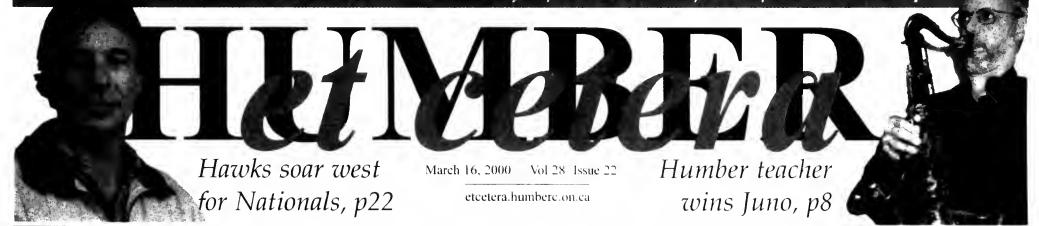
Men's and women's indoor soccer teams head for provincial championships in Kitchener: p21



# Ottawa set to administer student loans

Banks move out of student loan

### business

BY MARK BENNETT & SEANNA MURRAY-NECK

Humber students may be faced with an entirely different level of bureaucracy when they apply for their student loans this fall.

The federal government recently announced that it will take over the financing of the Canada Student Loan Program (CSLP) from a group of banks in the face of a near collapse of the program, worth \$1.5 billion annually.

The government decided to regain control of the program after an internal audit revealed "gross misappropriation" of funds, and after failing to renegotiate a new five-year contract with the Royal Bank, the Canadian Imperial Bank of Commerce and the Bank of Nova Scotia.

The new program will be managed by the human resources department and the federal government will hire a service bureau to manage the loans.

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Boyer: Wants province to invest

Tracy Boyer, executive director of the Ontario Community College Students Parliamentary Association (OCCSPA), said the government's decision to take over the student loan program could be an opportunity to prevent further costs to students.

'This is an excellent opportunity for the provincial government to provide the post secondary system with a substantial investment and to ensure that further costs are not downloaded to students," she said.

According to Thomas Townsend, director general of Human Resources Development Canada, students have been told they will receive their loans for the upcoming school year despite the changes.

"Funds will be available by Aug.

### "Funds will be available by August 1 when students start to apply for loans for the upcoming school year"

1 when students start to apply for loans for the coming school year," he said.

The federal government funds 70 per cent of student loans through the CSLP, with the province providing the balance in the form of the OSAP.

The banks' agreement with the province still stands - a situation that Boyer thinks could be problematic.

"I'm not sure what the impact is going to be," she said. "Can Ontario be working with the banks when the federal government isn't?"

Since the province's recent funding cuts to Ontario's colleges and universities, students have carried nearly the entire burden of the funding gap, with tuition having risen over 130 per cent in the past 10 years.

This has taken the average student debt to \$28,000.

Joel Harden, Ontario chairperson of the Canadian Federation of Students, said the federal budget does little to relieve students' over-

See loans, page 5

# Thieves hit prayer room

Holy books, clock stolen after event at neighbouring Caps

### BY IAN GREEN

On Monday night, thieves ransacked Humber College's interfaith prayer room, stealing holy books and a clock.

Inam Ahmed, President of the Muslim Association, was the first to see the room on Tuesday morning. He immediately contacted Judy Harvey, dean student services, to report the incident.

According to Harvey, several books, including the Torah, the Bible and two copies of the Koran were stolen. The room's clock was also missing.

Pamphlets were thrown all over prayer mats, and the room was in a general "state of disarray." A sign outside of the room had been vandalized a few days earlier.

A half-smoked cigarette was left on a wooden shoe rack. Gary Jeynes, director of public safety at the college, said the butt was likely a sign of disrespect as opposed to attempted arson.

Ahmed believes the person or people who did this were patrons of Caps, since an event took place there Monday night.

Jeynes wouldn't speculate about who was responsible.

"People are upset," said Ahmed. "We use this room on a daily basis, even on the weekend. Whoever did this, didn't just pick on Muslims, they picked on everybody. They took the Bible and the Torah as well as the Koran."

the A-wing beside the SAC games room, is for all students who wish to pray, regardless of faith.

Harvey is equally upset about the incident.

"Theft is a serious matter, no matter what goods have been stolen. But the fact that an individual or individuals stole holy books from three major faith groups is despicable. It's a serious comment on that individual



Not amused: SAC Prez Muhammad Virk feels that the break-in was an isolated incident, one where there were no bad intentions meant

and on some elements of society who have a high level of disrespect," she said.

Monique Roumy, interfaith chaplain at Humber College, called the incident unfortunate and had trouble understanding the motives.

"Whoever did this showed a and respect" said Roumy.

John Conrad from the student services office told Ahmed that student services would pay to have the stolen books replaced.

Ahmed is pleased with the administration's support and quick response.

"They were very co-operative and I'm appreciative of that. [Judy Harvey] investigated the room herself, and then she helped

me clean up the room and called security. It shows the school cares," he said.

Jevnes said he and Harvey will meet to discuss the matter, and talk about any changes in security policy to prevent this from happening again.

The college is working with The prayer room, located in thorough lack of consideration Crime Stoppers. "Anyone with information with regards to criminal activity can call Crime Stoppers at 222-TIPS to report the information. Anonymity is guaranteed, and the person can earn a cash reward of up to \$1000 if an arrest is made by police." he said.

> For Ahmed, the prayer room is used to get away from the havoc of the school.

"It's a place where you shouldn't be invaded."

# -News

# **Photo Spotlight**



### "Nightlife" By Matt Lamperd

### Student representatives wanted for coming year

### Up to \$75 per month

for those elected

BY JENN MOSSEY

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Nominations for council representatives open on March 20 and run until April 3.

The reps elected this year will be the first to be part of the Humber Students' Federation (HSF).

SAC North and SAC Lakeshore will combine to form one student government as of May 1.

Student representatives, soon to be directors of the HSF, are responsible for encouraging participation

and awareness of SAC events and representing the interests of the students in their school within the college.

Nomination packages are available at the SAC office and at least 50 student signatures plus two faculty signatures are needed before being considered for the election.

The candidate must also maintain a 65 per cent grade point average to run.

Elected representatives can earn up to \$75 per month based on reliability at meetings, how hard they work and their contribution in the office.

Campaign week starts April 5 and voting will take place from April 12 to April 14.

### SAC nominations still open

### BY MELANIE JUSTASON

The SAC elections nomina-L tion period has been extended until March 17 because a candidate was eight minutes late in handing in his nomination package.

Only one other candidate had been nominated for the election by the March 10, 4 p.m. deadline.

Chief Returning Officer Rubina Ahmed said the extension was made so that there wasn't an acclamation for the position.

She added that to be fair to all students SAC must extend nominations for another week, until March 17.

people out for nominations but SAC offices located at KX105.

there just isn't any school spirit," she said. To be eligible to run for pres-

ident you must: • Get 100 nomination signa-

- tures from eligible voters Give a \$25 deposit, which is
- returned as long as no damage has been incurred during campaign week

"SAC tried really hard to get people out for nominations but there just isn't any school spirit"

• Be a full-time returning student with an academic average above 65 per cent Anyone interested can pick-"SAC tried really hard to get up a nomination package at the

### Parade marks St. Paddy's Day with big beers

### BY DORLY JEAN-LOUIS

Stilt-walking jugglers and giant cans of Guinness competed for attention at the 12th annual St. Patrick's Day Parade in Toronto Sunday.

St. Patrick's Day is March 17, but the party began this past

Sunday as costumed marchers, dancers and numerous bands took to the streets, displaying their talents in honour of the patron Saint of Ireland. As per tradition, the 12th

annual parade was scheduled to begin at noon, but it was not until 12:30 p.m. that the marchers set off from Bloor to Yonge Streets.

Despite the cold temperatures, people didn't seem to mind the wait before getting a glimpse of the first float.

"It's a little bit chilly but so far I think it's great," said Jack Fitzgerald, who lives in Toronto but is originally from Dublin, Ireland.

"It's a lot smaller than the Santa Claus parade but it was well attended," said Michael Bouliane, a Public Relations student from Humber.

"The various ethnic groups that take part in the parade ... each year add a lot of flair to it - and talent as well," said Fitzgerald.

Roger Keefe, who attends the parade every year, came out of sheer interest rather than to pay a patriotic tribute.

"I don't consider myself Irish but my last name is Irish," said Keefe. "I didn't go out of my way to wear green. [We came] because it's such a beautiful day and we live close by."

Jugglers and clowns dressed in a rainbow of colours amused, delighted, and surprised the young and old throughout the three-hour parade.

"It's much more colourful this year

than previous years," said Eamonn O'Dorgain. "I love the bands and the effort the people have put in it."

Since the parade's beginnings in 1988 the effort has grown to include talent from thou-

sands of people around the region.

In North America, St. Patrick's Day is stereotyped as a time to wear green, party and drink. But O'Dorgain said beer is not only part of the celebration, but is celebrated itself.

"Ireland is famous for its Guinness, its beers and a brewing tradition that goes back hundreds of years," he said.

"So it's a tradition for the Irish people to celebrate one of their most important industries."

### News

# Illegal parking big problem at Humber

10 per cent of cars in lot one without permits

### BY ERIN HENDERSON

 $\mathbf{F}^{\mathrm{or}}$  the 4,000 students and staff who drive to the college, finding a parking spot can be a daily frustration.

Joshua Paton, a post-graduate media copy writing student, said he can't always find a space in his own assigned lot, which means he must either sit in his car and wait for someone to leave or park in another lot.

"I normally park in lot 13, but the way they have it people [visiting for the day] can park in lot 13, even though we've paid for it. [That] takes away from us," Paton said.

Another Humber student, who prefers to remain anonymous, parks at Humber regularly without a permit and has never received a ticket.

"I'm only here three days a week. Why should I pay for parking?" he said, adding he is now so familiar to security that they never even stop him.

An informal two-day survey conducted in lot one, which holds 770 cars, found on the first day 52 cars without permits or displaying permits that had expired.

On the second day 71 cars nearly 10 per cent of the lot's capacity - were parked illegally. Several cars had been parked in the lot all week without a permit.

services, said one of the main problems is consistency on the part of shell out additional money to pay

parking enforcement.

She said she understands permit holders' frustrations when so many are scamming the system altogether with no apparent consequences.

Gary Shaw, traffic and parking co-ordinator, added there's really nothing more that can be done to enforce permit-only parking.

"We issue them parking tickets. There's not much we can do. We can't stop the cars at the gates, that would upset the permit holders," said Shaw.

Shaw said cars assigned to certain lots can be redirected to other lots as a way to ease the strain of overcrowding.

Lot six permit holders can also use lot five, and those in lot 13 can use lot one, he said.

### "Our system is not perfect. Certainly there are some problems occasionally"

All others must stay in their assigned lots or risk getting a ticket.

Shaw said if drivers are completely unable to find a space in their own lot, the next step is to contact the parking and information office to be redirected.

"When we sell a permit we guarantee a space on campus. We do not guarantee a space in a [specific] lot," said Shaw.

Joshua Paton said his biggest complaint is that his lot is always full.

Students, faculty and staff who Marilyn Bee, manager of client have paid for parking are becoming enraged at the idea of having to

parking tickets. A permit costs \$368 per year, or \$195.50 for one semester.

Faculty and staff have to pay for a full year's worth of parking at a cost of around \$500.

Bee oversees the parking permit sales. She said as of the end of February, Humber College has sold a total of nearly 5,000 permits on both campuses, including motorcycle permits, permits that have been

handed in and resold, and multivehicle permits.

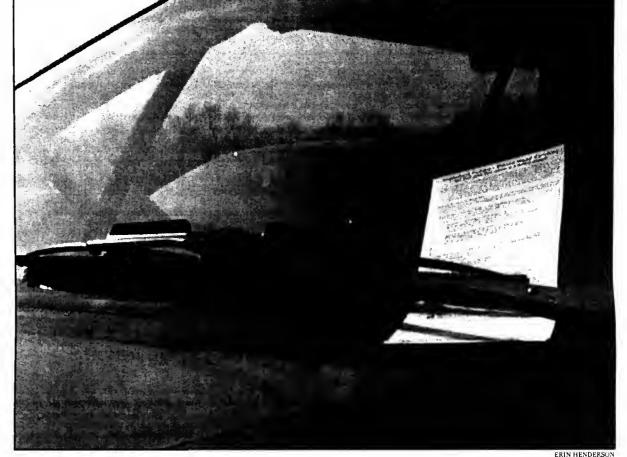
"Our system is not perfect," said Bee. "Certainly there are some problems occasionally for those that can't find spaces."

Nancy Pinson, manager of public safety, said security is limited when it comes to patrolling the lots.

"We have two people scheduled who are able to [issue tickets]," she said, adding that one of them is often busy with other tasks, leaving a single officer to issue tickets.

Revenue from the tickets Humber issues goes to the City of Toronto.

Pinson said she would like to see Humber arrange a deal with the city to receive some of the money but, even though the college makes no revenue from the tickets, it's a useful way of controlling illegal parking.



Gotcha: Security nabs another fee dodger, but many more park illegally for days without getting caught

# Women 'e-tailers' make it on the Web

\$250,000 up for grabs in women-only online

business contest

By JENNIFER McDonnell

nline business is expanding at an unprecedented rate, and Canadian women want in on the action.

"The Internet offers absolutely remarkable opportunities for business women," said Ginny Dybenko, vice-president of Toronto-based Sympatico Service Development and Operations.

"It's a great equalizer. It allows us to break down traditional barriers.'

Dybenko spoke to more than 300 women at a conference last week at the Royal York Hotel celebrating the seventh annual

International Women's Day. Called "Beyond the Web," the conference was designed to help female entrepreneurs set up shop online.

Online business - known as ecommerce - is reinventing the way business is conducted, said Margo Langford, an online lawyer and member of several Internet advisory boards.

"If a business doesn't get online in the near future, it's going to be toast," said Langford, pointing to General Motors' and Chrysler's recent decision to acquire all their materials from online suppliers.

"They have over \$250 billion in marketing power. And the suppliers who aren't online will be completely shut out," she said.

While online businesses run by men far outnumber those run by women, females are quickly becoming as cyber-savvy as their male counterparts.

"In 1996, only 12 per cent of Canadian Internet users were women. Today, women make up almost 50 per cent," said Dybenko. "We're still the minority, but the gap is closing fast.'

According to Dybenko, female entrepreneurs start more companies every year than their male counterparts in traditional business. She hopes this trend will begin to carry over into the e-commerce world, strengthening women's presence on the Internet.

### "The Internet offers absolutely remarkable opportunities for business women"

"Businesses run by women tend to target women consumers," said Dybenko. "We know that women and men have different Internet habits. Women are more likely to use chat rooms and stay loyal to a few favourite Web sites, while men are more likely to surf from page to page."

Doreen Stephens, owner of Pain-Free Plus, a Toronto-based distributor of bio-centric medical supplies, launched her company's Web site last week. She believes that sites for companies run by women have a different focus than those run by men.

"On my Web site, I made sure to put up at least three pictures of myself. I'm trying to make my company about the person, not the product," said Stephens. "It seems that women tend to come at things emotionally, from a more nurturing perspective. They appreciate the personal touches."

Stephens is currently in the process of creating a Web site where female online entrepreneurs can share ideas and information.

"We women e-tailers need to feel like part of a community," says Stephens. "There is so much information out there that is probably exclusive to business women, and it needs to be shared. We could all help each other."

### "We're still the minority, but the gap is closing fast"

In an effort to encourage business women to embrace the Internet, an online advisory company called the NRG Group is offering a contest for women under 30. The winner will receive \$250,000 to fund her new online business.

"We're very excited about this contest," says Kim Parlee, the NRG Group's CEO (or 'She-EO,' as she prefers to be called). "It's great to be helping young women start up businesses in the new economy."

### News

### Students, aid workers gather to end world debt

### Event organized by Humber students.

#### BY CHAD HEARD

Ctudents and aid workers gath-Dered last weekend to discuss the end of world debt, suffering and conflict when World University Service of Canada (WUSC) held a symposium at Humber College on March 11 and 12.

Between panel discussions and development workshops, participants had the opportunity to listen to the experiences of aid workers helping developing countries.

Humber's International Project Management (IPM) students orchestrated the event, geared towards post-secondary school students, to raise awareness about the WUSC and the opportunities to get involved.

Those in attendance heard keynote speeches from Bill Singleton, chief economist of the Canadian International Development Agency, and James Fraser of Doctors Sans Frontiers.

Workshops held following the morning lectures were interactive, with topics ranging from the monitoring and evaluation of projects running in countries requiring aid, to sessions focusing on the \$2.5 trillion collective debt incurred by Third World countries.

For a \$20 registration fee, par-

Won't miss 'lack of

professionalism'

By JENN MOSSEY

CAC rep Steve Anastasi will fill

Othe void left by the resignation

of Lisa Dawson, executive director

for supervising the contamination

tests of incoming samples of soil,

water and air from around the

cal engineering technology pro-

gram in December but has been

taking courses in the general arts

and sciences university transfer

She graduated from the chemi-

of external affairs.

director.

she said.

world.

SAC executive director

resigns to pursue career

ticipants were allowed access to the two-day event in which speakers told of their experiences.

From personal experiences with hardships in Nicaragua to political strife in Columbia, specialists explained their solutions for the problems in other nations.

The IPM program at Humber offers students a means to help. For graduates of post-secondary schools, they have the opportunity to set-up relief aid and initiate social development.

IPM student Andrew Creighton was involved in organizing the event.

"It would be nice to see

more Canadian young people taking an interest"

"I think it was a success," he said, although he was disappointed in the turnout.

Approximately 50 participants were involved in both days, but Creighton was expecting between 80 and 90.

Alix Yule, co-ordinator for the IPM program, agreed that the event was a success, adding he would like to see more youth involved in relief efforts.

"It would be nice to see more Canadian young people taking an interest in international development and involving themselves," he said.

program so she could continue with

going to miss some of the lack of

professionalism in the office, but I

am going to miss the people," said

Iris Kohler, executive assistant,

said she is

sad to see

school

"She has

disap-

"I am going to miss it. I'm not

her SAC involvement.

Dawson.



Learning: Michael Smith, Toronto-based science journalist, teaches a workshop at last week's conference

### Scientists, hacks meet to teach each other

Humber students attend conference

### BY RUBINA AHMED

Ccience is fun! This is the mes-**O**sage that sponsors of the Reporting on Scientific Issues conference tried to convey last weekend.

More than 50 Humber College Journalism students and faculty gathered at Kempenfelt Bay near Barrie to marry the issues of science and journalism.

The two-day conference, sponsored by Atomic Energy of Canada Limited, was to promote science journalism and help students learn how to report on scientific issues.

The growing issue that exists between scientists and journalists has been a lack of proper communication.

During the conference the scientists revealed the difficulties they face with trying to convey their ideas properly, while journalists spoke about how they find it hard to understand what the scientists are

Martin Wilson, professor of biology at Dalhousie University, said journalists interviewing scientists

the most important thing is to do your homework before talking to scientists," Wilson said. "Don't go into the interview cold, make sure you have read as much as you can about the scientist."

During the panel discussion stu-

dents were asked if they held a science degree. Only one student raised her hand.

"If you go to a scientist for a story and you tell them you have a science background, the level of conversation will automatically go up," said Michael Smith, a Torontobased science journalist.

Smith said that in his experience scientists have spoken to him on a higher level only because he held a degree in mathematics. "It is like you belong to their club when you tell them you have a degree related to science," Smith said.

Dialogue between the scientists and journalists was polite but intense. Many students and faculty asked questions about problems that scientists have with journalists.

"It is like you belong to their club when you tell them you have a degree in science"

Alan Nursall, senior scientist at Science North in Sudbury, said journalists do not get the point of science.

"I wish journalists would have more fun with [science]. Most scientists do it because it is fun," he said. "Science journalism is making great advances, the popularity of the Discovery Channel and the presence of professional meteorologists [on TV] is proof of that."

Some students thought the workshops could have been organized differently. "The workshops were really dry... More participation could have made them more

said interesting," Deborah Creatura, a Humber student.

Organizers wanted to turn journalism students on to the idea of science being exciting and to not be scared of trying science journalism.

"We need to take a step back and to find a way to make people feel more comfortable with science issues," said David Lise, a guest at the workshop and senior public affairs manager at Atomic Energy of Canada.

"I would like to see scientists understand the purpose of communication, I do see progress on both sides," he said when asked what he hopes to gain from the conference.

"Some basic science language can be difficult to understand. We should know that scientists live in one culture while journalists live in another," said Smith.

Ima Kalos, a public relations officer at Atomic Energy of Canada, co-ordinated the conference. "There is no way we can avoid science in our everyday life," Kalos said. "Whatever we do we always deal with science. We cannot avoid it so we might as well deal with it."

"The conference was helpful. It totally opened my eyes to a new area of journalism.... It gave me more confidence in writing in the area of science," said Dave Cadeau, a Humber student.

The conference showed that progress is being made between the two groups but there is still room for improvement.

"We have gone a little ways down the road but we still have a long way to go," says Lise.

March 10 was her last day after Dawson almost seven months as executive leave, especially before "I got a really cool job in my field as project manager at Phillip Analytical Services in Mississauga. It's better pay and better hours,' Dawson will now be responsible

> As after seven months

her leave, I am very happy for her," said Kohler.

Anastasi said he is excited about winning the vote and filling the position for the last seven weeks.



pointed as I am to see

March 16, 2000

saying.

should prepare to be patronized.

"From a practical perspective

### Loans Continued from page 1

whelming debt, and he is concerned about the continuing crisis of rising tuition fees.

"We like the fact that the banks are getting out of the student loan business because they've only made the program worse, in asking for more restrictions to students based on income, based on program, how much [students] are studying, fullor part-time.

"They've made things worse as far as access to loans for the student," Harden said.

\$300 million to date has been given in handouts to banks for getting involved with student loans. We're very glad we won't be making those handouts anymore," he added.

Student leaders maintain that although the \$2.4 billion funding announcement in the recent budget to the Canada Health and Social Transfer (CHST) is an increase, this does little for education since the money is divided three ways between healthcare, social services and education.

They say invariably, education gets the short end of the stick.

# Ryerson students campaign for young workers' rights

Workplace danger, low pay, exploitation focus of new service

#### BY LINDA JOHNSON

ne morning last February, ODavid Ellis went off to work prepared for another routine day. It was the second day of a threeweek job.

Several hours later, he was killed when someone accidentally turned on the dough-mixing machinery he was standing in. He was 18 years old.

A few months later, another young man would die exactly the same way.

Every year, more than 8,000 young people are injured on the job in Ontario.

In 1999, 12 were killed.

An unsafe workplace is just one of the problems that young workers face.

"Students often have questions about things that are not quite right in their part-time jobs"

It might be low pay or no overtime. It might be harassment.

In many cases, something can be done - it's a matter of knowing your rights, say a small group of students at Ryerson Polytechnic University.

They have come together to create a service that students, faced with unfair working conditions and the abuses of bad employers, can turn to for help.

The Ryerson Working Students' Centre provides information on labour law and refers those students in need of legal help to free community legal clinics.

#### FIRST OF ITS KIND

It's the first centre of its kind in Canada, co-founder Elise Gatti proudly said.

"For now we're putting up tables in the hallways and giving out our information. And we're getting a great response from students,' Gatti said.

The idea for a centre came out of a conference called Young Workers and Precarious Employment, which was held last year at York University under the auspices of the Centre for Research on Work and Society.

"What they got from that conference was that there was a need to provide this information on campus," Gatti said.

"The campus is the perfect site for organizing young workers. There's all kinds of young people every day. Where else can you reach so many young people?"

Humber faculty union president Maureen Wall said a working rights centre would be a great thing to have at Humber.

"Students often have questions about things that are not quite right in their part-time jobs which are often low-paid jobs, where they're perhaps being exploited," she said.

"They don't know quite where to turn or where to get answers to those questions."

Gatti and five other volunteers meet once a week.

The group will soon hold regular hours in the hallways and are making plans for next September, when the centre will become permanent.

Their first purpose is to help students become aware of their rights as employees.

Gatti said many students complain about wages and lack of overtime pay, but many also complain about the way they are paid.

### TAXES

"We often hear, 'I get cash in an envelope. I don't know how much they take off for taxes," Gatti said. "That probably means they aren't deducting anything.

"Later on you may need to go on welfare or employment insurance. But, if you look as though you haven't been working, you're not going to get it."

Gatti said by law, employers must provide pay stubs.

Other problems have no legal recourse, she said.

"People say, 'My boss yells at me in front of customers. It's really embarrassing; it makes me feel stupid.' That sort of thing unfortunately isn't against the law," she said, "unless you can prove it's because you're a woman or a person of colour."

"Statistics for injuries and even fatalities for young people are much higher than for the average worker"

It's important, Gatti believes, for students to know as much as they can about the current labour environment.

"People should know that they can actually be fired without cause in Ontario, or that the Harris government plans in the autumn to weaken the Employment Standards Act even more. It's already a pretty pathetic piece of legislation," she said.

Many complaints concern health and safety. According to Kate Laxer of the Centre for Research on Work and Society (CRWS), young people are especially likely to fall victim to the physical hazards of work.

*"People should know they* can actually be fired without cause in Ontario"

"Cases such as that of David Ellis are high profile, but they draw attention to the fact that statistics for injuries and even fatalities for young people are much higher than for the average worker," said Laxer.

"They don't know that they have the right to refuse work or they're not told of the risks."

#### UNIONS

One reason young people face more problems, added Laxer, is that very few are in unions. Only about 10 per cent of workers between the ages of 15 and 25 are organized, far below the general average of 32 per cent.

Gatti wants to provide students with information about unions and to raise awareness about the value of being in an organized workplace.

"Unions don't talk only about workplace issues like wage increases and seniority. They talk about harassment and racism, about child-care and refugee rights," she said.

"The union movement is a social movement. I really want to get that out. A lot of social groups are now linking. Last year's World Trade Organization meeting in Seattle is a perfect example.

"You had everyone under the sky there, every kind of social interest group. I think that's the way forward and I'm trying to encourage that."

### **OTHERS TO FOLLOW**

The CRWS hopes that other colleges will follow Ryerson's lead. Laxer believes that such educational centres fill a real gap on campuses.

"Career offices help young people get jobs, but they don't look at the problems that students face in the workplace," she said.

"So we're thinking about how the labour movement and student organizations can work together to create a space for the education of people on campuses."

March 16, 2000



Temptation: The forbidden lawn outside Humber's Lakeshore campus

### City gets tough on grass parking

one day.

fine," he said.

Students facing fines for front lawn parking

### BY STEVE CHESTER

Ctay off the grass, or it could cost Dvou.

Some of Humber's Lakeshore students, who have classes in the condos next door to the main campus, have paid hefty fines for parking on the grass field in front of the buildings.

The front lawn is the property of the City of Toronto, not the college.

"For a while, I didn't know," said Rhonda McDougall, a Developmental Service Worker student. "I parked there for a couple months before I got my first ticket."

After the first ticket, she still took her chances at getting caught.

"I had almost \$300 worth of parking tickets at Humber last semester. It was terrible. I had about six or seven tickets for parking on the grass," she said.

tickets from the city at \$55 a piece." Smit said that he was told by a security officer of an agreement between the college and the city

Mike Smit, a music student at

"I figured even though I don't

Lakeshore, was ticketed twice in

have a permit or even have paid for

parking, Humber College might

grass. "I had six or seven tickets

that students could park on the

for parking on the grass"

"I then got ahold of Gary Jeynes, director of ancillary services and safety, and he said he knew nothing of such an agreement," he said.

Smit is fighting the tickets in court.

"Canadian Tire sells 'keep off the grass' signs for \$3," said Smit. "That would solve the problem."

slap me with a \$15 fine or a \$10 "Then I came out and I have two

# Editorial

# Want OSAP? Check the lost and found

For the past few years, the province and the feds have offered a 30-70 split of providing student loans through OSAP (Ontario Student Assistance Program) and CSLP (Canada Student Loan Program).

Armed with a few bits of confusing paperwork, the newly indebted students would trek off to a bank where a friendly loan officer would ask for a few signatures, make a file and-sending the tuition portion to the school-deposit the cash into an account.

After graduation, those borrowers who follow the rules would repay the bank for both federal and provincial loans with timely monthly cheques.

With the feds taking control from the banks, grads are left with an extra layer of bureaucracy and the same whopping debt load.

Ontario Community College Students Parliamentary Association (OCC-SPA) executive director Tracy Boyer said she wonders about the impact on students of one level of government working with the banks, while the other isn't.

So do we. Especially in light of the fact that the human resources ministry – headed up by Jane Stewart, the Queen of the Billion-Dollar-Boondoggle – is taking back full control of the plan.

At least with the banks onboard here was small comfort in the knowledge that the profit conscious pentumverate was minding the pennies.

And an internal government audit revealed a "gross misappropriation of funds," which translates into "we lost the money."

Some of that cash could have gone into direct funding for education, reducing somewhat the need for loans.

It's high time we give them back full control.

But as Joel Harden, Ontario chair of the Canadian Federation of Students points out, \$300 million to date has been given in handouts to banks for getting involved in the student loan program.

With the average student debt load now standing at \$28,000, that \$300 million could have wiped out the entire debt of 10,700 students.

That money should have gone to students in the form of direct funding to colleges and universities so they can drop tuition rates.

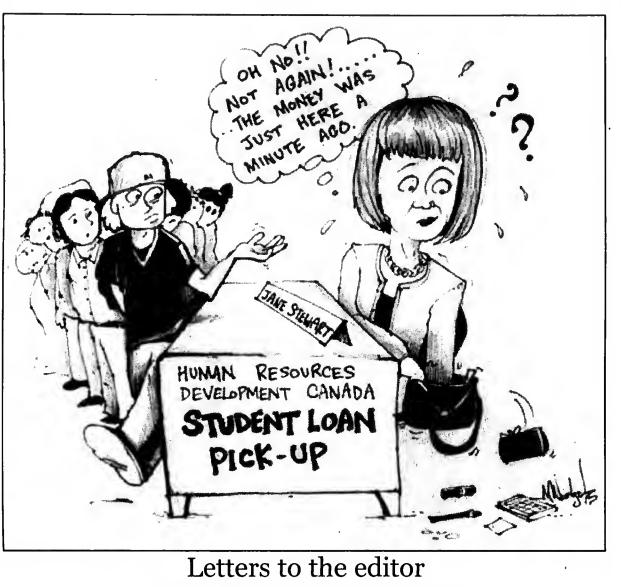
And so should other funds squandered on duplication and bureaucratic redundancy.

The recent federal budget allowed for a \$2.4 billion boost to the Canada Health and Social Transfer (CHST) payments.

Student leaders aptly point out this does little for education because of the three-way split it shares with health care and social services.

The CHST is yet another bureaucracy adding another layer. How much money could be saved if the money were distributed directly through the three ministries it services?





### SAC didn't try hard enough

I could not disagree more with your editorial which claims that "SAC tried hard to get Humber's normally apathetic student body out to the event [vote for Humber Student's Federation, ed.]". Yes they hired a rock band, yes they provided free food, and yes they blanketed the school with posters. But to my knowledge there was no concerted campaign to explain what was being voted upon at the event.... Having a million signs that say "Vote HSF" is hardly going to get people thinking about any of the issues involved. Not to mention that the same signs imply that the vote would be a forgone conclusion. Since SAC made the event into a party, who wants to be the one wet noodle to openly dissent, so no wonder the vote was unanimous.

Perhaps if SAC wants to have more student participation in its affairs (My guess is they don't) they should open up a debate about any new plan they want to bring into action, rather than offering a few baubles and expect us to rubber stamp their plans.

### **Taylor Harris**

As an avid reader of the Et Cetera we trust you would have read the February 10 issue, in which we covered the development of the constitution as well as a synopsis of what the new constitution would provide the students.

The Et Cetera has always worked hand in hand with SAC to make sure students are informed of anything and everything at Humber that concerns them.

To say that SAC doesn't want more student participation in its affairs is unfair and uneducated. The new constitution ensures that future HSF (SAC) members must have a significant student turn-out to pass or kill any issues, in turn, returning student democracy to the apathetic student's hands. -ed.



# Lax nightclub security appalling

With the current rise in vio-lence taking place at afterhour nightclubs, it dawned on me after a personal experience on the weekend at a Toronto nightclub, that some clubs may not be doing their job to make their establishment safe.

Saturday, March 11th, a bunch of us went to the club for a friend's birthday. At about 5:30 a.m, we found out that one of our friend's had been stabbed in the back with a needle. She felt someone punch her in the back, and turned around. Her assailant blew smoke in her face and walked away. My friends went to find the rest of us and tell someone. On their way, she saw the guy and pointed him out, but they lost him in the crowd.

A couple of bouncers were informed of the situation, and looked at her back. The bouncer shone his flashlight on her back in the middle of the club, and saw the puncture.

She was taken outside to an onsite ambulance, while her boyfriend and his friend went around with some bouncers to try and find the guy. We never found him. We told the bouncers to call the police and one bouncer said he would have to check with his boss.

No police ever came to the club. Back outside, the paramedics told our friend that it was just a

puncture wound and to go home.



We took her to the hospital later on and they confirmed that it was a needle prick. Now she has to be tested for AIDS and Hep B.

The club was kept open, so this guy was possibly still partying in the club afterwards, maybe pricking more people. The club put thousands of people at risk for about two hours before the club closed. If I was partying there, and it happened to someone else, I would have wanted to be informed and have the choice to leave. I think the people had a right to know.

Bouncers are there to keep the club safe, but that night, they did nothing of that matter.

I don't think it's their right to down-play our situation. They are simply bouncers. They obviously were not organized and didn't know what to do. A select few were helpful, but the rest were awful. I

was appalled at how we were treated.

()pinion

I think the club's action towards our situation was more than poor and they obviously care more about making money than the safety of their customers. They could have at least closed the exits while we searched the club.

Later on we realized that none of us were searched when we entered the club. I was wearing a big winter jacket and a purse. Nothing was searched. I walked right in. Maybe no one was being searched, and that was how the guy was able to bring in a needle, or however many he did have. Who knows how many he did have? The club made another serious mistake by not searching properly.

To me, this club is not a safe club because they don't operate properly and aren't doing their job. The club did all the wrong things. They let people in without searching them, not taking our case seriously, not informing the police, and not closing the club and therefore putting thousands of people at risk. My friend's attacker could have been assaulting other people for the next two hours.

So, choose a club that goes by the rules, because you not only have to protect yourselves, but the establishment you are going to has to also do their part to make the environment safe.



Springtime; welcome to

### JASON ENGEL

With spring around the cor-ner, it's time for one of the most time-honored traditions of spring, family reunions.

Between the crotchety old great aunts or uncles who always say, "My, how big you've gotten. I remember when you would run around with only your suit on. Your birthday suit that is, Ha Ha Hal" and then proceed to either pinch your cheeks, or give you a rib-crunching hug that could leave a pro-football player in traction for weeks.

Then comes the flood of stories of how it was for them back in the day. Stories of penny candy and nickel movie tickets.

How everything back then was glorious, and how everything now stinks.

You also have to keep an eye out for the huge gaggle of little

cousins who seem to fly around the yard and destroy anything in their path. With screams of delight that eerily echo the tribal vells of some long forgotten cannibalistic pygmy tribe, they descend upon their targets with the precision of a Patriot missile. First they go for the legs, making sure their victim can't escape. Then it's the arms, so they can't fight back. Finally it's the mouth so as to prevent any rescue by passers by.

After the festivities are done and you've been paraded around for everyone to see and reminisce with, it's time for the food, where every recipe that failed at the dinner table comes out to haunt the world again. Foods like candied eggs, steamed seaweed and spinach gravy. These are foods that Health Canada would ban if they knew they existed. All of these are laid out on a buffet table of the damned, and it would be horribly impolite if you didn't sample a little from each and every dish.

With a multitude of handshakes that could crush steel and sloppy kisses that could turn the Sahara into the ocean it used to be, it's time to go. And the best part of all? You get to do it all again, next year,

### Lovemaking habits of elephants and Canadian political science

friend of mine once told me the only joke Athat Canadian Political Science students know;

"The UN decided to hold a mock conference and invited a few of its member nations to participate. The United States decided to decline the offer, due to the conference's lack of importance.

Yet, all of the other nations attended this `rehearsal', which was intended to give the parties involved more experience at compiling data and presenting it in front of a board of their peers under intense deadlines.

The subject of this report was `the elephant' and each nation was supposed to analyse this subject in its own way and then present their findings.

So after a brief discussion the delegates from France decided to present first. They stepped up to the podium and delivered an excellent speech entitled 'The lovemaking habits of the elephant'.

The delegate from Italy never wanting to be out done, promptly took the stage and delivered an address entitled, 'the many dishes of the elephant'. In this address the delegate touched on the food consumed by

the elephant, and ended off with dishes that could be made from an elephant.

Germany went next and a serious looking delegate took the podium to deliver his findings, entitled `Elephants as machines of war'. He explained the great destructive power of the

elephant, and how it could be used in combat. Finally the delegate from Canada stepped up to the podium and after much paper rattling finally issued the title of his findings which was, 'The elephant, a Provincial or Federal problem ...?"

A perfect example of how this joke reflects Canada's current political situation is the recent debate over skyrocketing gas prices. The Provincial opposition groups having been lobbying the Harris government to impose regulations, freeze gas prices, and even remove gas taxes.

The response from the Provincial conservative party is, "we have done all we can. This



problem is now in the hands of the federal government, and we urge them to follow the lead of the U.S. and petition the OPEC nations directly."

In Ottawa, Pat Breton, Press Secretary for the Minister of Natural Resources claims, "Gas prices are a provincial and not a Federal concern. The

only time we would step in would be during an emergency situation and it would entail us rationing gasoline. I don't think the situation is that bad yet."

However, it seems that the Liberals are finding themselves in a bit of a bind as far as meddling in provincial affairs is concerned. Allan Rock has decided to make Alberta's Health Care his own "gold nugget" if you will, flying out to Alberta to protect it from the recent proposals of Premier Ralph Klien.

Given that health care is far more important than the price of gasoline, one still has to question who is responsible for what? Are the provinces responsible for the areas they have been entrusted with: education, health, welfare, etc. or does Ottawa have the authority to cast the provinces aside and do as they will with the country?

Why do the provinces keep grumbling to the federal government for more support in these areas, then turn around and complain when along with additional support comes unexpected recommendations?

On the other hand, why does Ottawa choose to intervene on some decisions made by the provinces and not others?

This feud between federal and provincial governments is a cyclical waste of time. Powers and responsibilities for these two levels of government need to be laid out on some sort of a constitution that is "set in stone". A clear understanding of who can do what, will eliminate any future confusion and put the onus on the right level of government to ensure duties are fulfilled.

Yet, as for right now we have a provincial government that blames all of its woes on insufficient transfer payments from Ottawa, even though the degree of tax cuts incurred provincially has not been addressed as a problem.

# Students display their talent in art show

On Campus

### PR students host event

8

#### BY RUBINA AHMED

Humber's public relations students organ-ized and hosted the 14th annual, League for Innovation art show, this week, displaying 80 pieces of work at the student centre.

The show is a class project for the public relations students. All the program's students have to participate and help put the show on.

The show was a quiet event as visitors strolled through the canvases and quietly discussed the art work among their friends.

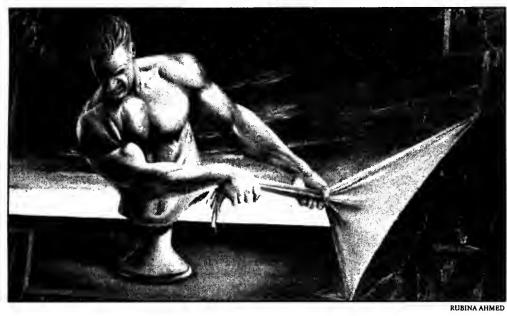
One women at the art show traveled by bus to specifically come to see this exhibit.

"I was a graphic artist student in 1971-72 and I came and brought my son, to see how the art has changed and how the school has changed," said Wendy Hamblin. "The school has changed a lot but the art is still the same, except for the digital stuff."

Some students said they were there only to waste time.

am waiting for my friends so I am trying to kill some time," said Pawel Pawlowski. The League for Innovation is an American

organization that helps create a forum for community colleges to display their talent. The art show is held at each individual school



"I hate art, I have nothing better to do ... I On canvas: Future Picassos display their work during the League for Innovation art show

# Humber receives a Juno

### By JAMIE QUINN

One of Humber's music professors, Pat LaBarbera, took home a Juno for best traditional jazz album at Sunday's award ceremony.

His album Deep In A Dream features 12 standard ballads and is unique compared to most jazz albums that have been released to date.

"These [songs] are not traditional jazz, they are very obscure standards in the jazz world," LaBarbera said.

"There are conventional standards that everybody plays, but these were the ones I searched around for, to find things that were not done that much, that were overlooked jazz standards."

LaBarbera has been playing the tenor saxophone since childhood and has recorded more than 90 albums. He grew up in a musical family and has played in bands along with his two brothers and his parents since he was eight years old.

LaBarbera said that his success can be credited to the talent of all of the band members who contributed to the project.

"All of us have brought so many years of experience to this project, and I think that's probably why it was chosen."

Other artists on the album include, Joe LaBarbera on drums, Don Thompson on piano, and Neil Swainson on bass.

Juno award winning Deep In A Dream is a definite turn from LaBarbera's usual projects. "We did our own arrangements and ver-

sions of standard songs," said LaBarbera.

"This is the first CD where I've done this kind of thing. Usually I write my own material and perform it."

One of LaBarbera's students, James



LaBarbera: Teacher, artist, Juno owner

Wannamaker says the album is unique because it is composed solely of ballads. "That's a gutsy thing to do, ballad is the hardest thing to play in jazz," he said.

LaBarbera wasn't certain that he would win the Juno when he received the nomination but his colleague and long time friend says that he certainly deserves the award.

"It's really great for Pat because he's been the best saxophone player in Canada for 25 years," said Brian Lillos, director of music at Humber College.

LaBarbera has been a resident in Canada for years but has only recently taken up citizenship. Lillos said that LaBarbera should probably have won 25 Junos for the work that he has done in Canada.

LaBarbera has been touring the world since the sixties with several different bands. He began as a part-time teacher at Humber in 1976, while he toured in the summer time. He now teaches full time at the college and manages to make time for new musical projects.

"It's great when you can actually perform and teach in the field that you have a passion for," LaBarbera said. "I've always wanted to be doing what I'm doing now. I'm playing with people out there who are doing it and I'm just bringing it back into the classroom."

LaBarbera's presence at the school has inspired faculty members as well as students.

"There are very few people like Pat," said Lillos. "The nicest part of it is that we have him here as faculty, because if you were going to teach a course in musical dignity he's the one we would model."

artists. "Some of the work is incredible," said Hamblin. Jan Rivera's piece, Summer, received a lot of attention. This all red piece shows a women with a bright sun behind her. She placed third in the international competi-

and winners from each school join the

International League for Innovation show to

compete with other school winners. This year's international show is being held in St.

Louis Missouri, and Humber is sending its

Canada that belongs to it," said Krissy

Harnack, a second-year public relations stu-

dent and media committee chair. "We are the only Canadian school to be involved, so it is

After strolling through the art show, stu-

There are some pieces that students said

they couldn't believe were created by amateur

dents said they felt proud to be a Humber stu-

"You have to be asked to join [ The League for Innovation]... we are the only school in

five best pieces.

an honour."

tion last year.

dent.

LaBarbera's students are just as thrilled to have him on campus, where he gives private lessons as a part of the curriculum, teaches courses, and directs the Humber College Jazz Ensemble.

"[LaBarbera] is the most talented jazz musician I have ever met," said Wannamaker.

Wannamaker enjoys having discussions with his teacher, "He lets me in on some of his own techniques, and he can answer any questions that I have."

LaBarbera has been working in music for 48 years. He says there will always be ups and downs.

"I look at it as the yin and yang of the business. There are down periods, there's dry periods. There's periods when you are very productive and working," said LaBarbera, who is now in a period where he is working a lot, playing a lot, and doing a lot of teaching.

LaBarbera is very encouraging to students who are aiming for a career in music. He offers simple advice to the young artist.

"Hang in there. When you're in the down time just use it to study and practice and when you're in the up time just go for it and get really into the performance mode," he advises.

LaBarbera doesn't expect that much will change in his life after winning the award. He appreciates the recognition and his plans are to continue teaching and playing with various artists in the city and around the world. He hopes to record a second album this fall, and perhaps another next year. For now, he'll be keeping his Juno at home on the fireplace.

### On Campus

## Annual high society is full swing ahead

### By Albert Leonardo

It may not garner the attention of the Junos or the Gemini Awards, but Humber College is preparing for their own version of Awards night.

Humber's High Society is gearing up for the 17th annual Humber College Students Appreciation Awards night.

The Council of Student Affairs (CSA) is sponsoring the event.

It is set for Wednesday, April 5, in the Seventh Semester room at the North Campus.

Kathy Rowlands, alumni coordinator said, "the awards are given to both students and staff, chosen by the students, for outstanding contributions to college life at Humber."

#### STUDENT LIFE

To be nominated, Rowlands added the student must attend Humber on a full time basis.

In total, eight to 12 awards will be given. The award is in recognition of contributions to student life.

Rowlands said there are no specific categories because the awards focus on individuals who have improved student life.

Students are asked to nominate a fellow student or staff member they believe has enriched Humber College, either socially, academically, professionally or in some other fashion that has affected campus life in a positive manner.

Judy Harvey, dean of student services said the event was created 17 years ago by then vice-president of education and faculty services, Dr. Roy Giroux, who had the idea of celebrating the accomplishments of students and staff.

Harvey, now in her fifteenth year at Humber said the event has grown in popularity and has become a tradition at Humber College.

Second-year public relations students are responsible for organizing the event.

### TRADITION

Alex Balles, the elected chair of the event said, "this year's theme is the roaring 20s...even the food will reflect the time."

"The event is now something that is passed on to second-year public relations students...a tradition," added Balles.

Balles believes the event is great for the school because it honours students who have done something special.

Mike Beleza, chair of promotions said the experience of organizing such an event is invaluable.

"Everything I deal with will apply, dealing with different people efficiently, deadlines, and scheduling," he said.

Beleza also said that the promotions committee will send out the invitations, and that the event is free.

#### NOMINATIONS

Once students and faculty have been nominated, a five-member selections committee will then decide on who will receive awards this year.

Nomination forms will be available March 7 until March 20 in the SAC office, Caps, residence, the athletics office, and the School of Media Studies office (K107).

### Ready to rumble

#### BY ELVIRA MARTINOVIC

The sounds of the crowd cheering are a part of his earliest memories.

Jason Sensation knew he found his niche and he recalls the story of how his father use to rock him to sleep while watching wrestling.

On Tuesday, March 21 from noon to 2 p.m., Jason will be on campus for a meet and greet session in the Student Centre.

The event will be hosted by Rick Smart and Steve Robinson of In The Ring, on CKHC radio. Jason said his love for wrestling began at an early age. Sensation found a common ground he could share with his father.

Jason got his start in the wrestling world by just attending shows.

"For a few years I went to shows and I would shout out impressions of various wrestlers, landing a demo tape of my work."

Sensation eventually had the chance to meet the late Owen Hart and from there his career began with a fairy tale start.

See the On Campus pages on March 23 edition of the *Et Cetera*, for the full story and pictures.

# Big brother is watching

College security keeps students safe

#### BY GILLIAN CLAIR

Humber College is a lot safer than you might have expected. With nearly 11,000 full-time students and 55,000 part-time students, Humber's Campus Security are constantly kept on their toes.

Some say there should be no doubt about the security on campus.

Gary Jeynes, director of public safety, said he thinks Humber College is a very safe place to be. With the many security features and at least three guards inside and outside every day, Jeynes said the campus is not as 'scary' as some make it out to be.

In fact, Jeynes said students don't take full advantage of the security features provided by Humber.

The Campus Escort Service is one program offered to Humber students to ensure their safety Monday to Friday from 5 p.m. to 11 p.m.

It is also available through Humber Security 24 hours a day.

This service has been around for five or six years and is for students who feel uncomfortable walking alone to their car, to the bus stop or anywhere within campus boundaries, Jeynes said.

#### FIRST STARTED

Nancy Pinson, manager of public safety, said she started this service after visiting other universities and colleges and to see how they ran their campus security.

"I visited University of Guelph and watched during their training and saw how they did it," said Pinson.

She said the campus Escort Service was established right away at Humber College for the safety of students.

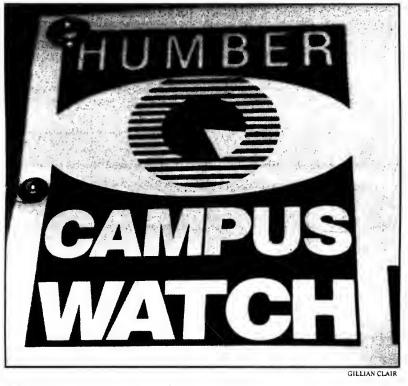
"We decided it would be safer if there were three people [for the escort]," said Pinson. "We'll send two people, either a male and a female or two females, to escort students to and from rez wherever they want to go within college boundaries."

Pinson said the students who request the escort are generally females and staff members.

"It's not that males don't need it, but it's usually girls who are the victim of crimes," Pinson said.

"The staff sometimes feels very scared."

Margie Zekulin, an employee at



In fact, Jeynes said students Safe: Humber students should familarize themselves with these signs

Humber College's library, said the college doesn't have enough security.

The library staff has asked security to patrol the library at night, but Zekulin said security has told them they just don't have enough staff.

Just last week Zekulin was working at the library late one night, and said she was in a situation where an individual made her feel uncomfortable.

"This situation made me feel very, very uneasy," Zekulin said.

"I would've felt silly picking up the phone and saying, 'Hi there's a creepy guy here," she said.

"I would've felt foolish."

Zekulin has been working in the library for a number years, but said this was the first time she felt unsafe.

"I walked with my keys in my hand, scouting out the parking lot", said Zekulin.

"I even took a walk around my car to make sure there wasn't anybody there."

But she didn't call the security escort.

Since the experience, she said she won't hesitate to call security for an escort next time.

All students and college employees can call security at extension 4000 or go to the front desk located near the library.

Maria Carl, a first-year Fashion Arts student, said she has thought about using the escort service, but has never actually called.

"Sometimes when I'm walking from the bus stop to rez, I get a little freaked out and think, 'Hey why didn't I just call security to walk with me' but then I'd feel a little bit stupid."

When it comes to your own personal safety, Carl said you shouldn't be nervous or embarrassed about calling security.

Marsha Pratt, a third-year student, said she's used the escort service only once in the three years she has been a student.

"I'm glad I did, even though I felt a bit silly calling to get someone to walk with me," Pratt said.

"But it's your life, who cares if you look stupid."

Other Humber security features included the well-lit walkways, outside emergency phones, and even toll-free lines that direct your call immediately to the security desk.

#### IN SECONDS

Displayed across the LED screen on payphones in the college is the phone number for security.

"Once someone calls [from an emergency phone], we know exactly where the call is coming from," said Jeynes.

"Depending where the call is made, [security] will be there in a couple of seconds," Jeynes added.

The emergency phones are located in the parking lot, within the school and along the campus borders.

Pinson said the phones are also there for reporting anything suspicious.

Jeynes said that even the parking lots are secure for students.

At least two security guards patrol the outside grounds on foot and in vehicles.

He also said that an extra security guard is added on Thursday 's because of rez's pub night at Caps.

### On Campus

# 10 I'd like to call my Lifeline

Christian rock band perform at Lakeshore in conjunction with The Lifeline Fellowship

#### BY MICHELE HO SUE

M<sup>embers</sup> of the Baptist Student Union (BSU) travelled from Annapolis, Maryland to the Lakeshore campus on Monday to spread the word of God through alternative Christian music.

The group Richest of Fare who attend military school in Maryland all come from various parts of the United States and have been together for about one and a half years so far.

"We just came to share the love of Christ with people. To share the differences he's made in our lives"

Although the group consists of eight members only Brad Schwenzer, Rob Hurst and Phil Aramburu were on the stage singing while the rest of the members interacted with the audience.

"We're evangelizing. Spreading the word about God through music," Schwenzer said. The other five members are responsible

for performing skits.

"They're usually humorous. The skits usually bring it to life," said group member Kristen Cartus.

According to their campus minister Kirk Ritchey the BSU has been around for approximately 85 years in the States and for more than 30 years at the school. Although members from the BSU travel throughout the States regularly, this was their first visit to Canada in years.

"We just came to share the love of Christ with people. To share the difference he's made in our lives with other people," Ritchey said.

Following their performance at Lakeshore **Richest of Fare performed** at York University and at the University of Toronto. Humber's

campus chaplain Len Thomas, said they will be at the North campus today from 11 a.m. to 2 p.m. in the blue carpet area outside of Tall Hats.

"They (BSU) like to come up to campuses and other places to help with their ministries," Thomas said.

"We talked to some students. It started off a bit slow but towards the end it was pretty positive."

The Lifeline Christian Fellowship/ Baptist Ministries at Humber is affiliated with the BSU which is part of their denomination. And although it is Baptist, Thomas said all students are welcome.

"It's open to all students. You could be a Christian or not a Christian at all and come out to our activities. We welcome anyone," he said.

Lakeshore in room B117 from 2 to 4 p.m., and at the North campus on Wednesdays in the SAC office in KX113 from 1 to 3 p.m. Bible studies are also held on Thursdays at the Meetings are held on Mondays at North campus in the Student Centre at 2 p.m.



Hallelujah: Three members of Richest of Fare use God's supplied talent to rock out at Lakeshore Campus

Humber launches post-grad charities program

Fund-raising and Volunteer Management are the future for graduating students

#### By Sara Swartz

t the beginning of the school year, Arenowned journalist, Dr. Gwynne Dyer told Humber College students that Canada's economic future lies in the service and charitable industries. This is no surprise, since continuous government cut backs have attacked Canadians.

Enter Humber's newest post-graduate program Fund-raising and Volunteer Management, co-ordinated by professor Tom Browne, which will debut at Humber in September 2000.

According to Browne the need for this course is exploding.

"The government is withdrawing some of the safety umbrella that we've relied on for so long and charities have to make up that gap."

Philanthropy is, according to Browne, an

\$8 billion industry that includes more than 76,000 charities across Canada.

More than 100 charitable organizations will get involved with the course. In addition, Browne has recruited individuals from the top of the philanthropy business as teachers.

"I've have gathered a brain trust. This is probably the great strength of the course. We are using people who are extremely well qual-

ified and extremely enthusiastic." Browne has been teaching Public Relations at Humber for the past two decades.

Fund-raising has been a course in the Public Relations program, but in the three years since development began on the program, Browne has witnessed a growing need for those experienced in philanthropy.

"The graduates of the Public Rel program, just based on what they had in that one course, were very attractive to the industry. They were getting job offers from philanthropy even though their experience was, by our standards, quite minimal," he said.

The course will teach students the workings of a charitable organization including an internship. This is why Browne says graduates from this program will be in demand.

"In life, it is important to be lucky as well as smart. And people who enter this program now will not only leave with a job offer they will leave with several," he said.

#### VOLUNTEERISM

According to the Statistics Canada report entitled Caring Canadians, Involved Canadians, volunteerism among young people aged 15 - 24, rose by 15 per cent from 1987 to 1997.

The study also discovered that 50 per cent of those young people who volunteered felt that the experience would help them find employment.

Amber Hudson, a first-year Package and Graphic Design student agrees.

"I volunteered to show high s dents around Humber on Design Day. This not only got me more familiar with the school, but it got me more familiar with my teachers which helped me throughout the year," he said.

Browne says he is looking for students who not only have a volunteer background, but students who also enjoyed the work.

"I'm looking for a person with a community sense. I'm looking for students who select the areas where they think they could be relevant," he said.

Those worried about a trained onslaught of telemarketers graduating in 2001, put the thought out of your mind. Browne insists this is not one of the Fund-raising strategies his students will be taught.

"Telemarketing is really aggravating. I hate it. I don't think it's a great way to engender support for an organization"

"Telemarketing is really aggravating - I hate it. I don't think it's a great way to engender support for an organization, so I'm not fond of it," he said.

Browne is currently interviewing applicants for the program.

To find out more information about the Fund-raising and Volunteer Management program visit the Humber Web site or pick up a course calendar at The School of Media Studies in K107.

## Nobody makes a difference

#### BY FRANCINE BUCHNER

No one showed up for the Nursing Association's organ donations seminar, "Anyone Can Make A Difference Day" at Humber College recently.

Humber's Nursing Association President, Carrie Wood, said shwas disappointed when no one, not even her nursing peers attended the seminar.

"It was hard to find information on organ donors," said Wood who organized the event as a way to educate students.

Carrie Wood was disappointed when no one attended

There are hundreds of people in Ontario waiting for an organ transplant. Fifteen per cent of people on waiting lists for organ transplants will die before an organ becomes available. There are 3,000 people on that list.

Ted Meeking, a retired schoolteacher had a heart attack in 1982. He waited over seven months for a heart transplant, which was the average wait at the time.

But now the wait is even longer.

Ruth McKillip, registered nurse and organ donor specialist of Multiple Organ Retrieval and Exchange (MORE) said there are two people waiting for every single available organ.

MORE is an organization that hospitals call when they know of a potential organ donor.

It is McKillip's job to visit the potential donor at the hospital.

"Everyone is treated with dignity and respect."

She speaks to the next-of-kin about the organ donation, if they decide to donate, a letter of consent is signed and medical tests are taken by two outside doctors to ensure no bias by the hospital or MORE.

One of the medical tests performed is an apnea test.

It is done to confirm that even though the person is dead, his organs are still alive and function-

ing after the brain is dead. Appea tests include neurological and breathing tests. The ventilators are taken off the ICU patient, and if the patient does not take a breath in five to ten minutes they are confirmed brain dead.

Currently, the longest living

organ transplant recipiants in Toronto are 10-15 years for lung patients, 30 years for kidney patients, 13-15 years for heart patients. Canada only started pancreas transplants three years ago and there has been one death.

"It's a fabulous gift," said Meeking.

Meeking does not teach any more, but he does visit high schools to raise awareness about organ donations.

"One donor can save seven people's lives," he said.

It has been more than three years since his transplant and he feels great, he said.

### **EIGHT MILES**

Before the heart attack, Meeking was running eight miles a day, consistently, with no problem.

Even after the transplant he is still active playing squash, paddling and weight lifting.

If anyone is considering donating an organ, you can do so when you go to get your healthcard or you can discuss it with family members ahead of time.

For more information you can contact MORE at their 24 hour phone line (416) 340-3587.

## Fight for student rights at Humber

### BY ANDREW HORAN

Humber students found out what their rights are at WorkFAIR 2000.

Humber's eighth annual labour fair brought information and several guest speakers to both the North and Lakeshore campuses.

Leonie Smith, the student coordinator for WorkFAIR, said many students benefit from this fair because they are "curious to know what their rights are."

"There seem to be a lot of misconceptions about what their rights are," Smith said.

Organizations at WorkFAIR included the Ontario Federation of Labour Youth Committee (OFLYC) and the United Food and Commercials Workers' union.

Humber staff was excited to have Stanley Grizzle the acclaimed author of My Name Is Not George attend the fair.

Grizzle is a founding member of Canada's first black union, the Brotherhood of Sleeping Car Porters.

own story of overcoming the discriminating work practices he experienced as a train porter.

More than 300 students filled the lecture theatre at the North campus.

The Right and Wrong interactive quiz game also returned this

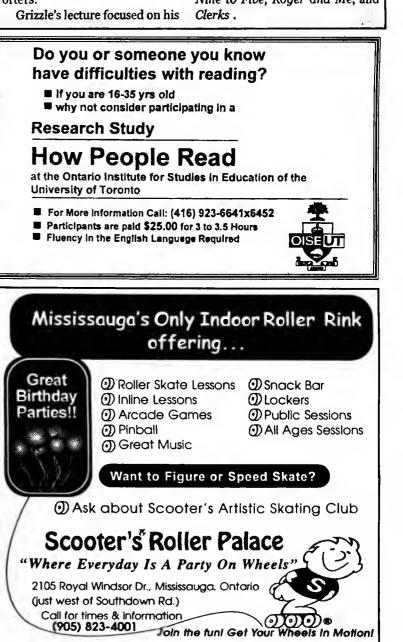
Students were given a chance to test their knowledge of workplace practices for prizes.

A performing arts panel, Performing Arts in an Age of Virtual Reality, discussed future issues involving performing arts workers.

Humber also had representatives from ACTRA, Toronto Musicians Association, and the Actors' Canadian Equity Association visit the WorkFair to lead discussions with students.

New to the labour fair this year

Humber students were also given the opportunity to watch critically acclaimed films such as Nine to Five, Roger and Me, and Clerks.



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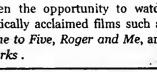
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### was the Rights on Film festival at the SAC Lakeshore lounge.



Athabasca University

# Juno Chantal's the best female artist?

#### BY DEREK MALCOLM

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Stunned and teary-eyed, Chantal Kreviazuk took Best Female Artist honours at Sunday night's Juno awards, beating out superstars Alanis Morissette and Celine Dion.

When presenters Howie Dorough and A.J. McLean of the Backstreet Boys called Kreviazuk's name, "the cameraman was pointing the camera at me as if he was waiting to see my reaction, and I was like, why are you ... oh my God!" Kreviazuk told reporters.



**Oh Sarah:** Sarah McLachlan was recognized for her international achievements in music

Taking to the podium in front of 15,000 fans at SkyDome, she thanked family, colleagues, and "beautiful husband" Raine Maida of Our Lady Peace.

"Even right now it still sort of feels like it was a mistake, I really can't believe it," Kreviazuk said.

While shying away from ques-

tions about her and Maida, Kreviazuk said she was honoured to win the award, but she said awards aren't necessary for her to be creative or to reinforce her desire to make music.

"For all the money in the world, I want to sing about my love, my life, my family, and things that make me feel like I have a soul," she said.

Kreviazuk was two for two for both nights of the Junos, picking up the Best Pop/Adult Album award on Saturday's ceremony for *Colour Moving And Still*, beating out Morissette, Bryan Adams, and Tal Bachman.

Best Male Artist winner Bryan Adams was a no-show for both nights, and so was Best Songwriter and Best Country Female Artist Shania Twain. But there was still plenty of star power to go around.

Morissette, topping the nomination tally with five, took best album honours for *Supposed Former Infatuation Junkie* beating Amanda Marshall and Celine Dion, and the best video award Saturday night for her directorial debut, *So Pure.* 

Morissette has been exploring areas outside music, recently dabbling in acting, playing God in last year's religious comedy Dogma.

"Music's my favourite just because it was my first love," Morissette told reporters. "But I intend to continue directing and writing and being heavily involved in my own videos."

So what else could the multi-talented, multi-millionaire want out of life?

"I'd like to knit a scarf that isn't lopsided," admitted Morissette.

Sarah McLachlan was presented

back into the studio. *"Even right now it still feels like it was a mistake, I really can't believe it" Melerblue will hereing initel ment ed off Get ir and s can't believe it"* 

McLachlan will be appearing with Santana on a Fox special, and on April 26 she will receive the Order of Canada.

with the International Achievement

Award Sunday by past winner,

Morissette. "It's really nice for me

to be recognized within my own

country for something I feel incred-

ibly proud of," McLachlan told

reporters. "So this probably means

more to me than any other award."

hiatus, McLachlan said she looked

forward to getting into her garden,

and making pillows - yes pillows -

but she also said she was writing a

lot and looked forward to getting

During her upcoming summer

The Matthew Good Band were also big winners Sunday night, up there with Tal Bachman, who won Best Producer and Best New Solo Artist. Beating out Our Lady Peace, Moist and The Tea Party for Best Group, MGB – minus front man Good - also picked up a Best Rock Album Juno for *Beautiful Midnight*.

"The people in that category [Best Group], and the groups in those categories, really show how strong Canadian Music is right now and how many good bands there are in this country," MGB guitarist Dave Genn said. "We were not expecting to win this one at all."

A recent addition to the Smashing Pumpkins lineup, Montrealer Melissa Auf Der Maur, along with The Tea Party's Jeff Martin and Stuart Chatwood presented the award for Best Selling



All smiles: Best Female Artist and Best Pop Album winner Chantal Kreviazuk smiles for the camera

Album (Foreign or Domestic) to The Backstreet Boys for their album Millennium.

Howie Dorough and A.J. McLean were on hand to accept, and thanked Canada for being "the first country in North America to accept us with open arms," Dorough said. The Backstreet Boys performed in Toronto on Wednesday.

With the finely-coiffed teen group The Moffatts hosting the 29th annual awards, there was definitely room for some entertainment. The Barenaked Ladies started off the show with their recent hit *Get in Line*, featuring go-go dancers and some hip-hopping Mounties.

Other performances included Kreviazuk, Great Big Sea, best rap recording winner Choclair, Our Lady Peace, The Moffatts, and Best Vocal Jazz Album winner Diana Krall who also won a Grammy earlier this year.



**Cowboy:** Sky's Antoine Sicotte wins Best New Group award, ironically the band has split

### The 29th Annual Juno Awards

The winners at Sunday night's ceremonies:

Best Selling Album (foreign or domestic): Millennium

**Best Album:** Supposed Former Infatuation Junkie - Alanis Morissette

Best Female Artist: Chantal Kreviazuk

Best Male Artist: Bryan Adams

Best Country Male: Paul Brandt

Best Group: Matthew Good Band

Best New Group: Sky

Best Songwriter: Shania Twain

Best Vocal Jazz: When I Look In Your Eyes - Diana Krall

Canadian Hall Of Fame Induction: Bruce Fairbairn

International Achievement Award: Sarah McLachlan

Incr Jones

**Backstreet Sales:** A.J McLean and Howie Dorough of the Backstreet Boys, win the Best Selling Album award at Sunday night's Junos

### Arts

## Turnament spotlights Dopey on the turntable

### 10 hip-hop DJs spin their vinyl for a packed crowd

### BY DARREN LUM

**There is nothing like working a** piece of vinyl, man. Nothing like it. . . Everybody knows a hiphop DJ's symbol is a turntable," said DJ Grouch, Turnstylez member and Turnament judge and organizer.

That "everybody" seemed to be at the Reverb, Friday night. Located at the corner of Bathurst and Queen Street West for the second DJ competition, it has been two years since the last Turnament due to a busy Turnstylez schedule. Grouch expects it to continue as an annual event.

It is a one-on-one hip-hop DJ battle open to anyone with \$15 to spare. The doors opened at 9 p.m. and people streamed in steadily getting psyched up by the spinning of DJ Serious.

"He had the edge on scratching. He dices the record like a cheese grater"

Shortly after 10 p.m. the hordes started to crowd around the stage staring in awe at the 10 DJs readying to compete for the grand prize, a Vestax mixer.

MC Contagious/Morse Code announced the beginning of the battle approximately 600 people ready to witness some of the greatest upcoming talent Toronto has to offer.

The '98 International Turntablist Federation Western Hemisphere champions, the Turnstylez crew, were the judges for the night. They include the Beat Juggling World Champion, Lil' Jazz, his cousin, D'Scratch, and Grouch, host of 105.5 FM, CHRY's Soundcheck radio show airing Thursdays 10 to 12 a.m.

Even before the event began, the crowd buzzed with anticipation. DJ Dopey, a member of the Turntable Monks, was expected to win the entire thing.

In his debut competition DJ Jimmy Scratch got the crowd into it, refueling himself with their energy. But the set climaxed when the output sound from the near speaker cut out. Jimmy Scratch stopped, the crowd stopped and a shout over the hushed crowd screamed, "Keep going."

Slightly frazzled, Jimmy Scratch continued after losing valuable time. "You just want to go into the competition with a positive attitude just come out of it having fun. You know just hope for the best," he said.

Another first time competitor, 16-year-old, Phase One impressed the crowd, but more importantly he impressed the judges. His fiery set advanced him into the second round, where he faced the defending '97 Turnament champion, Taktiks.

"I don't care if I win ... Get the crowd hyped and you're in the battle and it's just that feeling," said Phase One.

Another DJ hitting the competition scene for the first time is Labo from the six-month old Union crew. A club R&B DJ for four years, he wants to be free of the constraints associated with club "DJ-ing".

As the rounds continued and the battles were waged the entire club's energy and excitement levels seemed to grow as the hours

Dopey: DJ Dopey (left) is all smiles after winning the Turnament at the Reverb, last Friday night.

passed. The Union Crew's Labo and Hangman were tired and drained after their set, appearing more like wounded soldiers after battle. It was a war of sound and creative thought, put to the ear and to the test.

"I use to spin [at] clubs. I got tired of all the bullshit," he said. "Competition is better. It gives you a sense of yourself, man.

Third round J-Tec spins against Taktiks, and Labo against heavily touted Doney.

Both J-Tec and Taktiks put their heart and soul into their sets. The crowd applauded their efforts but slight mistakes by Taktiks gave the victory to J-Tec.

Inhuman body movements matched with technically fast precise hands as Labo and Dopey battled back and forth. The crowd was in a frenzy edging them on. Dopey is the one to beat at every competition in Ontario and after the valiant battle by Labo, the judges awarded Dopey the perfect score.

• Taktiks sees this year's Turnament as an improvement compared to the '97 one.

"The competitors are a lot better, [we've] got a better venue [and a] lot more [people] turned out. It's just overall hype," said Taktiks.

The final round belonged to the Turntable Monks, J-Tec and Dopey. With several hundred eyes on the two men, the DJs manipulated sounds, orchestrating a host of evocative expressions. The crowd responded with outstretched arms extended up towards the ceiling in approval, often responding to several physical motions necessary to create one unique sound for a split second.

"Dopey won by a few marks. He had the edge on scratching. He dices the record like a cheese grater," said Grouch.

# How are the DJs judged in competition?

### DJs are scored based on four criteria:

◆ Skills: an evaluation of the competitors scratching ability, the tricks executed and the phrasing of beats and rhythms throughout the set. The better the flow the better the score.

- Originality: how much style the DJ brings to the set.
- ◆ Execution: the set's completeness, and its composer's performance.

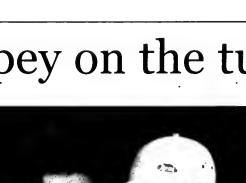
• Overall perfomance: a measurement of performance with the stage presence exhibited by the competitor.

Normally in DJ competitions there is a crowd factor that is measured into the judging. This is similar to judgement by applause. This was taken out to prevent competitors from packing the crowd with friends and to make it fair for everyone.



All in the hands: DJ scores are based on skills, originality, execution, and overall performance.





# Photographer to the rock stars

#### BY CATHERINE STANCL

14

C potlights shine on the singer on **O**stage as he belts out the lyrics of his song. The band accompanies him, filling the club with solid rock. The crowd cheers for more.

It sounds like a great concert, doesn't it? It probably was. But this is only a photograph of the show.

Yet Jeff Wilkinson's shots are pretty close to being at the concert itself.

With his ability to capture this feeling, it's hard to believe the 28-yearold's experience as a photographer is limited to a little over two years.

Wilkinson's artistic awakening began as a teenager in Brampton where he participated in theatre both on and off stage throughout high school and later in the theatre program at Humber College.

Although he enjoyed his time at Humber, Wilkinson felt that a full time career in theatre was not exactly

what he wanted to do.

Photography in downtown Toronto in I haven't gone to school for this. But 1998 doing administrative duties. It was this move to the studio that ignited his passion for photography.

To learn more about where he worked, Wilkinson picked up a camera for the first time and took pictures of his friend's band. Soon he was taking pictures at concerts around Toronto.

"People saw me taking pictures and started asking to see the pictures I took. Then they started inviting me out to their gigs," Wilkinson said. "People seem to like what I'm doing. I Elevator, in concert and in repose. He said that both situations are interesting to work in, but they require different approaches.

"You are trying to capture [a concert] with a very difficult format, a two-dimensional silent image. I really

try to capture the performance and grasp what's going on. Wilkinson said. "But with promo shots, you try to capture the person as an individual.'

Liane de Lotbiniere, singer/songwriter for the band darlin, said Wilkinson succeeds in his efforts. She saw him wielding a camera at a Toronto concert and realized she needed photographs for her own band.

Immediately after their first photo shoot, she was impressed with his work, she said.

"He really captures the essence of your personality in a way that it winds up truly being an essence shot," de Lotbiniere explained. "Jeff's photos

are real, capturing the spir-

it of the person and captures the artist

Wilkinson hopes the exhibit is only the beginning. He is already involved in 10 new projects as a

"I'd like to be the photographer who all the bands are talking

## Secret lies behind Celtic band's kilts

### BY NICK JONES

"Co what do you wear under Othe kilt?" - is the question Toronto Celtic rockers Enter the Haggis have heard a million times.

Usually it comes from people who are getting better acquainted with another Scottish tradition, beer, so they expect a damn good answer.

Enter the Haggis are prepared. "It varies from socks and shoes to on a good day lipstick, but we've got a number of witty comeback lines for that one," said percussionist James Campbell.

After their debut at Toronto's North by Northeast Music Festival in 1996 the band has been carving out their niche like a butcher.

With a fiddle and bagpipes landing the band on unique turf, they also possess powerful vocals and a driving rhythm section, so don't pin these guys down as a novelty.

"We don't really like to be associated with the term novelty band, but there really isn't a good branch term for our band,"said Campbell. "Our bagpipe player always says if you label yourself, you limit yourself."

The group definitely hasn't limited themselves as far as venues, playing everything from the **Regina Highland Games to benefit** shows for Toronto Women's

Shelters and the Breakfast for Kids. They also have regular shows at the Horseshoe.

In 1998 Enter the Haggis released their first album Let the Wind Blow High and are now compiling material for an upcoming album.

Campbell talked about the band's attitude towards writing these days. "We certainly haven't lost the comedy aspect of things, it's not like we're trying to get away from that so much, but just the ideas that have been coming out lately have been less towards comedy and more towards serious music.'

If you're planning on attending a show don't expect boiled meat wrapped in intestines to be served by the band.

"We haven't provided the haggis ourselves yet," Campbell said, adding "once you do enter the haggis you can never leave, it's somewhat like a cult."

If the music doesn't sound like your cup of tea then just grab a beer and enjoy the live show.

"If you're really into music at all whether it's this style of music you like or just the live show, I think there's something for everybody." Campbell said.

Enter the Haggis will be playing on St. Patrick's Day (March 17) at the North Lawrence Market. Tickets are \$15 and are available through Ticket Master.

Wilkinson: One of the concert's he has immortalized

He began working at Signature don't have the technical background. I've gotten in tune with what the bands like to see."

> Wilkinson's first exhibit, showing at Holy Joe's in downtown Toronto until March 30, captures local bands like darlin, Little Man Hands, Luke Jackson, and Space

the way they really are."

JEFF WILKINSON

result of this show at Holy Joe's.

about," Wilkinson said.

### Movie details brutality of African wildlife

BY LUISA MARIN

Varsity Theatre ended its screening of Carl Shultz's  $T_{2}$   $W_{2}$   $W_{2}$   $W_{3}$   $W_{4}$   $W_{3}$   $W_{4}$   $W_{4}$  To Walk With Lions last week. The unique film is well worth viewing not only for its compelling true story but also for the beautiful African backdrop in which it is set.

The film powerfully displays the brutality and savagery of the African wildlife. While posing the poignant question of whether or not humans have more rights to the Earth than other creatures.

A young Englishman, Tony Fitzjohn (John Michie), ends up working for a legendary conservationist named George Adamson (Richard Harris). For the past 30 years George has devoted his life to the preservation of African lions and currently runs a lion rehabilitation program in Kenya.

George offers Tony a position to help him free captive lions and return them to the wild. Tony later looks to George as a father figure. He learns through him how to communicate with the lions and not fear them.

Tony is also amazed at how George can walk freely amongst the wildlife and not be harmed.

It takes Tony a while to develop a similar relationship with the animals after a near death experi-

ence almost convinces him to leave George and his retreat.

Other characters in the film include Terrence, Adamson's younger brother, who shares a similar passion for wildlife, but for elephants. Joy and Victoria are the women in Adamson's life, and symbolize opposite ideals. Joy wants him to leave his haven with her, while Victoria wants only to stay with Adamson and support his mission.

Lucy is the other female figure who appears in the film, researching Somalian culture for her postgraduate thesis.

Tony is fancied by her and although she initially rejects his advances, she ultimately joins him on his journey.

The focus of the film shifts to the threat outside forces pose to Adamson's entire project. The Kenyan government wants to put a stop to his 30 year project and ceases to keep neighbouring tribes off his nutrient rich land.

This film is based on a true story. Sadly, it depicts the tragic end to George's life, as he heroically defends his territory. This ending is sensed, but the film's emotion is not lost as a result.

To Walk With Lions is a passionate environmental plea for wildlife and an extroardinary character study. Few finlms can combine a protrayal of the disturbing realities that exist in the African wild.



Richard Harris: King of theatre shares screen with the king of jungle



### Arts

# A little bit of heartbreak and a whole lot of hate



### Jagged Edge

j.e. heartbreak

By Kerri L. Patrick

In the new era of R&B groups trying to take the genre to another level, amidst all the Dru Hills, 112's, Ideals, and Nexts, only one group really stands out.

Their name is Jagged Edge. The Atlanta-based quartet consists of identical twins Brandon "Case Dinero" Casey and Brian "Brasco" Casey and their best friends Richard "Wingo Dollar" Wingo and Kyle "Quick" Norman.

The follow up disc to their 1998 gold debut A Jagged Era, entitled j.e. heartbreak revolves around the trials and tribulations of relationships. Many of the songs discuss real issues, lacking in many of today's bump 'n' grind R&B songs. Tracks like True Man, Promise, He Can't Love U, What You Trying To Do (my personal favourite) and their sweet salute to bachelorhood, *Let's Get Married* capture their unique R&B-bred-hip-hop-sprinkledchurch-boy-with-a-twist-sound followed by the Casey brothers' gifted vocal stylings.

What prevents this disc from being a classic is the unnecessary "fast" tracks that were probably put on the album in order to target the ballad haters. Songs like *Did She Say* samples a hook from *Off the Books* by the Beatnuts, doesn't do the group justice.

If Jagged Edge had stuck to the beautiful ballads they are known for *j.e. heartbreak* could have been the ultimate lovers soundtrack.

### Happy Trigger

I Hate Us

BY BERNICE COUTO

Ah, post-teen angst, the fuel for hardcore punk rockers everywhere. The aptly titled *I Hate Us* is Trigger Happy's fourth and final album. Perhaps the band has finally succumb to its status as the most hated band in Canada or maybe they've just had enough. Either way, Trigger Happy goes out with a bang. A hell of a bang!

If fast, hardcore punk grind is what you desire, this album is sure to satisfy. These guys have been around since 1992 and the energy on this almost posthumous album is still very intense. I Hate Us is very much your standard skate punk CD: fast, angry, and loud, with few tracks clocking over three minutes. With lyrics like 'Smile a lie and try to gain momentum/Too low to know who's been hurt by now/I drink the last of the day's decider/The curse of breathing/A double dose what I need most'\_from the song *Burnt Coffee Blues*, vocalist Alan Nolan still finds the world unsatisfactory.

15

Really, the album fulfills the punk requirement but, like most CDs of this genre, it doesn't break any new ground.

A fun listen but not a must-have, except maybe to complete your Trigger Happy collection. RIP.



# There's Room to Grow at Humber... SAC REPS NEEDED for 2000/2001

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**I** ifestyles

# Vegetarianism: more than just lettuce and tomatoes

Vegetarians are starting a healthy alternative lifestyle

#### By Mona Patel

When was the last time you thought about trying something different with your meals? What about eating plants for the rest of your life?

While that probably sounds very limited, there are millions of people in the world who consume only plant foods.

Vegetarianism is a growing trend, with an increasing number of people choosing it as their diet.

According to Dr. Chang, a Naturopathic doctor, practising in Mississauga, most vegetarians are people who have understood that to contribute towards a more peaceful society we must first solve the problem of violence in our hearts.

#### IMPROVED HEALTH

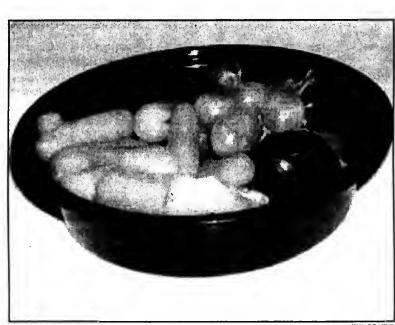
Many people switch to a vegetarian diet for weight loss and improved health. Some individuals don't like the idea of animals suffering in modern factory farms, and a few just don't like meat. For many vegetarians, it is a combination of issues.

Scientific studies show that vegetarians suffer much less from illnesses like cancer, heart disease, high blood pressure and other common health problems.

"The fact is that vegetarians are not frail and weak. It's all a myth"

The most recent study of 11,000 people in Britain showed that vegetarians were 40 per cent less likely to suffer from cancer and 30 per cent less likely to suffer from heart disease. In fact, the study found that they were 20 per cent less likely to die from disease.

Contrary to the common misconception, vegetarianism isn't just eating salads. The lifestyle change incorporates a meat-free diet, and for some people, it may even include eliminating animal by products from their diets.



**Fruit n' veggies:** A vegetarian diet includes a large assortment of fresh and frozen fruits and vegetables, tofu and complex carbohydrates

The American Dietetic Association has said that a vegetarian diet can meet all known nutrient needs.

"The key to a healthy vegetarian diet, as with any other diet, is to eat a wide variety of foods, including fruits, vegetables, plenty of leafy greens, whole grains, nuts, seeds, and legumes," said Dr. Chang.

"Why kill an animal so that one can consume it as food?"

Vegetarianism has numerous financial, health and environmental benefits.

Karen Bansali, a second-year student at Humber College says that vegetarianism is a part of her lifestyle that she would never compromise.

"I have always been a vegetarian, since birth," said Bansali. "Many people ask me if I would ever try it or change my mind, and I always tell them, never."

#### ANIMAL RIGHTS

Basali sees vegetarianism as a way of disassociating herself with what she calls the "undercover massacre" of animals.

"Quite apart from the terror of being killed, they [animals] undergo pain and fear from routine stock mutilation and during transportation. We would be horrified if our pet cat or dog were

Dietetic treated in this horrible way, so a vege- why subject other animals to such known cruelty?" she said.

> Bansali also said that she would rather suffer than consume any sort of meat.

#### VARIETY

Vegetarians have a variety of great food choices.

Some popular dishes include: pasta with tomato sauce, bean burritos,pizza, baked potatoes, vegetable soups, whole grain bread and muffins, sandwiches, stir-fry, salads, veggie burgers with french fries, beans, rice, bagels, breakfast cereals, pancakes, waffles.

The freezer sections of most grocery stores carry an assortment of vegetarian convenience foods such as veggie bacon, burgers, and breakfast sausages.

Vivek Sanjani, a lawyer who has been vegetarian for life, said that a common misconception is that vegetarians are frail and weak.

"The fact is that vegetarians are not frail and weak. It's all a myth. Former champion bodybuilder, Bill Pearl is a vegetarian, so is the six foot eight inches, 320 pound wrestler, Killer Kowalski and Olympic gold medalist, Edwin Moses," said Sanjani.

"If one thinks that vegetarians are weak, then just take a look at the strong animals out there, bulls, elephants, rhinos, and gorillas, they are all vegetarians too.

### It's a pack rat's life

Clutter is common in the life of a pack rat

### By Lara Rizzo

Clothes sprawled all over the bedroom floor, paper on the dresser, jewelry everywhere. Sounds like the average teenager's 'bedroom? Guess again. It is the bedroom of 42-year-old Karla Jackson, an accountant from Brampton and mother of three.

Jackson suffers from "pack ratism." A disorder which causes people to feel they must save things for long periods of time.

"My bedroom is a mess," said Jackson. "I have lots of old stuff, shoes and dresses from [my] high school days."

"I don't want to part with stuff that means a lot to me, but I am also sick of living in a pig pen. My friends tend to laugh when they see the mess in my house, but I just turn the other way because for me it's normal," she said.

Many people, who are plagued with pack ratism can have some form of obsessive compulsive disorder, (OCD). OCD can be characterized by anxious thoughts or rituals that a person feels he cannot control.

"Most adults with this condition recognize that what they are doing is senseless, but they cannot stop it," said Dr. Gordon Blancha, a psychologist at Peel Memorial Hospital.

"Some people, though, particularly children with OCD, may not realize that their behavior is out of the ordinary," Blancha said.

OCD strikes both men and women and afflicts roughly one in

50 people. It can appear in childhood, adolescence or adulthood, but usually it shows up in the teens or early adulthood.

"There are many times [that] I scare myself when I walk through the house and see all the mess that just keeps on accumulating," said Jackson. "To change the way I have been so used to living would be different and complicated because I am used to seeing the mess around the house even though it scares me," Jackson said.

Jackson fears that this genetic disorder may be passed on to her children age seven, nine and 15.

"People who suffer from pack ratism may be tired of the mess they see, but they do not want to do anything about it. Their life needs to be organized," Blancha said.

"I feel as though I need to seek some professional help to organize my life, but since I am an accountant I keep documents from years back, Jackson said."

Blancha said OCD may be diagnosed only when the activities consume at least an hour each day and they interfere with daily life.

In extreme cases, other forms of OCD can keep some from holding down a job or from carrying out normal responsibilities.

OCD can take the form of obsessive behavior like constant hand washing.

"Without treatment, obsessivecompulsive disorder is usually a lifelong illness with periodic [ups and downs] of symptoms," said Blancha. With treatment, many people may find their obsession and compulsions can be reduced to the point where they no longer interfere with [daily] functioning," he said.

Clutter: Packrats often keep documents for longer periods of time

## Lifestyles

# Organize with Feng Shui

#### By Nicolette Beharie

ave you been feeling down and Hunlucky lately and can't seem to figure out why? Well, maybe the solution you are looking for is in Feng Shui, or your natural harmony.

Feng Shui (pronounced "fong shway"), which translated means "Wind and Water," aims to create harmony and balance in your environment. It's a belief that your life, wealth, health and relationships can be connected to your surroundings.

This ancient oriental art – which has been practised for more than 3,000 years in China – is still taken very seriously by some communities today.

Although Feng Shui is an ancient practice that originated in the Orient, over the years it has gained much interest in the west.

"Feng Shui is simply creating a harmonious environment"

Helen Williams is an interior designer for Place Right who both teaches and applies the principles of Feng Shui to her work.

She first learned of Feng Shui when she visited Hong Kong in the '70s, and never thought she would be teaching it today.

"Feng Shui is simply creating a harmonious environment," said Williams who left her job at a corporation to study the art in California.

Shui she knows is different than else," she said.

what was practised many years ago.

"It's not part of this culture, so there is a whole process that's going on of transmuting it to the western aesthetic and to the western customs and practices," said Williams. "It includes western science to some degree."

Williams agrees that the interest in Feng Shui is definitely growing.

"There is an increased interest in energy," Williams said. "People are doing things like Tai Chi and acupuncture.'

Williams said that five years ago people would come to her without even knowing how to pronounce Feng Shui, and now many of her students have read up on it before they attend class.

Homeowner, Kathleen McDonald, said that when she applies the principles of Feng Shui to her home, she can feel the difference.

"Placing your furniture in a living space that helps energy flow in a harmonious way can benefit you at a personal level," said McDonald.

"When people come into my home and feel good, that's all the proof I need."

For a person who is not familiar with the detailed concepts of Feng Shui, there are some basic principles that can be considered.

"Even if you don't know all the rules of Feng Shui, you just become very conscious of what you do and where you place things," said McDonald.

Williams enjoys the work that she does.

"I'm doing the work that's right But she recognizes that the Feng for me, I wouldn't do anything

Tips to improve your home using Feng Shui:

**Order** and tidiness

Have a place for everything. A disorderly room usually means a disorderly mind. Keep clutter under control.

### Position

If your back is to the door as you work at your desk, put a mirror so you can see the door from your usual work position.

### Keep everything aligned

Try not to have your feet lined up with the door. If you have no choice, hang a round-faceted crystal ball on a red thread from the ceiling between the door and the bed. But no lower than 18 inches above your head.

### Make it your own

Bring natural elements to your space such as:

- a small water fountain • a plant
- candles
- natural fabrics • incense
- **Bedroom is for sleep**

Keep computer and electrical appliances as far as possible from you as you sleep.

Source: Helen Williams

### **Internet Addiction** By Lara Rizzo

Jacob Young began to suspect that he had an Internet addiction when he would get up at 3 a.m. -to surf the Net where he would talk to a friend who hadn't been to bed yet.

The Internet is an amazing resource of information. For Young surfing the Net is a normal part of his everyday life.

"It's opened up a whole new world. You never know exactly where the journey will take you. Doors open and you take off in new directions," Young said.

A third-year computer science student at York University, Young said he never feels lonely. "There is always someone

there to connect with," he said. According to Dr. Gordon

Blancha, a psychologist at Peel Memorial Hospital, for some people, the computer world rivals their real world.

"Some people choose to commune with a computer rather than their spouses and children, so while they expand their horizons electronically, they insulate themselves from intimate settings and relationships," Blancha

Internet abuse, such as overuse of chat lines, has been cited as a contributing factor in the failing of marriages and families and the collapse of promising careers, Blancha said.

"The Internet is like a cominghome feeling that can entice people to fail in their families, home, career and health," he said. Clifford Stoll, a 44-year-old, lawyer, was a long time user of chat lines.

"Recently I took some time away from the Internet, a moratorium on e-mail and Web surfing to spend more time with my family, living a life off cyberspace," Stoll said.

"Some people choose to commune with a computer rather than their

spouses and children"

Blancha said there are many people in the world addicted to the Internet and they don't even know it.

One evening Stoll simply turned off his computer and almost instantly felt liberated. He enjoyed spending time interacting with his children and wife.

"I took time to daydream and time to walk the dog," Stoll said. "It was pleasant not to be staring at a computer monitor and checking my many electronic mailboxes for the latest arriving messages at one a.m," Stoll said.

He added that it was so pleasant to be away from the demands of cyberspace interaction that he almost considered pulling the plug permanently off the computer.

According to Blancha the Internet has a way of impacting the lives of a growing number of people around the world.

"We cannot allow technology to control our lives and steal away our personal or societal souls, but individuals [should] learn to use this technology to advance their knowledge," said Blancha.

March 16, 2000

# **Eid-ul-Adha celebration**

Ibrahim tells Ismail about his

dream, to which Ismail responds

that it was a command from God,

to have patience, and to follow

son, Ismail (or Ishmael).

through with it.

### BY SAADIA HUSSAIN

The three day Islamic celebration, Eid-ul-Adha kicks off on Thursday, March 16 and coincides with the 10th, 11th, and 12th day of the last lunar month, Zil-Hijjah.

"Eid-ul-Adha is celebrated in memory of prophet Ibrahim [also known as Abraham]," said Imam Yusuf, Islamic scholar.

The Islamic version of Ibrahim differs slightly from that of Judaism and Christianity and can be found in the Quraan, Suraah As-Saffaat verses 100-111 (37:100-111), Yusuf said.

According to Islam, Ibrahim receives a vision or dream in his sleep, where he is commanded by

"Eid-ul-Adha is celebrated in memory of prophet Ibrahim [also known as Abraham]"

sacrifice his son but at the last mal], Allah blesses the person" moment, God substituted a ram , who had the animal sacrificed." in place of Ismail.

The "three days [are] when you can [make a] sacrifice," said Yusuf. In Islam the animals that can

God to sacrifice his first born be used as a sacrifice are one year-old goats, cows and bulls. Two-year old buffalo, five year old camels and sheep are also

> commonly used as a sacrifice. The meat of the sacrificed animal is distributed among family and friends, whether they are rich or poor.

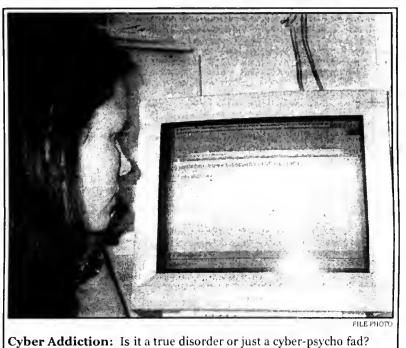
> The sacrifice was a test. . . The greater the person, the greater the test from Allah," he said.

Yusuf also said that "upon Ibrahim readied himself to every hair [of the sacrificed ani-

For more information, Humber's MSA can be contacted at (416) 675-6622 ext. 5101 ext. 250577#, or e-mailed at humber\_msa@yahoo.com.

said.

Young said that he surfs the net to gain a sense of acceptance from people that he doesn't even know.



# Consider your options when purchasing a car

BY ANTON YEWCHYN-PAWCZUK

18

Whether to buy or lease a car is a complex question and the answer depends upon how much money you have readily available.

The cheapest way to get a car is to buy it outright however, shelling out \$20,000 for a brand new car is not realistic for most students.

So let's assume you have very little money but need some wheels. Your options then become financing a car that you buy, or leasing a car that you essentially rent.

American cars are the easiest to buy and lease because they have many purchase options with less interest.

Japanese or European cars, to lease or finance, have higher rates unless you manage to get a year-end blow-out sale on older models.

When you decide to lease a car, saving money is the prime motivation.

"You'll want to lease a car if you still want cash to go out on pub night," said Mark Buczek, of Chrysler Credit Canada.

Leasing puts off a lot of extra taxable dollars until later.

Let's say for example you choose to buy an \$18,000 Chrysler Neon outright. After coughing up the \$18,000, you'll also have to deliver almost another \$3,000 in taxes up front. Financing the Neon simply breaks up the \$18,000 plus taxes into payments that you pay every month.

But if you leased the Neon, it would cost you \$359 a month for 36 months, with zero down, taxes included. By-leasing you can avoid paying all the taxes at that remaining \$10,284. The

once.

"It's all about deferring your money and your decision. It depends where you are in life and how much freed up money you need at a given time," Buczek said.

After your lease is over, you can purchase the car at a residual value that the manufacturer sets. That pre-determined value is quite a bit higher than if bought the car at a used car lot.

That price is also subject to GST and PST.

"You'll want to lease a car if you still want cash to go out on pub night"

In the long run, if you lease and then buy the car, you would have spent thousands more unless there is a special offered at GMAC financing.

General Motor's GMAC has computers that spit out side by side purchase and lease plan options. For our purposes, the student car example is a 2000 Chevrolet Cavalier Z24 with CD player.

This particular vehicle has a retail price of \$21,425 which includes freight charges. You could lease this car for \$384 a month tax included for 36 months. GM says the car is worth 48 per cent of its original cost after 36 months which works out to \$10,284 plus taxes.

You have the option of leasing one car after another and keep paying per month or you can buy the car back.

If you do the math for the Cavalier, it's \$384 for three years plus \$10,284 and the taxes on \$21,425 car has now cost you have to come up with the rest. \$25,670. If you financed the car for three years at \$533.47 a month, the car would cost you \$25,606.

But let's say you get into your new Cavalier and proceed to completely destroy and write off the financed or leased car - what then?

Kevin Braine, GMAC representative, tries to reassure potential students that choose to lease.

"With banks, your financed car worth \$15,000 from the insurance company is really worth \$18,000 to the bank because to them, you just borrowed some money and owe them the rest of what you have left in payments."

This is called a gap, where the actual price of what the totalled car is worth and how much you financed it for are two different values. The bottom line? You

Braine said that GMAC offers a gap protection where they cover the difference. Essentially, although you lease or finance through GM, the company owes a bank money and they cover the gap out of their own pocket.

Trading in a car you already own is often a good deal because you only get taxed on the difference.

If you have a car worth \$5000 and trade it in towards a new Cavalier Z24, you're only paying tax on \$16,425 instead of the full price of \$21,425. This allows financing the rest of the car at a lower rate.

But if you are always leasing a car, you never own it and never have the car as a down payment.

You also don't have any automotive collateral for a future bank loan to buy a house or open a business.

People can also get into more

trouble with leases because the low payments allow you to obtain a car you couldn't possibly buy or finance.

Lifestyles

This problem is further enhanced at the end of the lease, where you still can't possibly afford to buy the car, so instead you pay by the month for the rest of your life.

"It's all about deferring your money and your decision"

The only time you can really lease a car you can't afford is when you own your own business. Writing off a certain portion of the lease is allowed by the government, and you can get some money back come tax return time. So go for a Lamborghini.

Not all leasing and financing are fantastic deals because it also depends on the amount of interest you pay. Some leases can be upwards of 7 per cent which in the long run, makes the amount you've spent very high. Financing can have very high interest rates as well.

Like with credit cards, you have to shop around to find the best interest charge so you don't get nailed.

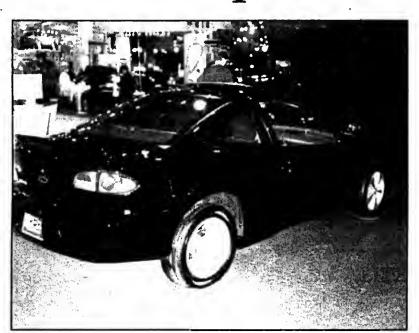
Leasing and financing can be a huge interest compounded nightmare with separate banks and leasing companies.

Essentially, the best thing to do is to trade in your heap, save up, and buy the rest of the new car outright.

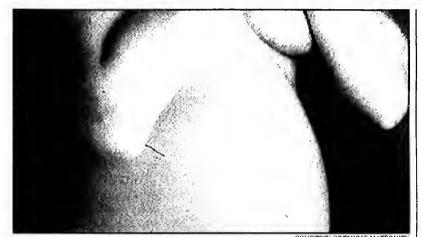
If you can't, then shop around for the lowest interest on a lease and on financing, and compare the two end costs to get the best deal.



March 16, 2000



**Cavalier Z24:** Do your homework before deciding to lease or buy a car



Between the lines: Though stretch marks are most common during pregnancy, they can appear on both men and women at any stage in life

### Stretch marks the spot

By TANYA VERRELLI

Whether they're pink, white, or purple, stretch marks are never in style, unless the striped look is what you're going for.

Stretch marks can appear anywhere on the body from the breasts, buttocks, and hips, to the belly on both men and women of any age. While it is unknown why some people get them and some don't, they most commonly appear when there's a dramatic change in weight.

"As you're gaining [weight], you're stretching the skin to its fullest and that's when you get the marks, and then when you drop the weight they show up even more," said Isobel Edward, owner and esthetician at Body Beautiful Spa in 'Aurora.

The skin has three layers, and it is in the middle layer, the dermis, where stretch marks occur. The dermis has elasticity, but can lose its flexibility after constant stretching.

Edward said it's important to treat stretch marks both internally and externally while they're developing. She recommends swallowing vitamin E capsules and rubbing vitamin E oils on the skin.

"An old fashion remedy is castor oil to rub into your skin," Edward said.

But, she explained that external treatments don't work for all skin types, and once stretch marks appear, they're there to stay.

Nancy Squires, a nutritionist and personal trainer at Body Science in Newmarket, said toning the skin is also important.

"We use electrical muscle stimulation," Squires said, adding that building muscle mass tightens the skin around the muscles to keep it firm.

Squires said that a person has a better chance of preventing stretch marks when they're losing weight because it happens at a slower process, and the skin has time to adjust.

She said rapid weight gain, like in pregnancy, is a major cause of stretch marks, and that massage heals scars better than creams do.

"With stretch marks, cream might help, but it's not the fact that your skin's dry, it's the fact that it's actually being pulled beyond what it should be pulled," said Squires.

Sue Hogan, an 18-year veteran cosmetician at Shoppers Drug Mart, said both Biotherm and Vichy have creams for stretch marks.

"Both of them are used as a preventative from getting them, or a corrective if you have [stretch marks], but it doesn't ever say [on the package] they take them completely away," she said.

Hogan said she sells most of the creams to women who have gained or lost weight and to pregnant women, though men are just as susceptible to getting stretch marks as women.

As a Biotherm user herself, Hogan said she noticed her stretch marks faded in colour and size.

"It didn't take my stretch marks away ... they look less noticeable but by no means did it take them away," she said.

Taryn Paulozza, Hogan's pregnant co-worker, has been using the same product for over three months and is very pleased with the results although she didn't believe in it at first.

"I haven't found a mark on me anywhere; stomach, legs, boobs," she said.

Paulozza said that Biotherm's product contains glycerin and botanical oils that are moisturizing and have protected her skin from the itchiness suffered by most pregnant women.

Paulozza highly recommends the product. "It's worth it to spend \$34 to be able to wear a halter top after [pregnancy] without having a roadmap on your stomach."

# 

By TANYA VERRELLI

Health

Lisa Reynolds has heard all kinds, including some that sound like a whistle.

But, the respiratory therapist and sleep technician at the York Region Sleep Disorder Clinic Centre, reccomended those who snore see a doctor.

Snorers, especially loud ones, might have low oxygen levels throughout the night, making them tired throughout the day, she said.

"When you're snoring, your airway is partially closed and allows less air in and the person works harder to breathe," Reynolds said.

Loud snores in particular could wake up the snorer throughout the night and prevent them from getting a deep sleep. But, she recommends a sleep study for all snorers.

"We hook them up to various monitoring devices. We put anywhere from 15 to 20 electrodes on the body," she said, "and that reads the electrical activity in their body."

Reynolds said this test reveals everything from whether they grind their teeth, to what stage of sleep the patient falls into.

Reynolds also said that the anatomical structure of the airway could contribute to snoring.

While the size of the nose is not a factor, smaller inner airways are more susceptible to making noises. Even body weight can be a factor.

"Usually the excess weight ... as well as gravity puts more pressure on the airway so it closes easier," she said.

While Reynolds said weight is not the determining factor, even sleeping positions can worsen snoring sounds.

"It's usually worse on their back

because gravity is not in their favour and the tongue and jaw and everything can fall back and occlude the airway."

The most severe snoring condition that requires treatment is sleep apnea, where the patient actually stops breathing during sleep.

Test results then determine which options to take.

Sleeping disorder specialists recommend severe Apnea sufferers use a small machine called a Continuous Positive Airway Pressure (CPAP). A mask placed around the nose allows the machine to release a specific amount of air pressure to keep the airway open during sleep.

"When you're snoring, your airway is partially closed and allows less air in"

For non-apnea sufferers, surgery can remove excess tissue from the upper airway or an oral appliance can be worn to keep the bottom jaw from falling back and blocking the airway, which leads to snoring.

Reynolds said in some cases however, snoring is not a chronic problem.

"People who smoke tend to have excess mucus. It doesn't take long before it hits the vocal cords and causes them to cough."

Joanna Abela, health counsellor at Herbal Magic in Newmarket, said she sells the solution to mucus problems.

"Our product is a blend of different herbs that allow our bodies to metabolize that mucus. You don't get the build-up in the first place," she said. Abela said some of the herbs included are cayenne, echinacea, elderberry, and eucalyptus.

"It's an 86 per cent chance that it will work and it's one of the highest repeat sales, so people are seeing results," said Abela.

Reynolds, however, is skeptical about taking pills for snoring.

"I think it's misleading because a lot of people who do have severe apnea think that they can take a pill or spray and it goes away. That's not the case ... it wouldn't be effective in my eyes, but I don't know a lot about it," she said.

Susan Lerner, a pharmacist for 16 years, said that nasal strip products are popular with her customers at Shoppers Drug Mart.

"They've been around for a couple of years. Athletes were using them for better breathing during sporting events. They found that they could breath better and their endurance was better," she said.

Lerner said that this soon caught on with snorers.

"(The strips) tighten the skin, sort of at the bridge of your nose and it opens up the airway better," she said.

Lerner said the strips are applied like bandages and come in different sizes, and because they're so safe, they are attractive to customers.

"You're not swallowing anything, it's not even a cream, it's just a sticker, so the most it could ever harm you is that it might leave a rash on your skin, but there's nothing harmful in terms of sideeffects."

While Lerner said many customers are pleased with the nasal strips, Reynolds said the only method she guarantees to work is the CPAP machine.



Oh shut up: Oral surgery is one of the options for chronic snorers. Nasal strips also work and are less drastic

### Health

### BodyVibes offers new way to lose weight

New weight loss gizmo claims to help you lose weight without breaking into

### BY NIKKI CARSWELL

re you one of the many people Awho desperately wants to shed a few pounds, but can't seem to ditch those donuts and jog to the gym?

For those seeking the easy way out, Thane Fitness has come out with a new product that promises to help you lose weight by simply strapping on a belt everyday.

BodyVibes is an isometric trainer that is worn snugly around the waist just like a belt.

It is supposed to monitor the tension in your abdominal muscles when you relax.

Just like a pager, it sets off a gentle vibration when you relax reminding you to tighten your abs.

According to the BodyVibes Web site, if it is reinforced enough, the body will get into the habit of flexing and will prefer the position of tightening the abs.

Northern Response, the Toronto-based company responsible for the infomercials that sell the does show results.

According to Northern Response Accounts Manger Strickley, "any type of movement burns extra calories. If you are holding in your stomach, which is a large muscle in your body, that will burn [calories]."

"People want the easy way out. They like quick fixes [and with this] you don't have to work out"

But, reading the small print on BodyVibes Web the site, www.thanefitness.com, it states that weight loss results can only be expected from the BodyVibes system if you are not currently gaining weight, and you do not increase your calorie intake.

Brian Fleischman, owner and personal trainer at Heartbeats gym in Bradford is not thoroughly convinced.

"Though [The BodyVibes] might make you lose a little [weight], it's not going to strengthen anything."

Fleischman also said that there product says the BodyVibes system , is no way the BodyVibes is going to burn many calories.

> "If you lose [weight] that way Spencer you're going to put it back on right away," he said. "If you lose [weight] with eating right and changing your lifestyle you won't put it on as fast."

> > Thane Fitness recommends wearing the belt for two to three hours for the first week, and then wearing it up to eight hours for the second week.

> > The BodyVibes system has been on the market for two years, and is advertised as an exercise alternative for those who detest exercise.

"Everybody's worried about his or her stomach and they want good abs," Strickley said.

Northern Strickley said Response has been selling the BodyVibes for about six months and the product has done very well in Canada.

Strickley attributes the product's popularity to the fact that BodyVibes is targeted to appeal to the majority of people, primarily

those who are too lazy to work out. "People want the easy way out. They like quick fixes [and with this] you don't have to work out," he said.

"People are ordering [these products] and finding out they're not working"

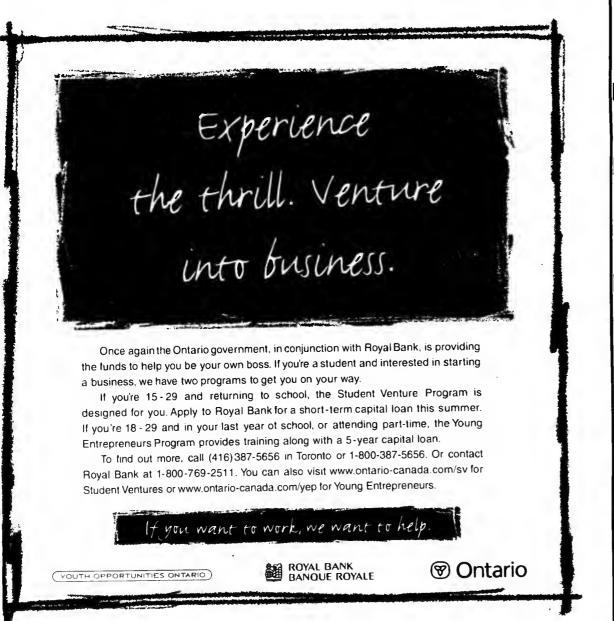
Fleischman said although there are millions of new, improved easy ways of shedding pounds, many health-conscious people still prefer sweating the weight off at the gym.

"People are ordering [these products]," he said, "and finding out they're not working."

Fleischman says the only way to tighten the abs is easy. "Simple crunches, sit-ups and weights will do it."

According to Strickley, the BodyVibes will soon be selling across Canada at Walmart and Canadian Tire stores.

BodyVibes can be purchased throught the infomercials for \$47.85 US, approximately \$70 Canadian, and has a 30-day money back guarantee.



JJQ'S SPORTS CAFE Students Only!20% off Food and Pool MONDAYS ¢25 WINGS Free pool TUESDAYS **Molson Breweries BATTLE OF THE BANDS** WIN 40 hours of studio time \$\$\$ PLUS CASH \$\$\$ **Register** at Bar WED/THURS CAMPUS KEG PARTY loonie specials & DJ FRIDAY **VOODOO LOUNGE Tribute to the Rolling Stones** SATURDAY XI OZs & VITAL REIN **FRIDAY MARCH 24** THE WHEATKINGS Tribute to Tragically Hip **FRIDAY MARCH 31 APRIL WINE** Tickets at Bar @Rexdate and Hwy27 416.747.0829

### 23rd Annual health show held this weekend

#### BY DARREN LUM

his weekend the Total Health **1** 2000 convention is being held at the Metro Convention Centre, North building hosted by the Consumer Health Organization of Canada (CHOC).

Total Health 2000 is the 23rd annual convention and is touted by CHOC as the premiere alternative health convention. There will be 42 speakers, and 200 exhibits related to self-health care. Speakers' topics range from acupuncture to the effects of light.

Special features of the convention will focus around genetic engineering. Speaking on the topic will be Joe Cummins, PhD and professor emeritus of genetics from the University of Western. Cummins is credited with over 200 papers published in the areas of genetics and the environment.

"People who don't believe in holistic medicine are not properly exposed to holistic medicine," said CHOC President Libby Gardon. "How do they base their decision [to not believe] on that?"

Gardon wants non-believers to leave the convention with education about alternative medicine to give them a better understanding. By asking questions they can be informed to make better decisions.

Gardon pointed out that Chelation is an FDA approved alternative treatment for conventional bypass surgery.

The origins of the treatment date back to the 1940s when the United States navy used it to treat sailors for lead toxins.

The Chelation treatment uses an intravenous drip of the chemical ethylenediamine tetra acetic acid (EDTA) for hours at a time over an extended period to remove cholesterol from the arteries and veins of the patient.

Other notable speakers at the convention are Paul Pantone, a researcher from Salt Lake City, Utah, presenting the "Geet engine" which is expected to reduce the consumption of gas by 60 per cent, said Gardon.

The convention runs from Friday to Sunday evening. Advanced tickets are available from CHOC at reduced prices.

For tickets and ticket prices call, 490-0986. For further information check out their Web site at www.consumerhealth.org.

### Next week: Columnist John Maida and the impact of Toronto's new sports hero Vince Carter



By John Maida

POOL A

### **Centennial Colts**

The Colts are coming off a first place finish at the Women's Central Region Championships two weeks ago. Their only loss at the tournament came against Conestoga. The Colts' defence has been stingy as of late giving up only one goal in their last three contests.

### St. Clair Saints

The Saints put up a good fight at the West Regional Championships at Redeemer, bowing out to Humber in the finals. Their only loss of the tournament came to Humber.

Another meeting between the two sides is possible, perhaps another meeting in the finals. Saints striker Misty Findlay who finished second in the OCAA in scoring for the outdoor season is continuing to impress with her strong play.

Fancy footwork: All Star soccer ace Adriana

Cataldo joins the Hawks in their bid for gold

The Kingston campus Vikings

St. Lawrence Vikings

placed second in their last tournament. They were the only team to defeat tournament winner Nippissing. To be successful the Vikings must find more ways to find the back of the net. The Vikes are last year's East Region Champs.

### POOL B

### **Humber Hawks**

Perhaps the odds on favourite to win the tournament. Last year's provincial indoor champions, are as solid as ever, with All -Canadian Adriana Cataldo and Striker Joanna Vitale leading the way.

The Hawks were a perfect 4-0 at the West Regional Championships two weeks ago at Redeemer, scoring a whopping 24 goals in the four games.

### George Brown Huskies

The Huskies just barely made it through to the provincial champi-

> onships. They had an identical record as Conestoga but made it through because of goals for. The sleigh dogs need to be more aggressive if they want to be successful in this tournament.

### **Nipissing Lakers** The Lakers are

another threat to take the championships. They finished first at the Regional East Championships giving up only seven goals in all four con-

The Lakers won the silver medal last year at the provinleading the way.



Group hug: Humber's soccer boys congratulate each other after a victory, next stop, provincial championships

# Men's soccer squad soars toward Ontario three-peat

Team sticking with proven regular season game strategy for

### championship tourney

BY FRANK MONACO

### POOL A

Seneca Sting

Former Humber Hawk assistant coach Vito Colangelo coached his new team to an undefeated 4-0-1 record and gold in the Men's Central Regional Champions. The schedule has Seneca playing early at 10 a.m. and not again until 6p.m. for an eight hour break.

#### **Nipissing Lakers**

The New Brunswick squad is an under dog to win the gold. They barely squeezed into the OCAA tournament. They finished second in the West Regionals by earning 10 points, one more than the St. Clair Saints.

### Sir Sanford Fleming Auks

The squad from Lindsay was the runner-up for the Men's East Regional Championship losing

only one game and winning four. The team's schedule is kinder than most because they will play a presumably tired Nipissing in the afternoon. At that point the Lakers would have one game already under their belt. Even with this positive detail, they are still a long shot to win the tournament.

### POOL B

### **Conestoga Condors**

The Condors were the runnersup for the men's central region with a 3-1-1 record.

They should take everything they can from being the host College for fate has not been kind to this squad this tournament.

First of all, they are in a pool with two regional champions. Second, they will have to keep their concentration and intensity level high for both games which are separated by an eight hour gap.

They play Humber first at 11:00 a.m. and then face the Royal Military College at 7:00 p.m.

Conestoga has been rivals with Humber for years and their game against Hawks should be an exciting match.

Will anything be left for the Paladins?

### Humber Hawks

The Hawks enter the tournament white-hot and are clearly favored to win.

They mauled their opponents in the men's west regional championship. They won five of five, scored 33 goals for and allowing only two goals against in five games.

The only negative thing that can be said is starting defenceman Matt Carr is injured with a torn ligament, but the bench is deep enough to compensate.

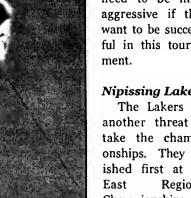
### **Royal Military Paladins**

The crew from RMC is the only other perfect team, achieving five wins in five tries in the men's east regional championship.

Their numbers are excellent, scoring 17 goals and conceding only five against in five games.

The Paladins might have a slight advantage as their first game is against Humber who would have already played a game earlier in the day.

March 16, 2000



cial championships and OCAA all-star Melissa Stevens is

### Sports

# Men's B-ball bound for Nationals



Snip: Hawks head coach Mike Katz cuts down the net after the Humber squad took provincial hoops gold on home court



Hawks have excellent chance of bringing home the hardware: athletics director

### BY MICHAEL STAMOU

Tumber's men's basketball team will travel to the home of the Eskimos, Oilers, and the biggest mall in Canada, as they gear up for National Basketball the Championships in Edmonton this weekend.

The Hawks are vying for their fifth national title in 10 years, and are hoping to bring back the spoils that last graced Humber's trophy case after the 1996-97 win.

Humber earned their berth with a home court triumph by taking the provincial hardware.

Humber's athletic director Doug Fox said the second-seeded team's chances are very good in the eight team tournament.

"The teams we are competing with are all the calibre of Sheridan and that's the difficulty," Fox said. "We performed so well at the OCAAs and played three outstanding games to win and the difficulty repeating at the national level is

that the competition is another step up again," Fox said.

Fox analyzed the team's first round opponent, NAIT, and discussed possible semi-final opponents.

"I think we will do very well in the first game [against NAIT]," Fox said. "My feeling is we should win first game and then the Montmorency and Langara play off to play us ([n the semi-finals."

### "We are a better team, we are much deeper"

Fox pointed to this season's earlier loss to Montmorency, calling the Quebec squad a tough and talented opponent.

"Langara has won two National championships, and when you're rolling being National champions, there is this kind of invincibility," Fox said of the British Columbia team.

"We lost to Langara the last two years in the semi-finals and that may play into the psyches of some of the guys returning."

The depth of the team is one of the major reasons why Fox thinks this year's squad will do well.

"We are a better team, we are

much deeper. When you have a deep team and someone is not playing well, you can go to someone else, and we really didn't have that last year," Fox said. "So our depth is the reason I think our chances are very good."

And Fox points to the Hawks' go-to-guy.

"There is no question that the player we need to step up always is Jason Francis," Fox said. "He has the ability to penetrate and break down defences and when things aren't going well, Jason has a way of getting through that and making things happen."

Humber's last National championship title win was in 1996-97.

The games will start on March 18 with the quarterfinals. The first game is between the fourth-seeded, Dawson as they take on fifth-seeded Southern Alberta Institute of Technology (SAIT).

Game two will see Fraser Valley, seeded number one take on the eighth-seeded, St. Thomas.

Game three will have seeds three and six battle it out as Langara takes on Montmorency.

The final game on day one will have the second-seeded, Humber College Hawks take on seventhseeded, NAIT.



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### Sports

# Canadian soccer kicks up world reputation

But insiders say pro league necessary

### to spark interest

### BY DAVE ELIA

Canada's recent soccer win at the Gold Cup was as improbable as Mexico taking the World Cup of Hockey.

Most in Canada, even sport nuts, don't realize yet the implications of the win. But with the current state of Canadian soccer, the win can only bring improvements.

"I'm hoping that more people<sup>™</sup>in Canada will stand up and take notice," said Canadian striker Carlo Corazzin in a phone interview from Los Angeles.

But it isn't the actual sport that needs a shot of publicity and exposure. According to Brian Avey executive director of the Ontario Soccer Association, there are already more than 300,000 soccer participants in the province alone and the national figure is more than 2 million. What is needed is an improved grass roots level that keeps the younger talent interested.

Canada needs to reinstate a professional league, some critics think. Corazzin says in order to instill interest and confidence in the crucial ages of 16 to 22 a pro league is essential. This could help Canadians internationally and train them for more advanced play overseas.

"I played in the old CSL [Canadian Soccer League], and most of the players on this team did. The younger players need somewhere to play before they make the step to Europe," Corazzin said.

Corazzin attributes his success to the CSL because it maintained his desire to further his soccer career, whereas many talented players in Canada lose interest because there is no where else to go.

"We're losing a lot of players at that age," Corazzin said. "They need something to look up to. They should say 'I want to play for the [Toronto] Blizzard, I want to play with the [Vancouver] White Caps. They need to have that in their sight." Corazzin said.

Avey says changes are already being implemented at the provincial and national level. There is a new coaching philosophy dedicated to possession soccer and other changes to the system. All to produce better Canadian soccer players.

Bill Ault of the Internet news site Soccer Kicks, thinks the program has to go beyond just a coaching mandate, it needs a complete overhaul.

"We need national marketing, and we need a national governing body. Hockey's junior A model is a good model. The 16 to 22 age groups need it," Ault said.

### "I'm hoping that more people in Canada will stand up and take notice"

Canada paved its path to the championship by surprising powerhouse Mexico and dominating Columbia. By beating these traditionally powerful soccer nations, Canada has finally brought attention and respect from both the soccer world and the media.

Ault has been involved with Canadian soccer for more than 20 years and he knows it's a special time for the Canadian program.

"It's better than it was before. It's important [the Gold Cup] because it raises the profile of the game. Now we're front page news," Ault said.

The Canadian game specifically, is on the radio more, you can see TV interviews with Corazzin on TSN, and soccer was gracing the front

Youth Assisting Youth has peer men-

page of most of the Canadian major newspapers.

Canada hasn't received this much attention since qualifying for the 1986 World Cup. The success has largely been credited to head coach Holger Osieck. Since the German took over, the 85th ranked Canadian team seems to sweat confidence, going undefeated throughout the Gold Cup.

"Holger has brought a completely different mentality to it. He's changed the structure and changed they way we play. We can compete with anybody and believe that," Corazzin said.

Osieck has diverted the usual Canadian style of kick and run and encouraged a more creative and slow-build up type of game. It's more of a European style that Avey says most resembles Dutch soccer.

"We have a nice mosaic with different nationalities. It's more of a Dutch style of possession ball but with an attacking 11 - more of a unit," Avey said.

Osieck is now on a campaign until March 18 to convince Canada to back their youth program- the Gold Cup win will obviously play into his hand.

"We just have more opportunity then before," Avey said. "More countries are willing to play us internationally, Osieck has put his stamp on the program."



**Soccer star:** Canada's striker Carlo Corazzin (left) jockeys for position against the Costa Rica captain in Gold cup action in Los Angeles



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