed at your sides, have your partner place the tape measure around your rib cage, or just underneath your breast.

Whatever measurement you get, 32, 34, or 36 is your band size.

4. Add five to the measurement you got for your correct band size.

5. Next, place the tape measure around the rib cage around the fullest part of your breast.

6. Subtract your adjusted band size measurement from your breast measurement. The cup size is whatever you get after the subtraction. One inch difference means you are a "A" cup, two inches means you are a "B" cup, etc.

This form of measuring is only a guide to lead you in the right direction.

You may need to decrease the band or cup size if you have been dieting, or you may need to increase them if you have gained weight. Also, don't forget your weight fluctuates during your period, which means you may have to make adjustments to your bra straps or even buy a larger cup size if your bra cups are made out of non-stretch material.

If your strap keeps

falling off your shoulder, decrease the band size but increase the cup size.

"If the band fits but the cup is too small or too big keep the same band size but go up or down the cup size as needed. If the band is too small but the cup fits, go up one band size and down one cup size. If the band is too big but the cup fits, go down one band size and up the cup size", says Desjardins

Desjardins says one of the biggest mistakes that females make is assuming that the band size means how large their breasts are. That's not true.

"If you are a 32 do not get jealous of a 36, because that number only means how large your frame is, not how big busted you are," says Desjardins.

"Because of this mistake often made by females they will buy a bra with a large band size," Desjardins says. "When they do this the band will ride up in the back. The bra should be resting slightly lower or horizontal on the back, not higher."

A myth that Desjardins would like to dispel is about the hook and eye. She says that a lot of females think that when they buy a new bra they should attach it to the biggest position, and as the bra gets older they move it in.

The hook and eye positions, she says, are for those females whose band measurement is a half size. The hook and eye will give them a better support.

She would also like to stress to females that a bra does not come with a lifetime warranty. A bra should be washed every day after you take it off and it should be replaced every six to eight months.

If you are washing your bra in a garment bag, the underwire does not get twisted or get tangled with your other clothes. When putting on your bra, lean forward so, your breasts will fall naturally inside the cups, when you stand up. "The bra needs as much care as a silk blouse for it to last," says Desjardins. Also, the finer the material used in the construction of the bra, the more delicate care needed".

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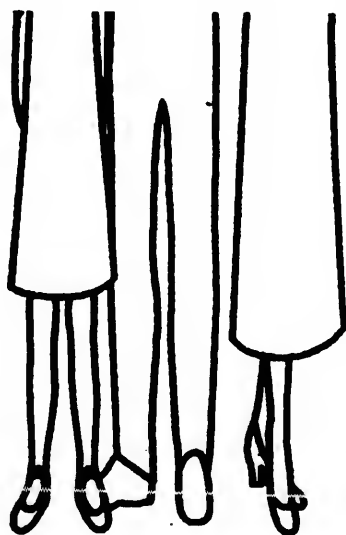
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Women's group keeps eye out for offensive ads in media

by Vicki McGuire

If you are frustrated with the way the media exploit women and want to do something about it, you can join Media Watch.

Established 13 years ago in Vancouver, the group has been in Toronto for the past three years.

Except for 11 employees, seven of whom work throughout Canada as representatives, Media Watch consists of volunteers.

Membership (\$25 or \$10 for students) is extended to both men and women, but men do not get to vote when choosing representatives.

Media Watch works in various ways to stop advertising that is considered offensive to women, and to educate the public.

A few months ago an advertisement for Request jeans was brought to the attention of Request executive director Meg Hogarth.

"We had received a bunch of calls complaining about an offensive ad," said Hogarth. "We went to the advertising company and presented the complaints. They decided to take down the ad, and — which happens in most cases

— they didn't know the extent of the message they were relaying."

The jeans ad portrayed a man and a woman wearing the brand name jeans in a compromising position. To many women, the man in the ad appeared to be hurting the women in a sexual way.

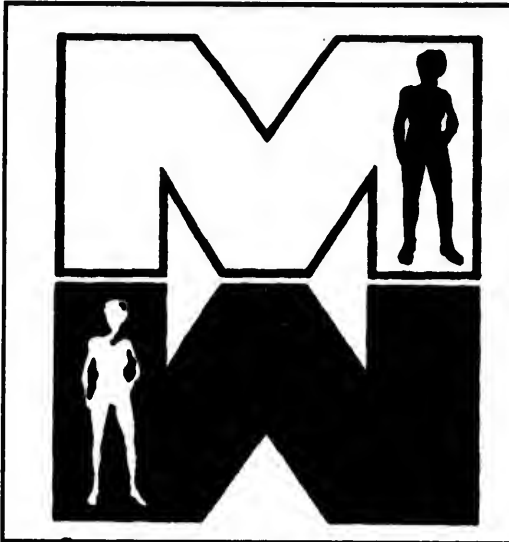
"It got to the point where we had nick-named the ad, the Rape Ad," said Hogarth. "One disturbing phone call we got was from a woman whose daughter had seen the ad and asked her why the man was hurting the woman."

Along with monitoring the television and print media, Media Watch gives their volunteers a six-week training period.

"We educate them in giving seminars and research techniques," said Hogarth. "That way they can go to schools and different forums to speak about the concerns of women and ways to take action."

In October a debate was held at Harbour Front focusing on the re-examination of pornography censorship. Anyone with an opinion on the subject was invited to come and speak out.

"The forum was a huge success," Hogarth said. "It is encouraging to see so many



women getting involved."

Media Watch concentrates most of its efforts on corporate-produced, mass market pornography, but does support other causes and individual

complaints.

"If a woman doesn't like a store selling pornographic magazines we make some suggestions on how she might take action," said Hogarth. "They can refuse to shop in the store, or take action under the Criminal Code."

Currently the group is lobbying against computer pornography. An example of this type of pornography is a new video game called Night Trap, which uses live actors to simulate

horrific situations.

"Basically what you are seeing is a real woman being terrorized with knives," said Hogarth. "Small children are

allowed to pick situations where women are being chased by monsters. I hate to think of the impressions that a child will be left with during the most important learning years."

Media Watch now has approximately 100 volunteers across Canada.

It has grown slowly over the past 13 years, but the growth has been steady. The members feel confident that their efforts have been worthwhile.

"More and more, we see that women are taking a stand and following through on their beliefs," said Hogarth. "We encourage women to join, because, not only are they supporting us, but they are supporting themselves."

Health care takes a turn from traditional medicine

by Lesley Allen

Homeopathic medicine is slowly becoming the most common choice for curing illnesses, and this newfound interest is rocking the medical world.

Homeopathic treatment has been around for the past 200 years, and comes from the two Greek words *homios* and *pathos*, which mean *like* and *suffering*.

This treatment is based on the principle that what can all you, can also make you well.

Unlike medical doctors, homeopaths are not regulated and do not have a professional association. This may be of concern to some patients, when it comes to

guaranteeing the homeopathic is qualified to practice.

Mary Colbran-Smith, of the Ontario Medical Association (O.M.A.) in Ottawa said, "Homeopaths are not licenced and regulated in Canada. It is considered an alternative form of medicine, and therefore is not regulated by provincial health insurance plans."

While the OMA does not regulate homeopathy treatment, Colbran-Smith said it is becoming a serious alternative treatment by those who want to take part in controlling their health.

Homeopathy has been called nature's pharmaceutical system, because of the materials used to make medicine: metals, minerals, insects, reptiles and other animal compounds, for example.

Scientists use plants and dry them or extract or potentize the plant's juices. The juice is diluted with water-free alcohol, then diluted later according to the degree of potency needed.

Homeopathy differs from conventional medicine by strengths, mixtures, and dosage.

Right now, there are over 2,000 homeopathic remedies in use.

The owner of Acton's Willow Lane Natural Foods,

Annie Kerkhof, said clients are referred to her "not by doctors. They are either naturopaths or homeopaths."

Jeannine Langelier, of the Canada Society of Homeopathy, suggests a few tips for choosing a health care professional.

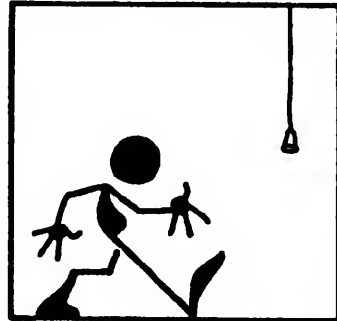
"Naturopaths deal with homeopathy and if you wish treatment, then your safest bet is to go to a naturopath," she said.

"If you're going to see a homeopathic who has only read textbooks, then check to see if they have some sort of certificate."

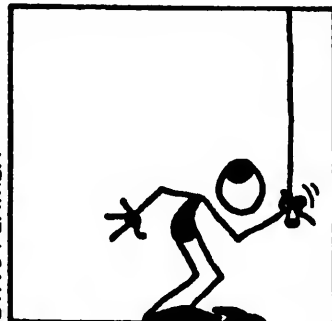
"Homeopathy is an alternate form of medicine."

Mary Colbran-Smith

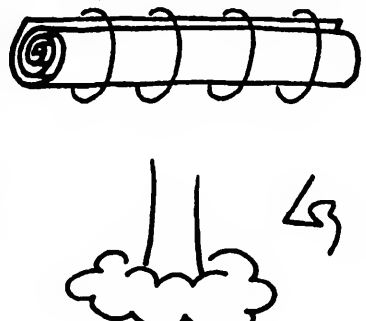
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BY GARY BLEHM



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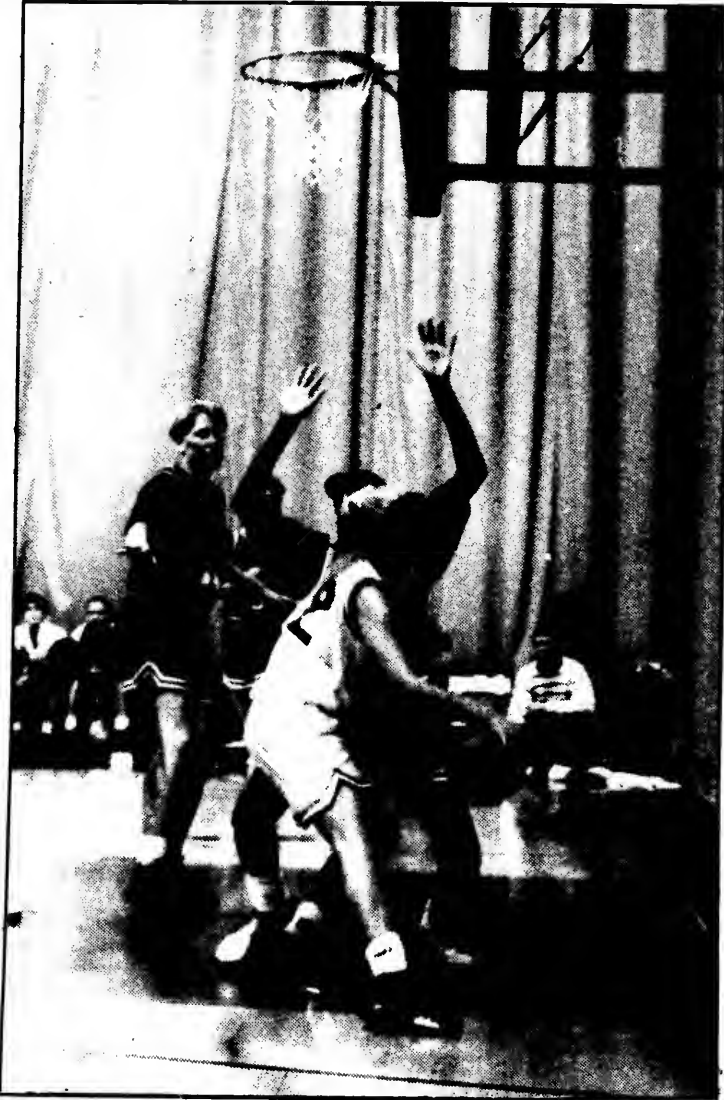
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SPORTS

Trivia: Who was the last CFL team to win the Grey Cup at home?
Last week's answer: Red Storey

Hawks score first win this season



SET 'ER' UP-Humber's women's basketball team slammed the competition last week, defeating Durham.

by Alan McDonald

It was gut-check time for Humber's women's basketball team last Wednesday night as they overcame a slow start to defeat Durham 82-68.

Trailing 12-0 early in the game to visiting Durham, coach Jim Henderson called a timeout. He was used to slow starts by the Hawks, but he was getting worried. He had watched his team take low percentage shots and let Durham sink the easy baskets. Something had to be done.

"I don't remember the exact words I said during that timeout," he laughed afterwards. "It was something about our poor offensive play and shot decisions."

Whatever the coach said, it worked. The Hawks came out flying, quickly scoring five unanswered baskets and turning it into a competition. By the end of the first half the Hawks were on their game, but still trailing by three points.

In the second half the Hawks demonstrated what depth and conditioning can do for a team. The two things coach Henderson said made the win possible. Start with Tara Petrachenko's "usual" excellent game, throw in Julie Irving off the bench and better shooting from the whole team,

and your result, a 14 point Humber victory.

The Hawks not only got stronger as the game went on but looked like they could have put up 100 points given another few minutes. Durham enjoyed a three point lead with 10 minutes to go before the Hawks literally ran them off the court.

"Our conditioning had a lot to do with this win," agreed player of the game Julie Irving, who came off the bench to score 22 points. "It must have something to do with those gruelling practices."

The depth on this Hawks team is an opposing coach's nightmare as you'd almost have to prepare for two teams at once.

"We have five players on the bench that could be starters," said Irving. "We have a lot of depth to work with."

This depth includes Colleen Read who came off the bench to score eight points in the last few minutes, putting the game out of Durham's reach.

The win was the Hawks' first of this young season, improving their record to 1-2. The team rebounded well from the 25 point pounding they suffered at Fanshawe the previous week.

"We're not improving quite as quickly as I had expected,"

said Coach Henderson. "But we are a young team and we'll only get better. We have lots of skill on this team."

According to Henderson the competition has greatly improved this year which will make it harder for the defending champs to repeat. While he is quick to point out the inexperience the Hawks have to overcome, he's still confident they can repeat as Ontario champions and compete at the national level. His goals seem to be more long term than short term.

"I wasn't even aware that we hadn't officially won a game this season," he said. "With all of the exhibition games and tournaments, you tend to lose track."

Despite not putting too much emphasis on the team's record this early in the season, even coach Henderson would have to say this was a big win for the Hawks. Falling to 0-3 wouldn't be confidence building for any team, especially one with so many rookies.

"There will be lots of wins to come," concluded a smiling coach Henderson.

A statement that's not hard to believe.

The Hawks next home game is tonight at 6 p.m. when they host the team from Redemere College.

V-ball team stays undefeated

by Jason Carroll

The women's volleyball team kept its undefeated record intact, as they downed the Georgian Grizzlies 3-1 on November 16.

The one game the Hawks lost during the match was the first of the season, after blanking both St. Clair and Sir Sanford Fleming 3-0.

In the first game, Albina Michele gave the Hawks a cushion, serving seven straight points for an early 7-0 lead. The Grizzlies didn't die and rallied to cut the lead to 11-9, before Humber head coach Dave Hood had seen enough and called time out. The Hawks regrouped to win 15-9.

The Hawks came back from an early 4-0 deficit to win 15-9, but dropped their first game of the year in the third 14-16.

Michele, who was sick and missed part of the game, said the Hawks didn't play as well as they could have.

"We were scrambling. We weren't playing up to our potential but we were the better team and we found a way to win," said Michele.

Humber needed only one more point for the match, but

the Grizzlies took advantage of the Hawks who were set in the back of the court and dropped in a serve to tie the game.

The Grizzlies opened the fourth game with five unanswered points. The Hawks replied with 15 unanswered points of their own to take the match.

Hood didn't have much to complain about and was pleased with the team's effort.

"We played really well. For a team that was very short, they served and received very well," said Hood. "not to mention that Albina was sick and had the heart to play through it and Tamara (Bennett) played as consistent as usual. I can't get everyone in, but everyone wants to and that's important."

The Hawks are now 3-0 in league games and are ranked sixth in the country. The toughest game of the season should be against the Durham Lords in Oshawa, who are ranked eighth.

"Every team we've played has been tougher and tougher. It shows that we are able to play every game," said Hood.

Alan McDonald

McGregor goes down with ankle injury

by Paul Riley

The Humber Hawks win against Lambton Wednesday, was costly, as they lost star forward Steve McGregor indefinitely to an ankle injury.

McGregor's injury happened in the first two minutes of the game, which Humber won 96-77. Steve went baseline and elevated for an easy ten foot shot, when he came down he landed on the foot of a Lambton player and sprained his ankle. How severe an injury is not clear but Hawks' coach Rick Dilena was not optimistic.

"It's bad, it's real bad...I think he's gone for a while," Dilena said.

This injury happens just when the Hawks are about to enter an especially tough part of their schedule. Their next three games are against Carleton and Ottawa universities and Sheridan College. With McGregor out, Dilena expects other players to raise the level of their games to offset his absence.

"Other teams play through injuries, I think we are going to have to try. We've got (Jason) Daley who's going to have to step up. Mark Kroft stepped up tonight, and O'Neil

is going to have to step up," he said.

In Thursday's game, the Hawks once again came out soft against an inferior team. After the injury other players seemed to think that McGregor would just need his ankle taped up and he would be back. When it was clear that he would not be back this game, the Hawks started to show their depth and talents.

Dwayne Newman was a jolt of energy off the bench who ignited the Hawks offensively and terrorized Lambton defensively. Anytime the Hawks seemed to be letting the inten-

sity subside, Dilena would go to the bench and send Newman in to wreak havoc.

Mark Croft showed his versatility scoring 21 points, both on the break and from various shots from around the perimeter. O'Neil Henry had 15 and Jason Daley had 11.

The Hawks can afford to be without McGregor against the two university teams but they want him to be available against Sheridan, because it's a big game.

If he's not, it will be up to someone else to "step up" for Humber.



THAT HURTS-Hawks' Steve McGregor sprains his ankle after landing on a Lambton opponent's foot.

Hockey at Humber

Extramural team set to start 2nd season

by Rob Campbell and Grace Maala

When it's hot, get chilled with Humber Ice.

No, Humber Ice is not a high priced premium beer, a bar shooter or fancy cocktail, nor is it a therapeutic rub for aching muscles. Humber Ice is the new name of Humber College's North campus extramural ice hockey team.

Jim Bialek, intramural coordinator, said the new name and new sweaters are to give the extramural team an identity in the extramural circuit and disassociate it from the old varsity Hawks.

The North campus team had no nickname or sweaters and Bialek said, "It is a perfect time to give the team an identity. They were using the old varsity team's sweaters and it was time

to replace them."

Extramural ice hockey was organized after the varsity team failed because it was too expensive. Paul Schaefer, who coaches the Ice said losing varsity hockey had a positive effect on the rest of the athletic programs at Humber.

"Losing one program strengthens others. When hockey left it strengthened volleyball and basketball. Look at our basketball team, three-time national champions."

Humber's Lakeshore campus also has an extramural hockey team, the Sharks. The Ice will wear the white San Jose jerseys with their new logo printed on in silver.

The new colors will distinguish the difference between campus recreation and the varsity level, whose colors are burgundy with gold and white trim.

About 50 people tried out for the team, which will carry 17 players—two goalies, six defencemen and nine forwards. Schaefer who calls himself, "the coach/director of player personnel," said picking the team was hard because the talent at both practices was strong.

"There were some very strong hockey players out there. There was a lot of talent to chose from... but the players we chose began to stand out from the rest."

Girls were also welcome to try out Schaefer said, but "there weren't any this year."

Bialek said with six or seven key players returning from last year's team, the Ice will be strong this year. The Ice will play in two non-contact tournaments, Nov. 26 at Sheridan,



New logo for Humber's extramural hockey team, not the latest beer on the market.

Jan. 28 at Seneca and also one full-contact tournament at Conestoga on Feb. 11.

The college will pay for the team's tournament entry fees, practice ice, gas money for car pooling to games and lunch on tournament day.

Just because this isn't a varsity team doesn't mean there aren't strict rules of behaviour said Schaefer. "The players have to be responsible before we take them," he said.

Alcohol consumption on arena property will not be tolerated Schaefer said.

When asked for a prediction, Schaefer said "We should do really well this year. All the players have prior experience with hockey."

On the return of varsity hockey to Humber, Bialek chuckled and said, "for the moment, not likely."

SPORTS SHORTS

(Humber editors' views on happenings in the sporting world)

Gretzky has bad case of foot in mouth disease

by John Tenpenny

I never thought I would hear myself say these four words— "Wayne Gretzky is stupid."

Now before you hang me up by my jockstrap, hear me out. I'm not saying Gretzky suffers from terminal stupidity, more likely just a temporary affliction.

That being said however, Gretzky still blew it with some rather inane comments he made last week regarding his ownership of the Toronto Argonauts.

Gretzky said Toronto fans didn't deserve the CFL. No argument there folks. What came out of his mouth next was probably better left unsaid, no matter how true it rang.

He commented that friends had told him they thought the overflow from football games would help his restaurant. Wayne's retort was, "No, it's the overflow from the restaurant that helps the football team." Pretty witty stuff from the NHL's all-time leading scorer.

Gretzky has made it quite clear that he thinks the Argos should be sold. But, since he only owns 20 per cent of the organization, that decision isn't his to make, it's up to majority owner Bruce McNall, who hasn't publicly expressed any desire to sell the team.

Considering these facts it makes Gretzky's statement even more ludicrous. Basic

common sense tells us if you're trying to sell something you accentuate the positives not the negatives. If you were trying to sell your house would you tell people the roof leaks and expect them to buy it? I think not.

Same thing goes for a football team. You don't criticize the city and make fun of the team and expect to have potential buyers lining up at your door. It's hard enough already to sell a CFL team, even more so when the current owners trash the merchandise.

What Wayne should do is keep his mouth shut and work to improve the team and the situation, then maybe someone will be interested in the Argos. That's what a smart businessman would do. Something tells me that Bruce is going to be giving Wayne a refresher in Business 101.

What is most surprising about the whole thing is that it was Gretzky who made these disparaging remarks—a man who has always prided himself on saying and doing the right thing throughout his career. A man who is known for using his feet to create magic on the ice, not for putting in his mouth. A man who single handedly resurrected hockey in southern California. Of all the people in the NHL, Gretzky should know better.

Let's just hope Gretzky's stupidity isn't chronic.

NHL Afterthoughts: Unwritten rule?

You know why they call them unwritten rules?

Easy, because they're not in the rule book. Because of this fact, these unwritten rules are sometimes re-written. Such has been the case with the understanding amongst players not to hit the other teams' star. For years it was understood that you didn't hit the "big name" players.

In recent days, with a rash of superstars going down — Yzerman, Juneau and LaFontaine, some are saying

everyone is fair game.

John Muckler, coach of the Sabres recalled last week the "good old days" in Edmonton, when the other teams in the league left Gretzky and Kurri alone.

Well John, we've entered a new era — it's called parity. And that includes the players. No one is left "alone" anymore. The only way to decrease injuries is to apply the rules equally to all players.

Injuries are a part of the game, even those of the stars.

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Humber Varsity Home Schedule

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Men's Basketball

Nov. 26 vs. St. Clair 8 p.m.
Dec. 8 vs. Niagara 8 p.m.
Dec. 11 vs. Ottawa University 7 p.m.

Women's Basketball

Nov. 25 vs. Redeemer 6 p.m.

Men's Volleyball

Dec. 1 vs. Sheridan 8 p.m.
Dec. 9 vs. Seneca 8 p.m.

Women's Volleyball

Dec. 9 v. Seneca 6 p.m.

Athlete of the Week



Julie Irving

After missing last year with a knee injury, Julie is progressing quickly leading the Hawks to victory over Durham last week. She was player of the game as well as the team's leading scorer with 21 points.

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Hawks lose twice

*Basketball team no longer undefeated
Team no match for University squads*

by Jason Carroll

The mens' basketball team's perfect 10-0 record came to a halt after dropping a pair of games in the nation's capital on the weekend.

The Hawks travelled to Ottawa for a pair of exhibition games against Ottawa University and Carleton University.

Their streak of consecutive wins ended Saturday night, losing to the Ottawa Gee-Gees 70-61.

The Hawks hit only 21 of 63 shots from the field in the loss and had 22 turnovers. Jason Daley had 12 points in the first half but was forced to leave the game. Mark Croft had 13 and Richard Saunders netted 12 in the loss.

Foul Trouble

The Hawks had 16 fouls to the Gee-Gees nine, but head coach Rick Dilena didn't use that as an excuse.

"I thought the officiating was terrible. I'm not sure we played well enough to win but they didn't help matters," Dilena said.

On Sunday, the Hawks vis-

ited the Carleton Ravens and made an exciting finish but dropped an 81-77 decision.

The Hawks were forced to play without Daley and Steve

"Defensively, we couldn't handle their offence. They had one guy who had 30 points and that was the difference."

-Rick Dilena, Head coach

McGregor, who is second in league scoring with 32 points per game, and had to use the bench more.

Humber found themselves fighting back all game but fell back again once they scored.

The Hawks pulled to within four points with 14 minutes to play, when Gareth Broad scored six points in two minutes. The Hawks tailed off and the Ravens went on a 16-4 run.

With under three minutes to play and the Ravens up

73-62, Saunders nailed a three-pointer to cut the lead to eight.

So close

O'Neil Henry, who finished with 22 points, hit three-three pointers with under a minute which brought the Hawks within one, at 78-77.

The Hawks had a chance for the win, with the ball in the Ravens end but the ball got knocked out of bounds to end the game.

Dilena thought the Hawks should have played the whole game like they did at the end.

"Near the end we were able to press a little bit and force turnovers. When you're desperate, things happen," said Dilena. "Defensively we couldn't handle their offence. They had one guy who had 30 points and that was the difference."

Dilena was happy to see his bench able to come out and give the team a good effort.

"Warrick (Manners) filled in and at times he looked really good and at times he made mistakes but his heart was in it. Saunders gave us a spark too," Dilena said.

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Afterthoughts

No more Celtic ranting for SOTW



Robb M. Stewart

Last Friday's show at the Danforth Music Hall proved it - they may have matured, but they haven't lost their edge.

Vancouver's Spirit Of The West have matured considerably since last year's *Go Figure*. They have moved beyond the Celtic punk sounds of their last four albums to produce *Faithful*, an album technically superior to its predecessors with subtle but stirring lyrics.

But this shift from the authentic preachiness of past albums doesn't mean the band isn't as raucous or has turned a blind eye to the problems they see in Canada.

SOTW's concerts Friday and Saturday showed they still have all the energy they always possessed, all the concern, they simply have gotten older and have taken their audience in new directions.

John Mann, 32, told *The Toronto Star*, "We're no longer 20-year-old party screamers... we felt we'd taken the Celtic punk thing as far as we could. The *Go Figure* album was a peak of sorts and I guess we were disappointed it didn't do better."

"It's been two years since that one and, in many ways, this isn't the same band that recorded *Go Figure*. You can only run and rave so long without noticing the effects are minimal and that, after a while, you fall back on your own music."

"I think it's time Celtic music went back to jamming around the kitchen table, where it came from. It's too trendy and in danger of having its power as an influence diluted."

SOTW have had a marriage and three births since their last album and have toured Canada and the United Kingdom extensively. Along the way they lost the Celtic sound that was their music roots.

Faithful still has the same mix of past albums, hidden beneath other styles and Grammy musicianship.

"Mum's The Word" tells about the mine disaster last year in Yellowknife; "Guildhall Witness" was written in England when the band watched, from their window, a bloody riot that followed a soccer match.

As proof of their maturity, the intensity of these songs were blended with more known drinking songs and past "rant" songs like "Save This House". "Political" ends the album.

The audience was a mix of all ages, with children and teenagers enjoying the songs equally.

Masterpieces

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