



Brazil's martial dancers, p15

January 27, 2000 Vol 28 Issue 16

RECEIVED

See Spot. See Spot Run, p17



DAVID J. WYLIE

Presentation: Rick Embree, Dean of Planning and Development, mingles before an open-house meeting

Rez plagued by obscene phone calls

One female was called at least eight times

BY JENNIFER ZALITACK

Crime Stoppers and 23 Division are investigating several obscene phone calls to students living in residence.

The calls include heavy breathing and obscene statements, such as blunt requests for oral sex.

Michael Kopinak, residence life co-ordinator, first heard about the calls around 10 days ago but says they started after the Christmas holidays.

"Approximately 10 people have complained in the last seven to 10 days, however I know a lot more people than the ones who have called have been receiving them," Kopinak said, adding although the majority of victims were female, males have been harrassed too.

Cory McCay, a residence assistant on R9, says about one-third of the people on her floor have

received obscene phone calls.

"Some students have been receiving these phone calls since October and now it seems they're receiving them all throughout the day," McCay said.

Lisa (not her real name), a public relations certificate student, has also received an obscene phone call.

"I am confident that the caller will definitely get caught"

"Fifteen out of 25 people have received the phone calls, and one girl in particular on this floor has received at least eight phone calls," she said.

Lisa said she feels the caller is a male and always calls alone.

"In my opinion the caller lives in residence, because they know how the system works," said Lisa.

McCay feels the caller is always the same person because the caller always does the same thing, and Lisa adds that the caller tends to

call students back who seem intimidated and don't immediately hang up.

Both Lisa and McCay believe people aren't really scared, but they are definitely annoyed by the phone calls.

"I'm confident that the caller will definitely get caught," Lisa said.

Kopinak and Gary Jeynes, director of Ancillary Services and Public Safety, held a meeting for those who have received the calls, during which participants discussed getting Crime Stoppers and 23 Division involved in investigating the incidents.

Kopinak urges people to hang-up right away and contact him so they can file a report.

"It's important that students report these incidences to resolve the situation," Kopinak said.

If anyone has any information about these incidents, they are asked to call Michael Kopinak at (416) 675-6622 ext. 7301 or call Crime Stoppers at 222-TIPS.

\$400,000 price tag for image makeover

New logo given public viewing, but will not be ready until April

BY PAMELA GOLDFRICHT & DAVID J. WYLIE

Humber's proposed new logo, part of a \$400,000 18-month image makeover for the college, was finally unveiled this week in a series of open-house meetings.

The proposed logo is an encircled H with a swooping slash bridging the two verticals. Just outside the circle, at about two o'clock, is a heavy dot. The symbol was painted eggplant and ochre, a colour scheme causing some debate.

The *Et Cetera* was denied permission to print the logo because at the moment it is classified as "confidential," said Kris Gataveckas, chair of the Marketing Steering Committee. She said the committee does not want the logo "to be perceived in any way as final."

CONFLICT

The committee employed Karo, a Toronto-based branding firm, which has been involved in the process since October. Paul Browning, vice-president and creative executive of Karo, also has a

volunteer position on a School of Media Studies sectoral committee.

Gataveckas said the contract was awarded to Karo as "a way to give back," but denied suggestions of a potential conflict of interest, a position that was reinforced by William Hanna, director of the School of Media Studies.

"There were five or six [firms] that were looked at in the marketing initiative," said Hanna, adding that a number of companies were contacted for an initial assessment of cost, and that Karo was chosen because of its reputation, pricing, and ability to work within the required time limit.

"For 33 years we've had the same logo ... some people think it looks like a knife and fork"

The new identity of the college is under renovation because research done by Karo revealed the public does not view Humber as unique.

"For 33 years we've had the same logo, and some people think it looks like a knife and fork," said Gataveckas.

"Humber's not really perceived to be different than any other college," said Bob Moulton, director of

See *Image*, page 5



DAVID J. WYLIE

Context: Logos from various college departments on display at meeting

FOR REPLY CONTACT

NOT TO BE TAKEN FROM THIS PUBLICATION

Photo Spotlight



"Untitled"

By second-year creative photography student Suzi Stahell

Inadequate funds hurt Health Centre

By MELANIE IRVINE

Humber's Student Health Centre is looking to SAC and the college to help put an end their continuing budget problems.

Marg Anne Jones, the centre's co-ordinator, said she hopes discussions between SAC and the college will result in an increase to the current \$142,000 budget for the Health Centre.

"(Funding) is not adequate, it's short of what I need to run a good Health Centre here," she said. "It's not a huge amount more that we need."

Jones is looking for \$15, 000 in total to alleviate the budget problems for good.

A proposal was made before Christmas by the college to open the Health Centre to outside doctors, making it more like a walk-in clinic, but it was turned down five times.

NO WALK-IN

Judy Harvey, Dean of Student Services, said the walk-in clinic idea was just an option to explore while the Health Centre was having financial difficulties.

"The fact that it's not the option we're going with is not surprising," she said. "Some other institutions are doing it, such as York University and Seneca College. Their administration seems to think they have a good operation that way and it has removed costs from their operating budget."

SAC president Muhammad Virk strongly disagreed with the whole proposal, and said in his opinion, the college was doing this so they wouldn't have to pay any money out of their operating budget.

Currently the Health Centre's budget is split between SAC and the college, with SAC paying \$82,000 and the college paying \$60,000.

IMPORTANT SERVICE

"The centre provides an important service and we don't want to lose it," Virk said.

Both Jones and Virk said that



FILE PHOTO

Virk: discussing ideas with others

talks have yet to take place, so where funding will be coming from is still up in the air.

"Student health is a big part of student success," Jones said.

Virk said that he has some ideas as to how a solution could be found but he was not able to divulge that information before discussing it with other SAC members first.

"It depends on our budget, and how much money we have," he said. "It all depends on our situation."

Harvey said the college and SAC would be looking for ways to increase the Health Centre's revenue.

"We don't have answers yet, but we know there are answers and it's just a matter of discussing them," she said.

Rise in health premiums will increase fees next fall

By MELANIE IRVINE

Humber's Student Activity Fee will increase in September to compensate for rising premiums from the Blue Cross student health plan.

Students will pay \$8.18 into their health plan up from last semester's \$6.64 payment.

SAC president Muhammad Virk said he hopes family coverage interest will increase after having only 28 students sign up their family members last semester.

"More and more students are becoming aware of it and are using it," he said. "We anticipate we will exceed last year's numbers."

Students automatically receive such health care services as drug coverage, accidental death benefits and ambulance coverage.

To sign up family members students must go to the SAC office with their student ID and \$25 for every member they wish to cover. Students also need health cards for each member and Social Insurance Numbers for all members over the age of 16.

CSA business manager Cindy Dragic said the activity fee would not be used to finance coverage for other students' family members.

"Humber students are not responsible to pay for other students' family members," she said.

Dragic said there is no opt-out policy,

meaning every student pays to insure themselves even if they already have their own personal coverage through work or parental plans.

"If people could opt out, the activity fee would be way higher. It's not an option at the price students are already paying," she said.

But SAC vice-president Chuck Decker said the coverage could be better.

Decker said that to increase the amount of services provided under the school coverage, with for example better dental coverage, SAC would have to increase its fee.

"That's why other colleges have such high activity fees," Decker said. "It's going to cost money to get a better plan."



COURTESY PHOTO

Decker: Coverage could be better

etc. etc.

Student paramedics ponder ER crunch

BY CORINNE HESTER

Toronto hospital emergency rooms are a potentially scary place for Humber's paramedic students.

While the students have yet to see first-hand what paramedics experience, they are learning what the emergency room crisis will be like for them.

Bruce Moncrief, a first-year paramedic student said, "it's really scary to think about going to the hospital and you're going to have these people freak out on you because you're bringing in patients they don't want. We're not sure how we'll handle that."

When asked if the students were doing anything to help the situation Moncrief said, "we can't really do anything about it ourselves. We just have to hope it resolves itself."

But Moncrief said he doesn't think the situation will change because it's been going on for so long.

Paramedic professor Lynne Urszenyi hasn't really talked in detail to her students yet, because she feels it doesn't directly affect

them. She says the most important thing is to keep calm.

Right now, the ambulances are often receiving one of two messages when they radio a hospital, a Redirect Consideration (RDC) or a Critical Care Bypass (CCB) message.

RDC means the hospital has no regular beds available, but has monitoring beds. A hospital on RDC can take only critical patients. Critical patients are heart attack sufferers, serious stroke victims and anything else that could lead to immediate death.

A hospital on CCB has beds available for minor incidents only. These include broken bones and abdominal pains. When an ambulance receives a CCB message it isn't even allowed to take patients with non-critical injuries.

CLOSED

"Basically the hospital's closed. That's what it means to paramedics. If you walk in off the street they have to treat you, but we can't take anybody there," Moncrief said when describing a CCB message.

What the students are hearing now is Toronto Ambulance is ignoring RDC and CCB messages. They take the patient to the nearest hospital where the paramedics might have a wait of up to two hours before the patient is taken in. This means wasted

time for paramedics who could be picking up other patients.

The emergency room crisis appears to be escalating, especially with the death of 18-year-old Joshua Fleuelling earlier this month. Fleuelling died of cardiac arrest brought on by a severe asthma attack, and critics have said his death may have been preventable had his ambulance not been rerouted to Markham-Stouffville hospital from Scarborough Grace.

Urszenyi said the crisis has been happening since the 80s, but that there has been a "huge change in the last two or three years."

The paramedic students at Humber are hoping that the government will do something about the situation.

"I'd like to see the government step in and put the money that they had into it and revamp the system again because what they've done is just taken out all the money so they can't open all the beds they used to have," said Moncrief. "People are dying over this."

In some ways this crisis can be seen as good news. For Humber students it might mean jobs when they graduate. Because of the need for paramedics, the hiring rate of is rising. Both students and teachers are hopeful that the paramedic hiring trend will continue and most students will get jobs when they are finished school. Last year only 50 per cent of Humber's paramedic graduates got jobs relating to their field.

Students will get to see what the tension among paramedics and the hospitals is really like when they start their ride-alongs sometime in April.



Closed: Jammed T.O. ERs turning ambulances away



Spam: Unsolicited email a growing concern among the Net community

Net bosses crack down on e-mail spammers

BY JENNIFER McDONNELL

It's happened again. You rush to your computer, anxious to read the latest e-mail from your friend. You open your inbox in anticipation, only to find 15 "Get Rich Quick" messages. Spam.

Spam is unsolicited mass email or junk mail, and it is becoming an increasing problem for Internet surfers.

"It's very irritating," said Kunal Vora, a second-year Industrial Design student. "Once, after I hadn't checked my Hotmail account in a while, Hotmail deleted everything in my inbox because junk mail had taken up too much space."

Though difficult to enforce, most Internet Service Providers have strict regulations against spammers. Humber's online service will be revoked from anyone caught distributing mass junk mail.

"We've had situations before where students have been participating in spamming, and we won't tolerate it," said Bob Botham, director of Humber's Computing and Network Services.

Subscribers to newsgroups also find themselves forced to wade through dozens of commercial advertisements before reading rele-

vant posts.

Last week, subscribers to Rogers@Home paying \$40 per month for the high speed Internet connection, were faced with losing newsgroup service when the @Home domain was threatened with a Usenet death penalty, which is handed down by an informal Internet community of Usenet administrators to ISPs that continue to allow spam to originate from their servers.

@Home narrowly averted the death penalty by drastically reducing the amount of spam emanating from their server before the Jan. 18 deadline.

There are steps you can take to prevent or reduce the inconvenience of unsolicited email.

If you find your Humber account has been spammed, report it to Computing and Network Services.

"We won't tolerate any student or staff member being victimized by spammers," Botham said.

When using free online email service, such as Hotmail or Yahoo, make sure the option allowing news and updates to be forwarded to your account is not selected.

Popular servers like Hotmail have very strict anti-spam policies. Hotmail is currently suing eight spammers for forging their e-mail to appear from the Hotmail.com domain. If you fall victim to unsolicited email, simply forward a copy of the unwanted message to abuse@hotmail.com, and they will promptly delete the offending account.

Many e-mail programs allow you to block junk mail. In Netscape you can create message filters which specify that you only want messages to appear in your inbox if your email address appears in its 'To' or 'CC' fields.

"I block addresses now," said Vora. "Since I've started doing that, my junk mail is now down to two or three messages a week."

Many filters can be downloaded off the Net for free. One of the most popular and frequently updated filters can be found at www.hrweb.org/spambouncer/.

**Do you need a job?
Work Week 2000**

Feb. 7-11 10-2 p.m. daily

NORTH LAKESHORE	Monday				
	Community Service/Arts/Business				
	Where? Lakeshore Cafeteria				
	Tuesday	Wednesday	Thursday	Friday	
	Summer	Manufacturing/ Engineering	Business/ Info Tech	Health/ Leisure	

In the **Student Centre** (You know, that place below the SAC office)

BE PREPARED... VISIT EACH DAY... BRING YOUR RESUME... BUSINESS DRESS

What have you got to lose?

NEED RESUME HELP?

Room A100-North
A120-Lakeshore

etc. etc.

Editorial

New school image doesn't include students

Humber College is looking to change its image and soon you will see the fruit of its labour. A new logo designed to look edgier and more innovative is to be a part of a \$400,000 image makeover.

The old logo was outdated and it's time for a new design. However, if Humber really wants to show it's changed, it would have looked inward for the logo designers rather than outwards.

Upset are the Advertising and Design students who feel they should have been given the chance to submit. Design students at Humber take a course which deals with corporate image and the design of logos.

But the college hired out to a

Toronto advertising and marketing firm at a cost that isn't being disclosed by the administration.

NO BRAINER

The college could have saved money if they held a contest among the design students for the best logo. A contest would have also shown the administration has confidence in their programs.

Or are they just hell bent on throwing money away. If that's the case, they could have purchased more computers or better computer software.

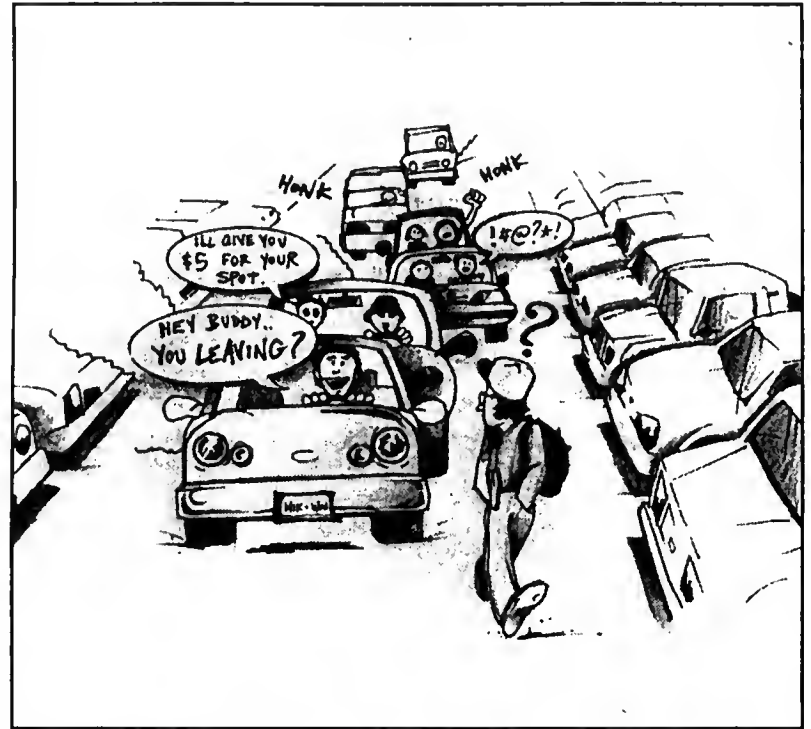
If Humber students are being offered the education the administration is constantly bragging about, this would be a no-brainer.

So what's up?

Are Humber's programs innovative, resourceful and on the cutting edge of technology and up to professional standards, or not?

Kris Gataveckas, vice-president of the Marketing Steering Committee who headed up the logo says they looked at the possibility of getting students involved, but cited continuity problems. The committee said it was concerned with students starting on the project and then leaving the program or jobbing out.

This may be a valid reason for keeping students out of the process, but it seems to us it would have been better to keep it in the family. It's a nicer image.



Letters to the editors

Journalism program hogs the paper

I notice that you have an "ARTS" section for the paper and it seems as though you have totally overlooked putting written works from the students of the college into the newspaper.

I can well imagine that the paper is used as a tool, so to speak, for the journalism students and the like, but I figure a paper for the students should be willing to accept submissions of various articles and writings from other students of the college outside of the certain programs dealing with the newspaper itself. I hope that you will seriously consider my suggestion as I feel

that in order for the "starving writers" of the college, as some might classify us, to get noticed we have to use whatever resources are available to us.

A college newspaper could be seen as a great resource in my honest opinion and as a lot of literary magazines tend to discriminate towards writers they have never heard of, I feel that the newspaper could aid us writers in our arduous venture to become known writers.

Steve Bertrand

When they let us cook for the Humber Room, you'll get to submit your articles.- ed.

Mature students need friends too

I am new to Humber, in my first semester. I have been reading your wonderful paper since I found it lying in the hallway somewhere and I needed to waste some time between classes. (Just kidding)

Actually, I am writing about a specific article, the one on mature students. I am a (gasp) 41-year-

old first semester business student who while not feeling intimidated, feels very out of it.

I was wondering if this terrific school (now that I am mature, I find school terrific) has a club for us old cranks. It would certainly make adjustment easier. Is there any place that you could steer me to?

Wanda Parsons

ture. Why haven't I seen any of you guys in the hall (LOL)?

**Dear old crank,
We prefer to walk in the shadows to avoid unwanted attention. Did you come here to make friends or learn? Now get back to your studies. However, you can contact SAC to find out about the clubs available to students. - ed.**

PS. love the Et Cetera hunks pic-

**Send your comments to:
humberetc@hotmail.com
or come down to the
newsroom located L231**

Columnist lacks good taste

I am writing in response to Arthur Price's opinion piece in the Jan. 13 Et Cetera.

I am sorely offended with the presumptuous overtones and mockery present in the article.

Price demonstrates a lack of research to reinforce his points and a narrow perspective with which the material is presented. Simply because an article is classified as an opinion does not excuse poor writing. His list of Greatest Innovations is a negatively sarcastic display of what is obviously a

Letter of the Week

natural propensity toward gross ineptitude. He implies that our overall society is composed of inarticulate, self-conscious troglodytes.

Price's list of tragedies is debasing mockery of the immensely significant events that are listed. The wars of this century have cost all of humanity dearly, and the Columbine massacre is a grave statement of our times; neither of these issues is to be taken casually under any light.

Price's opinion concerning music only involves the latter half of this century, yet further displaying his lack of knowledge in these areas; moreover illustrating his

total ignorance of this century's premiere art forms.

I understand the inherent controversy associated with opinion articles; however Price's obvious lack of good taste and his academic shortcomings is an insult to any student with a modicum of intelligence.

Most offensive is Price's closing paragraph implying that any individual who would disagree with the views presented not only lacks taste, but intelligence as well. This brand of narrow minded, mocking humour is the hallmark of a social trend which society has long since evolved beyond.

Kevin Cook

	Editor-in-Chief Ross Thomas	Health Editor Susan Iorfida	Online Editors Akua Boakye Elizabeth Trickett	Editorial Advisors Terri Arnott Chris Vernon	The Humber Et Cetera is a publication of the Humber College School of Media Studies: Office L231, 205 Humber College Blvd., Etobicoke, Ont. M9W 5L9. Phone: (416) 675-6622 ext. 4514 Fax: (416) 675-9730 E-mail: humberetc@hotmail.com Please direct all advertising queries to Nancy Larin at (416) 675-5007.
	Managing Editor Jason Engel	Arts Editors Elliott Belkin Elizabeth Trickett	Photo Editor Elizabeth Goncalves	Advertising Nancy Larin Adrian Hayles Allison Turner	
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etc. etc.

Who wants to be a hundredaire?

Humber student wins big after filling out a 20-minute questionnaire

BY DORLY JEAN-LOUIS

Filling out questionnaires for campus research can actually pay off.

Or at least it did for one lucky Humber student. Shara Dodds, a first year Landscaping student at Humber, won \$500 from a contest she didn't even know she had entered.

SURVEY SAYS...

"We were doing some campus research and there was a contest component. If you filled in the questionnaire, you would automatically be entered into a contest," explained Nino D'Avolio, regional

manager of Clegg Campus Marketing.

"So by spending 20 minutes filling out those questions, you get an automatic entry into a \$500 prize."

Dodds, the winner of one of the three \$500 prizes, received her cheque on Jan. 21.

The cheque was presented to her at Caps by D'Avolio, his assistant Sandra Campbell, and Lisa

"I didn't even know there was a prize for this. I fill out anything and everything there is to fill out"

Dawson, SAC executive director of external affairs at Humber.

Clegg Campus Marketing directs its programs and activities mostly towards university and college students. Students may be familiar with the Hostess program.

"That's where we have a table asking students: 'would you like to apply for credit/or subscribe or order a magazine?'," explained D'Avolio. "It's a person-to-person service explaining the benefits of credit."

SHOCKING BUT TRUE

The benefits of these surveys can bring you big money as Dodds, still stunned by her win, found out. Grinning from ear to ear as she accepted her \$500 cheque, Dodds could not suppress her emotions.

"I was very surprised when Sandra Campbell called me. I didn't even know there was supposed to be a prize for this," she said. "I fill out anything and everything, anything there is to fill out."

And the money could not come at a better time for Dodds who intends on spending it wisely.

"I plan to pay some bills ... and give some [money] to the Humane Society" she said.



Ch'Ching: Shara Dodds accepts her cheque from Nino D'Avolio

Don't wait in line, get online

New online book store for post-secondary students headed North

BY LAUREL MIKOLAITS

A new website designed for college and universities to buy textbooks in an easy, fast and cheap manner will soon be available for Canadian students. Ecampus.com, a rapidly growing site started in the U.S. last year, has grown into a hugely successful company specifically designed for students.

Doug Alexandra, vice-president for planning and development at ecampus.com, said his company is currently working on plans to have the site accessible for Canadians.

"We will launch our service sometime this year prior to the fall back-to-school season," Alexandra said.

The virtual bookstore sells new and used textbooks, school supplies and other books in print. Over three million items are accessible through the site and you can also buy merchandise through online auctions.

President and CEO of ecampus.com, Steve Stevens said that the site was designed for students who want to get the materials they need for class as fast as possible with no hassles.

Inside the Web store you can search books by entering the ISBN (International Standard Book Number), title, author or keyword.

Some colleges and universities in the U.S. have an interface with ecampus.com and the student can enter a specific class that they are or will be taking and books and material will be recommended.

BOOK BAG

If the college is listed on the ecampus course listing then you are also able to access your school schedule using a password and the site will list suggested and required materials. Ecampus updates and adds new schools to the database on an on-going basis and Canadian schools will soon be added to the growing list.

As you shop and pick up books on the site they are added to your 'Book Bag.' At any time before you submit your order you are able to delete, change the quantity or change the book to new/used. A total of the purchas-

"We will launch our service [in Canada] sometime this year prior to the fall back-to-school season"

es made is always on display as you shop, as well as the amount that you have saved.

After the student has decided which books to buy, a shipping option must be selected as well as a payment option. All forms of electronic payment are accepted. Once the order is submitted an e-mail message will be sent notifying the buyer of the purchases made, shipping confirmation as well as a number so

you are able to track your purchase.

Ecampus offers several different options and claims to help students save bundles of money. Students can also sell their used textbooks back to the website. The website will send the money for the used books back to the seller via check. The seller may also opt to have the amount debited to their credit card, or the money may be kept within the person's account for future purchases.

"We also plan to continue an aggressive national marketing campaign to brand ecampus.com as the largest and best college bookstore"

If you find ecampus beneficial and become a regular customer, you will be able to enter the site through a permanent account. It will track and customize services for the user.

If confusion or difficulty is encountered, customer service agents are also available for help to assist customers in finding desired materials via a toll-free number on the screen.

The Kentucky-based company was started when 10 people got together and had the shared idea of creating an easy and affordable way for students to purchase texts and supplies online. They began creating the site Jan. 1999 and on July 2, ecampus.com went live with beta version 1.0. Since then the site has experienced enormous success and is growing and expanding.

About \$90 million was raised from private investors to fund the start-up for ecampus.com. Dave Thomas, founder of Wendy's restaurants, was one of the original investors in the site. In Nov. 1999 Thomas became a board member of ecampus.com.

According to the press release, Stevens said that the extra capital would be used to "invest in the technology, improvements, and personnel we believe are necessary ... we also plan to continue an aggressive national marketing campaign to brand ecampus.com as the largest and best college bookstore."

Manager of Humber's bookstore, Mitch Walker, said he does not feel threatened by ecampus.com or any other bookstores. He said that Humber College students have access to their own virtual bookstore at efollet.com where you can order a book and have it "in your hands within 48 hours."

EFOLLET.COM

Walker said many American sites take at least four to six weeks to have your texts delivered, and by then "you would already be a month into your classes."

"Efollet.com was voted No. 1 on-line college bookstore by Yahoo this year. I am not worried ... there are lots of sites out there. I think we are well prepared," Walker said.

For more information on these websites check out www.ecampus.com or send an e-mail at info@ecampus.com.

Until the website becomes available in Canada, Humber students can check out www.efollet.com.

etc. etc.

HISA lends a helping hand

BY LAUREL MIKOLAITIS

Humber's Indian Student Association (HISA) is raising money for an organization called Child Relief and You (CRY). Started in India in '79, CRY was designed to give aid to underprivileged Indian children.

HISA member, Kunal Vora said they are all very excited to start raising money for the less fortunate children of India and will be donating their profits to the group.

"The organization was set up to help the homeless children and help them to be able to go to school," Vora said.

CRY is an independent non-profit organization whose purpose is to give these children the basic rights that every child deserves. CRY focuses on education, health, job training, income generation and community development in India.

Many children in India endure

the hardships of extreme poverty such as living on the streets, working in dangerous conditions or in some cases being sold as sex workers.

Some projects that CRY has been working on are rescue centres for homeless kids, medical services, training workshops and homes for orphaned and abandoned children. CRY also provides classes for Indian adults to teach them about issues such as family planning, alcoholism and AIDS.

HISA urges students to join the Humber club to share and learn about the Indian language and culture.

At the Club Fair held in the student centre last Thursday, HISA members were doing henna tattoos, also known as mehndi, to raise money for CRY.

Henna artist and accounting student, Kiran Briaiah joined the club at the beginning of this year. She said the group is great and

urges anyone interested in India or its way of life to come out and see what it's about.

The club was started three years ago with Indian students in mind, but it is open to anyone.

"It's a good place to make new friends. You should have an interest in Indian culture... but everyone is welcome," Briaiah said.

HISA has organized many events like pool tournaments and the culture show. Many activities are planned for the new semester.

HISA's president, Vik Bhogal said ski trips and movie nights are planned to raise money.

For Valentine's Day HISA will sell rose-a-grams to raise money and raise cultural awareness. Consider buying a rose from HISA and support a worthy cause. Students interested in HISA or any of its activities can call (416) 213-836 for more information or check out the CRY web site at www.wnx.com/~cry/.

CRASH, bang, it's over

BY PAMELA GOLDFRICHT

A great turnout made this year's CRASH week a huge success.

SAC vice-president Chuck Decker said the last couple of months needed for planning and sorting out details were well worth the effort.

"It was a good turnout. I could always hope for more student participation but it was good for only being held during the first couple weeks of school," he said.

Decker said the Edwin concert at Caps attracted one of the biggest student turnouts, with about 370 attending.

"There was a lot of students during last Monday night's concert," Decker said. "I think it was due to the fact that it was at night so more students were able to attend rather than having it during the day."

Approximately \$6,500 was spent to ensure CRASH week was a success. Big crowds came out for the CRASH Pub Night and Karaoke.

Lise Janssen, SAC program coordinator, said the promo booths were very popular with the students. "It was fun, a lot of people showed up," she said. "There were approximately 600 students at the

central booth alone."

Decker said students reacted positively to the magician and clown who performed in the Student Centre.

"These events are not something usually seen at college. It was something to help give the students a break from academics for a while," he said.

Mohanie Seenarine, a first-year Law Clerk student, said she didn't know much about CRASH week because she is new to the college.

"I saw a poster, but didn't know much about what was going on. I would check out the events next semester," she said.

Vish Persaud, a second-year Nursing student, said he enjoyed CRASH week.

"I think it's wonderful. Every semester I participate in it. It gives me a chance to check out what groups and activities are going on around the school," he said.

This year for first time, CRASH was organized by members from Caps, Rez, Athletics and SAC.

"We appreciate any kind of response to the things that SAC does. Any suggestions made can be taken to the SAC office," Janssen said.

Group of Five gets five stars

BY SEANNA MURRAY-NECK

Humber College's culinary Group of Five dazzled their guests with Native Canadian cuisine in one of the culinary labs on Jan. 19.

As part of the Culinary Management program at Humber college, aspiring chefs are required to choose a theme and create their own 'chefs' table' and market their evening for guests.

The first group of five presented their chefs' table of Native cuisine to a full house of 22 guests.

As part of their final mark in the course the group must also create an ambiance related to the theme they've chosen, develop a menu and ensure the cost is as close to \$10 per person as possible. They must also advertise and sell tickets.

The Group of Five consisted of Dorthy Chabot, Melanie Lanno, Danille Dingle, Lise Gauthier and Belinda Opping.

Chabot explained the ambiance and atmosphere were created through lighting and the music of Roby Robertson and Kashtian (a Native band).

"The decorating we pay for ourselves, if we have to pay for it," said Chabot.

The group displayed snow shoes, Native cook books, leaves, and used candle light to set the mood for the Native dinner.

"We are also marked on our explanation of the food. For example we are serving gravlax salmon so I would describe how the Natives would harvest the salmon and the significance of it to them," Chabot said.

SERVICE WITH A SMILE

The seven-course meal was prepared in front of the guests and served by the chefs.

"This is really a time for us to put everything we've learned together and show off our potential, if we have any. It's exciting and nerve racking, it gets your adrenaline pumping," Chabot said.

The group chose Native cuisine partly because Chabot is familiar with the food.

"I grew up in Moose Factory reserve. To me the theme seems simplistic and earthy. It feels homey and natural."

At the end of the evening Chabot sang a Native song for the guests. The guest then were asked to critique the evening and, according to Chabot, they were thrilled. The guests were so thrilled that the group made almost \$50 in tips, which Chabot said, was very unexpected.

Culinary Management students will present a different theme every Wednesday night for the next five weeks. Tickets are \$35 per person and reservations are required.



SEANNA MURRAY-NECK

Gourmet goodies: Culinary management students show their skills

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Eight in the corner

BY GILLIAN GIRODAT

Rack'em up. SAC and the Games Room are looking for pool players to showcase their talent and win some cash while they're at it.

Humber College's Games Room started hosting a bi-weekly pool tournament Jan. 19.

Karina Bekesewycz, SAC services co-ordinator, said tournaments held in the past have been successful, bringing out about 15 to 20 people.

In addition to the pool tournament, the Games Room has also started hosting bi-weekly gironi tournaments.

"That's foosball or table soccer, or whatever other name people have for it," Bekesewycz said.

The first gironi tournament will be held on Jan. 26, and Bekesewycz said the tournaments will continue as long as the interest is there.

If you plan to make some money in the tournaments, you're going to have to spend some. Entrance fees for the pool tournaments are \$5 per person and the gironi tournament



GILLIAN GIRODAT

Nice shot: Students can now take part in Games Room tournaments

will cost \$10 per team. Prize money will depend on the number of people participating.

"But it will be a 100 per cent payout," Bekesewycz said.

The tournaments begin at 2 p.m. every Wednesday and will last until about 3:30.

SAC encourages students interested to come out to join the games.

"We're organizing this tournament so people can maybe make some money doing something they would be doing anyway," she said.

What a bunch of traders

BY STEPHANIE SAWITZ

The School for the Built Environment is a misleading name for one of the most successful Schools at Humber, according to Connie Eggins, the School's office manager.

Humber's 1998 graduate report stated the programs within the school had over an 85 per cent employment rate six months after graduation.

Many students are just confused by the name.

"A lot of people go 'built environment? What's that?'" said Connie Eggins, the School's office manager.

"Most of our programs reflect ways that we manipulate our environment," she explained, "either the landscape portion of it or the building portion."

The School for the Built Environment contains programs like Engineering Technology and Architectural Technology.

Although some of the programs in the school may seem similar to those offered at university level,

Eggins emphasized the benefits of the college courses.

"[College] gives you the hands-on skills, which makes you really employable," Eggins said, "and for immediate employment purposes, college is the place to come."

Certain programs within the school provide the option to take a year of study at a university.

"We do have agreements with various universities," said Eggins. "For instance, some of our civil engineering students could go to Saint Mary's [Nova Scotia] and be given a year's credit towards their diploma."

The school continues to be innovative in their partnership with universities and is currently working on a shared program for the environmental students with an unnamed university.

"It'll be a combined five-year program, and at the end of five years, they [students] come out with a degree and a diploma," said Eggins.

However, the school is not limited to programs surrounding building technology. There are

many diverse programs such as Retail Floristry, Refrigeration Engineering, and Supply Chain Management, a post-diploma program.

Supply Chain Management, Eggins explained, is "about the movement of goods from actual point of production to the finished good on the consumer's table. It's looking at everything involved in that process, and getting a wholistic picture."

Although this may not sound like something typically thought of as a career, people with training in this area are in high demand in the workforce. Eggins said students from the program are 'jobbing out' getting job offers before finishing their diploma, and the employment rate is very high.

She said the school also holds many trades and apprenticeship programs including arborist, electrician and cabinet making.

Eggins said many people don't know a lot about the trades programs, but she emphasized they take great skill, and a good living can be made.

Working it at Work Week 2000

BY DAVE CADEAU

The reason for attending college is to get a good job, right?

Well, Karen Fast and her staff at the Career Centre are making life easy for Humber students with the third annual job fair starting Monday, Feb. 6.

Work Week 2000 will be at the North Campus from Tuesday through Friday in the Student Centre, and promises to be the largest of Humber's job fairs.

"I have never seen as many jobs available as at the fair this year"

This year the fair will run for five days [involving both campuses], with over 30 employers each day offering as many as 100 jobs each.

"Every employer definitely has jobs available," said Fast, the Career Centre co-ordinator. "We're seeing a lot of activity [in the centre], and some of our resumé helpers are reviewing two students simultaneously."

PREPARATION

Students looking for summer

and/or part-time employment should attend the fair on Tuesday

Getting students to attend the fair in the past has not always been an easy task

when employers including Skydome, Deerhurst Resort and Metro housing will be there. Wednesday to Friday the focus will be on students looking to apply their diplomas toward careers.

Fast says that students can prepare for the fair in three ways. One way is to update résumés, an area where the Career Centre can help.

"If students don't have time to update their résumés, they should at least use our business card service. This has been good for students as they at least give the employer some of their basic information. The students should then contact the employer shortly after meeting them," said Fast.

The Career Centre will print 10 business cards for \$1.50, or for free if students provide their own printer sheets.

Another very important method of preparation is to check out the employers Web sites on the

Internet before the fair.

Getting students to attend the fair in the past has not always been an easy task. This year's job information Web site: jobs.ca will give away prizes including a trip to Florida. The Career Centre has also employed the services of Matt Norrish as marketing assistant for both the centre and Work Week 2000.

GREAT OPPORTUNITIES

"Getting the students attention is extremely hard," said Norrish. "We've got some big name employers like Xerox and ING Bank [of Canada] in order to attract the students."

Fast says this is a great opportunity for those who do not have summer employment or grads who have not yet secured their first career-oriented position.

"I have never seen as many jobs available as at the fair this year," said Fast.

The staff at the Career Centre want to help you get one.

The Career Centre is located in room A100 at Humber's North campus, and students looking to get a head start can check out opportunities on line at www.campusworklink.com.

Hats off to Tall Hats

BY BERNICE COUTO

There is a tiny space on our campus that is home to so much great, cheap food that North campus Humber students may never cook again.

Discovering Tall Hats may make it hard to revert to cafeteria food or brown bagging it for the rest of your college career. Just off of the main concourse, you can find anything from smoked salmon to crème brulee. But you won't be alone. If you walk into Tall Hats at lunchtime, you'll probably have to wait your turn to salivate at the cases of fresh gourmet goodies.

Richard Scott, often found behind the counter, runs the show.

"Some of the food is prepared in the labs. The culinary classes run the Humber Dining Room and we get some of their daily specials and other things they had too much of and didn't sell," Scott said.

Food selection varies from day to day.

"[In the second semester] there are more baked goods, for example. There is more production in the second semester because even the second-year students start learning new things in the first semester," he said.

After making a delivery, second-

year culinary students Ben Adams and Kelly Vance explained how Tall Hats works.

"In second semester we make deliveries four times a week," Adams said. "We often get feedback about the food. We get requests to make more of certain items and recommendations of what doesn't sell so well."

Tall Hats is a good experience for everyone involved.

"We get to practice our cooking and then sell it for reasonable prices to the students," she said.

Students who get turned onto the Tall Hats experience often do not turn back. Humber student Mina Mohab is a regular.

"I often buy cakes and pastries to bring home. The quality is good and so is the price. I'm never disappointed," she said.

When asked about the cafeteria, Mohab said she couldn't vouch for the quality or the price of the food.

"I don't go there often. I usually bring something from home but when I don't, I would more often come here," she said.

Should you find the lunch you brought just isn't cutting it, or the cafeteria food is less than desirable, swing by Tall Hats. The food is gourmet and inexpensive, there is something for everyone's palette.

etc. etc.

Lending a helping hand at Humber College

Volunteers are encouraged to use their spare time to help at Gatehouse in Toronto

BY BEN FORBES

Volunteering is hard to do. Being a hero to a little abused child or cleaning a grungy neighborhood park helps shape your community. Everyone has the opportunity to get involved and participate through Humber College and other worthy community organizations.

The Gatehouse, a non-profit organization that opened in June '98, is a place where many Humber staff and students take pride in volunteering. Located on the Lakeshore campus, it's a safe place where children, youths and adults who are victims of abuse can seek counselling and support.

The founder of the Gatehouse, Art Lockhart, is a Justice professor at Humber's Lakeshore campus. He has been heavily

involved in volunteer work for seven years and said if people are willing to volunteer, then the community grows stronger.

"If you bring people together with a clear vision, you can basically work on any issue in a successful fashion," said Lockhart.

Lockhart was also involved in creating the Butterfly Institute, another non-profit group that helps young entrepreneurs from the streets achieve their dreams by supporting them financially through fundraisers.

Rose Kronschnabl, a first-year Humber student, volunteers at the Gatehouse. She's taking Social Services and volunteers to keep busy and meet new people.

Kronschnabl loves volunteering, but she

"There are very few students that can put the time aside to get involved in volunteering"

said volunteers are often taken advantage of and expected to participate more than they can. She says some people expect you to volunteer every week and get angry when you don't show up. Other people don't expect much but a helping hand.

Al Page, an Etobicoke resident who was the initial volunteer chairperson for fundraising at the Gatehouse, said he has never seen volunteers exploited for their skills but he admits it's very hard work.

"If [you] are called on a Saturday to plant some shrubs around the Gatehouse, by the end of the day, you know it's hard work. You look back and

see the results of your labour and you know that it's going to go into a good cause and [help] somebody out. That's what [volunteering] is all about," said Page.

Page is surprised by the small number of student volunteers who help out with the Gatehouse. He said the college staff has been instrumental in bringing the Gatehouse to life but he thought more students would help out since it's right on campus.

But Page said he is not criticizing students who don't participate in volunteer work because he understands most of them have part-time or full-time jobs on top of their schoolwork.

Humber President Robert Gordon said people can only do so much to make the time to volunteer.

STRUGGLING FINANCIALLY

"All our students are struggling financially and need jobs, so they are working at paid jobs 30 hours a week plus going to school," said Gordon.

"Some [colleges] would put in a mandatory requirement that you must do volunteer work, and as I say, that's asking a bit much from people who are already strapped for time and money."

Two first-year Humber students who do make the time to volunteer are Linda Labau and Nuno Pereira. They volunteer through Humber's co-op placements offered through

the school.

Labau and Pereira help elementary and high school students who have been suspended from school. They try to help the kids control their anger so they can learn to walk away from fights in the school yard.

Both students said they have also volunteered at different police departments, as the experience they received will benefit them in their Police Foundations course at Humber.

RESUMÉ

Labau and Pereira said their volunteer work will also look amazing on their resumé when they pursue careers in law enforcement.

"Everybody always has time, and being able to manage that time will make you a better person," said Pereira.

Lockhart has high hopes that volunteerism will increase in the college so students get a sense of the community that they're in. But he doesn't see that happening in the near future.

"Volunteerism can make the college stronger," he said, "but we have a long way to go."



Volunteer: Students are welcomed to help at the Gatehouse



Gatehouse: Art Lockhart (right) Al Page (Left) and volunteer

Collecting small pieces of history

Antique collectors making a way of life

BY ANTON YEWCHYN-PAWCZUK

Most shoppers go to malls to buy new things, but Sherway Gardens is doing something different.

Until January 30, the three-quarter-mile long bazaar will line the mall with pieces of history ranging from old magazines to hand carved Japanese chairs.

David Burns, an antique dealer from Guelph, outlined the differences between antiques and nostalgia.

"If it is over 100 years old, it's an antique. If it's something not too old but something that brings back memories, it is nostalgia," he said.

Burns offered a wide range of nostalgic pieces for sale. He had over 85,000 old car magazines for sale including a small number of old Playboy magazines that were not on display.

PART OF HISTORY

Each item on display tells a story, allowing the buyers to glimpse into a part of history.

Valerie Hammond, who works for Out of the Attic Antiques, placed "did you know" information labels on most of her items.

One piece labeled with a sticker titled "Bridal Basket" told customers the pink glass dish was given to brides at weddings in the 1800s.

Like the unique pieces they collect, the dealers' lifestyles are by no means normal.

Pat George of Treasure Hut in Paris, Ontario outlined his typical day as an antique dealer.

"When I go to my friend's house I stop at antique shops, when I go to the bathroom in the mall I stop at the booths. There is no rest time."

Dealers usually do not purchase their antiques from auctions. To avoid retail prices, the dealers prefer to buy directly from people who are selling their entire estates.

"[Antique items are] not only higher priced but also most of the stuff has been recycled, which means nobody wants it," said George.

Ken Barber of Adam's Antiques explained an old method of purchasing called "picking." The method of "picking" involves driving out of the country and knocking on the doors of old farmhouses to ask if they have antiques to sell.

For most dealers, making a living Old: A proud antique dealer showing off his sales

selling "old stuff" is difficult. "I refinish the old furniture myself and some items take over 20 hours. But you can't count the hours, because it would work out to 50 cents," said Barber.



ANTON YEWCHYN-PAWCZUK

etc. etc.

A world without choice

Star crossed lovers? Some religions have other ideas when it comes to marriage and wedding ceremonies

By MONA PATEL

Are matches always made in heaven or does love sometimes need a helping hand? Should falling in love happen naturally or is true happiness found when families are united by match makers?

Many families from different backgrounds believe arranged marriages are more successful than traditional marriages where the couple find each other and fall in love on their own.

India, Pakistan and several other Asian countries believe arranged marriages.

"The arranged marriage is a contract

"Most unions [are] between individuals from the same background, the arranged marriage reflects, reinforces the social, economic, geographic diversity of India"

between families, not between individuals," said Mr. Malhotra, an Indian professor at York University.

"Most unions [are] between individuals the same background, the arranged marriage

reflects and reinforces the social, economic, geographic and historical diversity of India itself."

Many people disagree with the issue of arranged marriages.

Indian girls and boys today, who live in the western countries, do not like the idea of such marriages because of the society they have grown up with is much different to that of their parents.

"I don't think I'd ever agree to having an arranged marriage for myself, it is not for me at all," said Shalini Agarwal, a second-year student at York University.

"I've been brought up here in Canada, not in India, and I think the people and culture of India are changing, and if that is so, Indian parents living in the western countries should change their outlook and thoughts too."

Several Indian girls living in Canada also say that they can't imagine what would happen if they had an arranged marriage.

Many times the question is asked, 'what if the other partner runs off on you the next day?'

This is very true since many cases of such marriages, either the boy or girl has run away or married into a family living in a western country. However, there are couples who have successful arranged marriages.

Seema Desai entered into an arranged

marriage at the age of 22.

Seven years later she is still living with her husband and has created a beautiful family together.

"It was not love at first sight," said Desai. For her it was marriage then love.

"You grow to love the person and learn new things about the person every day," she said.

Malhotra said a girl is eligible for marriage at 18, and parents get worried if she remains unmarried past 24 or 25.

It is acceptable for a boy to remain unmarried till his late 20s. If any more time passes, people start to question his

desirability as a husband.

The process for arranged marriages in the Hindu religion is more time consuming when trying to find the right match.

There are many steps involved before a marriage will take place.

The man's parents investigate the girl's family and background before initiating the talks between the elders in the families.

They make sure the girl's family is of

the same class, similar language, and religion before they will consider a union.

The brides parents also question the financial status of the groom's family and reputation among the Hindu community.

The girl is a stranger to the family's household

"The parents of both the man and woman begin to communicate directly and a meeting is then set up at the girl's house for the man's family to see the girl," said Mrs. Choudry, a marriage consultant who lives in Toronto.

"The compatibility between the families requires the willingness of the girl to conform to the man's family pattern of living," she said.

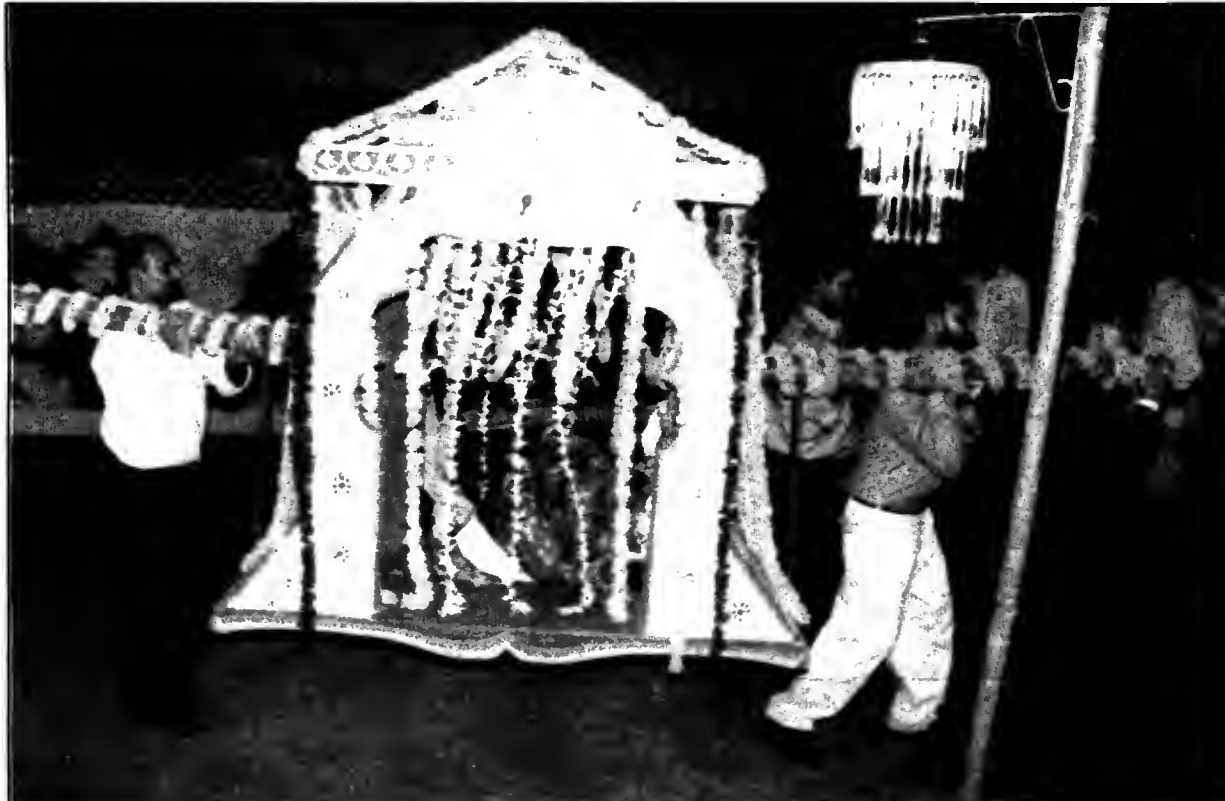
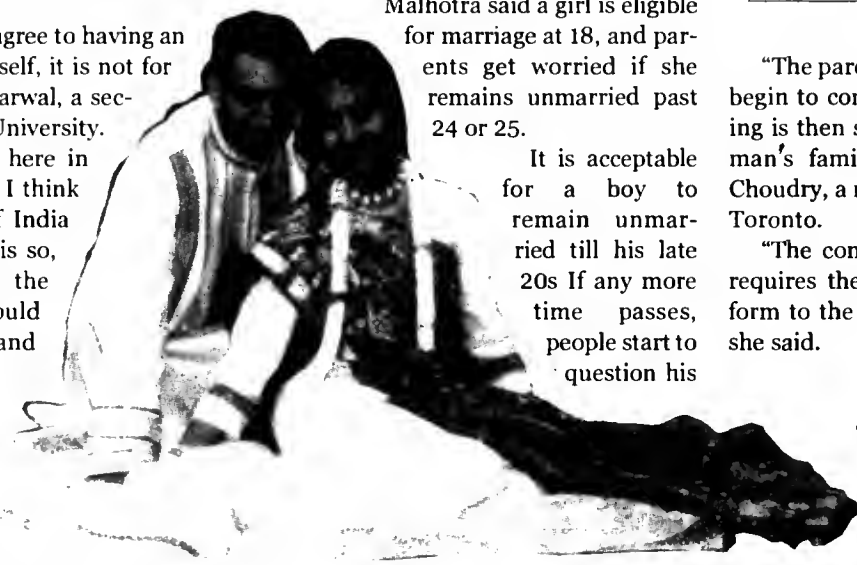
STRANGER

The girl is a stranger to the family's household and has to adopt their ideas, obey the in-laws, said Choudry.

If the families like each other and the man and woman are attracted to one another, the parents will finalize the dates for the engagement, known as Sagai.

Malhotra said the tradition of arranged marriages has been practised for more than 500 years in India.

He said the majority of Indian people still think arranged marriages work and believe that romantic love does not necessarily lead to a good marriage, because it often fails once the passion dissipates.



MONA PATEL

MONA PATEL

Just married: The bride and groom leaving the ceremony and heading off to start a brand new life together

Say I do: A traditional arranged marriage wedding with all the decor

etc. etc.

The sound and fury of Brazil's dance

Capoeira: Brazil's combination of dance, song and movement is considered their secondary sport

By JUAN PABLO DE DOVITIS

When capoeiristas start doing their sweeping kicks, back-flips, and handstands, there is little time to wonder what is the connection between slavery, philosophy, the first Brazilian constitution, and the small Toronto gym where this 'combat' is taking place.

But together these helped create capoeira, a form of dance, martial art, music, poetry and philosophy which the men and women gathered at the McCormick Centre in Toronto are practising.

"Capoeira is Brazil's secondary national sport," says Kirk McFarlane, a capoeirista (capoeira performer) from Mississauga. "But it started in Africa, in places like Angola."

According to Nestor Capoeira, a capoeira

Like karate and kung-fu it developed as an alternative to weapons

mestre (master) who traced back the origins of Capoeira in his *Little Capoeira Book*, this art form was first invented by African slaves brought to work in Brazil. But it was repressed by the Brazilian upper class since it arrived in that country because it taught slaves to fight.

Like karate and kung-fu, it developed as an alternative to weapons, since slaves were not allowed to own any.

The "dance" aspect of capoeira, seen when capoeiristas do the "ginga," a form of dance step to the rhythm of traditional

"Hey, young man, listen to this song;
what seems right is often wrong.
In the road those who know
Always come ready with a smile
That parts their lips, or with an
Expression which is but a riddle."

Capoeira song by Nestor Capoeira (translated)

instruments, developed as a way to conceal the fighting aspects of the art to the slave owners, who did not want their "property" damaged.

Today, capoeira has become one of Brazil's trademarks. From the city of Bahia, in the northwest, it has travelled to many corners of the globe. Capoeiristas have commonly appeared in movies, like *Only the Strong*, and various music videos, like Santanas *Maria, Maria*.

"Music is a very important aspect of capoeira," says Alex Stephens, a York University student born in Brazil. "There are many instruments in

capoeira, like the tambourine, the drums, and the berimbau."

The berimbau is the instrument that controls the rhythm of fighting (or playing) at which capoeiristas perform. In certain places in Africa the young were forbidden to use this bow-like instrument without supervision, because they believed its sound could take their soul.

Capoeira songs, like the ones sung at the McCormick Centre, speak of Afro-Brazilian deities, old capoeira mestres, and everyday life issues. The songs are a way to accompany the music, but they also tell about capoeira philosophy.

In this sense, capoeira does not resemble the Oriental martial art philosophies. This form of self-defense, according to Nestor Capoeira, is part of the "culture of the oppressed".

In capoeira the emphasis is on not being hit, and surprising the opponent with swift kicks. That part of the capoeira philosophy can be explained by

the saying, "I follow the law of Murici: I'm looking out for me." But, capoeira also contains many aspects, which stem from the African Candomblé religion.

Probably the most enticing aspect of this art is the "jogo de capoeira" (game of capoeira).

A group of people, dressed in white pants

"The object of jogo is to have fun. You are not supposed to just beat the other person"

and T-shirts, gather in a circle. Some of them are playing instruments, others are clapping and singing and two players enter the middle of the circle. The dance starts with a sort of elongated dance step, followed by one of an attack by one of the capoeiristas. The attacked player performs a dodging move, and then counterattacks.

The exchange quickens as the berimbau players increase the pace of their music, while the others clap and sing to the beat.

"The object of the jogo is to have fun. You



JUAN PABLO DE DOVITIS

Getting ready: Capoeira dancers pose before starting a workout

are not supposed to just beat the other person," says Mestre Vicente, an instructor at the McCormick Centre. "You are supposed to show off, be smarter than your opponent, but trying different moves."

With the atabaque drums beating and the tambourines accompanying the berimbau, the exchanges reach a frantic pace. Even the entrance into the roda (circle) is supposed to be all about intimidation and showing off. Mestre Vicente enters it doing a back-flip. Others prefer a cart-wheel.

But, in the end, capoeira has to be experienced to be truly understood. Its street-wise philosophy, the collage of Yoruba, Angola and Mina traditions brought from Africa, its poetry and music, as well as the agility and deadly moves of its performers can be easily described.

But the energy that exudes from every capoeirista when a slick kick is thrown, or a dodging move is performed, while the berimbau sets the rhythm, and the other performers sing and clap; that, can't be so easily explained in words.

Contact the McCormick Centre, at (416) 392-0647 for more information.



JUAN PABLO DE DOVITIS

etc. etc.

When it's time to draw the limit

A look at the statistics for drinking and driving in the last year

BY MONA PATEL

Last year, according to MADD (Mothers Against Drunk Driving), 4.5 people were killed per day in alcohol-related accidents.

According to Statistics Canada, more than 100,000 men and women between the ages of 15-45 indulge in drinking more than five times a month.

A recent survey cited on the MADD Web page said that more than 40 per cent of college and university students today engage in binge drinking.

Binge drinking is defined as consuming more than five drinks at one sitting for men and four drinks for females. Many of these students, knowing that they are not fit enough to drive safely after consuming so many drinks, still get behind the wheels.

"Too often it's young people who pay the price; their lives stolen from their families by a stranger in a single drunken, reckless act,"

said Marian Sylvester, a member of MADD in Mississauga.

Peel Regional Police Sergeant Berry Smith, in charge of traffic services, said penalties for drunk drivers are not tough enough.

"More often than not, drunk drivers are treated as petty criminals, handed little more than a slap on the wrist and a warning. If a drunk chooses to get behind the wheel, then the maximum punishment should be forfeiture of the vehicle, nothing less," said Smith.

MADD and ADD (Against Drunk Driving) are two of the major organizations in Canada and internationally, which try to put a stop to drunk driving, support the victims of what they consider this violent crime and prevent underage drinking.

EDUCATIONAL PROGRAMS

They also try to help people by visiting high schools, colleges and universities, and other organizations, providing educational programs and counselling services.

ADD member, Joy Foster said, "drunk driving is on the rise.

"Every year we note that the number of car accidents keep increasing, and this is mostly due to drunk drivers."

Foster said, since last year ADD is together with the Peel and Toronto Police to keep the roads free from drunk drivers.

RIDE (Reduce Impaired Driving Everywhere) is a program conducted every year. In Toronto, a RIDE team consists of a minimum of four constables who set up anywhere in the city and begin stopping cars.

"Too often it's young people who pay the price, thier lives stolen from their families"

Peel Regional Police laid more than four times the number of impaired charges during the '98 RIDE spot-check campaign as they did the previous year.

"Forty-two drunk driving charges were recorded during the holiday season last year compared to the 10 charges recorded in '97," said Peel Police Sergeant Howard Matheson.

In total, 116 alcohol-related charges were laid during the 1998 effort.

Those charges included blowing in excess of legal alcohol limit and refusing to provide breath samples. The number of 12-hour suspensions handed out also rose significantly.

RIDE - Novemeber 25, 99 to January 3, 00		
	1998	1999
Vehicles stopped	77495	97740
Drivers tested	1522	1549
Drivers stopped that had been drinking:	1 in 50	1 in 63
Drivers stopped given licence suspension:	1 in 302	1 in 292
Drivers tested given licence suspension:	1 in 5.9	1 in 4.6
RIDE and general patrol stats for the complete year		
Traffic fatalities involving an impaired driver:	15	16
Serious injury collissions involving an impaired driver:	14	32



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etc. etc.

Canadian Music Week 2000: big acts and big enjoyment

More than 200 bands
will be playing at
more than 25 venues
at this year's CMW

BY NICK JONES

Music industry folk had handshaking and butt kissing down to an art at the Canadian Music Week reception, where they spoke about this year's festivities.

The event promises to be the most important week of the year for Canadian music and even more important for Canadian musicians.

"CMW2000 is an industry event with many different components, including an executive conference, a major trade show and this festival. But the music, of course, is the most important thing," Neil Dixon, head of Canadian Music Week said, "We are completing an exciting, interesting and intriguing collection of showcase and concert events – and there will be plenty of live music, which will feature dozens of great artists."

"We are completing an exciting, interesting and intriguing collection of showcase and concert events"

Two hundred bands have been confirmed to play shows at some 25 venues between March 1 and March 5. A few better-known acts include Choclaire, Coal Chamber, Dunk, Nickelback, Rascaiz, Saukrates, Sloan, Ivana Santilli and Kardinal Offishall.

Although it's the signed acts who will be given the spotlight for the week, it will be good exposure for

the undiscovered acts. Agents and record labels will be looking for the definitive Canadian artist that will bring the world to our snowshoe-covered feet. For people interested in attending this whirlwind of Canadian talent, wristbands will be available at Ticketmaster for \$30 on Jan. 26. The wristband will get you into all club events depending on the capacity of the venue.

Hometown recording artist Kim Stockwood will host this year's Radio Music Awards, designed to honour artists who reached the top of the charts for the first time. The ceremony will take place at noon on March 4 at the Westin Harbour Castle hotel.

Displays will range from new internet technology to World Wrestling Federation Superstars signing autographs

Tal Bachman's hit single *She's So High* is up for three awards while slapstick hip-hoppers Len have the chance to take two home. Music directors, program directors and on-air talent will decide the winners.

Another part of the CMW2000 festivities is the Music Show, which will display over 150 different exhibits. Displays will range from new Internet technology to World Wrestling Federation superstars signing autographs and discussing their new record label. It will take place at the Harbour Castle Convention Centre and admission for the public is \$12 for the day.

Other celebrities making appearances will be singer/songwriter Chrissie Hynde of Pretenders fame and legendary hip-hop mogul Ice-T, who have signed on as keynote speakers.

The nominees are...

Rock

Best new Solo Artist
Tal Bachman- *She's so High*
Edwin- *Trippin'*

Best New Group
By Divine Right- *Come for a Ride*
Nickelback- *Leader of Man*
Serial Joe- *Mistake*

Pop Adult

Best New Solo Artist
Tal Bachman- *She's So High*
Gordie Sampson- *Sorry*
Len- *Steal My Sunshine*

Best New Group
Garrity- *Lately*
Kayle- *A Little Sumthin', Sumthin'*
Len- *Steal My Sunshine*

Country

Best New Group or Solo Artist
Tara Lyn Hart- *Stuff that Matters*
Lace- *I want a Man*
John Landry- *There You Were*

Dance/Urban

Best New Group or Solo Artist
2 Rude- *Thinking' About You*
7N7- *Sexy Thing*
Boomtang Boys- *Squeeze Toy*

Contemporary Hit Radio

Best New Solo Artist
Tal Bachman- *She's So High*
Jully Black- *Rallyin'*
Patria- *Baby Feel My ...*

Best New Group
Len- *Steal My Sunshine*
Prozzak- *Omobolasire*
Sky- *Some Kind of Wonderful*



COURTESY PHOTO

The Eye: Ewan McGregor spys on scantily clad co-star, Ashley Judd

Ewan gives the evil eye

Ewan McGregor and
Ashley Judd star in a
movie about a spy and
the one he loves

BY NICK JONES

The Director of *Eye of the Beholder*, Stephan Elliott describes this story as a tale of two lost souls. That's about as accurate as telling someone to put on sunscreen when re-entering the atmosphere because it gets a little hot.

Elliott's main characters are so far beyond lost they've taken a Japanese bullet train across the state of insanity, through the underground tunnel of dementia, to a place where the surreal thoughts in their heads are projected onto a background we call reality.

Ewan McGregor plays a British intelligence agent that's a little less 007 and a little more 'double oh my god you're crazy'.

THE EYE

His character is simply named the Eye because he tracks people with micro cameras and computers. The Eye has gone a little kooky since his wife took off with his daughter. Throughout the flick he continues to not only speak with, but take advice from an imaginary friend who he believes is his daughter.

On assignment, the Eye is fol-

lowing a mystery lady played by Ashley Judd, who's believed to be blackmailing an important British official's son.

All is well until he lays his peepers on the mystery woman stripping down to her knickers, grabbing a cleaver and turning her blackmail victim into chunks of Limey. But here's the kicker: after she's finished, while standing half-naked and covered in blood she starts crying and calling out for her daddy.

His character is simply named the Eye because he tracks people with micro cameras

The Eye's heart turns to putty when he witnesses the bloody hack job. He forgets all about arresting her and goes right ahead falling in love with her, with a little encouragement from his imaginary friend.

Judd's character, named Joanna Eris, goes on to kill and kill again with the Eye following her every step and helping her elude capture.

The film's highlight definitely has to be Jason Priestley, playing a heroin addict who picks Judd's character up off of the side of the road during a storm. They end up sharing a room where Priestley attacks the little vixen and shoots her up with some smack. His scene lasts all of five minutes, but it's nice to see him playing himself instead of a goody-two shoes in *Tori Spelling's* silicone valley.

The movie is only a Smurf's reach higher than mediocre.

Kaleidoscopes, political writing and CDs



Kaleidoscope

Kelis

BY ELIZABETH TRICKETT

If you like rap and R&B you will probably like this CD. I, on the other hand, don't like rap or R&B

very much, so this wasn't a very good CD. I thought that it would be a more inventive style of rap, but it turned out to be pretty bland.

The only cool part is in the song *Caught Out There*, Kelis sings "I hate you so much right now" which pretty much sums up my opinion of her.



Anomie and Bonhomie

Scritti Politti

BY ELIZABETH TRICKETT

Understanding this CD is as easy as understanding the name of the CD. Why would a British band name themselves the Italian words for political writing? Their music is just as confusing. It is a mix of punk, rap and some techno. I thought it could be cool but the styles were too mixed and I had a hard time listening to it. I think you would turn it off too.

etc. etc.

January 27, 2000

Aboriginal folklore spawns idea for a play – and it's not as tricky as it seems

The Trickster of Third Avenue, written by actor Darrell Dennis

By CATHERINE STANCL

Spending three weeks locked up in an apartment, living on coffee and cigarettes and staying up until the wee hours of the morning doesn't seem conducive to good writing. It was in this environment that Darrell Dennis produced a wonderful piece of theatre.

His first play, *The Trickster of Third Avenue East*, is a comedy-drama revolving around a young native couple. Mary, an aspiring actress, and Roger, a struggling writer, who are trying to make something of their lives after leaving their reservation.

"As an actor I was really tired of a lot of the [stereotypical] Native roles that were being offered in Native theatre"

The trickster, a spirit of aboriginal folklore, appears to them as they sift through their past, deal with the present, and try to imagine the future.

"The relationship is based on a relationship I was involved in. It's an exaggerated autobiography," Dennis said. "Basically it's about choices and choosing what's right for you."

Dennis has been involved in theatre since he was 10 years old. He landed his first professional acting job at 17 playing Brian Potter on the CBC drama *Northwood*. Shortly before his high school graduation, Dennis was cast in his first feature film, *Leaving Normal*, starring Meg Tilly and Christine Lahti.

From there he went on to join the cast of the critically acclaimed series, *The Rez*, playing the role of Frank for two seasons. He left television to return to theatre, getting involved in both acting and writing. He wrote *Trickster* in the fall of 1997 cooped up in his Toronto apartment.

Dennis received an overwhelmingly positive response to his play after submitting it into a Native writing festival. Shortly after Native Earth Performing Arts, Canada's longest running Native theatre company, requested the rights to produce it.

The actor/playwright said that one of the incentives for this play was to create something different for Native theatre.

"As an actor I was really tired of a lot of the [stereotypical] Native roles that were being offered in the Native theatre I was seeing. So I started writing something that I'd want to be in," Dennis said.

Two-time Gemini award winner Michelle St. John gives a very strong and moving performance as Mary. She said that her character strays far from the native female stereotype of weak and submissive. St. John's character has a strength that normally isn't found in the

roles she has done before.

"In the course of the play Mary finds her strength. I felt really lucky to be able to portray Native women that way."

Roger, solidly portrayed by Ryan Black, agreed that his own role was far from typical.

"Roger is very much an urban Indian. He removed himself from his heritage, which you get very seldom [in these roles]," Black said. "He's also well-spoken...and very edgy which you can't find in the roles very often."

Dennis said he is very pleased with how the play has been translated from paper to the stage.

"In the course of the play Mary finds her strength. I felt really lucky to be able to portray Native women that way"

"It's looking a lot like I had imagined. I mean there are some changes, there are some things the director has done that I never thought of," he said.

Director Diane Roberts said after reading the script she was immediately interested in getting involved and has enjoyed the process of bringing it to the stage.

"It's been wonderful working with the actors on the text because it comes off as a light comedy with tragic moments within it. You feel like there isn't very much depth at first, but then as you go through it you realize that the characters go through quite a difficult journey."

Roberts chose directing because

she loves to oversee all aspects of production, from working with the actors, to the design. This way she can truly picture the end result.

"I really like to envision something," she said. "I love translating words on the page on to the stage and being able to see what the three-dimensional representation does."

One of the most challenging aspects of the play Roberts had to deal with was creating the magical trickster.

Played by Billy Merasty, the trickster appears throughout the play as a transvestite, a normal looking "consultant," and a bizarre guy in red spandex and wild hair. This mischievous figure of Native folklore can take any shape or form and makes changes in people's lives.

"Some could have a coyote, some have a raven for a trickster. It's all in the imagination and fits with the person somehow," explained Merasty. "It is a shape-shifter, and it is similar as human beings because we don't stay as one person."

And although the trickster is a mythical figure in human form, the audience still gets a sense of the supernatural through the solid writing, Roberts's use of effects, and Merasty's excellent acting.

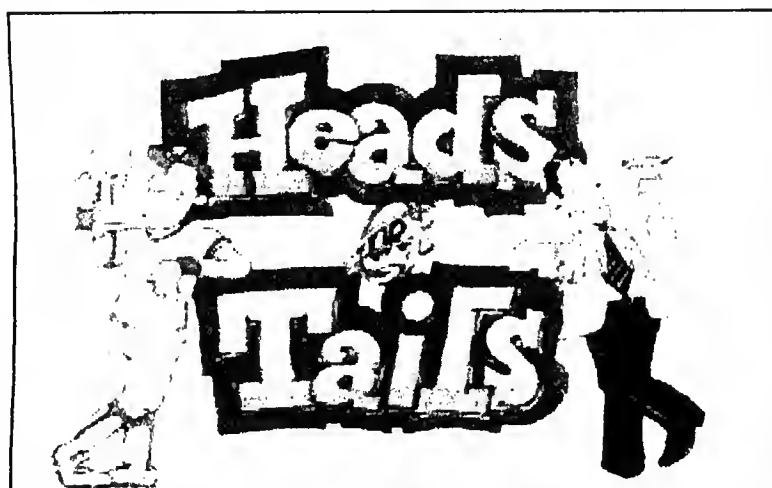
Overall, Darrell Dennis has created a wonderfully fresh piece of theatre with highly talented young actors.

The Trickster of Third Avenue East is playing at the Poor Alex Theatre until Feb. 12. For tickets and more information call Native Earth Performing Arts Inc. at 531-4525.



COURTESY PHOTO

Trickster: Michelle St. John [Mary], Billy Merasty [The Trickster], and Ryan Black [Roger] star in *The Trickster*



Fri. Jan 28
Weekend Pass
Top 40 Rock &
Blues

Sat. Jan 29
Desparado
The Tribute to
The Eagles

Sun. Jan 30
SUPERBOWL MADNESS
upstairs: Chuck Jackson &
The All-Stars
downstairs: Superbowl Party
Big Screen-Big Sound
Great Prizes



847 Brownsline (Evans & 427) Etobicoke
(416) 253-0037 FAX (416) 253-1855

etc. etc.

Is the high protein diet just another quick fix?

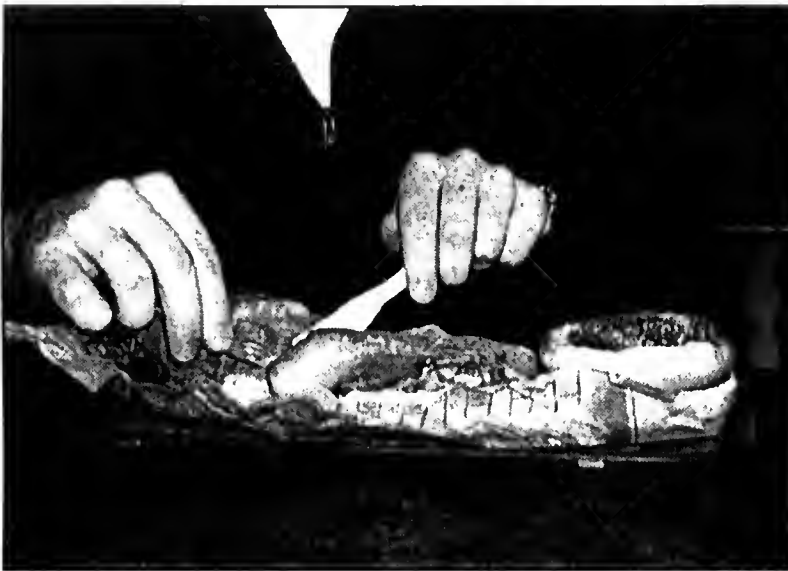
By DAVE ELLA

The high protein diet seems to be next in line as the diet of the moment.

What was thought akin to Hollywood health freaks is penetrating the mainstream-looking good is in. People are trying everything to lose weight and be healthy—but sometimes they forgo the healthy part.

The protein diet seems to have

"When you are on a high protein diet you create too much bile and with that comes kidney problems."



DAVE ELLA

Long term effects: eliminating fruits and veggies can be damaging

started with the Dr Atkins book series.

The diet's main philosophy is to consume more protein while at the same time eliminating certain foods, particularly processed carbohydrates (which according to Atkins make up over 50 per cent of many people's diets).

High sugar foods, breads, pastas, cereal, and starchy vegetables are also banned.

According to these guidelines,

you can control insulin levels in your system, which Atkins says controls your body weight.

By maintaining this balance of protein, carbohydrates and sugar, you can eat just about anything, even steak three times a day, if you want.

Adrian Tapley, a third-year history student at Brock University, has been practising a toned-down Atkins diet for over a year.

"Atkins goes a little overboard, but I do follow it to a certain extent," said Tapley.

Tapley doesn't scarf down a cheeseburger every meal, but he does avoid certain foods.

"I don't eat pasta, rice, junk food, or white bread just whole grain," Tapley said. "If I can limit my carbs and keep protein at a good level I can lose weight, or maintain it."

Basically, if you saw Tapley in

a McDonald's he would be eating a Big Mac without the bun. He lost about two pounds a week in the first few months of the diet and has since kept it off.

Critics warn of the many side

"There is not enough balance. Any fad diet is a fad diet, it does not work."

effects that have been known to accompany a high protein diet such as bad breath, constipation, nausea, irritability, or lightheadedness.

But according to Shaine Kanji-Lalani, director of Healthy Lifestyles at the Eaton Centre, there can be some serious setbacks.

"When you are on a high protein diet, you create too much bile, and with that comes kidney problems, along with other worries such as kidney stones and osteoporosis," said Kanji-Lalani, adding that there is not enough balance [with fad diets].

"Any fad diet is a fad diet, it does not work," said Kanji-Lalani.

Most weight loss clinics rely on a nutritionally balanced system.

Some people need different foods for different reasons, so that's why places such as Body Science Weight Loss Centres set unique diets for every customer.

Owner Anthony Anichini says that the elimination of certain foods just doesn't work.

"If somebody comes in and says I just love sweets, then the nutritionist might put sweets in that person's diet," said Anichini.

Anichini says that by following a balanced diet, and controlling your calorie input and output, an ideal weight can be achieved.

Tapley thinks he has the magic solution he doesn't eat seven eggs a day but he does take in the diet's ideal 30 grams of protein a meal.

"I drink protein shakes three to four times a day it definitely beats a pound of bacon for breakfast."

Even so, until conclusive scientific research says otherwise, it is unknown if a high protein diet is safe.

Informercial diet pills may not be entirely safe

By ERIN HENDERSON

The lure of taking a diet pill such as the "fat trapper" to achieve a butt you can bounce a quarter off is sometimes so overwhelming that normally rational, intelligent people willingly suspend their disbelief, and put all their faith into the nameless infomercial guru on television.

However nutritionists, pharmacists and fitness professionals all warn of the dangers associated with this type of product.

For those in search of a lean, sleek body, there's one sure answer for you. Turn off the infomercials, get your butt off the couch, and go to the gym. That's how you do it.

"There is no magic bullet," said Caroline Klemens, a nutritionist at Nutrition in Motion in Toronto. "Nobody can expect results without putting some effort into it, and effort isn't taking a pill."

According to Susan Halasi, a drug information pharmacist with the Drug and Research Centre in Toronto, fat loss aids available without a prescription aren't recog-

nized by Health Canada. They are sold as "supplements," so they technically can be produced by just about anyone with access to a kitchen.

Health Canada also won't review them until a complaint about the product is made.

Dr. Paul Roufail is a manager for Clinical Group Two, an area of Health Canada that is involved with anti-obesity research.

"For fat absorption Xenical is the only one (drug) that we've cleared," Roufail said.

"Nobody can expect results without putting some effort into it, and effort isn't taking a pill."

Xenical is a prescription drug that is given to severely obese people whose weight poses significant health concerns. Once Xenical is prescribed to a patient, doctors recommend exercise and place the patient on a diet that is low in fat.

The side effects of Xenical are

not pleasant, and involve urgent bowel movements to oily bowel

"They claim these products are safe but we don't know."

movements.

As for weight-loss supplements sold over the counter, the side-effects are not clear.

"They haven't been systematically studied. They haven't been studied in a scientific manner, using scientific method," said Halasi. "They claim these products are safe, but we don't know."

Halasi said some products claiming to block fat use chitosan, a product derived from crushed shellfish.

The chitosan enters the system as indigestible fibre and attaches itself to fats before they can be digested. The entire mass passes through the system unabsorbed, and is eliminated from the body.

It's suggested that chitosan has positively-charged ions which help attract the negatively-charged ions of lipids, fats, and



ARCHIVE PHOTO

Popping pills: not the smart thing to do if you are trying to lose weight

bile acids.

People who are allergic to shellfish should beware because it contains shellfish.

"I don't think that's great if you have any allergies, because you don't know how you're going to react," said Halasi.

Long-term effects are still unknown because there are no studies to ensure the safety of these supplements.

"When we're dealing with ethi-

cal drugs, we can see longitudinal studies with mice or other animals that researchers deem would be a suitable alternative to using humans," said Halasi.

Experts do agree that the best way to take off unwanted fat is to eat a balanced diet and exercise.

"Nobody likes to hear this comment [but] it's honestly common sense and realistic life changes that adapt activity," said Klemens.

etc. etc.

Students try to butt out for Weedless Wednesday

By TANIA DUARTE



Don't dump it : a full ashtray will make you realize how many you've had

Humber students who smoke were taught a thing or two about what they're doing to their bodies on Wednesday.

January 19 was National Non-smoking Day and Humber College showed its support by having its own Weedless Wednesday. The Canadian Cancer Society and Humber health services set up booths to attract students hurrying to Caps for a cigarette.

"Smoking causes lung cancer, the statistics are there," says Marg Anne Jones, co-ordinator of the health center.

"Women historically didn't get lung cancer, men did. Since women have been smoking the statistics of lung cancer in women have equated that of in men. It causes cardiovascular disease.

"It causes the arteries and veins in the far reaches of the body to get smaller. It affects the heart and now they're realizing that it contributes to impotence," said Jones.

There are more than 4,000 chemicals in cigarette smoke. Fifty of these chemicals are known to cause cancer. Some of these include Acetone (paint stripper), DDT (insecticide); arsenic (rat poison); formaldehyde (embalming fluid),

and vinyl chloride (PVC). Besides cancer, smoking can cause heart disease, stroke, respiratory diseases and adverse effects in pregnancy, but people are still smoking.

"I go to the pub and have a beer and it's not right without a smoke," says Nick Kuzoff, first-year horticulture student.

Though men have historically been the smokers in society, women have now surpassed men in this addiction. According to the Heart and Stroke Foundation, 42 women a day or 15,000 women a year will die because of problems connected to

smoking. This is particularly frightening when 30 per cent of teenage girls, ages 15 to 19 years of age, are smoking. By the time they reach their 20's two out of five young women smoke.

"I started smoking at 15. You think you can quit but later you realize you can't," says Kate Luczak, first-year accounting student.

As well as the other effects of smoking, women have their own set of problems which they must deal with.

"Smoking ages women. If you

look at two women of 50, one who has smoked and one who hasn't, there is quite a difference in how old they look. The smoker has a lot of facial wrinkles.

"It correlates with cancer of the cervix. It's more common in women who smoke. Also, women who smoke and are on the birth control pill are at increased risk of venous blood clots which can lead to stroke," said Jones.

Health experts, like Jones, say that the most logical thing for smokers to do is quit, but it isn't always that easy. "Once, I tried to quit smoking. My boyfriend doesn't smoke and he made me quit, but it didn't work," says Agnes Galkowska, first-year accounting student.

"I started because everyone at work was smoking. Smoke breaks can cut back on two hours of a working day," says Ryan Milani, first-year horticulture student.

For those students who are not ready to quit or for those who have tried and failed, Bob Partington, a volunteer with the Canadian Cancer Society has some advice.

"There's only one thing that will make you quit and that's will power... and if you can survive for a month or so then you probably have got it made."

TIPS TO QUIT SMOKING

1. Drink water - drinking water with crushed ice is a great way to flush nicotine out of the body and ease cravings.
2. Deep breathing - take ten deep breaths and hold the last one while lighting a match. Breathe out slowly and blow out the flame. Do this instead of lighting up.
3. Delay - each day delay smoking your first cigarette for an hour. After you have your first cigarette, and you have a craving wait 15 to 30 minutes to smoke.
4. Do something different - get out of a situation that makes you want to smoke.
5. Exercise - physical activity will make you feel how well your body functions without the cigarettes.
6. List - make a list of all the reasons why you want to quit. Every night before you go to sleep repeat one over and over 10 times.

Source: The Lung Association

How to protect your lips from the cold weather

By Nikki Carswell

If your skin is feeling just as dry as the cold weather, then most likely your lips are also suffering.

Pharmacist Diane Alavie, at Medimart Pharmacy, said that the dry, cold winter weather is the main cause of chapped lips. A cold or the flu can also be a factor.

Alavie recommends keeping your lips moisturized with some type of chapstick or moisturizer and drink plenty of fluids.

Alavie suggested using Vaseline to prevent the lips from becoming dry and chapped. But once the lips have chapped she recommends using Blistex for healing. "The simpler the better," she said.

There is really no difference in a chapstick and Blistex. There are a combination of mineral oils, Vaseline and Allantion which helps to sooth and heal it faster. Others may have a water repellent to seal the moisture in the lips. Both more or less have the same ingredients. The key factor is to use them continuously.

When choosing a chapstick, Alavie said look for something with SPF if you're outside often or with Vitamin E. "[Vitamin E] heals the

problem faster," she said.

Alavie also said that wearing lipsticks can irritate lips especially if the problem is severe.

"If they're mildly chapped that's fine but if they're severely chapped it's going to make them worse."

Some lipsticks advertise that they hold moisture in the lips while you wear them. Alavie said that while they might protect them a little, the other chemicals they add to the lipstick for colour stay, will make them worse.

While there are prescription medicines for chapped lips, Alavie said that in most cases they aren't needed.

"Essentially if you keep your lips moisturized you're not going to run into severe problems where you need medications or a special type of chapstick."

Emma Milosavljevic, a cosmetician at Shoppers Drug Mart, said she sees more customers in the winter with chapped lips.

"We have customers who have problems all year round [who] just have sensitive lips," she said. "Some people just naturally have dry lips."

Like Alavie, Milosavljevic said lipsticks, especially the long-lasting

ones, tend to dry your lips out. She said that it is the wax in lipsticks and chapstick that do the damage.

"With lipstick and chapstick [people] keep reapplying because it dries [their] lips."

If you are going to wear a lipstick she said to put on some type of moisturizer before applying the lipstick.

She recommends using lip creams like Elizabeth Arden, Vichy, Biotherm and Roc. These companies make creams that can be worn day and night as a preventer, healer or as ordinary lip-gloss. Milosavljevic said some people like to wear it on their lips to help with the fine lines around their lips.

These products range in price from \$10 to \$20.

The other problem that seems to affect the lips more in the winter is cold sores. The common cold, flu or fever can also bring on cold sores.

Pharmacist Janet Shore said the herpes simplex virus causes cold sores. This is the same virus that causes chicken pox. While some people may get more cold sores in the winter, Shore said they are very patient oriented. Cold sores are

different from person to person.

Some people may get it from the sun while others get it from colds. According to Shore, low resistance is also a factor. "When your resistance goes down they are more open to break out and that can happen any time."

"With lipstick and chapstick [people] keep reapplying because it dries [their] lips."

Shore said that some people get cold sores and others don't because we all have an area that is weak when we get sick.

"It's just one of those things. Everyone has an area of low resistance. If you're prone to cold sores that's what you'll get, but if you've never had them you usually don't break out."

Shore recommends both over the counter medication like Lipactin and prescription medications like Zovirax but says prescriptions are more effective. Zovirax is an ointment that has an antiviral chemical called Acyclovir that kills the virus.

People who are prone to cold

sores should consult their doctor.

Like chapped lips, lipstick is not a good idea to wear over a cold sore. The lipstick can become contaminated and it can cause irritation to the sore.

While you can't prevent cold sores, she said when you start to get the "tingly sensation" that one is surfacing, you can put a prescription medication on it. "That will decrease the severity and the length of time you have the lesion."

Most cold sores last from 10 days to two weeks.

Brenda Anderson, a pharmacist at Aurora's Medical Centre Pharmacy, agreed with Shore. What brings out a cold sore varies. She said "it's often brought on by stress [and] when the body's not healthy."

Anderson said that could mean not getting enough sleep or a bad diet. "Any of those things can cause the virus to activate and cause the cold sore."

Like Shore, Anderson also said that once a person has had a cold sore they become prone to them.

"Once you've got the virus in your system then you're always going to be susceptible to getting them."

etc. etc.



SPORTS



Men's basketball team soars again, p25

Women's volleyball still perfect , p24



PAUL FERGUSON

Airborne: Humber's West Division leading men's volleyball team literally took to the air last week in a captivating match and remain undefeated at home this season

Men's V-ball team goes 3-0 for week

Beats Mohawk to start the week then sweeps two matches against Boréal and Cambrian

BY PAUL FERGUSON

The men's volleyball team experienced perfection this past week as they easily won three straight match's against Mohawk, Boréal and Cambrian.

The week started off Jan. 19 against Mohawk, as the team travelled to Brantford to try and conquer the Mountaineers. The Mohawk players put up a good fight but could do little to shoot down the highflying Hawks as they took three straight

sets 25-10, 29-27 and 30-28.

The team was led by an excellent setting performance from Derek Young and a strong offensive game by Dan Salomons.

The Hawk's second game of the week took place at home as the Boréal Viperes travelled to Humber on Friday night. The lowly Viperes didn't come with much sting as they were thoroughly beaten by the Hawks 25-14, 25-13 and 25-18.

Unfortunately for the Viperes, this game marked the return of all-star Matt Tim after missing two weeks due to injury. It took Tim about a set to get back in the swing of things but he began to heat up in the second and third sets with stellar blocking and hitting. He was pleased with the team's effort and

his return to play.

"I felt pretty good and everyone was communicating pretty well. We have been picking it up ever since our loss three games ago but that's in the past now and I think we are

"Cambrian is a great team, we executed well, I don't think we lulled one bit, we took it to them the whole game "

ready to get on with it," said Tim.

Saturday afternoon was supposed to be Humber's first real challenge since the Christmas break as the Cambrian Golden Shield and the Hawks squared off in an afternoon tilt.

But the much-anticipated match up did not live up to expectations, as the Hawks had their best performance in two weeks.

Cambrian coach James Schwyer felt his team was not up for the challenge as they lost 25-14, 25-18, and 25-18.

"I thought Humber played well on their side of the court. We just really didn't give them a game, we played poorly. Everyone on our team made a couple of errors and Humber played with a lot more desire and defence," said Schwyer.

On the flip side, Humber head coach Wayne Wilkins was able to assemble his No. 1 unit for the first time and was extremely pleased with his team's effort.

"If we can stay healthy and con-

tinue to work hard they're going to be on fire," said Wilkins.

Humber's attack was lead by Matt Tim who tallied 15 kills. Game MVP Carter Wall also had a strong performance with seven kills and three blocks.

Setter Derek Young also played a key role in the victory as his leadership and countless precise sets proved to be too much for the Golden Shield players to fend off.

EXECUTED WELL

"Cambrian is a great team and I think we executed well and I don't think we lulled one bit, we took it to them the whole game," said Young.

Humber will travel to Welland to take on Niagara College on Friday in a West division matchup.

etc. etc.

Hawks maul the Grizzlies

Women win in a walk
and enjoy the view
from the top

BY SUSAN WILSON

Humber's women's basketball team left Georgian College whimpering for mercy on Jan. 19, laying a 93-42 spanking on the Grizzlies.

Right from the opening tip-off, the Hawks pressured the Grizzlies at both ends of the court, leaving Georgian shaking their heads in frustration.

The Hawks tried to put the game out of reach early, opening up a 15-2 lead thanks to several forced turnovers and accurate shooting.

But just as Humber was starting to look invincible the momentum began to shift. With the score 29-10 midway through the first half Georgian capitalized on some sloppy Humber defence to go on a 10-0 run and pull within nine points.

The score at the half was 43-32 in favour of the Hawks, and Georgian had every reason to believe they were still very much in the game, only trailing by 11 points. But whatever head coach Jim Henderson said at halftime seemed to spark his troops. The players came out with a vengeance on defence, allowing the Grizzlies to



The chase: A Hawk forward leads her team down the court while keeping the opposition defenders at bay during a recent game at the North Campus

score a meager 10 points in the second half.

“Coach gave us a talk at halftime and I think we rose to the challenge”

“It was almost two different games in each half. But we played awesome defence in the second half which increased our offence,” said Henderson.

Coach Henderson couldn't have said it any better. In the second half

their pressure defence led to countless fast break points and easy baskets and the rout was on. The Hawk's poured in an inspiring 50 points in the second half alone.

The Hawks were led by guard Beth Latendresse who scored a game high 30 points, followed by Tara Lee Reddick who scored 17 points of her own.

“We forced a lot of turnovers but we had a bit of a lapse in the first half, and I think we redeemed ourselves in the second half and played a lot better,” said Latendresse, who thought the overall performance of

the team was good.

Leading the way for the Grizzlies was forward Krissy Kort with 12 points. Kort felt her team made a lot of mistakes but she believes they were simply beaten by a much better team.

“Humber played a good game tonight and they pressured us into making a lot of mistakes which is what good teams usually do,” she said.

PLAYER OF THE GAME

Reddick agreed with Latendresse about the difference in the

team's performance from the first half to the second half.

“Coach gave us a talk at halftime and I think we rose to the challenge and picked up our intensity on defence, and overall it was a good win for us,” she said.

The player of the game for Humber was Filomena Aprile, who scored 12 points and had several unselfish assists throughout the game. The Hawks improved their record to 9-1 and hope to build on this victory as they hit the road for two games, including a visit to Durham College on Jan. 28.

Humber puts the boots to alumni

But get shutout by
York U in final of
Admiral 2000 tourney

BY FRANK MONACO

Dusting off their soccer boots, the Humber Hawks men's soccer team finished in second place at their first indoor tournament, the 2000 Admiral Cup, January 22.

The round robin tournament, hosted by York University, had participants from both the college and University levels.

In their first game, Humber took on Ryerson. They played extremely well, showing no signs of rust. They allowed only one shot on goal and walked away with a 3-0 victory. Scoring for the Hawks were striker, Nathaniel Singleton, defender, Jason Mesa and rookie mid-fielder, Mehmed Mehmedoglu.



It's mine: A present Humber Hawk battles a Hawk from the alumni team

Mehmedoglu recently joined the Hawks for the indoor season. He is a 20 year old, first year business administration student at the Lakeshore campus.

Although he was nervous, he played with poise and notched the game-winning goal.

“It felt really good. It got some of the butterflies out,” he said.

The York Alumni was the next team to challenge Humber. Midfielder, Brendon Harris showed his heart when he ran to the bench and hugged head coach, Germain Sanchez after he opened the scoring on his first shift. The game became anything but a challenge as Humber controlled the game and prevailed 5-1. Singleton, midfielder Luigi Landauro, Mehmedoglu and Mesa had the other goals for the Hawks.

The last game of the round robin was played against Brock University. It proved to be the

Hawk's toughest match of the round robin, a 1-1 draw with Mesa tallying the lone goal for Humber.

During the tournament's seven-year history, a Humber and York team have been in the finals every

“The quality of our shots was not that great. We made the other goalie look good”

year except one. This tournament would follow that trend.

Irony filled the semi-final as the Humber squad advanced to play against the Humber Alumni. In the other semi-final game York University competed against their Alumni.

Jesse Calabro, the OCAA's leading scorer last season, was with the Humber Alumni after finishing his four-year eligibility last semester.

See Soccer, page 24

etc. etc.

Soccer

Continued from page 23

"It would have been nicer [to have a] Humber-Humber final," he said.

The York Alumni squeaked passed York in the first semi-final game 2-1 and waited for the winner of the Humber semi-final.

The Hawks emerged victorious over the Humber veterans, 2-0. Once again, Jason Mesa scored, while captain Jeff Tait had the other marker. They had all of a five minute break before they had to suit up again and face the York Alumni in the final match.

"We were kind of excited that we were playing them in the finals. It was pay back. We did what we had to do"

The final was a brilliant display of indoor soccer with quick passes and exciting plays. Humber nearly opened the scoring when Singleton made a great deke by a York Alumni defender and then feathering a pass to a wide open Mehmedoglu. The rookie tried to walk the ball into the wide open net when the desperate keeper sprawled out managing to touch the ball just out of harms way.

The scoring opened when York Alumni forward, William Giummarra took on two Humber defenders and made a perfect shot past keeper, Mike Silva.

The rest of the game saw several Hawk scoring chances, with the majority of the game in the Alumni

zone.

With just under two minutes left, Silva left his net and went to the sidelines for an extra attacker. At the same time Giummarra lobbed a high volley over the Hawk defence and into the empty net to seal a 2-0 win and 2000 Admiral Cup championship.

"It was a very good game. We had many chances. The quality of our shots was not that great. We made the other goalie look good. We were shooting too much from the outside. It's just one [25 minute] period, you can't even talk to your team that much. It was a very close game," Sanchez said.

The tournament's most valuable player was York Alumni's William Giummarra.

TOURNAMENT ALL-STAR

Giummarra, who plays professional indoor soccer in the United States, praised the Humber team and their efforts in the tournament.

"They have a good work ethic. Humber usually has individual players. This team is very well balanced. Tough kids," he said.

As for winning after his team had been beaten 5-1, Giummarra explained, "We were kind of excited that we were playing them in the finals. It was pay back. We did what we had to do and we came out on top."

Humber's Jason Mesa was picked as second tournament all-star.

"It's nice to be recognized. But I have to give credits to my teammates like Daniel Gazzelone. If he didn't give me those balls I wouldn't have put them in the back of the net."

Coach Sanchez uses indoor soccer to hone the skills of his players and to keep them playing in the cold off-season. He and his team hope for a championship in their next tournament at George Brown College Feb. 12.

Raptors voice heard at Humber

By PAUL FERGUSON



PAUL FERGUSON

Herbie: The face behind the voice

If you have ever been to the Air Canada Centre for a Raptors game, you will probably remember a 360 dunk from Vince Carter or a tomahawk jam from Tracy McGrady.

However, you may also come away remembering some of the words roared by game announcer Herbie Kuhn, such as, "Basketball fans please welcome the starting line-up for your Toronnntoe Raptors!...", or "sssshhoooting two" and finally the unforgettable "j-j-j-jam."

This same energetic voice that you hear at Raptors games can also be heard here at Humber, in our own gym, calling varsity basketball and volleyball games.

Kuhn's relationship with Humber College began in Dec. '95 when he was doing a halftime contest for an NCAA Basketball Tournament at Humber.

Kuhn's dynamic personality caught the attention of Humber's Athletic Director Doug Fox who offered the job of basketball announcer to Kuhn.

"Herbie really picks up the energy level. You can see the nights when he is here versus the nights when he is not. He involves the crowd and keeps all the players involved. He's got a lot of energy that's obviously why the Raptors picked him up," said Fox.

Kuhn has since taken on the responsibility of also announcing the men's and women's volleyball.

Kuhn hasn't let his high profile job with the Raptors go to his head; he still enjoys coming to Humber and announcing the games.

"A lot of people say to me 'you're doing the Raptors, why don't you ditch this (Humber games)?' It's because I love it, it's fun out here."

As for Kuhn's opinion of Humber athletics, he has nothing but good things to say.

"Humber athletics on a whole is fantastic. Just check out the awards and the standings, Humber is always consistently at the top of every sport."

But in terms of fan support, Kuhn is disappointed at the number of students that show up to cheer on the teams.

"From a fan participation, there is a lot of apathy in the school. People just don't care about athletics. I would love to see these stands full for every single game. We used to get some serious crowds for certain basketball games and I haven't seen that in a year or two, it's kind of disappointing."

COURTSIDE CENTRE

As for his other job, Kuhn has been the Raptors announcer since the inception of the franchise five years ago. It took a little while, but he has gotten used to rubbing shoulders with NBA stars like Shaquille O'Neal and Vince Carter.

"At first I was a little star struck, but after a while I realized if you want to work with these people, if you want to work effectively, you can't treat them like they're some demigod or something. Now I'm at the point where they're just other guys and they just happen to have particular talents. So do I. I have a talent that allows me to announce courtside centre and a lot of them respect me."

Public Relations student Jennifer Monchamp keeps score at Humber volleyball games and thinks it is a pleasure working with Kuhn.

"He is a great guy, he is so nice. He always comes in here and livens everyone up like the staff and he gets all the players worked up. He is just a lot of fun," said Monchamp.

Women's volleyball team continues to rule the roost

By NICK JONES

In front of a hometown crowd, Humber women's volleyball team clinched top spot in their division on the weekend.

The Hawks cruised over Boréal last Friday, winning 25-15, 25-6 and 25-16.

"The first game was a little shaky, but in the second we played really well. The third game everybody played well and finished up strong," said Hawks setter Caroline Fletcher.

Middle Niiio Perkins received player of the game honours with ten overall offensive points using all of her skills with four kills, four blocks and two aces.

While the match itself didn't prove to be much of a challenge for Humber, head coach Dave Hood still paced the sidelines trying to keep his team's intensity up.

"We're down to the end of the year now and I have to give as much instruction as I can," said Hood, "We used tonight as a tune-up. We did a good job, we served tough and I think we're really starting to get the focus we require," Hood added.

That focus definitely was a prerequisite for Saturday's game against Cambrian. The Hawks needed the win to secure first place in their division.

The first game remained close until the final point hit the floor giving Humber a 25-21 victory. The second game was just as tight, but the outcome was the opposite with the Golden Shield getting into the win column, 25-20.

Both teams fought hard treating the crowd to some great rallies but when the final whistle blew it was Humber on top once again 25-21.

In game four the Hawks went after Cambrian and controlled the match resulting in a 25-12 win and first place in the Central Division.

Before the game coach Hood talked to the girls about working as a team.

"They took it to heart. I believe that's the best we've ever played," Hood said.

See Volleyball, page 25



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etc. etc.

Volleyball

Continued from page 24

The game marked the first time ever that three players were selected as stars of the game. Jennifer Edgar, Michelle Richmond and Perfection Powell all received the honour. The trio accounted for 41 of the team's 62 total offensive points. "I'm stepping up my game," said

Powell, "I haven't been a member of [this year's] team that long. I'm just coming back and all the pieces are starting to fit together."

Team captain Janet Edgar was happy with finally being selected as a star of the game.

"It's my first time, it feels good. My hitting definitely has improved this game. I've been in a slump and I think my hitting has finally come back," Edgar said.



NICK JONES

Take that: Perfection Powell explodes with the powerful smash

Lords have no prayer; Hawks win it easy

Team wins again and leads division

BY MICHAEL STAMOU

The Humber Hawks men's basketball team extended its winning ways Jan. 19, beating the Durham Lords 80-67.

Humber is undefeated in its last four.

Most of the first half was a back and forth affair, with both teams exchanging baskets. Neither team had a great advantage until the 14:00 mark when the Hawks opened up a seven-point lead. Then the Hawks started to play better defensively, forcing the Lords into turnovers.

With the improved defense came fewer and fewer baskets. Humber didn't score another basket until the 12:40 mark of the half. At the midway mark Durham started to play better and closed the gap. With a little over five minutes to go, Durham tied the game, and 30 seconds later had their first lead of the game. The Hawks regained the lead with 2:26 remaining and went to the half, leading 40-38.

ONE MORE RUN

Lords head coach, Ernie Armstrong said the Hawks outplayed his team.

"Humber shot the ball much better than we did and they got to the free throw line a lot more," Armstrong said. "They are a very deep team and it's hard for us to stay with them for 40 minutes. We were okay for 20. We don't have as deep a bench and that showed up in the second half."

In the second half, the Hawks came out strong and just over two minutes into the half, were up by seven. Nine minutes in, the Hawks opened up their biggest lead of the game, 61-49.

Durham had one more run in them, aided by Humber's missed shots and penchant for travelling. The Lords couldn't sustain their pressure and ran into foul trouble, ending all hopes of a miraculous comeback.

"Yeah, we did foul. Although, if you noticed in the first half, we were in bonus pretty early, we just couldn't do that in the second half," Armstrong said.

Coach Katz will take the win but was not pleased with many aspects of the game.

"It was bad. There were a lot of



MICHAEL STAMOU

Bombs away: Hawks Kingsley Hudson and James Ashbaugh battling against the Durham Lords at the North Campus gym

turnovers and the refereeing was as bad as I have ever seen. It was just one of those games," said Katz.

Katz had some kind words for a tenacious Lords squad.

"That's a tough Durham team. They've added a new guy who is very good, I think he is a defector from Cuba, they [Lords] are a dangerous team. We are going to have a tough game back in their place," Katz said.

"The team is responding great. With the addition of Worm and Rupert we filled a lot of holes"

As for their four-game winning streak, the coach states it as simply as he can.

"I think we are a good team. When we play well, we're going to be tough to beat," Katz added.

Hawks assistant coach Dave DeAveiro added his thoughts on the game.

"In the first half we didn't run much offence. It was really one pass, and a quick shot and that hurt us and I think that helped them a little bit," said DeAveiro.

DeAveiro thought their rebounding was better than in previous games.

"Big James [Ashbaugh] was awesome. He might have pulled down double figures in rebounds."

He also feels the coaching staff's message is finally getting through to the players.

"I think the guys are starting to

understand what we expect and what we would like from them. The team chemistry is good," DeAveiro added.

FOURTH-YEAR HAWK

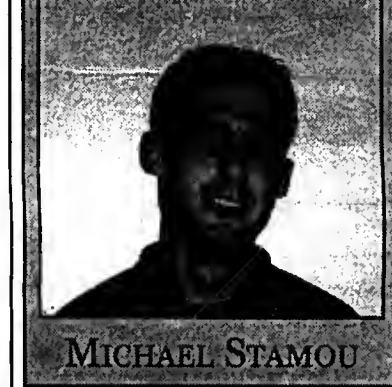
The player of the game for the Hawks was six-foot eight-inch centre James Ashbaugh. While pleased with his own play, Ashbaugh knows it's the team that wins games.

"I had a good day. But everybody played well. Rupert pulled down a lot of boards, everybody seemed to be working really hard to get rebounds," Ashbaugh said. "I didn't do much differently, we've been making a point about trying to make the second effort, trying to commit harder to playing tougher, so that's what it was."

The fourth-year Hawk believes that the team is jelling into a more cohesive unit.

"The team is responding great. With the addition of Worm [Jeremy Walters] and Rupert [Thomas] we filled a lot of holes. Rupert's a guard that crashes like crazy, which is needed to take the pressure off the big men and Worm, with the steals, he picks it up defensively and gives us that little spark off the bench," said Ashbaugh.

"The team's playing really tough and they don't want to lose. They took it as an insult that the national rankings put us where they did. They put us No. 4 after beating Algonquin, who is No. 1, so that was like a slap in the face saying, 'Hey, you're not that good.'"



MICHAEL STAMOU

The powerplay that didn't work

The Liberal government has finally done something right in their many years in power.

Last Friday they revoked their proposed aid package to help the six Canadian National Hockey League teams.

The federal government introduced a subsidy that could have seen the six Canadian based teams receive up \$20 million until 2004, when the current collective bargaining agreement expires. The feds took it away because of the public backlash and a lack of co-operation from the provincial and municipal governments of all provinces.

Both the provincial and municipal governments disagreed with the aid package because they did not want to give taxpayers' money to millionaire owners and players. Toronto Mayor Mel Lastman said he didn't want these tax dollars going to a multi-billion dollar league, when that money could be used for more important issues such as homelessness and the city's infrastructure.

Ultimately, we will say goodbye to the Canadian teams in the

National Hockey League. There are many reasons for this tragic conclusion.

Canadian teams are already screwed because most of the players are paid in American dollars and we all know our dollar is just as good as Canadian Tire money.

We also know that most of the players in the NHL make millions playing the sport they are supposed to love but their price tags are way too high. For Canadian teams to compete with their American counterparts, the amount a player in the NHL makes must be decreased.

I just want to know what the federal government was smoking when they came to the initial decision to give multi-million dollar Canadian businesses such a large amount of money that they really don't need, if they operate their organizations responsibly.

MILLION DOLLAR BRATS

There are many other ways the federal government can keep the Canadian teams here. They can give them tax breaks, or the teams can lower ticket prices so more of the working class and students like you and I can go see our teams.

Maybe the Canadian-based NHL teams can also hit up private corporations for sponsorship, the National Hockey League Players Association, or Gary Bettman himself, to raise the funds they need to stay in Canada.

After all of the debate over this topic I have come to the conclusion that the federal government has made the right decision to revoke the money that would have been given to these spoiled, million dollar brats and their bosses upstairs.

etc. etc.

Rock play the right tune in marching past the New York Saints at MLG

Defending champs open at home as they roll over the Saints

BY MELISSA MOHAUPT

The Toronto Rock, defending champions of the National

Lacrosse League, didn't lose a single game at home last season, and they don't plan on starting now.

"It's wonderful to play here. It was a Cinderella season for us last year," head coach Les Bartley told the press.

Before the nearly sold out home opener at Maple Leaf Gardens, a banner was raised in honour of the

champions, celebrating their stellar 1999 season.

The winning streak then continued as the Rock went on to beat the New York Saints by a score of 9 to 5.

Game MVP Chris Gill saw it as a victory for the Rock's defense. "If we can hold every team to five goals this year, we shouldn't lose."

Gill has become the Rock's lucky charm in their matches with the Saints. Friday night, he scored four goals and had one assist; both times the two teams faced each other last season, he scored at least three times in each game.

Bartley feels that although his team has won both of their games so far this season, they still have work to do.

quarter cemented Toronto's win with five goals. Four of them were scored in the first five minutes of the period. Gill, Doyle, Dan Stroup, and Ryan O'Connor were the Rock marksmen.

According to Bartley their success was due to the execution of their game plan.

"We spread out the offense well, and we started moving the ball down in the corner, the guys were working harder off the ball, and we got a couple of goals."

Rock defenceman Dan Ladouceur was appreciative of his teammates' scoring prowess in the third quarter. "You let those offensive guys go and they'll do it all night. It's just fun to watch."

As usual, goaltending played a large part in the game, as Rock goalie Bob Watson stopped 42 shots while New York's Chris Levis made 33 saves.

Gill down-played his own personal effort to commend Watson's performance. "Both goalies played solid. Goaltending wins games and I guess our goalie just played a little better tonight."

14,000 FANATICS

The other major story Friday night was the crowd of more than 14,000 Rock fanatics who came out and cheered loudly for their home team. They sang O Canada as loudly as the anthem singer, they heckled and booed the opposing team. Little boys took off their T-shirts and waved them over their heads. Maple Leaf tough guy Tie Domi was also on hand getting a large round of applause as he performed the opening coin toss. They even did



MELISSA MOHAUPT

Hard rock: Chris Gill keeping focused during Rock opener

"the wave".

Coach Bartley is pleased with the high attendance and knows that his team won't disappoint in delivering an exciting game.

"(Last year) the fan support grew over the year, right to the championship game where we had a sell-out, now people are coming out and I think they're entertaining them. I think they like the action in the game. We're gonna continue to do that as long as they're cheering for us."

"Goaltending wins games and our goalie played a little better tonight"

"This year we have to go out there and win again. You win again by [getting to] loose balls and putting the ball in the net. That's how you win the game. So we had to go back and focus on that. I think we started out a little slow, but...we picked it up."

High scorer Colin Doyle agrees, that although the team made some errors, they are constantly improving. "[In the first half] we were throwing the ball away, making senseless mistakes. But [it's] early in the season. Last year in this situation we would lose games like this; this year we're winning them. So we can only get better," Doyle said.

While the score after the first half was tied at three, the third

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T.O. PRO SPORTS DIGEST



After battling back to tie the Ottawa Senators on Monday night at the ACC the Leafs head out on the road for games in Detroit last night and Manhattan tonight against the surging Rangers. The Buds face the Los Angeles Kings at home on Saturday night.



The Raptors are assured of finishing the first half of the season at .500 for the first time in their brief history. They faced Michael Jordan's Washington Wizards at home last night and host the Miami Heat on Friday at the Air Canada Centre.



The Blue Jays will play a unique spring training double-header at SkyDome on Saturday Mar 4, when they take on the Cleveland Indians. Each game will be seven innings long. The two teams go at it on Sunday Mar 5, in a full nine inning tilt.



The Toronto Rock had their home opener last Friday. The defending NLL champs were victorious, beating the New York Saints 9-5. The Rock are on the road for two games before hosting Rochester at home on Feb. 11.



St. Louis vs. Tennessee

If there is anyone on this planet who picked these two teams to meet in the Super Bowl that person is no doubt very rich. He or she is most likely sipping Mai Tai's on Bali, looking forward to watching this intriguing matchup on satellite from their cabana.

Those of us who choose to sit down in front of the tube on Sunday night just might be in for a rare treat; a competitive Super Bowl.

This year there is a one week break instead of the traditional two week break between the conference championships and the Super Bowl. Both teams should benefit from the short break, being young squads, they will not have enough time to get caught up in the hype.

One matchup that will be interesting to watch will be between Titans rookie defensive end Jevon Kearse and Rams offensive tackle Fred Miller. Kearse has been quiet since playing a strong game against the Buffalo Bills in the AFC wild-card game. Miller had a rather anxious game across from Kearse the last time they met with numerous false starts.

But the most important element of any football game is to control the ball, and stay away from turning it over. The team that does this will most likely win the first Super Bowl title in their franchises history.

One of the feel good stories of this years game will be the first appearance of 17-year veteran Bruce Mathews. The Titans offensive lineman finally makes it to the big show, he is one of the reasons why it will be hard not to cheer for Tennessee.

St. Louis has their own "win one for the gipper" type player in quarterback Kurt Warner. How can anybody not cheer for this determined young man. He has come from the obscurity of the Arena football league and NFL Europe.

OCAA VARSITY SCOREBOARD

MEN'S BASKETBALL-CENTRAL REGION

TEAM STANDINGS	GP	W	L
Humber	9	7	2
Sheridan	7	5	2
George Brown	8	4	4
Centennial	8	4	4
Seneca	7	2	5
Durham	9	2	7

Hawks Next Game: Friday January 28, @ Durham College

WOMEN'S BASKETBALL

TEAM STANDINGS	GP	W	L
Humber	10	9	1
Fanshawe	9	8	1
Seneca	10	7	3
Durham	11	7	4
George Brown	10	5	5
Mohawk	7	4	3
Redeemer	9	1	8
Georgian	10	1	9
Niagara	8	0	8

Hawks' Next Game: Friday January 28, @ Durham College

MEN'S HOCKEY

TEAM STANDINGS	GP	W	L	T
Seneca	9	5	2	2
S.S. Fleming	10	5	3	2
Humber	8	4	1	3
Sault	11	3	6	2
Conestoga	10	3	6	1
Cambrian	8	3	5	0

Hawks' Next Game: Saturday January 29, vs. Conestoga College

MEN'S VOLLEYBALL-WEST REGION

TEAM STANDINGS	MP	MW	ML
Humber	13	12	1
Niagara	12	11	1
Seneca	12	9	3
Cambrian	11	7	4
Redeemer	10	5	5
Sheridan	12	4	8
Georgian	11	2	9
Mohawk	11	2	9
Boréal	12	0	12

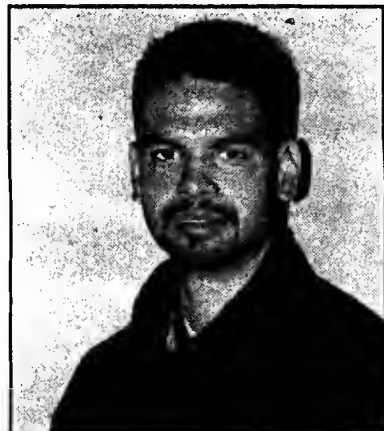
Hawks' Next Game: Friday January 28, @ Niagara College

WOMEN'S VOLLEYBALL-CENTRAL REGION

TEAM STANDINGS	MP	MW	ML
Humber	10	10	0
Cambrian	8	6	2
Sheridan	9	5	4
Georgian	8	4	4
Seneca	9	4	5
Boréal	8	1	7
Centennial	8	1	7

Hawks' Next Game: Friday January 28, @ Niagara College

HUMBER HAWKS ATHLETES OF THE WEEK



Jason Mesa

The Hawk sweeper was back playing soccer with his teammates on the weekend as the Indoor season kicked off at the 2000 Admiral Cup.

Jason scored in the Hawks 2-0 semi-final win over the Humber alumni. He was also named second tournament all-star. Mesa is a 2nd-year accounting student.



Beth Latendresse

Last week this rookie Hawk guard proved to everyone why she was named to the OCAA all-star team.

Beth scored a game high 30 points in her team's win over Georgian College last week. She continued her fine play by capping off the week by scoring a game high 19 points, as an all-star.

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