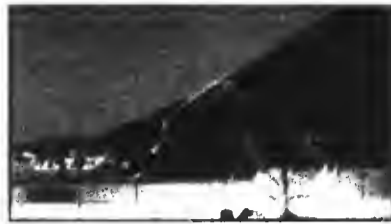


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Catch us on the web @ <http://www.etcetera.humberc.on.ca>



University of Western Ontario medical students marched on Queen's Park on Feb. 2, to protest rising tuition fees. They said doctors will only come from society's elite if education costs aren't lowered soon.

PHOTO BY DAVID SMITH

Panel seats lay silent

BY JOE MORIANA
SAC Reporter

Student representation is falling short on some Humber advisory committees despite official committee guidelines stating there be student members.

Advisory committees are assembled for each program at Humber. They are responsible for ensuring curriculums are up-to-date and to maintain a close link between the college and the labour force.

SAC President Tracy Boyer said she feels students' voices need to be heard on these committees.

However, she fears many students probably don't know about them or the role they can play on them.

"The committees are happening and that in itself is great," she said.

"I would always push towards having more student representation and I think that in the past we haven't. And I think this sort of stuff should be made public. What are the committees doing? Wouldn't it be nice to hear what changes are made?"

Boyer said students would feel more involved in shaping their education if they took an active role in the meetings.

Boyer said she has brought the matter to the attention of Richard Hook, vice-president of academic, and added she would be willing to work with administrators to improve the situation.

In an effort to get some answers, Boyer sent out a team of SAC representatives to investigate.

However, SAC reps said program coordinators told them some committees

hadn't had student representation for a number of years.

SAC rep Melinda Novak said other students in her program were eager to have her present at meetings for the Hospitality, Recreation and Tourism program meetings.

"Students want to be represented at this meeting," she said.

Based on the representatives' findings, Boyer concluded students were not considered an integral part of the committees.

"I think this sort of stuff should be made public. What are the committees doing? Wouldn't it be nice to hear what changes are made?"

-SAC President Tracy Boyer

"I think there are only alumni sitting on committees, and if there are students they are few in numbers."

Hook said the primary purpose of advisory committees is to establish good ties with industry.

"The desire to include students is certainly there but it tends to be the graduating year students who get involved," he said. "Because they're in the college for one year, it's something I think that is slipping through the cracks quite often. Those aren't excuses, they're just explanations."

Hook said he could not estimate the number of student members absent from committees. The problem, he said, is the laborious task of having to decipher whether names on the committee lists are up to date.

"I would never argue with them that industry is a big influence. But at the same time you can't put all your focus on one and ignore the other. You have to have both. Students are stakeholders and they're not there," Boyer said.

Blair Carter, chair of Health Sciences, said the members of two committees over which he presides actively seek students.

"I can't speak for other committees, but on ours there are not only current students but graduates," he said.

The operational manual does not define how the process should be executed so the selection process varies with each program.

Hook identified part of the problem being the college has never appointed any one person in particular responsible for students.

He admitted representatives of the president's office and program co-ordinators play a big role.

"I certainly have accountabilities when it's gone wrong," he said.

Hook said he would raise the issue with school heads.

In the meantime, he offered prospective committee members a bit of advice.

"If there are advisory committees that students don't believe there's a student representative on they should speak with their program co-ordinator about that."

Medical mayhem Western med students march on Queen's Park

BY DAVID SMITH
Soc Reporter

Ontario's future doctors prescribed civil disobedience Tuesday as 400 of the province's medical students marched on Queen's Park to protest tuition increases.

Waving placards and chanting "access to education, access to health care," the procession of medical students marched from the University of Toronto Medical Sciences building to a press conference at Queen's Park.

"(The demonstration) is all about the medical students of Ontario expressing their displeasure and concern that tuition fees for medical students continue to rise with any regard for accessibility to education for those with low scores," said a spokesman for the Ontario Medical Students' Association, the president of the University of Western Ontario's Medical Class of 2002.

The province's government deregulated the health care program in 1997, and the province's medical students are protesting the changes.

See **Students 4**

"Devastated"

Humber student shot to death

BY ROSS THOMAS
Et Cetera Staff

A woman found shot to death in her apartment was a Humber student.

Janet Anieta Reynolds died Jan. 27 of a gunshot wound to the face. Her body was found in the basement apartment of a Scarborough home.

Reynolds, 21, graduated from Health Sciences in 1997, and was in her second year of Humber's Nursing program.

"She was a very good student, and the faculty, staff and students are devastated about (her death)," Valerie Hewson, assistant to the president, said.

A memorial service will be held at the college in the last week of February.

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Weekend American Laws

ALABAMA

- * In Jasper, it is illegal for a husband to beat his wife with a stick larger in diameter than his thumb.
- * Putting salt on a rail road track may be punishable by death.

ARIZONA

- * In Tucson, it is illegal for women to wear pants.
- * In Globe, it is illegal to play cards in the street with a Native American.

ARKANSAS

- * A man can legally beat his wife, but not more than once a month.

CALIFORNIA

- * In Pacific Grove, "molesting" butterflies can result in a \$500 fine.

CONNECTICUT

- * In Hartford, it is illegal to educate a dog.
- * In Hartford, it is illegal for a man to kiss his wife on Sunday.

FLORIDA

- * In Sarasota, it is illegal to sing while wearing a bathing suit.

GEORGIA

- * It is illegal to change the clothes on a store-front mannequin unless the shades are down.

ILLINOIS

- * In Chicago, it is illegal to fish in one's pajamas.
- * In Chicago, it is illegal to take a French poodle to the opera.
- * According to state law, it is illegal to speak English. The officially recognized language is "American."

KANSAS

- * In Lang, it is illegal to ride a mule down Main Street in August, unless the animal is wearing a straw hat.
- * In Natoma, it is illegal to throw a knife at anyone wearing a striped shirt.

LOUISIANA

- * It is considered "simple assault" to bite someone in New Orleans, it is "aggravated assault" if the biter has false teeth.

MARYLAND

- * In Baltimore, it is illegal to wash or scrub stinks, no matter how dirty they get.
- * It's illegal to mistreat oysters.

MASSACHUSETTS

- * It is illegal to wear a goatee without a license.
- * North Andover prohibits its citizens from carrying "space guns."
- * In Boston, it is illegal to take a bath unless one has been ordered by a physician to do so.

MICHIGAN

- * In Clawson, it is legal for a farmer to "sleep with his pigs, cows, horses, goats, and chickens."
- * A state law stipulates that a woman's hair legally belongs to her husband.

MINNESOTA

- * Women may face up to 30 days in jail if they impersonate Santa Claus.

MISSISSIPPI

- * It is still legal to kill one's "servant."

NEBRASKA

- * It is illegal for bar owners to sell beer unless they are simultaneously brewing a kettle of soup.

NEVADA

- * In Eureka, men who wear mustaches are forbidden from kissing women.
- * Everyone walking on the streets of Elko is required to wear a mask.

NEW JERSEY

- * In Newark, it is illegal to sell ice cream after 6pm, unless the customer has a note from his doctor.

NEW YORK

- * In New York City, it is illegal for a woman to be on the street wearing "body hugging clothing."

OHIO

- * In Columbus, it is illegal for stores to sell corn flakes on Sunday.
- * In Oxford, it is illegal for a woman to distorb in front of a man's picture.

SOUTH CAROLINA

- * Every citizen is obliged to carry his gun to church.
- * In Charleston, all carriage horses must wear diapers.

SOUTH DAKOTA

- * It is illegal to lie down and fall asleep in a cheese factory.

TENNESSEE

- * In Memphis, it is illegal for a woman to drive by herself; "a man must walk or run in front of the vehicle, waving a red flag in order to warn approaching pedestrians and motorists."

TEXAS

- * In Mesquite, it is illegal for children to have unusual haircuts.

VERMONT

- * It is illegal to deny the existence of God.
- * It is illegal to whistle underwater.

WASHINGTON

- * In Seattle, women who sit on men's laps on buses or trains without placing a pillow between them face an automatic six-month jail term.

WISCONSIN

- * In St. Croix, women are not allowed to wear anything red in public.
- * It is illegal to cut a woman's hair.



Source - www.litstn.edu/~mlkoolig/funny/StateLaws.htm

Words of Wisdom

"It's like deja vu all over again."
-Yogi Berra

movie CLICHES

- * Aliens always speak english in movies. All aliens have a single, monolithic culture: one language, one religion, one outfit, per planet.
- * Dogs always notice who's bad and bark at them.
- * When men drink whiskey, it is always in a shot glass, and they always drink it in one gulp. If they are wimps, they will gasp for air, then have a coughing fit. If they are macho, they will wince briefly, flashing clenched teeth.
- * People are often exact duplicates of remote ancestors, or of their parents at the same age.
- * A cough is a symptom of terminal illness.
- * Evil geniuses who devise bombs to destroy things/people always have them detonate after at least an hour, giving the hero ample time to defuse it. When you cut the wire to the detonator, the timer will stop. You will not be able to do this, however, until only one second remains. When an explosion occurs, make certain you are running away from the point of detonation so the blast can send you flying; in slow motion, toward the camera.
- * People can be rendered inoperative by bumping them on the head. Beware though; after you have left the scene, this person will regain consciousness and be more determined to attack you.
- * Pastries are always in plain pink boxes. When we see a plain pink box, we are expected to know that the box contains donuts, cake or some related item.
- * People who hear something weird outside will go out to look, even if they know there's a homicidal maniac on the loose.
- * When there is an intruder somewhere in the house, the thing that jumps at the heroine in the dark always turns out to be her cat, even if it comes from places cats would never be - like inside a cupboard. As soon as she relaxes, the killer will show up and strangle her.
- * Minorities such as Native Americans or Asians will always have some sort of mystical knowledge or innate fighting skill. Native Americans always know the course of events to come from some sign in nature, and Asians are all born with Martial Arts skills.
- * The fact that a woman is pregnant is introduced by a scene where you hear the woman vomit.

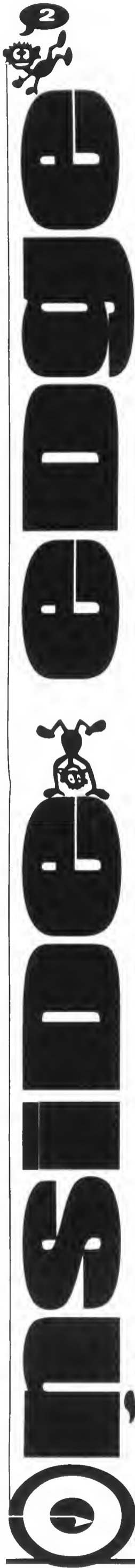


source - www.khn.it/entire/cliche.html

Totally Useless Trivia

- 1 What is the only PG rated Disney movie?
- 2 What school did the Brady Bunch kids attend?
- 3 On the Roseanne Show, what did DJ stand for?
- 4 What was the first letter Vanna White turned on Wheel of Fortune?
- 5 Who is Kermit Scott?
- 6 What is the only number to have the same amount of letters as its value?
- 7 In the theme song from The Flintstones, what is the line after "Let's ride with the family down the street?"
- 8 Why did ancient Egyptians shave thier eyebrows?
- 9 Why should you never eat shellfish that have straight tails?
- 10 What was Beaver Cleaver's locker number?

Answers page 15



News etc.

■ Drivers risk vehicles

Anyone caught driving with a suspended license will have their vehicle taken away. The catch is, it doesn't matter if it's yours or not. If your licence was suspended because of a Criminal Code offence and police catch you driving, you'll lose your car for 45 days, starting Feb. 16. The program does not apply to those whose licences are suspended for non-criminal reasons, such as unpaid fines, or demerit points. The minimum fine for getting caught driving without a licence for one of those offences was increased from \$500 to \$1000.

■ Liver cure on the horizon

Scientists injected a human gene into the muscles of rats to wipe out liver cirrhosis. The gene created extra protein to regenerate the liver and reduce cell death. Researchers reported that this cured cirrhosis in the animals. A liver expert said the treatment might eventually be able to prevent cirrhosis in people.

Plug into online learning

By MICHELLE LOWE
Education Reporter

Humber has introduced courses online where people can learn at their own pace.

And, in the near future, students may be able to complete entire programs through the Internet.

"Humber's administration is concentrating on developing stand alone courses, developing more programs so that students can keep coming back to take courses to complete a program or certificate," said Louise Uba, manager of the Open Learning Centre.

Uba, part of the development team for the online learning, said some online courses cost up to twice as much as on-campus courses because there are half as many students. The more teacher interaction there is, the more money it costs. But Richard Hook, vice-president of academics, said anything dealing with new technology will cost a lot.

Three years ago, Humber administration started laying the groundwork for its Distance Learning Service, said Hook.

A document, prepared Jan. 12,

that has not been sent to the Board of Governors yet, outlined the school's intended goals for this program. High quality flexibility, convenience, and "anytime, anyplace" learning.

Hook said the school's administration has also been doing research on pilot courses via the Internet. Responses to these courses have mainly been positive, although certain problems still have to be addressed.

"There are technical glitches and that's what we are trying to improve," Hook said.

It took students some time to hook themselves up and learn how to navigate through course material.

"I think you need a working knowledge on how to work the Internet. It took me 10 hours to learn how to work it, or at least it felt like it," said Caroline Keyes, who is enrolled in a basic letter writing course.

Joan Knight-Grant, who is taking the Practical Nursing course online, finds there are some disadvantages to high-tech courses.

"I would rather have a teacher teach me, I miss the interaction with the teacher. I don't have anyone to push me to do the work," she said.

"Also I can't tell the teacher right there and then that I have problems, it's not like class where you can get help right away," she added.

On the positive side, students said they enjoy the freedom to get information when and where they want.

"I really like it because you go at your own pace," said Marion Blace, who takes the online Business Writing course.

"You get a lot of feedback from instructors and the teacher has made it interesting and fun."

Maureen Wall, president of the Faculty Union Local, said instructors are getting excited about teaching online, but underestimate the time it takes to develop a course online.

"Teachers who have experience with online courses say it takes longer to develop curriculum delivery, evaluative tools take longer and the teachers are on call all the time," Wall said.

So far few students have taken



PHOTO BY STAFF MEMBER

Learn in the comfort of your own home. Get your diploma online.

a seat in the college's new virtual classroom and this has Hook concerned.

"At this point relatively few [students are being recruited] and that is one of the concerns we have internally, and we are saying it we are going to do this, let's attract more students," Hook said.

For more information on courses available online visit the Humber College Distance Learning Website at www.distancelearning.humber.ca

Beer's the bomb, baby

■ Loyalist College finds suspicious package in laboratory

By SHAUNA DEGAGNE
News Reporter

When the snow came, Mayor Mel called in the army. When the beer came, Loyalist College called in the bomb squad.

Quinte West police were first on the scene at the Belleville college after a teacher discovered a suspicious looking package in a computer lab last Wednesday.

After evacuating the first and second floors of the Computer Centre, the police called in the regional OPP explosive unit to further investigate the package.

"Obviously our immediate concern was the safety of our students and staff," said Acting President Maureen Piercy. "We very much appreciated the prompt and professional advice and resolution of the situation by Quinte West police, with assistance from the OPP."

As the canine unit sniffed nothing out of the ordinary, eight officers X-rayed the package.

What they saw was nothing to blow up over Beer - two six packs to be exact - were the cause of all the commotion.

A continuing education student had wrapped up the beer to look like a computer using a circuit board and old computer parts, police said in a press release last week.

The beer was meant as a gag gift for the student's instructor police said. The student brought the package to school on the night before it was found in the computer lab. The instructor didn't realize it was a gift, so he left the package in the lab to be disposed of by janitorial staff in the morning.

Although the person responsible for the "beer bomb" never intended the package to be mistaken for an explosive device, Loyalist College officials said he will be disciplined accordingly.

Kris Verhage, a first-year General Arts and Science student at Loyalist, wasn't at the college the day of the bomb scare, but said he thought the whole incident was somewhat funny.

"Why would you give your teacher beer?" he wondered.

Verhage also questioned the actions taken by police.

"Why didn't they get everyone out of the building if they thought it was a real bomb?"

Gary Jeynes, Ancillary Services and Public Safety director, said he thought the procedures followed at Loyalist were appropriate.

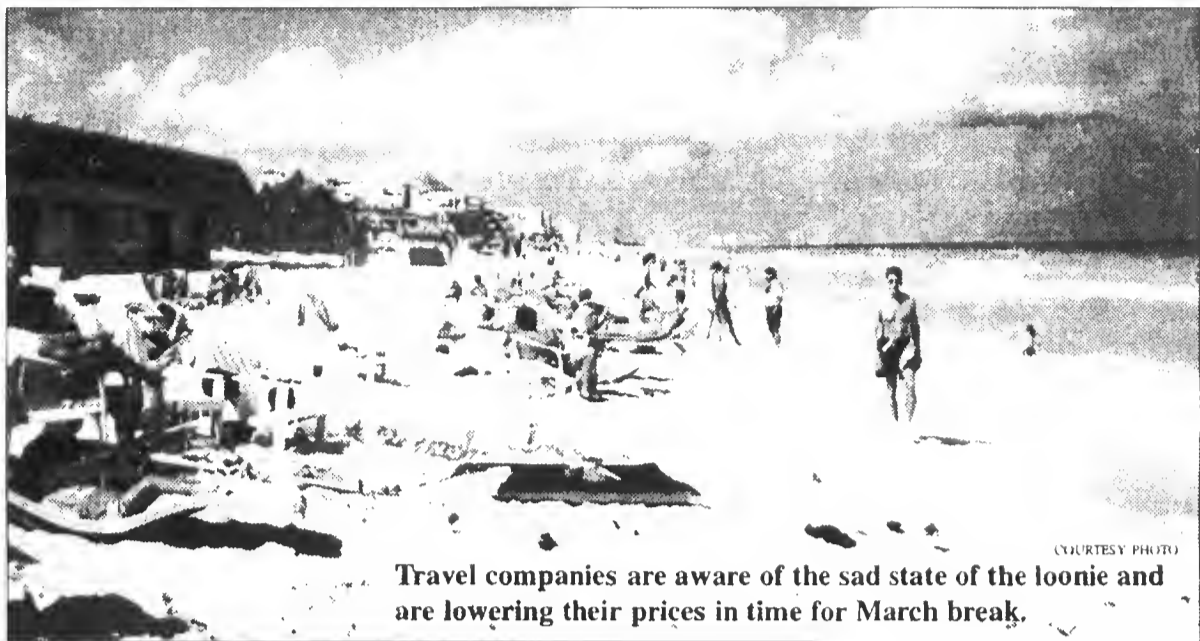
"If anyone comes across a suspicious package they should notify security and it will be investigated," he said.



PHOTO BY ELIZABETH ROBERTS

Take me to your litres: Loyalist called the bomb squad to get rid of a case of beer.

Break away in March



Travel companies are aware of the sad state of the loonie and are lowering their prices in time for March break.

By JUANITA LOSCH
News Reporter

The sagging Canadian dollar hasn't hindered students from heading south this March Break to shake off their winter blahs.

Toronto area travel agents said the amount of students planning to travel this year during March Break is the same as in 1998. Agents agreed the sluggish Canadian dollar has had no effect on students' choices of destination.

Martha Chapman, Manager of Corporate Communications of Signature Vacations, said March Break is a peak travel time for many Canadian snowbirds, and at this stage the pickings are slim for those intent on going to tropical destinations.

"If they haven't geared up

already, they may be too late," she said.

Chapman said Florida is still a really popular place for students, despite the low Canadian dollar.

Florida is fighting to keep its rates competitive, Chapman said.

They are offering Canadians a bigger bang for their buck with special discount rates at designated restaurants if they flash their identification.

Nicole Barrett, of Travel Cuts at York University, said rates to Daytona, Florida are "cheap, cheap, cheap."

A bus ride to Daytona costs \$300, which includes accommodation for a seven-day stay. A flight to Daytona is in the mid \$200 price range.

If you would prefer to voyage a bit farther, an all-inclusive package

deal to Acapulco is about \$11,000. Barrett said the Acapulco package is almost sold out.

The low dollar is not a major concern for students, Barrett said. They usually have their hot-spot selected before they book a flight.

Meanwhile, Avery Strok, a travel consultant from Travel Cuts on Queen St., said Florida is a good idea for students if they're planning on catching up on some "R and R" with their grandparents. But it's not the spot for serious adventure, she added.

"A lot of students are more open minded on holidays," Strok said.

"They don't want to be sitting on the beach. They want adventure."

Strok described serious adventure as trampling through a jungle

in Cancun, or visiting historic Mayan ruins.

"The ruins are always spectacular."

SAFETY PRECAUTIONS TO KEEP IN MIND WHEN TRAVELLING

Al Lobo, the Tourism Management Program coordinator at Humber College, said having medical insurance is one of the most important investments anyone can make for their journey.

"Anyone going away without medical insurance needs to have the boys in white come and take them away," Lobo said.

Medical insurance costs \$20 for seven days for those under 24, and can be purchased through your travel agent.

Regardless of how far or near you are venturing, Lobo said you will be saving yourself a lot of money and headaches by purchasing insurance.

Carrying valuable belongings such as money and ID in a fanny pouch inside your shirt is also a smart idea, Lobo said.

He said purchasing traveller's cheques instead of carrying cash is a guaranteed way of getting stolen or lost money back.

He advised people to play it safe. Lobo said not staying outside in the sun for longer than normal and not drinking more than your average share of margaritas are good ideas.

The book on the dos and don'ts for travelling is available from the Department of Foreign Affairs. It is a free and useful guide.

Students speak out against fee hikes

From "Western" page 1

of Western Ontario has increased 110%, from \$5,000 to \$11,000 per year. An additional increase of 20% is expected for September 1999.

The medical students have the support of student lobby groups throughout the province.

"We're the same people, we're all students," said Joel Harden, Ontario Chairperson of the Canadian Federation of Students.

"Education should be based on your brains and your ability to apply yourself and work hard. If the country is interested in having the best doctors, let's make sure everybody gets to go to medical school."

Andrew Boggs, executive director of the Ontario Undergraduate Student Alliance said the debt students and their families are facing in the wake of rising tuition is a serious problem.

"You have to bear in mind that to enter medical school, you must already have a degree. This means that a student may already have a \$24,000 debt before getting to medicine," said Boggs.

Prez packing soon

By EDYTA ZDANCEWICZ
News Reporter

Tracy Boyer is pumped and excited about her final months as Humber SAC North president.

She has just faced five months filled with changes.

With elections coming up, she cautions those thinking of running for president that the position demands a lot of work and requires a lot of dedication and time.

The salary is extremely attractive. Boyer earns \$27,040 a year, but she said the pay shouldn't be the deciding factor in whether a person runs or not.

Boyer has worked hard to give SAC an organizational makeover this year, which will help better serve the students. These changes are being made by the Berkley Consulting group.

"Students need change and we haven't gone about that change effectively. We need to run efficiently and effectively to make ourselves a high-performance organization."

Although the changes won't be seen by Boyer herself (she gradu-



Tracy (third from left), said she and her staff have had a successful year. Her work this year will benefit the students next year.

ates this summer) students will experience the difference next year.

One of the reasons Boyer decided to run for president was because she saw a lot of the students weren't happy.

"There was lots of apathy at Humber and I wanted to change that," said Boyer.

This is something she concentrated on these past few months and will continue to work on until the end of her term.

"I definitely feel I've made an impact, I think SAC is more out there, people are starting to get to know SAC," said Boyer.

She has kept busy attending all orientations, running different events and conducting forums such as the SAC Hotseat. Other things that keep her busy include her involvement with the Ontario Community College Student Parliamentary Association (OCC-SPA). She attends these meetings on the weekends which takes a toll on her personal life. But Boyer said it's worth it, especially the benefits it brings to SAC and Humber students. One of these benefits is a new OSAP brochure she has put together.

She said being president has been a great experience

SAC ski trip is a no go

By RISHMA GOVANI
News Reporter

Money, not student apathy, apparently caused the postponement of last week's SAC's Blue Mountain Ski Trip.

Originally scheduled for Jan. 29, the trip was postponed until Feb. 5 because not enough students signed up.

Lise Janssen, SAC's Leadership and Programs coordinator, said there was a lot of interest and enthusiasm on the part of students when advertisements for the event were being posted around campus last month.

However, only 20 students bought tickets for the trip, which is being sponsored by Temple Tours. SAC needed at least 40 participants to proceed with the trip.

SAC would have lost money by only taking half a busload up

to Collingwood. Temple took care of advertising costs.

Janssen is optimistic about the trip and remains confident that there will be enough interest to bring at least one busload to Blue Mountain.

"I think it really comes down to a cash issue for students. It costs \$55 for someone without skis and that's a lot," Janssen said.

The event has been successful in past but SAC hasn't offered it for the last two years.

From "Humber" page 1

Police have charged a 23-year old man in connection with the slaying.

Faculty members from the Nursing program did not want to comment on the tragedy until final arrangements for the memorial service had been made.

Steven Morrison is charged with second-degree murder.

Schools beat new paths

BY ANDREW MCKAY
Et Cetera Staff

Canadian colleges are at a crossroads. With rising university tuition fees, and a population that, according to the 1996 census, is more apt to pursue a post-secondary education, colleges are looking at, filling in the gaps. What nobody seems to know, though, is how to go about the job.

Two schools of thought seem dominant when discussing the future of the college system. On one hand, Humber College and others see their role as suppliers of affordable, intensive education that will allow graduates to enter the workforce quickly.

At other schools, the future is much like the university system's past: students who are willing to make a sizeable investment in their future will reap the rewards of the program.

Witness Sheridan College. Last year, the school announced a \$35 million expansion to its Computer-animation and Digital Media programs. While the expansion was financed by a \$12 million government loan and \$30 million in investments from computer industry companies, Sheridan plans to use tuition fee

deregulation to raise the fees for those programs to \$8,600 by 2004.

Humber College president Robert Gordon understands why Sheridan would lean towards the fee-for-service concept, but Gordon said Humber won't take a similar route.

"We are concerned about the social justice aspect," Gordon said.

"We want the best students, not necessarily the wealthiest."

Gordon also stressed that Sheridan, unlike Humber, has relatively few high-profile programs with which to attract potential students.

"I feel good about the kind of preparedness we provide our students."

-Brian Crouse, Nova Scotia Agricultural College

"Sheridan's well known for its Animation program, so they can afford to get students that way," Gordon said.

"But where we're concerned is, if you (hike the cost of) certain programs, does that mean other programs aren't as good?"

Because that's the perception you give."

High-tech isn't the only area of specialization for colleges. Olds Agricultural College in Alberta, with a student body of 1,400, signed an agreement last February with the Canadian Imperial Bank of Commerce. CIBC donated \$158,000 to the small school; the money is being used to create a CIBC Agribusiness Centre. Students at the college learn to become lenders, entrepreneurs and rural small-business managers. While the school has received other donations in the past, the CIBC gift was the first earmarked for program delivery and program development.

"It's a win-win situation for both us and CIBC," Olds president Robert Turner said.

"We look at how we can help industry, so we said to them, How can we assist your business?"

"They're delighted with the project, and we expect to get more money from them."

Ontario Education Minister Dave Johnson said the future of college training lies in specialization. At the press conference to announce Sheridan's program last April, he urged "other colleges and universities to take up this

A CLOSER LOOK

Parts 1 & 2 of a series
examining how Humber
stacks up against
Canada's other
colleges

Next week: Student satisfaction,
Toronto's colleges

challenge and develop world-class partnerships in their own areas of excellence."

But where will that leave other schools, which can't afford to lose other less popular programs?

Nova Scotia Agricultural College (NSAC) is getting hit from all sides of the debate. Dean Rob Stevens said the school has seen enrolment fall for two straight years, because of rising tuition rates. Consider that tuition rose only 4.5 per cent this year, compared to hikes of about 10 per

cent at Ontario schools. However, the school's rate sits at \$3,500 per year, a fee that would cover annual tuition at most Ontario universities.

For many maritimers NSAC is the only way to get the training to pursue a career in farming or related fields. To specialize in one or two specific fields would leave a large number of the college's 877 full-time students in the lurch.

Instead, the school has stepped up efforts to attract potential employers to the campus.

Brian Crouse, NSAC's assistant dean of career services and awards, said the school would rather focus on making sure NSAC students have a head start on the world of work.

"I feel good about the kind of preparedness we provide our students," Crouse said.

"In the long term though, we'd like to incorporate more international and experiential learning into our graduation requirements. The marketplace is the world these days, and students need those skills."

To that end, NSAC has been forging partnerships in the unlikelyst of places. For example, NSAC is working with Cuba's University of Cienfuegos to streamline Cuba's farming practices. As well, next week NSAC will be hosting a group of British employers, who are looking to hire veterinary technicians from the school.

In the end, all Canadian colleges are searching for a niche and a way to fill it.

Humber's President Gordon agreed with Olds' Turner and NSAC's Crouse on the most important aspect that will drive each college's future.

"Everyone wants to be the best," Gordon said.

"Whether we are or not isn't for me to say—it's for employers and graduates to say."

It's hard to get over the Humber hump

BY MIKE GENTILE
Et Cetera Staff

Given a high success rate for job placement and its reputation for being the most career-driven institution, Humber is sought out by more applicants than any other college in Ontario.

A survey conducted in 1996 asked 88,593 students from 23 different colleges to rate their programs, instructors, and overall school atmosphere. Humber had 7,392 responses to the survey representing nearly half of fall registrants. Of those respondents, 91 per cent rated their instructor as excellent, and 82 per cent said that they would recommend it to a friend.

"The majority of those that come to Humber (come here) strictly by word of mouth," said Richard Hook, vice president of academics. More than 36,000 applicants try to get into Humber every year, but the college isn't nearly big enough to accommodate all of them. Currently there are at least six applicants for every seat, and Hook said that it's frustrating to turn away more than half of those who apply.

"How do we serve more students when we can't grow? We don't have the resources to grow. We don't have the money," he said.

Hook said students who come to college after university are happy as ever.

"Some of the most satisfied students are those that have gone to university," he said. These students, according to Hook, can appreciate Humber more because they've seen the competition, and they compare it to Humber.



FILE PHOTO

Getting into Humber takes a lot of hard work and dedication. It also takes the right attitude.

The report revealed that Humber led all colleges in students working toward a certificate by 45 per cent. Humber was followed by Candore, and Algonquin at 43 per cent. They also had the fifth largest percentage of those working toward a diploma with 17.

According to the '96 provincial survey, on campus students were also pleased about the cafeteria and cleanliness of the school, but more than half do not feel the prices at the book store are fair. What's interesting to note is that Humber's cost of parking is 21 per cent higher than the average for large colleges, but only 19 per cent said the cost was too high.

Although Humber can't grow anymore, they still have a plan to introduce new programs, Hook said.

Programs like Explosives Technology no longer seemed to fit the colleges criteria as

they attempt to relate courses closer to the needs of employers. As a result 40 programs have been dumped by Humber in the past 10 years. Currently there are 18 new programs that are planned to be offered at Humber within the next two years, Hook said.

Programs will reflect current needs in the work force such as Regulatory Affairs, Clinical Research Associate, and the ER Telecommunications Program. Despite hospital cut backs the ER program represents a field in health care that is actually growing, said Hook.

"It's meant for those who have the accountability to get a fit between needs for health care and those we provide," Hook added.

In the business department there will be more focus on computers along with a Bachelor of Business Administration degree. It will be a three year program at the North campus, with a final year at the Lakeshore campus in conjunction with the Open University - British Columbia.

"We chose them as our degree partner because they were established by the B.C. legislature to provide flexible and practical degree completion," said Hook. "Education will never be perfect but we expect it to get better each year."

Students are missing at the table

SAC President Tracy Boyer recently assembled a special team to investigate why students are under-represented on program advisory committees.

Confused? Then you are not alone. Despite written guidelines in the Advisory Committee's operations manual stating that these committees must have students on them, this is not now the case.

Though students can share part of the blame, the greater fault lies with the administration.

Why aren't they taking steps to get students on to these committees instead of waiting for SAC to raise a fuss? After all, student representation is required, according to the operation manual.

Advisory committees are assembled for each program at Humber to ensure curriculums are consistently updated and relationships between the college and the labour force is maintained.

SAC can be blamed for not informing students about the committees, but this is difficult because SAC is not being properly updated by the

administrators.

Student representation has been absent from these committees in the past years. This is unacceptable.

In a story published by Et Cetera (see front page), Richard Hook, vice-president of academics, said the primary purpose of program advisory committees is to establish good ties with industry. We feel a student presence will assure that recommendations are passed on to other students and acted upon.

We echo Hook's comments that concerned students take up the issue with their program co-ordinators. However, this does not absolve the administration from attacking the problem head-on. It is the responsibility of administrators to administer every aspect of this school, and that includes informing students of their responsibilities.

The problem has to be fixed. Get students on the advisory committees, and do it now, by the book.

Students have been absent from program advisory committees. Why?

Get a dictionary and get a grip

Change – it's a good thing, right? It's necessary, it raises standards, it opens doors and it brings people together. No, that's not quite right. It *can* raise standards, it *can* open doors and it *can* bring people together.

But, when change goes too far, it just creates a mess of everything. By the end, we don't even remember why we made the changes in the first place.

Take political correctness. When people started to become more careful about what they said and did in front of people or groups who could be easily offended, it was a change in the right direction. But now we've gone so far that political correctness has become the butt of many jokes.

Last month, it happened again. One of the Washington mayor's top aides was forced to resign after he inadvertently offended one of his colleagues. David Howard was discussing budget issues with two men – one white, the other black – when he said: "I will have to be niggardly with this fund because it's not going to be a lot of money."

Both men were surprised by the word, but Howard quickly apologized, explained the word's meaning was "miserly," and that it had nothing to do with the racial slur it sounded like.

The white aide accepted the apology, but the black aide stormed out of the room.

Here is a perfect example of what annoys people about political correctness. The incident never should have escalated to the level it did. Howard didn't mean to offend anyone, he was just showing off his vocabulary. Who was showing ignorance here?

Let's assume the goal of political correctness is not to annoy mankind – that is, humankind – but to educate. Let's also assume most people don't want to be offensive or offended by others. Okay, so now everyone is being sensitive, compassionate and understanding, and the whole world is happy.

A woman can be a partner at a law firm without being told she should be at home, barefoot and pregnant. A man can cry on his wife's – that is, significant other's – shoulder during a movie.

Yeah, right.

The lawyer still gets slapped on the butt and the man is still called a wuss. Has political correctness pushed us forward, or is it holding us back?

Should we have to apologize before we speak, for what we may or may not say or mean? No. Instead, we all take a pill, relax, and realize the majority of people are not purposely out to get us.

David Howard is the latest victim. And now he's out of a job. Worrying about what words sound like is going too far. Anyone offended by what he said should get a dictionary.

Humber Et Cetera

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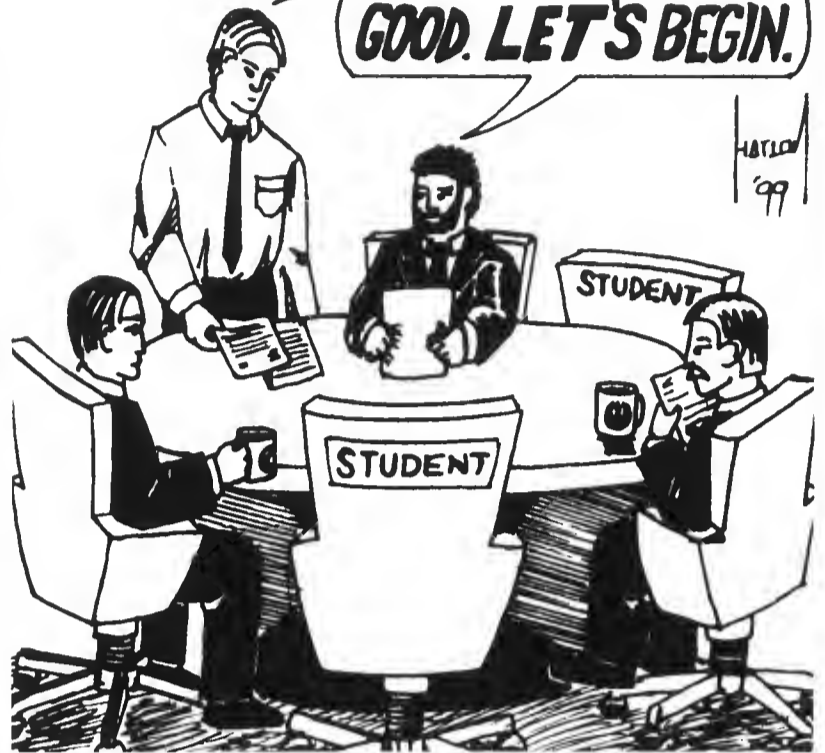
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Humber Et Cetera reserves the right to edit for space. All letters must have your name and telephone number on them.

IS EVERYONE HERE?

GOOD. LET'S BEGIN.



Sorry I yelled, Mom

BY SILVANA ACETO

It was just past 10 o'clock on a Tuesday night. I remember it well, like it happened yesterday. I was stretched out on my couch watching Seinfeld reruns, thinking it would be just an ordinary night.

Jerry and George were barking in the background, discussing their meaningless lives at a coffee shop, when my mother walked in.

She nearly had a fit because my feet were up on the coffee table and my dirty dishes were everywhere.

That did it. Something pushed me over the edge.

I looked up and shouted: "Shut up, just shut up and leave me alone!" I shook for a moment, full of anger and rage and disbelief. The words had rolled off my tongue; I didn't have a chance to stop myself. The damage was done.

I stared blankly, straight ahead, at nothing. I couldn't believe what I'd said, that I shouted those words at her.

Mom stood there, frozen in her tracks. She couldn't even look at me. Finally, she swallowed hard and sunk into the seat next to me, not saying another word.

And there we sat, like two strangers.

Then I started laughing at Kramer's antics. I pretended nothing had happened and hoped the incident would just go away.

She soon got up, tidied the

kitchen a bit, and made her way to bed. There was nothing left for us to say. Or was there?

I continued to stare at the TV and tried desperately to convince myself what I did was right. I had a bad day. Losing my temper and yelling was okay, right? Wasn't I entitled to it?

We've all said things we regretted. Things we wished we could take back, but couldn't. We all remember those mistakes, but what do we do about them?

Days passed. My mother and I never mentioned it again. Just like the other fights between us which were never settled or spoken about, this one was left alone.

POINT OF VIEW

Perhaps we hoped not talking about it would mean it never happened. But who am I fooling? The outburst is etched in my mind, a permanent memory.

I was fed up. As a kid, I was always compared to my brother and sisters. I felt I was never good enough for her, that I never measured up.

Even now she still treats me like I'm 12 sometimes. But instead of telling her these things, I yelled at her instead.

Maybe she's right. Perhaps I could be a better daughter and do the dishes. And maybe I still have a lot to learn as well.

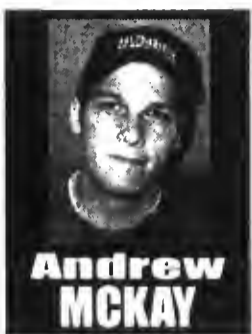
Yes, we leave a lot unsaid. But I will say that, despite all our differences, and no matter how often we fight, I'll always love my mom.

Silvana Aceto is a first-year post-graduate Journalism student.



LAST RESPECTS

Ding dong, the groundhog's dead



Andrew MCKAY

There's a crisis on the Bruce Peninsula.

On Groundhog Day, Warton Willie was supposed to come out of his hole, predict the weather, and go back to sleep.

Alas, wee Willie had gone to his eternal rest two days before, leaving behind a legacy, an uncertain precipitation prognostication, and some very scared children.

It seems Willie passed away on Jan. 31, and his handlers were left stumped. It would be cynical to suggest WillieWorld kept his death quiet so the town wouldn't lose money on the many festivities they had planned.

After all, a large number of people had gathered in Warton to hear whether there would be more winter weather.

Snow shovel salesmen and sun tan lotion shillers alike waited breathlessly to hear what Mother Nature held in store. Instead, they got

a dead albino groundhog in a custom-made casket, with pennies over his eyes and his paws crossed.

Nobody knows for sure if there was a shadow.

Now, a call has gone out, via the Warton Willie website (warton-willie.org), to find Willie Jr. Yes, the original Slick Willie apparently woke up for long enough to procreate, and conveniently keep the profitable Warton festival alive while poor Willie "sleeps with the worms." Now, the town wants an adoring public to wait for Willie Jr. to resurface.

Well, we at the Et Cetera don't have that kind of time. Though we've been heartbroken over Willie's death for almost an hour now, we need some closure for this sad event.

Thus, we pooled our resources, and bought Humber our very own weather wizard.

We call him **Bumper Burger Bob**.

We didn't have very much money, so we could only afford a dead raccoon. Of course, the fact that Bob is dead to begin with, will save us the heartbreak of having him die at a really inopportune time.

His lack of mobility (due to his no longer being alive and all) means we can't use the same *shadow/no shadow* routine they're so proud of in Warton.

So we came up with a better plan. We will put Bumper Burger Bob on various highways and side roads throughout the province. If he makes the acquaintance of a speeding semi and flies to the left side of the road, it will snow until July (except in Sudbury, where it snows until August anyway).

If, however, a pattering Pinto propels him to the right side of the road, spring starts on Friday at 2.45 p.m., at the corner of Bathurst and Bloor (because there's a really good ice cream shop there).

So, as you cruise down the various roads of (yours to discover) Ontario, keep an eye out for Bumper Burger Bob. Maybe you could even give him a wink, a tip of the hat, and a nudge with your fender.

After all, he's doing Willie's work.

Andrew McKay's hamster, Snoopy, committed suicide when Andrew was 10 years old.

Campus Wire

■ McGill

(www.tribune-montreal.qc.ca)

A report issued by the Committee of Student Discipline says plagiarism and cheating are the most commonly punished offences on campus. According to the report, 52 students were charged with plagiarism last year – 9 of them got off and 24 were given failures for the exam, essay or course. Other forms of punishment included admonishment, reprimands and probation.

■ Queen's

(www.journal.queensu.ca)

Svend Robinson, NDP member of parliament, visited the campus this week. In a speech, he spoke about his concerns that a "police state" is emerging under Prime Minister Jean Chretien's rule. He was speaking in reference to the clash between the RCMP and student protesters at the APEC summit in Nov. 1997.

■ York

(www.excal.on.ca)

Effective this May, commuters will be paying 20 per cent more to park on campus. An unreserved space will soon cost \$308, up from \$252 last year.

Weird Newz

GIMME A HAND

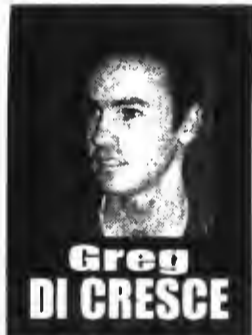
David Scott can clap his hands again after being the recipient of the first hand transplant in the United States, the New York Times reports. The operation was performed by surgeons in Louisville, Ky. It was only the third time the operation had ever been performed anywhere in the world. Ethical controversies surround the surgery because it is not considered "essential to life" and anti-rejection drugs, which have to be taken for the rest of the recipients' lives, can lead to infection, and possibly other illnesses. But doctors say if the surgery works, it may become more and more common. Scott lost his real hand after an accident with a fire-cracker.

BLADDER FARMING

Doctors in New York have shown that bladders grown in a laboratory worked well inside of dogs. Cancer, birth defects and nerve damage leave human bladders vulnerable. They can be repaired, but the risk of infection and bladder stones is high. The scientists grew bladders in a lab using cells from the dogs' tissue and replaced the original bladders with the new ones. Eleven months later, the dogs were fine.

MEGACITY

History a thing of the past



Greg DI CRESCCE

Toronto is going to hell because it hates its own history. I don't mean the history found in a book or museum. I mean the concrete history found in its streets and buildings.

This week we witnessed the demolition of Exhibition Stadium. At the intersection of Dundas and Yonge Sts., a wrecking ball stands poised to level a colourful strip of shops key to the area's character. And on Feb. 13, the Leafs' move to the ultra-modern Air Canada Centre could spell the end of Maple Leaf Gardens.

Let's face it, historic site or not, without the Buds, MLG's days are numbered.

I think Toronto has a vanity problem. Its constant remaking of itself seems to be fueled out of self-hatred. What a narcissistic city. Hogtown is like the evil witch in Snow White, constantly standing in front of the mirror (made in the USA) and asking who is the fairest of them all.

Is our city, too, prepared to destroy anything that stands in the way of its external beauty? The problem is that Toronto is ashamed of its old age. The city's hatred of its past is causing a war against its own mortality.

How else can you explain the existence of the CN Tower, the world's tallest free-standing structure, or the SkyDome? Perhaps all this architectural tummy-tucking and face-lifting is just a reflection of the city's immaturity. After all, T.O. is a young city in a young nation.

All of these changes may just be the growing pains of youth. What worries me is that it may be a chronic problem. You see, I believe a city's "personality" is just a grand projection of its inhabitants. And people without a past have no future. Nothing to anchor them. No compass to give their actions direction.

This worm in the apple of identity invites historical revisionism, or opens the door to Orwellian nightmares. It allows others with a strong sense of who they are – like our neighbours to the south – to insidiously assimilate us into their culture. Maybe that's what T.O. wants.

That sentiment may well be the hidden message behind all those giant mirrors they call office towers in the city's core. If so, it may be time to move out to the country, and put down some roots.

As for Toronto, to borrow a phrase from music icon Lou Reed, who said in reference to Manhattan, "I'll take it in a garbage bag with Latin written on it that says 'it is hard to give a shit these days'."

And then mail it south.

Greg Di Cresce still thinks we're all doomed.



PHOTO BY GREG DI CRESCCE

The "mistake by the lake" was rectified last week when it was blown to bits. Part of our history went along with it.

It Is Written

"It did not seem frightening to me, though I thought this might have been what Mr. Chamberlain intended, standing there with his tightly watching look, his hands holding his pants apart to display it. Raw and blunt, ugly-coloured as a wound, it looked to me vulnerable, playful and naive, like some strong-snouted animal, whose grotesque and simple looks are some sort of guarantee of good will."

– from *Lives of Girls and Women* by Alice Munro

- Alice Munro was born near Wingham, Ont., on July 10, 1931.
- She attended the University of Western Ontario, and paid for her studies by working as a waitress and tobacco picker.
- The struggle of young women growing up in small towns is a theme most often noticed in her work.
- All her books are collections of short stories except one: *Lives of Girls and Women*.
- Munro won the Governor General's award in 1968 for *Dance of the Happy Shades* and in 1978 for *Who Do You Think You Are?*
- The author once remarked that her writing is "autobiographical in form but not in fact."





FILE PHOTO

This semester is Sonia Levy's political swan song. Once it's over she's turning all her attention to her first love – music.

Sonia Levy's gospel

■ *Next term Levy will leave politics to focus on music.*

BY KEVIN MASTERMAN
Lakeshore Reporter

SAC President Sonia Levy will concentrate on writing and composing gospel music when her term on student council ends this year.

She has spent the last three years at Humber studying music and promoting Lakeshore Campus as a great place to live. "Now I have to concentrate on my music," Levy said.

"It is my life, my career," she said.

Levy credited her mother, who died 15 years ago, with inspiring

both her, and her sister's career in music.

"My music comes from my background, my church background and my mom, who was a great singer," She said.

It is this backdrop which led Levy to pursue a music career, despite the odds.

"There are a lot of obstacles in the way— the money, getting people together. It's hard, but it's not impossible. It will be done. I'm determined, I don't give up easily," Levy said.

Levy has no regrets about her involvement in SAC.

She said her role at SAC gave her a knowledge of business and an attitude to get jobs done.

She is now using that knowledge to sell her music.

"In anything you want to do you have to push your product. It is no different from the '50s and '60s, you have to push it under their nose, under the nose of the CEO," Levy said.

And she is. Levy currently has a CD in production and is taking a shot at working as an independ-

ent producer of gospel music.

Her CD, *Enemies Bless Them* will be released on the IMONII, label. The release marks the debut of her group, *Sonia Levy Blessing and Praise*.

The CD is being recorded at a Humber studio. Her band consists of musicians she calls her "eyes and ears".

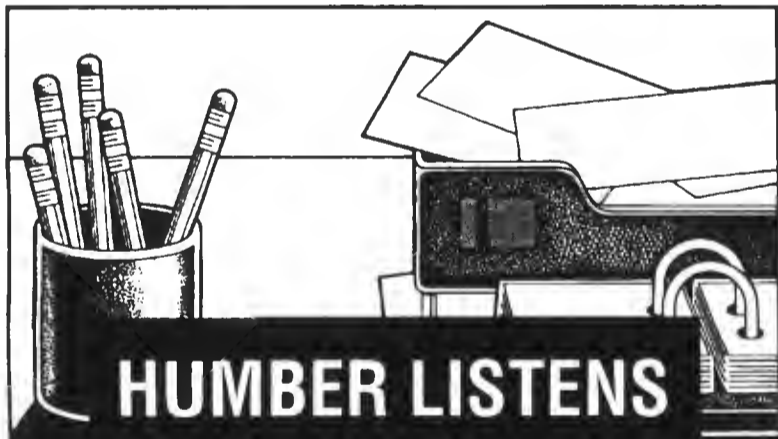
They help give direction to her music, she said.

Levy's music is also guided by her experiences in Lakeshore's Music program.

She said students with the spirit to make music a career will find their way to internationally known programs like Humber, which she credits with developing her talents.

She said the teachers are the strongest part of the Music program, and was impressed with how they sculpted her into the musician she is today.

Levy extended her thanks to the professors who gave her a chance to excel in a program with high standards, and students for accepting her as SAC president.



We survey you because we care about what you think of us. We always have.

We asked you whether or not Humber was an excellent College; nearly 80% of you said we are.

Allow us to return the compliment:

We are outstanding because of **YOU**, too.

Nearly 80% of our graduates also said we were great because **THEY** were well-prepared for their careers.

One of the reasons we are great is that we listen. When you said it was a pain to try to get through to Financial Aid, we instituted direct-line access to OSAP.

When the Key Performance Indicators survey comes to your class the first week of February, please take the time to show us **YOU CARE, TOO.**



We're still listening.



PHOTO BY GREG DI CRESCENZO

Lori Carnale and Jenny O'Leary can't wait to party at a Lakeshore pub. For now Caps will have to do.

"We're publess," students weep

BY CHRISTINA KUDLIK
News Reporter

Students at Lakeshore Campus have a severe case of pub envy.

Nothing like Caps, the popular North Campus student pub, exists at the "dry" South Campus.

"We're publess down here," said Lakeshore SAC President Sonia Levy.

However, this predicament may be remedied in the future.

Chris Elliot and Toby Warnell, both SAC representatives, want to put a pub in Cottage D.

Levy said it's a great idea and

knows just what kind of hangout should go there.

"It won't be as big as Caps, but we are looking for more of a café atmosphere," Levy said. "And we will try to keep students to two beers a day."

Right now, Lakeshore students have to travel up to North Campus if they want to get that feeling of college pub life.

Music student Mark Sweeney has gone to Caps and added his voice to the chorus calling for a watering hole at Lakeshore.

"We should have our own pub, it doesn't seem fair that we don't have one," Sweeney said.

Currently, Lakeshore student council makes arrangements with local bars to hold student pub nights.

Unfortunately, bars in the area don't seem to last.

Because the businesses along Lakeshore keep changing, any deals SAC may make with them are jeopardized if they suddenly close, explained Levy.

It is Levy's last year as SAC president.

However, she said she is going to make sure the issue gets passed on to the next SAC president.

"A pub won't happen this year, but one way or other SAC won't stop until we get something," she said.

On Campus

On Campus etc.

■ Sex with Sue

Humber College will welcome Sue Johanson, the sex lady, to speak as part of Healthy Sexuality Day on Feb. 17th. There will be a band and D.J. to attract attention according to Lise Janssen, SAC leadership and programs co-ordinator. There will also be booths with information, draws, and free stuff. The day is part of a series of health awareness days organized by SAC and the health centre.

■ Black History Month

SAC will be showing movies as part of Black History Month for the rest of this week. The shows will be presented in the student centre between noon and 3 p.m. The action/drama *Dead Presidents* will be shown on the Thursday and the comedy *Friday* will be shown on Friday.

■ Caribbean Show

Interested in experiencing different culture? Then head out to the Caribbean show taking place at the student centre on Feb. 10, between noon and 2 p.m. Food, African and Calypso dancing and live music is on the agenda.

Et Cetera Profiles

Kertes leads the way

By ELLIOTT BELKIN
Et Cetera Staff

The Humber School for Writers is the most successful of its kind. The reason for this is, in part, Joe Kertes.

The idea for the school of writers came shortly after Kertes was hired at Lakeshore Campus back in January of 1980.

"We had these writers here at Lakeshore. We'd been doing this since the fall of 1979 and all of a sudden it struck me that, 'hey, we have all these writers coming in, why don't we have a creative writing school?'" said Ben Labovitch, communications director of Liberal Arts.

Teaching and running the school's summer and correspondence workshop keeps Kertes busy.

When he's not working, however, this married father of two loves spending time with his family.

"I'm a devoted family man, I try not to steal time away from them," said Kertes.

He also enjoys reading, music, and going to concerts. His biggest dislike is bureaucracy.

"I don't like bureaucracy



PHOTO BY ELLIOTT BELKIN

Kertes, hard at work with the Humber School of writers, which has seen great success under his leadership.

very much and some of the stuff that I'm doing here cuts across the traditional educational line," said Kertes.

His list of works include's comedy novels and children's books. Kertes is currently in the midst of writing his first dramatic novel.

Kertes won the Stephen

Leacock Award for his first novel, *Winter Tulips*.

"It was the greatest thrill of my life. It was kind of my life's goal," said Kertes.

Even though he's really busy trying to get the writers to come to the school and make sure everything is running smoothly, he doesn't let it show.

"A wonderful person to work for. He lets his employees do their jobs, he doesn't over-manage them," said Labovitch.

He is also regarded highly by his peers.

"He's just an exemplary human being. There are very few people around who are as bright and as humble as Joe and as gracious as Joe and as generous as Joe all at the same time," said Labovitch.

Kertes also has a sense of humor and if you decide to enroll in the Humber School for Writers, it shows.

"I always start my writing class with a quotation by Picasso, which is 'It took me my whole life to learn how to paint like a child,'" said Kertes.

The summer workshop goes for \$750 and the correspondence workshop runs for 30 weeks at \$1,129.

If you want to hear Kertes before enrolling in the course, he will be reading from his latest novel, *Boardwalk*, on Feb. 17, at Lakeshore Campus.

If there is somebody you would like to see in the Et Cetera profile then call Aldo Petrone at 416-715-5694.

North sweatin' to beat Lakeshore

■ *North Campus' 'Fit for Heart' organizers hope for a better result against Lakeshore in the annual fundraiser*

By VICTORIA MUSGRAVE
Et Cetera Staff

Get ready to sweat, raise money for a good cause, and revel in a little campus rivalry.

Humber's Fit for Heart challenge, a fundraiser for the Heart and Stroke Foundation will take place Feb. 10 in the Athletic Centre. It will pit the North campus against Lakeshore.

"Come on out to support a good cause, get fit and have fun," said Stacey Hansen, one of three students organizing this year's event.

Last year, Lakeshore trounced the North campus, raising \$1,000, while North was only able to muster \$500.

"If you are going to use the facility that day, you are encouraged to make a small donation."

Stacey Hansen, organizer

"The Lakeshore campus has consistently beat us for the last couple of years," said Leanne Henwood, fitness co-ordinator at North campus.

The fact that Lakeshore Campus has fewer students and smaller fitness facilities makes the North Campus' lacklustre results all the more disappointing.

Participants are encouraged to collect pledges and join the two-hour workout.

Workouts will include a brief warmup and cool down so participants are free to join in when they like and don't have to stay for the whole two hours.

Boot camp and circuit training classes



PHOTO BY VICTORIA MUSGRAVE

The Heart and Stroke Foundation should benefit greatly if students from the North Campus work harder to beat Lakeshore this year.

were chosen to encourage both men and women to participate.

Prizes include water bottles, baseball caps, t-shirts, and CD players. The more pledges, the better the prize.

Awards for spirit and enthusiasm will also be given out.

Organizers said they would also like to see students sponsor their teachers to come out and sweat for a good cause and are trying to persuade the college's athletic director Doug Fox to lead the way.

Organizers are also encouraging all varsity team members to join in the fun.

Students unable to participate can still donate to the Heart and Stroke Foundation at the entrance to the Athletic Centre all day.

"If you are going to use the facility that day, you are encouraged to make a small donation," Hansen said.

Pledge forms are available at the Athletic Centre office.

He was kung fu writing

BY DEAN MEMME
Et Cetera Staff

If he can motivate Elvis Stojko, chances are Glen Doyle can motivate anyone to attain their goals through the practice of martial arts.

Sifu Glen Doyle is a former journalism student from Humber College. His new book, *The Martial Artist's Way*, is being launched this week by Harper Collins Canada Ltd.

"Sifu" is "teacher" in Chinese, a title that Glen Doyle has earned as a three-time Canadian kung fu champion, in Hung Gar style.

Coincidentally, one of his students, three-time world figure skating champion Stojko, wrote the foreword for Doyle's book.

They both agree that the student-teacher relationship gave way to a friendship that has lasted 10 years.

"I wanted to offer something to everybody," Doyle said, "from people looking for a style of martial arts to study and practice, to instructors who teach martial arts to others."

The Martial Artist's Way is not an instructional book for Hung Gar kung fu. There aren't any pictures, or step by step movements.

The book is more of a guide that is designed to help people prepare to study martial arts. The author tries to

help them find a style, and a school to pursue their chosen art.

Doyle does not compete anymore because he wants to focus on teaching, and new challenges such as acting, screen writing, fight choreography for films and writing.

In the foreword of the book, Stojko praises his Sifu.

"I have had both the benefit of personal attention and, more importantly, the benefit of the simplicity of Glen's teaching style, which allows total freedom," Stojko wrote.

He added: "Within the pages of *The Martial Artist's Way* you will learn to find, within yourself, the tools needed to achieve advancement in any sport, training, or practice."

The Martial Artist's Way is written in an enthusiastic, friendly and concise style. Although Doyle stresses the spiritual aspects of martial arts training, there are sections such as Training, The Street, The Killer Instinct and Competition, which illustrate the necessary physical and mental edge required to "finish" opponents.

Dore Potter, from Harper Collins Canada, told Humber Et Cetera that they are expecting big sales of the book, because it appeals to a wide audience.

"It's for beginners, and experts," said Potter.

"This spiritual path genre is a very hot area right now. Glen Doyle is a respected champion, and so is his friend Elvis Stojko. It looks like a winning combination to me."



PHOTO BY DONNA GEORGE

A Sifu and his student: *The Martial Artist's Way*



PHOTO BY DONNA GEORGE

Glen Doyle (left) and Elvis Stojko clown around

University fair offers another year of options

■ *University fair reminds students of the limitless post-graduate opportunities available*

BY H. MEARA PATERSON
Et Cetera Staff

University representatives from Sydney, Australia to Michigan were here to attract students during the second annual University fair.

As the number of universities represented at the Jan. 27 event quadrupled this year to 24, project co-ordinator Darilyn Coles, of Humber's career services, had been busy

"The universities want Humber students. They're very very happy with the turnout."

Darilyn Coles, career services

since October planning the fair.

"The universities want Humber students. They're very very happy with the turnout."

Interested in studying abroad while getting a tan? The University of Western Sydney, could be the place to go.

International Education co-ordinator Sue Kelly said an articulation agreement will be signed at the North Campus in February.

Depending on the program choice, Humber diploma graduates will receive two to three years of credit towards a four-year degree in Australia. Kelly said students are able to work 20 hours a week during the school year.

Employee sponsorship is also an option

for students wanting to live in Australia upon completion of studies.

Graduates looking to study south of the border in the United States however, will have working restrictions.

Ron Darnicker, director of Admissions at D'Youville College in Buffalo, NY, said there are some limitations.

"Students will have no problem getting the I-20 permit that allows access between Canada and the U.S."

"However, they can only work in direct connection with the school curriculum, on campus or at a paid internship."

This year, 300 of 1,900 students enrolled at D'Youville are Canadian. Darnicker said the college is particularly interested in business, social work and nursing graduates.

After three years at D'Youville, diploma students will graduate with a joint Bachelor's and Master's degree.

Athabasca University provides alternative programs for Humber students on the go. Representative Francis Gunn says tra-

ditional degrees are offered in a non-traditional way.

"This is a distance education university. Our big claim to fame is our personalized learning."

Students can earn degrees in the comfort of their home.

They are assigned a personal tutor and Gunn said it's leading edge for the year 2000, especially for those active with families and careers.

Local universities, including York and Ryerson also had students interested in degree programs.

Cole says the most common question was centered on school credit agreements between Humber and university degrees.

Second-year Nursing student Yvonne Bachelor would like to see Humber College expand its credit equivalent agreements to all local universities.

"I'm looking to continue my studies at York or U of T, but I just found out Humber doesn't have a school credit link."



PHOTO BY RYAN SIMPER

Many students took advantage of the free advice being offered by post-secondary institutions from around the globe.

The other side of the border

BY JOE MORIANA
Et Cetera Staff

Representatives from institutions south of the border were on hand to offer another option to students. One of them was D'Youville College, located on the less popular side of Niagara Falls.

Ron Darnicker, director of admissions, said they have been recruiting Canadian students for the past seven or eight years. Out of the 1900 students enrolled, more than 300 are Canadian.

For many, the monetary factor is a major concern, given that our dollar has only a slight leg up on the peso. In true American style, D'Youville has packaged its programs so that you

get more bang for your buck. The school offers combined undergraduate/masters degree programs which college grads can obtain in just three years. As a bonus, students are exempt from writing the requisite admissions test for the master's component.

Students pay undergrad tuition fees even though they're at a master's level. In addition, they get a 20 per cent discount automatically as soon as they walk in the door," Darnicker said.

Sound like a bargain? Well, there's potential for even greater savings. Students who maintain a B average or higher are eligible for academic scholarships that could knock off another \$1500-\$2000.

Searching for RAs

BY WENDY STEBBINGS
On Campus Reporter

Interest in one of the most difficult jobs on campus has been great, according to Residence life co-ordinator John Conrad.

Conrad has handed out more than 40 application forms to students interested in filling one of 20 resident assistant (RA) positions next year.

Applications for the positions are due Feb. 4 with interviews starting the following week.

Conrad said he'll choose first from returning RAs and undergraduate applications. Graduate students who may have experience elsewhere will be last.

Undergraduates must have at least one year of residence experience while graduate students don't need any.

"You never know when you're going to have to put in a 40 hour week."

Bryan Benjamin, RA

The older, graduate students bring new ideas to the residence and are closer in age to some mature students living in residence while the younger, undergraduates are familiar with Humber.

Being an RA is a different job than a typical part-time job. RAs are paid \$125 a week and pay normal residence fees. Conrad

said that there are two reasons most people want to be an RA.

"You want to help students and you want to get a job that's going to help you to grow and develop," said Conrad.

RA Bryan Benjamin, said that being an RA has the potential to be one of the most difficult jobs on campus.

Managing school work and the job is difficult, according to Benjamin. "You never know when you're going to have to put in a 40 hour week," Benjamin said. "You have to be prepared for anything."

An RA give's residents information, support and referral. Most of the work is done on evenings and weekends. They are required to attend weekly meetings and be on-duty on their scheduled night.

Conrad is accepting applications from undergraduates now. The process for undergraduates involves handing in an application form, a resume, one-page essay and two reference forms.

After the paper screening, a first round of interviews will take place. Successful candidates will then move on to a second round of interviews.

Conrad said about 10 people will be hired from that process. The rest of the staff will be made up of graduate students.

Recruiting for those students begins in May. The entire RA staff will be hired by June.

Looking for a job? Employment may only be a career fair away for students

Employers in various job categories will be on hand all next week looking for employees

BY LAURA URMONEIT
On Campus Reporter

If you're looking for a job, the Career Fair may help you out.

The fair, which runs Feb. 8-12, gives students an opportunity to meet with companies that are looking for potential employees.

Though each day is focused toward a specific program, students from other programs are welcome to meet the companies as well.

"Career week is an opportunity for students to network as a first option," Karen Fast, co-ordinator in the Career Centre said.

"But certainly it's to find employment as an end result," she continued.

If you're planning on chatting with would-be employers, remember that dressing appropriately is important. Business attire is suitable.

Fast recommends students approach companies in a professional manner.

"Students should ask for specific information

from the company," she said.

Talk to the employer and try to make an impression. "Good etiquette includes not discussing salary up front.

"Obviously it's important for students paying off loans and what-not," said Ann Tsirgielis, director of School of Manufacturing Technology and Design.

"But you want to get in for an interview, after they tell you what the job entails, then you can talk about money," she said.

Ask for a business card or give them your own card if you have one.

A couple of days after the fair, do a follow up by writing a letter to the company.

"Even part-time work during the summer adds to a resume."

Ann Tsirgielis, program director

Your letter should include an introduction, how you heard about the company, what impression the company made on you, and the fact that you're interested in the business.

Graduating students aren't the only ones that can benefit from this opportunity said Tsirgielis, who added even first-year students can benefit.

"Even part-time work during the summer adds to a resume," said Tsirgielis.

This year there will be approximately 150 employers recruiting for possible full-time, part-time and even volunteer jobs.

The fair takes place in the main concourse between 10 a.m. and 2 p.m. Lakeshore students will be bussed up on Monday, Thursday, and Friday.

News
Sports
Weather
Music
Between the
Ropes

Wailing
in the halls of Humber

HUMBER LISTENS

We may be surveying you to pieces, but that's because we care about what you have to say.
We always have.

Based on survey results, the College developed a set of classroom design principles and standards; renovated a couple of classrooms to test the standards; and identified classrooms requiring upgrading.

Also the Call Centre opened in August to provide improved levels of service to prospective and current students.

Keep telling us more.... We're listening.

Biz/Tech etc.

■ Can't quit

At 73, Lee Iacocca doesn't want to quit. The former chairman of Chrysler Corp. is now into the manufacturing of electric bicycles. His company, EV Global Motors, plans to start distributing Taiwan-produced E-bikes this February. The company's target for the year is 1,000 bikes a week. The bike, which is made up of a 400-watt hub motor and a removable 24-volt lead acid battery, has a maximum speed of 24 km/h. It will cost \$995 US.

■ Rapid expansion

Izzy Asper's CanWest Global Communications Corp. announced last week it is buying control of NetStar Communications in a deal estimated at \$875 million. CanWest acquired 68 per cent of NetStar, the parent company of The Sports Network and The Discovery Channel. The US sports network, ESPN, owns the other 32 per cent of NetStar. ESPN has 15 days to say whether it will buy and sell its stake to another buyer or to CanWest Global.

■ Bowing out

After taking home \$1 million as earnings last year, the chairman of the Canadian Imperial Bank of Commerce, Al Flood, announced he will step down later this year. At an annual shareholders meeting in Toronto last week, the weary-looking Flood dodged questions from angry shareholders who wanted answers to the bank's losses last year. The CIBC recorded a 32 per cent slide in profit in 1998.

■ Financial outlook

US Federal Reserve Board chairman Alan Greenspan has warned that lower corporate profits could take the wind out of US stock prices, spelling serious trouble for that economy. But Greenspan gave no indication the Reserve Board will raise interest rates. In Canada, new inflation figures also support the status quo for interest rates. The annual inflation rate in December was one per cent, compared with 1.2 per cent in November.

-Maclean's.

Hook-up headache

■ Slow Net connections and heavy traffic cause computer confusion

BY CLAUDIA ZOQUE
Biz/Tech Reporter

Nicole Henriques is annoyed. After attempting to log onto the Internet, her friend, Shane Bacall, logged on afterwards, and for some reason, connected before Henriques.

"Usually I don't have any problems...I find accessibility to be okay but sometimes getting on (the Internet) is hard," Henriques said.

The 20-year-old Public Relations student uses rooms L232 and L233.

"I don't ever try using the Internet in a classroom. Your chances of getting on are slim."

Bacall, a second-year Industrial Design student, was sitting at the terminal next to Henriques.

"Either the network is very slow or in the middle. Sometimes it starts to crash and you can't even get on," said Bacall.

He said the computer labs he usually uses are in L233, L232, the Macintosh lab on the second floor and the Auto Cad rooms.

"It's slow, it's average...I guess it could be worse," Bacall said.

Jane Dearing, manager of Technical Services, said there are many factors contributing to Internet connection problems.

"On the 401, the speed limit is 100 mph," said Dearing.

"When there is so much traffic on the highway, there is little movement. The Internet is very much the same. When there are a lot of people on the connection, it slows down."

Humber was first connected online in 1990 with Onet, a service provider for 22 of 25 colleges in Canada. Humber's connection, T1, is best described as a very large telephone line. The T1 line runs at 1.5 megabytes per second and connects Humber through to the University of Toronto, where Onet is based.

Humber would like to upgrade the school's Internet connection, but it will be a large task. Because of the college's many computer labs, the responsibility for the maintenance of certain wings is

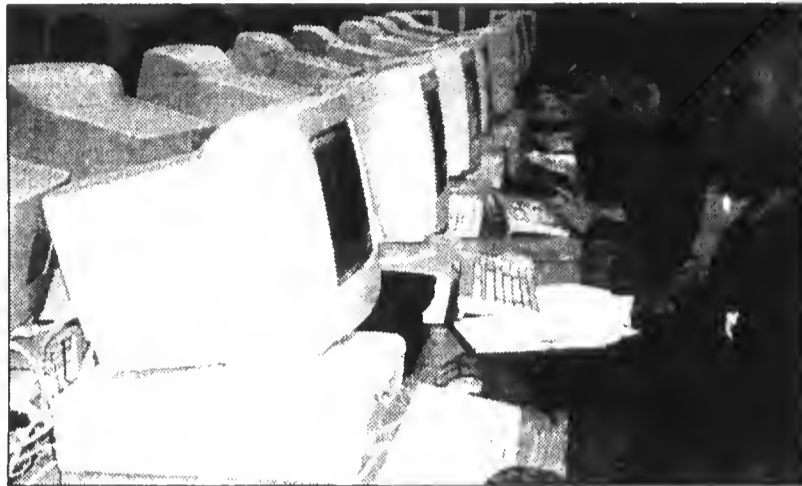


PHOTO BY CLAUDIA ZOQUE

Computers are like traffic on the 401. The more people on the connection, the slower they perform.

divided between two areas. The School of Media Studies updates the L and K wing, and Technical Services takes care of SAACnet, sections E, F, H, J, M, N and the Call labs.

Bob Botham, director of Technical Services, is looking into increasing the speed of Humber College's bandwidth.

"We've requested pricing from Onet and other service providers," said Botham.

"When we get the funding, we will quickly go ahead with plans."

Botham is aiming at increasing the speed of Humber's T1 connection to five megabytes per second. Currently, Humber pays \$36,000 annually for the connection and the increased bandwidth could raise the cost up to \$65,000 a year.

Kevin Watts, network administrator for the School of Media Studies, explained that no matter how fast the connection may be, there are times in the day that are slow in general, though the network is very acceptable.

"The outside line has no effect, it's all very internal," said Watts.

One additional factor that plays a role in accessing the Internet is the age of the computer.

"Some of the machines in L232, L233 and L234 are slower and can't compare to some of the other newer labs like L209," said Watts.

The terminals in these labs vary from a 486 model to a Pentium 166 and are four to five years old.

William Hanna, director of the School of Media Studies, said the L wing should expect some serious computer renovation over the next six to eight months.

"We have a number of labs we purchased at different times," said Hanna.

"We can't replace labs every year when they run around \$120,000. But, if a lab can't efficiently run the applied software for a program, it's time to change it."

Hanna said although the labs may have four-year-old computers, the software is state of the art in order to meet the needs of the students.

Hanna said lab maintenance is scheduled in cycles, contingent on available funding and in coordination with Humber's program curriculum. He is aware that some labs, such as L234, need a little more attention and administrators are always keeping an eye out.

Botham said his department also has plans to update the facilities in their sector.

"This past summer, we got about 400 new Dell computers. We are looking at updating to Pentium II when the right time comes," Botham said.

Slow connection facts

Jane Dearing, manager of Technical Services, explains some factors that can slow down Internet connections.

- Larger Internet providers will usually provide quicker access for their subscribers. If you are connected to a small provider it may have a much slower network.

- Computers don't necessarily take the same route to get to a site. For example, the Internet network may take a path connect-

ing from Chicago to a site while the terminal next to it may decide to take a route from California. It is hard to predict what route it will choose.

- Keep in mind that it is a global network. If you are trying to connect with a company in a different country, remember that foreign time zones can have an impact on access.

- It can be harder to get online at peak times such as mid-day and early evening.

Web etc.

■ Classmates

This unique site helps high school friends find each other. The site has registrants from more than 30,000 high schools spanning the United States and Canada. There are also about 300 American and Canadian run schools overseas. Finding your old friends is great fun. www.classmates.com/index.mp

■ Trigonometry

This site provides trigonometry basics from many sources and includes online formulas and practice problems. Those visiting the site will discover a rich study environment for this branch of mathematics. The site can also help with algebra, calculus and geometry. Innovations in interactive techniques make the study of math on the Internet increasingly interesting and fun.

www.homeworkcentral.com/toplink/s/339.html

■ Can't get it up?

Hey, don't be shy. Just connect to this site and your problem will be solved.

www.viagra.com

Business Seminar

BY SHAUN HATTON
Et Cetera Staff

Humber students who want to start their own business someday may want to check out an upcoming seminar in Mississauga's Civic Centre.

The three-hour seminar will take place Feb 10 at 6:30 p.m. and deal with small business issues such as forms of ownership, liability, agreements and leases.

"There will be a lawyer and an accountant speaking about legal tax and banking considerations (involved with) starting a small business," said Lisa Pliskat, client services assistant at the Civic Center.

There will also be a bank representative present to discuss financing options and answer questions.

"It's a three hour comprehensive seminar with a good price compared to some college programs," she said.

Pliskat added that the seminar will be very interactive, allowing visitors to answer questions and keep in contact with the speakers.

Register at Mississauga Business Self-Help Office (905) 896-5074. Cost: \$20.

Health

Health etc.

■ AIDS origin solved

American scientists believe they have solved the mystery of where AIDS came from. It's the usual suspects: chimpanzees.

In a presentation Sunday, researchers from the University of Alabama at Birmingham say they have convincing proof, on at least three separate occasions, of the transmission of the virus from chimps to humans in Africa. One of them was the start of the current worldwide epidemic. Chimps have probably carried it for hundreds of thousands of years, but apparently do not get sick. Figuring this out could be important for humans.

-The Toronto Star

■ Health budget on top

Health care is expected to be a top priority when Finance Minister Paul Martin unveils his budget, expected February 16.

Martin says his government will be pumping every cent it possibly can afford into Canada's ailing health care system over the next several years. He has yet to confirm the amount.

-The Toronto Star

Phobias strike fear in many

By JENNIFER PECK
Health Reporter

While many people suffering from phobias lead normal lives, others face a daily battle.

Humber College counsellor Cy Bulanda said any unnatural or extreme reaction to something that isn't generally dangerous is classified a phobia.

Steve Schklar, president of the

Ontario Society for Psychotherapists, said some of the most common phobias include fears of isolation, death, disasters, insects and animals.

Schklar added that anyone can develop a phobia, which could be triggered by virtually anything that strikes a tremendous fear. It could be something situational, which activates something looming in the psyche.

Second-year Humber

Recreation and Leisure

student Stacey Hansen

has a phobia of snakes.

She said she has always had this fear and has no idea where it originated.

"When I see snakes in a movie, outside or in pet stores, every muscle in my body tenses, my stomach churns and I feel nauseous," she said. "If I don't get away quickly, the fear immobilizes me."

Humber Nursing student Maryam Naweed, 20, has a phobia of driving. She said she thinks it started when she was in the car with her father while he was driving

carelessly. She admitted the fear has only gotten worse.

"I still don't have a licence," she said. "I don't think I will ever end up getting it."

Jeanette, a 57-year-old mother of three who didn't want her last name used, was diagnosed with agoraphobia 15 years ago.

According to the web site of the American Psychiatric Association, agoraphobia is the fear of being alone in any place or situation which the person thinks escape would be difficult.

People with this phobia try to avoid busy streets or crowded places.

Jeanette said she used to always sit in the aisle seats and look for exit signs of theatres or churches, in case she had to leave quickly.

"I was very restricted to where I could go," she said.

"I couldn't go into a mall or elevator. I didn't know when I went into a store if I would have to leave."

Jeanette said her anxiety attacks began when she was 19 years old, for no apparent reason, and that this phobia has been mentally draining.

"It was hard because in every other way I was a very sane, sensible person," she said.

Jeanette added that the hardest

PHOBIA SYMPTOMS

- ▲ Sudden and persistent occurrences of irrational panic, dread, horror or terror in a harmless situation.
- ▲ The fear goes beyond normal boundaries, actual threat of danger.
- ▲ A phobic reaction is automatic and uncontrollable and takes over the person's thoughts in a barrage of imagery threats and dangers.
- ▲ One suffers from all physical reactions associated with extreme fear such as rapid heartbeat, shortness of breath, trembling and overwhelming desire to flee the situation.
- ▲ One flees the feared object or situation and goes out of the way to avoid it.
- ▲ When avoidance causes distress or interferes with ability to work, socialize and care for day-to-day needs, the person should seek a psychiatric evaluation.

-Source: American Psychiatric Association

part was telling people about her phobia.

"Many people do not understand that people with this fear cannot control it by themselves," she said.

Treatments vary, but for Jeanette, anti-depressants and therapy have been key in helping her manage her phobia and regain control of her life.

PHOBIAS A-Z

PHOBIA	FEAR
Zoophobia	Animals
Apiphobia	Bees
Claustrophobia	Closed spaces
Acrophobia	Heights
Batrachophobia	Frogs
Cynophobia	Dogs
Arachnophobia	Spiders
Ophidiophobia	Snakes
Selachophobia	Sharks
Lipophobia	Getting fat
Pterygophobia	Flying
Heliosphobia	The sun
Algiphobia	Pain
Amathophobia	Dust

-From *Nothing To Fear* by Fraser Kent

Winter causes weight loss frenzy

■ *Shaping up hits a peak this time of year*

By KELLY CARDONA
Et Cetera Staff

The first few months of the year means big business for the weight loss industry.

In fact, shedding those extra holiday pounds often tops the list of new year's resolutions. According to a study conducted by Health Canada, 40 per cent of women and 23 per cent of men are trying to lose weight.

In order to succeed, there are a few important points to keep in mind. First of all, the experts say losing weight is a combination of balanced eating and exercise. Most importantly, changing your lifestyle needs to be a lifelong commitment. Otherwise you'll likely end up putting the

weight back on and making the same resolution every year.

Leslie Beck, a dietician from the Adelaide Health Centre, said when evaluating people's lifestyles, she looks at what they eat, how much they consume, and how much they exercise.

"The bottom line for weight loss is eating less, being smart about timing of eating and increasing the amount of exercise," she said. "In general, I give people moderate, but not high, carbohydrates, adequate protein and a lower fat diet."

Beck added that while many people do not eat a good breakfast, it is important to eat in the morning in order to stimulate your metabolism.

Keeping the weight off will undoubtedly be the most challenging part of the process.

"It's not realistic for people to live on Slimfast milkshakes for the rest of their lives, or Jenny Craig frozen dinners," Beck said. "So they just have to do it right and hopefully do it once."

Lowering the fat intake in your diet will help you lose weight, but regular physical activity is also essential.

"Not every-

body has to join a gym," said Jack Doak, the owner of the Newmarket health club, Fit City. "It will make the weight loss process a lot easier, however, as you have access to some high-end equipment to focus on problem areas."

Doak also said that keeping the body busy is essential for optimal health.

"You just have to get up and get out whether you're going for a walk, walking the dog, or going tobogganing," he said. "It doesn't matter what the body does as long as it keeps moving."

Finally, Doak said that since many people are just jumping into a weight loss program in January, he recommends taking it easy for the first couple of months because your body is out of shape. Don't overdo it or expect instant results. The little steps really do add up.

When you get back in shape and decide you want a more extensive workout, going to a gym may not be a bad idea. At most gyms, the personal trainer will lay out a program that best fits your needs, including cardiovascular activities to get your heart pumping and light weight training to tone your muscles.

"I recommend a combination of cardio



PHOTO BY KELLY CARDONA

The experts say in order to keep weight off, there must be a proper balance of diet and exercise.

work to expend as many calories as possible during an exercise," Doak said.

"It's been proven that the more lean muscle tissue you acquire, the more calories your body burns."

You still need to eat properly, however, so your body can produce fuel. Not eating properly may result in malnutrition or possibly lead to an eating disorder.

"You need to eat regularly when you're trying to lose weight, hungry or not," said Rosie Schwartz, a dietician from the Nutrition Guidance Service in Toronto. "Make sure you're eating a balance according to Canada's Food Guide and that you're not skipping any food groups," she said.

Is your food making the grade?

Step One: If there's something you really want and it isn't good for you, the criteria for eating it should be that it's absolutely incredible tasting.

Step Two: Take a bite of whatever you want to eat, rate it on a scale of one to 10 on how good it is.

Step Three: Only eat it if it's a 10.

Step Four: If what you choose is a 10, then according to Schwartz, it should hit the spot.

-Rosie Schwartz, dietician

Giving birth the natural way

■ Midwifery provides an alternative to traditional birthing process

BY ORIETTA CAICINA
Health Reporter

For expectant mothers looking for a more natural delivery, midwifery may be the answer.

Ideal, in fact, for those who prefer to be more autonomous during pregnancy.

While a midwife informs, the woman is the principle decision maker. She is the one who decides what type of medications, if any, will be administered and where she would like to deliver the baby.

"A woman can make the decisions over her own body," said Marty Muncie, a registered nurse and registered massage therapist

who used to practice midwifery.

According to Muncie, there is one main difference between a doctor and a midwife.

"A midwife is also responsible for antenatal, prenatal, the delivery and postnatal care," she said.

The midwife's involvement starts shortly after a pregnancy is confirmed until six weeks after the baby is born.

According to Muncie, this is an ideal situation.

"That's why midwifery works," she said, "because she (the midwife) becomes familiar with the woman. When going on regular visits and check-ups, you chatted with them, you had some tea with them."

A midwife also becomes familiar with the woman's family, her home, her history. A special bond forms between the midwife and the expectant mother because of the time spent together during and



PHOTO BY ANGELA CHITTENDEN

With a midwife's assistance, a delivery can take place at home, at a hospital, or at a birthing centre.

after a pregnancy.

"The woman got to know you (the midwife) so she was comfortable also, and you saw the home situation," Muncie said.

With a midwife, a pregnant

woman can choose to have her baby at home, in a hospital or at a birthing centre. Significantly, she is in total charge of the delivery.

"It's a natural, evolving process, having a baby...The baby comes by itself, there is no interference," Muncie said.

To become a registered midwife in Ontario, you need to earn a Bachelor of Health Science (Midwifery) degree.

Or if a midwife has had prior training, the midwife would go through a Prior Learning and Experience Assessment.

Aileen Stewart, a massage therapist in Richmond Hill, has had all three of her children with midwives.

"I knew I got better care with a

midwife," she said. "Having a midwife was like having an ideal mother present."

Stewart added she preferred a birth that's natural and goes the way it's supposed to be. Other interventions provide fewer choices and undermine the woman's confidence to birth.

"(There's) an incredible high when you birth a baby," she said. "When the woman is drugged, she may not feel the pain, but she also doesn't feel the high."

Midwifery may not be for every expectant mother, but it is a viable alternative to the conventional birthing process.

"Leave nature to its own resources and it'll do just fine," Muncie said.

Midwifery etc.

- ❑ Two midwives attend an expectant mother. One is the primary caregiver, while the other is a secondary midwife.
- ❑ Midwives are trained in home, hospital or birth center settings
- ❑ They are normally available 24 hours a day during all trimesters
- ❑ Regular visits last approximately 45 minutes to an hour
- ❑ Midwives are registered annually
- ❑ Midwives have either a bachelor in health sciences (midwifery) or qualifications equivalent to the degree
- ❑ Midwives have liability insurance and are covered under government funding

College Midwives of Ontario

Garlic, no longer just a vampire repellent

■ Plagued by a reputation of causing bad breath, garlic actually has many medical and pleasure uses

BY NATALIE DAYE
Health Reporter

Ancient Egyptians worshiped it, while Greek Olympians chewed it. Often regarded as a vegetable, garlic is nature's own antibiotic.

"Garlic is probably one of the most beneficial herbs we have," said Hilary Osborne, a holistic naturalist in Port Credit, Mississauga.

"It's a health builder, due to its ability to open blood vessels, lower blood pressure and restore the immune system," Osborne said.

"Garlic is rich in selenium, a mineral that is known to fight off infections and protect cells from damage. The sulfur that is formed from garlic is known to improve the immune system. The active ingredient in garlic is allicin which

helps cell growth and to heal from digestive disorders, so any illness where the immune system is weak, garlic will help."

In *The Complete Garlic Handbook*, author Peter Josling wrote, "garlic is the only antibiotic that can kill infecting bacteria and at the same time protect the body from the poisons that are causing the infection."

"Garlic can also be used as an aphrodisiac."

-Author Peter Josling

Better known for its great effects against cholesterol, garlic has many other amazing capabilities.

"Garlic can also be used as an aphrodisiac," Josling wrote. "By improving blood circulation, it may stimulate a faster and more superior erection."

The latest wave of garlic supplements, which are available at local drug stores, are safe and work well in its raw form. Shop with caution, however, before investing both your cash and your health.

"There are a lot of garlic supplements on the market, but people have to be careful, because there's also a lot of odor free garlic pills," Osborne said. "A lot of companies will take out the allicin so it won't smell, but if you take out the active ingredient the pill is not as effective."

Osborne also suggested eating as much garlic as possible for pleasure, either raw or cooked.

"The problem in North America is that we tend to use it in sauces only, we don't use it like a vegetable," she said. "The best thing you can do is use the garlic raw in salads, or cut it up and cook it in a stew. It's excellent to use in everyday cooking."

Prem Vadivale, a second-year Marketing student at the University of Toronto agreed.

"My mom puts it (garlic) in everything, especially her tomato sauce," he said.

The 21-year-old, who is also a produce clerk at Price Chopper in Mississauga said he gets fewer colds, and feels great.

"It works like Echinacea," Vadivale enthused.

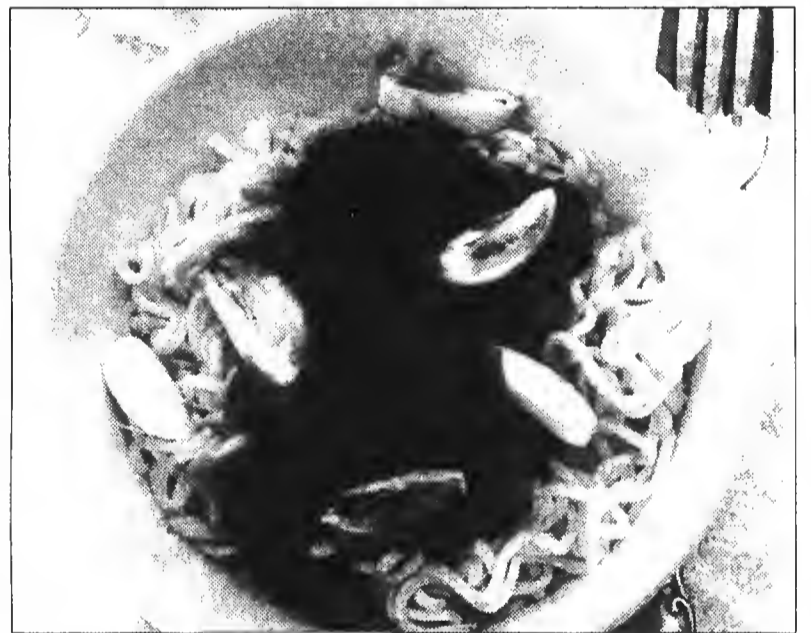


PHOTO BY NATALIE DAYE

According to holistic naturalist Hilary Osborne, garlic is excellent to use in everyday cooking, especially pasta dishes.

Useful garlic tips and hints

▲ **Wasp stings:** Rub a piece of garlic on a damp cotton ball and apply it directly to the sting. This will remove swelling and pain.

▲ **Sex:** Garlic is thought to be an aphrodisiac.

▲ **Diabetes:** Garlic can reduce blood sugar levels.

▲ **Cancer:** Garlic can reduce the size of certain tumors.

▲ **Pregnancy:** Taking garlic during pregnancy can boost birth weight.

▲ **Bites:** Eat a lot of garlic before you go camping to ward off mosquitoes.

▲ **Toothache:** Rub a clove of garlic on your sore tooth.

▲ **Flu and Colds:** Eat garlic in its raw form when you feel a cold coming on.

▲ **Aftertaste:** Sucking on a slice of lemon or chewing on some parsley will help rid your mouth of that horrible aftertaste.

From *The Complete Garlic Handbook*, by Peter Josling

Did you remember to take your vitamins today?

■ Diets are often deficient of the nutrients necessary for optimal health, but vitamins help



PHOTO BY KELLY CARDONA

Pharmacist Eli Chen, left, said the amount of nutrients in food is decreasing, largely due to the processing of food.

BY KELLY CARDONA
Health Reporter

Healthy eating is a typical problem for students on the run.

In fact, according to a Health Canada study, 64 per cent of young adults between the ages of 20 to 24 reported bad eating habits.

When they do eat, they are not getting some of the most important vitamins and minerals to keep their bodies healthy, the report said.

"It's very hard to get the amounts [of vitamins and minerals] to protect our health from food alone," said Leslie Beck, a dietician at the Adelaide Health Centre in Toronto.

Lisa Pace, owner of Crossroads Health and Nutrition in Newmarket, encouraged people to take a multivitamin daily.

"You couldn't possibly get your daily requirements from most things in our diet today," she said.

"You'd have to be eating constantly to get the quantities you need. In my opinion, that's why a lot of people are obese. It's because our bodies are craving these elements and these vita-

mins. We keep eating and eating trying to get that amount, but we don't get it so we're always hungry."

Pace added we try to nourish our bodies with what we think is good food when most of the time we receive no nutritional value or less from such items as canned vegetables.

Most multivitamins include a well-balanced level of nutrients, but with so many products on the market today, it is difficult to know which ones will be absorbed by the body and which ones will pass right through.

"If you buy pills, make sure they are easily absorbed, look for the sign bio-available on the label," Pace said. "If you can handle the taste of a multivitamin liquid, it too is very effective."

Pace does suggest being careful when taking such supplements as a multivitamin.

"B3 is a vitamin that helps promote healthy skin and the digestive function, but if you take more than the recommended maximum of 50 mg, you might encounter a

niacin flush," she said.

"You may exhibit symptoms such as increased heart rate and flushing of the skin. The most common occurrence is an overdose of vitamin C, which can cause diarrhea.

While there is always a risk when taking too much of anything, Pace added we need vitamins to stay healthy.

"Most of us are so full of crap, and I mean that in a toxic way that we can take quite a bit of everything," she said. "We're just so deficient."

Eli Chen, a pharmacist at Care Drugs in Aurora, said the amount of nutrients we are getting in our food is decreasing as time progresses.

"The soil used to be good, but now because of acid rain, the soil has become neutralized," he said.

Vital nutrients may also be lost during food processing.

"I don't see any nutrients left after the food has been processed," he said. "They add more chemicals and preservatives than anything else."

Supplements, Schmuplements

- ▲ **Vitamin A:** Helps bone and teeth formation, counteracts night blindness and weak eyesight, reduces susceptibility to infections, protects against air pollutants.
- ▲ **Vitamin B (Complex):** Important membrane stabilizer, natural tranquilizer/anti-stress, helps nerve function, protects skin against harmful effects of UV radiation (contains PABA).
- ▲ **Vitamin C:** Promotes healthy gums, teeth and bones, builds resistance to infections, aids in healing of wounds and fractures, greatly enhances iron absorption information.
- ▲ **Vitamin D:** Maintains stable nervous system and normal heart action, aids bone and teeth formation.
- ▲ **Vitamin E:** Retards cellular aging, supplies oxygen to the blood, prevents, dissolves blood clots.

www.realtime.net

Trivia answers (from page 2)

1. The Black Cauldron
2. Dixie Canyon Elementary School
3. David Jacob
4. The letter "T"
5. A childhood friend of Jim Henson's Kermit The Frog
6. The number 4
7. Through the courtesy of Fred's two feet
8. To mourn the death of their cats
9. It was dead before it was cooked
10. Locker number nine

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Lifestyles etc.

■ Glued to the set

According to StatsCan, French-speaking Quebecers spent 26.7 hours per week in front of the boob tube in the fall of 1997 – four more hours than the national average. The viewing times in Ontario, P.E.I. and western provinces were below average – between 19.8 and 22.2 hours. Francophones had their dials set on Canadian programming 66 per cent of the time while anglophones watched homegrown shows just 30 per cent.

Toronto Sun

■ Y2K babies

Couples wanting to ring in the millennium with a little bundle of joy should mark their calendars for some lovin' on April 9th. This date coincides with the average length of a human pregnancy, but with reproductive variability factored in, the chances are still only six per cent. Richard Fisher, co-author of the book *Making Babies*, suggests lots of sex beforehand to increase your chances. According to Fisher, sperm is like ice cream and chocolate – best when it's fresh.

- Reuters

■ Grieving for groundhogs

Willie isn't the only member of his family kicking the bucket. Two marmots, rare cat-sized animals that are part of the groundhog family, died at the Toronto Zoo last week. The cold temperatures this winter may be the reason the hibernation lasted a little longer this year.

The Toronto Star

■ Vacancy at Melrose

It's official. Melrose Place will be signing off at the end of this season after seven seasons and 227 episodes. The stars of ABC's *Home Improvement* are also ready to pack it in at the end of this season, despite the network's attempt to keep it

Sex talk sizzles with Sue

■ *Sexpert Sue Johanson has Humber students buzzing with talk about the birds and the bees*

By CYNTHIA MCLEOD
Lifestyles Reporter

Despite the spread of AIDS and other sexually transmitted diseases, a growing number of today's youth are jumping into bed with practical strangers. This has Sue Johanson scared.

Johanson, the popular host of *The Sunday Night Sex Show* on the Women's Television Network, is concerned that young people are putting themselves at risk for disease, injury, heartache and a bad reputation by rushing into sexual relationships.

"It's scary in some areas. Kids are involved in oral genital sex at a much earlier stage of a relationship. They've only been dating one or two nights and they're into oral sex," she said.

"There's also a much earlier onset of sexual activity. I read a study just the other day and the average couple waited for four dates before they had sex. That's all."

Because people are having sex earlier, important questions tend to go unanswered.

"In four dates, do you really know your partner? Do you know where he has been? Do you know his friends? Do you know his family?" she asked. "Has he ever done heavy duty drugs? Has he ever been involved in a same sex relationship?"

Johanson said sex is normal, natural and healthy, as long as the participants know what they're doing and plan ahead.

"Talking about sex is a survival skill of the '90s," said Johanson.

"We (adults) teach our kids everything they need to know about every other aspect of life but one of the most important – sex."

According to Johanson, high school sexual education programs fall short.

Educators give students information about the sexual organs, but they don't tell them about their genitals.

"They figure they are protecting you. They think (young people) can't handle it," Johanson said of educators and parents. But she cautions that by not teaching about genitalia, kids grow up with misconceptions that can hinder the development of a healthy sex life.

"Most females have no idea what their genitals look like," Johanson said. "You never see female genitals or an erect penis in sex ed."

Female students aren't the only ones missing out by not receiving sexual knowledge.

Young men – concerned they may be oversexed or perverts because they seem to constantly have an erection – can put their fears to rest.

"Boys aren't told that the average male has an erection every three minutes all day long and every 10 minutes all night long. It's normal and it's healthy to have chronic erections at this stage in life. They are pure pleasure and nobody tells you that either."

According to Johanson, the way adults react to sex has a profound effect on their children's view of themselves.

"Kids are learning about sex as soon as they are born. The first thing a little boy will do is grab his penis, and the way his parents

react gives him a very clear message about how they feel about his sexuality," she said.

"If they're uncomfortable with it, they're going to take his hand away and that's his first lesson in sex."

The result?

"The message sticks, Sex is dirty," Johanson said.

A registered nurse, Johanson has been talking about sex for more than three decades. In 1970, she helped open the first birth control clinic at a Don Mills high school.

Today, Johanson continues to encourage easy access to services and information. In addition to her weekly show, she makes herself available for several months each year to speak at high school, college and university campuses across Canada.

Sue Johanson will be returning to Humber on Feb. 17. See On Campus section for details.



Photo by Cynthia McLeod
Nobody talks about sex quite like Sue Johanson. One of her biggest concerns was people putting themselves at risk by rushing into sexual activity.

horoscopes



Capricorn (Dec. 22 - Jan. 19)

Someone will approach you for advice. Don't wrack your brain for a solution because they won't listen to you anyway. Instead, ask them for their advice. You need it more than they do.



Aquarius (Jan. 20 - Feb. 18)

Your creative juices are flowing so put them to use. You don't have much energy but do fun things anyway. Get out more.



Pisces (Feb. 19 - Mar. 20)

Fight the urge to call in sick. Your flimsy excuses are too obvious. You're not paranoid, someone is on to your lies and is prepared to use them against you. So start ass-kissing and get back to work.



Aries (Mar. 21 - Apr. 19)

Your partner is lucky because your energy sky-rockets after the sun sets. Single rams should lower their standards or else they'll be doomed to a life of solitude.



Taurus (Apr. 20 - May 20)

Your stubbornness proves to be a virtue this week as people will realize you are not an asshole, you are just always right (note this horoscope was written by a Taurus).



Gemini (May 21 - June 20)

Silence is your best friend. Don't waste your time with words because your genius falls on deaf ears. Don't look for love and if it just might look for you.



Cancer (June 21 - July 22)

If the couch is getting uncomfortable it may be time to apologize. Who are we kidding? You have no pride anyway. Avoid future arguments by surrendering to others.



Leo (July 23 - Aug. 22)

Your attention span lately is shorter than this sentence so we're not even going to bother. Most likely you're not even reading this anymore.



Virgo (Aug. 23 - Sept. 22)

Your desire for perfection around you is hindered by the fact that you are drastically flawed. You're quick to criticize, but don't dish it out if you wouldn't eat it yourself.



Libra (Sept. 23 - Oct. 22)

You have a sickening tendency to overindulge in social settings. So save yourself the embarrassment and stay home. You won't miss anything.



Scorpio (Oct. 23 - Nov. 21)

You can't be too careful this week – the forces are working against you. Stupid comments from others irritate you. Count to 10 before you attempt to respond.



Sagittarius (Nov. 22 - Dec. 21)

If laughter is medicine, archers will live forever. Some people don't appreciate your sense of humour however, and think you're laughing at them.

New spring styles are turning heads

■ *Confused about what to do with your do? Read on and discover the newest, hottest looks for the coming season*

BY SUMMER GOHRI
Fashion Reporter

Whether it's big or small, heavy or light, or just plain frizzy, it's your hair and you're stuck with it.

But you can start loving it instead of fighting it this year.

As the millennium approaches, hair-styling gurus and pundits have declared what the look will be for 1999.

They seem to agree that cuts, colors and products are now geared to achieve one goal: thick, shiny, healthy hair.

Textured cuts are emerging as one of the new elements in hairstyling.

"Graduated or textured bobs are the biggest cut this season," said Rina Griffen, stylist at Beauty Club Spa in London, Ont.

"It's much like the traditional bob with a twist. The layers are cut a bit longer and are more flowing, as stylists are getting away from the wispy Jennifer Aniston style."

Another big trend is curls.

Curls are moving away from being tight and kinky, to softer and messier.

Griffen explained this look can be achieved by wrapping tissue paper around the hair.

She said this style can be worn by people with almost any hair length.

In addition, bangs will also continue to be popular. They too, have evolved for the new year, becoming thicker and bolder.

The look for long hair this season will be very straight, much like the style of the '70s.

As manager of Fifth Avenue, in London, Ont., Zohr Bardai predicts that the part will begin to move closer to the center again, and that the zigzag part - popular last year - will lose its prevalence.

Hair colouring will move towards richer, darker browns and reds as opposed to lighter brassier shades.

"Today, with improvements in the chemical composition of the colours themselves, colouring can help improve the condition of someone's hair," he said.

According to Bardai, the days of colour-

ing involving harsh and damaging chemicals and are gone.

Pino Telesca, manager of The Cut Above at Woodbine Centre, Toronto, said while natural brunettes are enhancing their colour, many are getting rid of their highlights in exchange for a more natural look.

All three hairstylists emphasized that though there are still trends in cuts, the styles for 1999 will cater to everyone.



COURTESY PHOTOS

Sandra Bullock's mane looks like something from the '70s but it's hot look for this year.

The textured bob, sported by Mira Sorvino, is a popular cut this season.

No need to suffer for straightening; soft, messy curls like Emily Bergl's are the trend.

When all else fails...look to the stars

Most hairdressers agree that nobody influences women's hairstyles more than female celebrities do.

Zohr Bardai, manager of London's Fifth Avenue Salon, listed the most frequently asked for hairstyles.

- ◆ Calista Flockhart (*Ally McBeal*)
- ◆ Jenna Elfman (*Dharma and Greg*)
- ◆ Jenny Garth (*90210*)
- ◆ Heather Locklear
- ◆ Courtney Cox
- ◆ Sarah Michelle Geller (*Buffy the Vampire Slayer*)
- ◆ Meg Ryan
- ◆ Cameron Diaz
- ◆ Gwyneth Paltrow
- ◆ Madonna

Cultures clubbed

■ *The number of cultures at Humber outweighs the number of groups represented*

BY JEFF LEMOINE
Culture Reporter

Humber students want more cultural representation.

There are 12 cultural student associations at Humber, but according to students, there is not a wide enough range of cultures represented.

"There's at least 20 cultures here," Inam Ahmed, President of the Humber Muslim Students Association, said.

"So there can be 20 clubs and there are not that many."

Ahmed's association is the largest club SAC has ever had. It has grown from four members in 1996 to 160 members, "which is definitely positive," Ahmed said.

But there are still many other students looking for clubs.

"There should be more clubs for more beliefs. The clubs seem to focus on two religions - Christianity and Islam," Sil Markinson, a concerned student, said.

Other students say they are unaware of the cultural associations.

"There is some advertising of the clubs, but only when functions are happening," Rasmay Manilay, an accounting student, said.

With about 13,000 students at the college needing representation, SAC vice president Ken Bell agreed that, "the more (clubs) the merrier."

He also suggested if students don't feel represented, they should start their own club.

He added it takes a lot of hard work and maintenance.

"You've got to fulfill a club's package. It's like an application," Bell said.

"Then your club must pass an interview by a panel of SAC officials."

The clubs are checked in the middle of the year to make sure they're maintaining properly.

SAC representatives ensure clubs meet set standards and are managing their budgets properly.

"It's essential to have a representative or association of as many cultures as possible," Bell said.

"I'm very impressed by the clubs that we do have this year. They're so visible and that's more important than anything."

The annual Clubs Fair will be held Feb. 25.



PHOTO BY JEFF LEMOINE

Sikhs make up one of our many cultural groups.

Drinking more for your money

■ *When your budget is lower than your tolerance level, home brewing may be the perfect alternative*

BY NICK CANDIOTTO
E! Cetera Staff

For students who enjoy wine but can't afford it, there is a solution: home wine making.

For proof of how popular home wine making is becoming, look at the number of businesses specializing in it. Thirty-eight listings appear in the Toronto-Central West Yellow Pages alone.

Paul Dunseath, of the Amateur Winemakers of Ontario (AWO), acknowledged that it is possible for anybody to produce commercial-quality wine which tastes just as good as and costs four to five times less than what the liquor store offers.

To reduce costs, he recommended the use of concentrates and suggested that would-be winemakers "deal with suppliers who are known for the quality of their products and who will stand behind them."

Wine Art Etobicoke promises "everything for the discriminating amateur wine and beer maker."

With 26 non-franchised outlets across Canada, the store is one of the country's biggest wine making retailers.

Located at 3889 Bloor St. W, the store has been open since 1959. The store carries grape concentrates from Chile, Australia, Italy, and France. It also sells all the equipment a prospective wine maker needs to create one's own vintage.

Marie Hubert, store manager, knows that wine-making is just a hobby for her customers but she takes great pride in their accomplishments. On display in the Etobicoke outlet is a plaque acknowledging customer Steve Moriarty's silver medal at the 1998 AWO Championships.

Hubert said making wine from concentrate is easy because "everything is in the kit. You just add water."

A starter kit, priced at \$89.95, includes the concentrate and all the necessary ingredients: pails, carboys, sterilizing solution and instructions.

The four-week kit yields 23 litres (5 gallons) of wine or approximately 28 bottles. That's about \$3 a bottle. There are kits to make chablis, chardonnay, cabernet sauvignon, merlot, and pinot noir as well as many others.

D'Vine Wine, capitalizing on the winemaking craze, opened in Canada in 1995. This month marks the second anniversary for the store at 2869 Bloor St. W.

"If they only knew the deal they're getting, they'd start home brewing tomorrow."

Elaine Neville

Assistant manager Elaine Neville knows D'Vine Wine is different from other retailers because "the customer comes in and makes their own wine. They come back in 30 days to bottle it."

D'Vine Wine allows the customer to use the equipment on premises. This approach appeals to those home wine makers who just don't have space in their homes for all the equipment required for winemaking.

Also, those brewing at D'Vine Wine are able to ask the staff for assistance if they run into any difficulty.

D'Vine Wine uses concentrates from Australia, France, Italy, Portugal and California. Canada does not produce concentrates.

Neville said "the price is right for students to make their own wine," but she counts only a handful of students as D'Vine Wine customers.

"If they only knew the deal they're getting, they'd start home brewing tomorrow."



■ *Put on your apron and set the table – chinese food isn't just for take-out anymore*

BY SHERRY LANGEN
Lifestyles Reporter

If you haven't experienced the taste of Dim Sum at home, then the new cookbook "Have some Dim Sum" by Humber's Evelyn Chau is perfect for the gourmet cook.

Chau, a Humber Media Copy Writing student, wrote and published the cookbook that

went into publication last October. She is happy with the reviews and response that her book is receiving.

"Have some Dim Sum" – translated into "touch the heart" – has recently been awarded The Unisource Litho Award for book design and printing. Unisource Toronto offers the honour to distinguished designers and printers.

The CBC did a short feature on Chau's book before Christmas.

"Since I was publishing it myself, I had to do all the work that a publisher usually does," Chau said.

"I had to find my own food stylist, prop

stylist and photographer"

A prop stylist finds interesting and unique items to use for photographs. A food stylist arranges the food to make it look appealing and tasty.

"It's very colourful and well layed out," Jenny Smith, a second-year Culinary Management student, said.

In addition to the attractive layout, the cookbook offers illustrated instructions and a glossary of terms.

"She (Chau) gives a description of what everything is, which is good or else the reader wouldn't know what everything is," Smith said.

Chau's research brought her to Toronto's renowned Chinese restaurant, Dynasty. With the help of Dynasty's Chefs, Chau tried out and collected recipes.

Although her plans for the future are uncertain, Chau is confident that the education she is receiving at Humber will help her excel in a marketing career.

"If you get an 'A', it's because you deserve it," Chau said about her classes.

"The work we do in class is practical."

"Have some Dim Sum" is distributed by Hushion House and is available for \$24.95 at bookstores.



PHOTO BY SHERRY LANGEN

Humber Media Copy Writing student Evelyn Chau has written and published her first cookbook, *Have Some Dim Sum*.

Soften the blow while dropping the bomb

■ *A messenger's job is never easy, but using the right approach can make all the difference*

BY KELLY CARDONA
Lifestyles Reporter

Peter had to break bad news to his mother which could have torn up his entire family. One day, he was getting rid of some computer files when he found e-mail messages to his dad from another woman. Reading the contents of the letters, he figured out that his father was having an affair. How would he tell his mother?

Giving someone bad news is a hard thing to do, but we've all been there. Your palms are sweating, you're feeling dizzy and you want to know how the other person will react to your news.

Dr. David Hoath, a psychologist in Newmarket, said he prepared for a number of reactions.

"I don't think it's possible to predict with any sense of certainty what reaction you will get," Hoath said.

When giving bad news, Dr. Hoath said to avoid rambling. If you ramble, the recipient's anxiety level rises. This makes it hard-

er for him or her to understand the message being given.

Timing is also an important factor when breaking bad news.

Hoath said never break bad news on a Friday. Always aim towards the middle of the week because support groups are not available on weekends.

The time of day can also ease the situation. Never give bad news at the end of a workday. People are less likely to cope with bad news after working all day.

"Timing is everything," said Peter, not his real name.

"I decided I'd break the news when my mother was on holidays – nice and relaxed. That way, she

wouldn't have to worry about falling behind in her work."

Peter said his approach worked. His mother had time to think about the problem and decide what the best solution would be.

Theresa, not her real name, would like people who bring her bad news to be more sensitive.

Last year, her father told her she had to leave the house because his new wife did not want her around. From there on in it has been downhill.

When her father broke the bad news he blamed all the ongoing problems on her. He told her she had to move out immediately.

"I want them to know how I feel about the situation and to tell me in a way that makes me feel better," Theresa said.

Dr. Lori Maaskant, a family doctor in Aurora, has to break bad news to patients on a regular basis.

"When breaking bad news, I alter my approach on what type of patient I have. Sometimes I fly by the seat of my pants trying to determine the best approach," she said.

"The key is understanding the person."

If Maaskant has to deliver really bad news, she sets time aside for patients to make sure they are okay.

She also lets them know when she is available to talk about the issue further. Maaskant always makes follow-up calls in a day or two to ask if the person has more

Bad news bearers beware

Here are some things to keep in mind in when breaking bad news:

Preparation: picture yourself giving the news and know how you want it to turn out

Tell the truth: give the news straight up. People respond better to bad news when someone is not beating around the bush

Tell it a.s.a.p.: Don't delay, hoping that the news might change. The best time to tell it is as soon as you find out

Don't negotiate: Making the news sound negotiable could give false hope

Follow up: When giving bad news always reflect on what steps the person should take for the future



PHOTO BY KELLY CARDONA

Timing is everything when breaking bad news. Make sure the recipient is relaxed when you drop the bomb.

questions or needs assistance.

For those who have received bad news, there are crisis centres available and local pastors who are willing to help.

Father Donald Maclean, of Our Lady of Grace Catholic

Church, in Aurora, helps people deal with problems and gets them back on their feet.

"The big thing is for them to talk and talk. You don't want to jump in too fast with a whole lot of preaching."

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■ Up and coming

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Feb. 6:

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THE GOVERNMENT

Feb. 9::

The Cardigans

Feb 10:

Monster Magnet

AIR CANADA CENTRE

Feb. 22 and Feb. 23:

The Tragically Hip

THE WAREHOUSE

Feb. 24:

Sugar Ray and Everlast

■ New news

■ **Ed Roland** of Collective Soul cut off his locks after becoming a father.

■ **The Clash tribute album** is finally coming out, but no release date yet.

Tracks include Ice Cube, Korn and Mack 10—Should I stay or Should I go, Ranking Roger—Rock The Casbah, The Mighty Mighty Bosstones—Rudie Can't Wait, and Rancid performing Cheat, the album is definitely worth checking out.

■ **Ex-Oasis drummer, Tony McCarroll** is suing Noel and Liam Gallagher for wrongful dismissal. He's asking for about \$25 million in damages.

■ **The organizers of Lollapalooza** are considering Guns N' Roses as the headliner. Possibly a shortage of bands?

■ Now on CD

Wide Mouth Mason is finishing off their second CD. Set to tour this summer, the new CD has 12 new songs, with the same formula, but a broader sound

■ Yuk Yuk's

On Sunday Feb. 14, Yuk Yuk's at Yonge and Eglinton celebrates Valentine's Day with Toronto's most notorious and foul-mouthed sock.

The special show, hosted by Craig Campbell and the cigar-chomping, wise-cracking Ed the Sock, from "Ed's Night Party", will keep both you and your date's hearts racing with their edgy humour.

The show begins at 8:30 p.m. \$10 for the show, and \$28.30 for the dinner/show. For information, reservations and gift certificates, call 416-967-6425.

Cook-ing a little flamenco

BY MICHELE STEFANCIC
Arts Reporter

Toronto flamenco guitarist Jesse Cook never imagined what was to follow after his little 'Rumba Ditty' became background music for the TV Guide Channel.

Overnight, he became a public figure and a Juno nominee.

The French-born singer moved to Toronto with his mother and sister when he was three. He credits his mother's love for flamenco music as an inspiration to perform, and said her record collection is his earliest memory. Cook added his travels became a contributing factor for his love of the music.

"Travelling to France and spending the summer with my father, kids would walk the streets and play rumba guitar. I was captivated by the way they played guitar and wanted to learn more," Cook said.

Early on, his teachers told him he was a gifted musician. He spent 16 years in formal training, but admits he wasn't a model student.

"I was a terrible student. I wouldn't practice. I would show up and learn the piece. One teacher said, 'You can lead a horse to water but you can't make him drink,' apparently that was what I was like as a kid," Cook said with a laugh.

As Cook finally immersed himself with his studies, he felt the formal training was somewhat lacking emotion.

"The western way of study sort of teaches you to be a professional musician. Somewhere



The TV Guide channel took a chance on Jesse Cook. Two Juno nominations later, Cook's popularity has grown.

along the line, you lose touch with the essence of music, which is the emotion."

Listening to Cook's music, his passion and enthusiasm are overtly apparent. His latest CD, *Vertigo*, may be flamenco-oriented, but still has the power to make you dance, and to feel soothed and relaxed at the same time.

"It's all about touching a part of your heart, or soul, that is not somehow accessible any other way," he said

Having formal training under his belt, Cook was pessimistic about recording a flamenco record because there was no market for it. Watching other musicians put their family savings towards recording, only to find in the end their dreams and fortune were shattered, Cook spent the next 10 years composing music for theatre and TV programs.

It was while he was composing that Rogers Cable purchased some of Cook's material for the TV Guide channel.

"They were using it as background music, and normally I think background music is really bad. It's something in the background, and it's ignored," said Cook.

But Cook became a hunted composer. Viewers asked who it was they were listening to while checking out the TV listings.

Inundated with requests, he recorded his first record, *Tempest*, at home for next to nothing.

"I remember being told the best we would do was sell 12,000 copies," he said.

"But, we debuted at number 14 on the Billboard Charts in the States. Suddenly over night my life totally changed."

He said he found the changes in his life both very strange, and intimidating.

Remarkably modest, soft spoken and somewhat shy, Cook took the time to reflect on the upcoming Juno Awards.

"I went the first year I was nominated, and didn't win," he said. "I had my tuxedo on and I had my speech all worked out. You sort of prepare yourself mentally as your going there, you keep saying to yourself 'I'm going to win.' You realize that you know, in case they call your name, you have to have your speech ready."

Last week, it was announced Cook was nominated for two awards this year, in the Best Instrumental Category, and Best Global Album Category. He said this time, he hopes to walk away a winner.

Stay away from this Gang

Contemporary opera an
abysmal failure

BY MAREK KOCHMAN
Arts Reporter

Fingernails across a chalkboard can be a very unpleasant noise, and after seeing Autumn Leaf's newest production "The Gang," it seemed like a pleasant idea.

The opera, which ran from Jan. 28 to 30 at the Du Maurier Theatre, received a lot of hype, as contemporary opera is a difficult thing to pull off. Unfortunately

this production proved how hard it is.

The show was marred by technical problems from the start. A bad set-up was also a factor in the demise of a production that had a lot of promise.

The opera started with a couple named Lucien and Savannah standing on a cliff, dreaming of a house that they plan to build.

When the workers arrive to start laying down a foundation, a horrible storm comes and annihilates civilization as they know it. The only survivors are a construction crew of four, Savannah,

Lucien, a movie producer, and Savannah's ex lover, Bill. Conceptually the play had definite promise with its dark and satirical look at the possibility of the world having to be re-created, and how everyday people would deal with the idea of building their own utopia.

Unfortunately the musical score was distracting. The fact the band was playing above the stage rather than below hinted at a very long evening.

The score itself was creatively written, but it would have worked better as a play.

The music was far too speech oriented. At one point a worker hits himself on the finger with a hammer, and says "oh fu*k" in song. It had absolutely no impact or humour what so ever; it just sounded silly.

The other problem is the actor in the lead role, Savannah, had such an overpowering voice that everyone else in the event was simply overshadowed.

Though the production defiantly made a risqué attempt at redefining the idea of opera, "The Gang" needs to go back to the chalkboard.

Reading and riding on the TTC

TTC brings commuters a distraction from the grind

BY VICTORIA MUSGRAVE
Arts Reporter

The TTC is using poetry to liven up the commute for its riders.

Last spring, the Poetry on the Way project began. Posters featuring the poetry of well-known Canadian authors are now appearing beside the advertise-

ments in subway cars, streetcars, and buses.

The project got under way over a year ago when Dennis Deneau formed the Poetry on the Way committee and approached the TTC with the idea of bringing poetry to its riders.

Deneau was able to secure a one year grant of \$45,000 from the Canada Council for the Arts to cover the cost of printing. He hopes the funding will be extended for a few more years.

Poetry on the Way features poetry by authors such as Anne Michaels, P.K. Page, Dionne Brand and Gwendolyn MacEwen.

According to Mary Cuckovic, special events co-ordinator at the TTC, previous efforts to start a poetry project had been unsuccessful.

"The TTC had been interested in doing it for many years, but the

stumbling block was always money," she said.

A committee of six people volunteer their time to select the poems and handle the production of the project. The committee chooses poetry that is less than 15 lines, and appropriate for riders of all ages to enjoy.

"We try to find poetry that is appropriate to the subway because it is a unique showcase for poetry. There are 1.3 million people as a potential audience of all different types, with all certain different attitudes towards poetry and life," Deneau said.

Deneau said the ethnic diversity of Toronto is also reflected in the project.

"We should be expressing the cultural richness of the city. We try to do that through the selection of the poems," Deneau said.

The Poetry on the Way com-

mittee is presently working with the public and catholic school boards to organize a poetry contest for grade school and high school students. The contest will be held this spring and the winners will have their poems featured on posters in the fall.

Urban Outdoor TransAd, the company that handles all TTC advertising, is supportive of the poetry project. The company provides the space for the poetry free of charge, and is also covering the cost of installing the posters.

Yvonne Gibson, marketing director at Urban Outdoor TransAd, sees poetry as having a place beside advertisements. "It provides editorial content for subway riders in addition to advertisements," she said. "As long as it is as sophisticated as it is, we will continue to support it."

The TTC joins a number of

cities in North America and Europe that make art and poetry accessible to public transit users.

The New York City transit authority has been running a similar project called Poetry in Motion for a number of years and has even published an anthology of its poetry. In Canada, Vancouver began a similar project with BC Transit in 1995.

The Poetry on the Way is a response from TTC riders. "A lot of people would write in saying, 'I was over in London, rode the Tube and saw their poetry and art, and they wanted to know when the TTC would do something like that,'" said Cuckovic.

The poetry project is part of the TTC's plan to incorporate art into new extensions of the system, that include the Spadina Streetcar system and the new subway stations on the Sheppard line.

A tale of two sisters

BY ELIZABETH GONCALVES
Arts Reporter

Whoever said fame and fortune are the keys to happiness did not know the story of Jacqueline du Pre.

Hilary and Jackie is the incredibly moving story of Hilary and Jackie du Pre, musically gifted sisters who led very different lives.

In his motion picture debut, director Anand Tucker (best known for his documentary works), brings to life the true story of the 20th century cellist, Jacqueline.

Jacqueline began playing the cello as a child in England, with her sister, flutist Hilary. Both won numerous accolades for their music but it was Jackie who went

on to dazzle crowds around the world. With her passionate and uniquely, energetic performances, Jackie (played by Emily Watson), became one of the most admired cellists in the world.

But all this meant nothing to Jackie, who lived her life depressed and wanting something more, something simple.

The simple life was what her sister Hilary (Rachel Griffiths) had chosen. Hilary gave up her music to live in the country and enjoy the simple but fulfilling life of raising a family.

Her sadness would soon be felt by many around the world when in 1973, at the age of 28, Jackie was diagnosed with multiple sclerosis. The disease eventually ended her musical career and caused her death in 1987.

In the role of Jackie, two-time

Golden Globe nominee, Emily Watson (Breaking the Waves, The Boxer) delivers a poignant and passionate performance as the flamboyant cellist.

Rachel Griffiths is brilliant in the role of Hilary, as are the two young actresses Keeley Flanders (young Hilary) and Auriol Evans (young Jackie). Evans convincingly portrays Jackie as a young aspiring cellist who works vigorously at becoming a better musician, with hopes of joining her sister on stage for every performance.

The film is told through the eyes of each of the sisters, and uniquely depicts the experiences that shaped each of their lives.

It is a brilliant tribute to the spirit of Jacqueline, and to Hilary Du Pre, who stood by her sister when she needed her most.



COURTESY PHOTO

Emily Watson and Rachel Griffiths star in *Hilary and Jackie*, the true story of musicians Jacqueline and Hilary du Pre. Jackie du Pre died of multiple sclerosis in 1987.

Hot / Shot

How things stack up

★★★★★ Kick-ass
★★★★ Phat
★★★ 50/50
★★ Lame
★ Sucks

D Generation

Through the Darkness
New York City's D Generation's new CD is a typical punk rock album which guarantees success with their fans, however, others may not find it as appealing.

Through the Darkness' first single is track one, *Helpless*, which is a great attempt at scoring a pop rock audience. With the song's catchy 'Na na na na' hook, the band has finally turned out for a sure hit single.

- Michele Stefancic
★★★

Sky

Piece of Paradise

The Montreal duo has made a very poor attempt at their first CD. A Piece of Paradise is a combination of urban beats with pop melodies.

With the only decent song being the over-played 'Some Kinda Wonderful', the band has pretty well used up their 15 minutes of fame.

It is the kind of CD that will appeal to a very specific audience, and go unappreciated by most.

- Himani Ediriweera
★ (and that's pushing it...)

Made Man
Silkk the Shocker
Executive producer Master P, who seems to release a new CD every week, may have scored with *Silkk the Shocker*. His New Orleans-based No Limit records has been behind some garbage recently, but this disc is a marked improvement thanks to features by Jay-Z and MYA. The tracks range from traditional hip-hop to R&B, and 'You know what we 'bout' (song 7) is a bomb track. Unfortunately however, Snoop Dog also appears on the last track, and the weak lyrics remind me why I only liked him when I was 17.

Silkk the Shocker shows he's got skills on this one, but it's Jay-Z and MYA that give this the phat rating.

- John Chick
★★★★

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Sports

Women avoid Grizzly loss

By TIM FORAN

Women's Volleyball Reporter

It may not be Billy Martin kicking dirt on the ump, but coach Dave Hood's argument with the referee midway through last Thursday's game provided an amusing sideline.

It also kick-started Humber's women's volleyball team into action against Georgian, as the Hawks swept the Grizzlies 3-0.

With the second game knotted at 10-10, the Hawks' head coach received a yellow card for protesting some questionable screen calls. The incident spurred his lackadaisical squad into finishing off the pesky Grizzlies by reeling off five unanswered points to win the game 15-10.

The tear continued into the final game as the Hawks jumped to an insurmountable 10-2 lead en route to a 15-13 win and another notch in the win column. The team stands at 8-0 heading into their final four regular season matches.

"Sometimes the focus has to be taken off the refereeing," Hood said referring to his argument with the ref. "If the players are concerned about bad calls, iffy calls, line calls...[I'll] try to deflect from

what the referee is doing to the team. Then the interaction becomes the coach and the referee, and not the team and the referee."

A lack of mental focus slowed the heavily favoured Hawks team all night long. Communication problems following an abbreviated warm-up allowed the 1-6 Georgian team to take a 9-8 lead in the first game.

However, the Hawks regrouped after falling behind and put six quick points on the board, taking a commanding 14-9 lead.

They were unable to put the game away though, letting the Grizzlies claw back to within one point. However, a botched return by Georgian on the Hawks' next serve clinched the game for Humber.

For Georgian, it was a disappointing finish to a game in which they led. However, the fact that Georgian managed to score 13 points on Humber's vaunted starting squad surprised Georgian Head Coach Brad Graham.

"I thought we played really well," Graham said. "We have 11 rookies on a team of 12, and to play [that well] against Humber, who is number six in the

nation. I'm really proud of [us]."

Despite Georgian's disciplined play, it was Humber's inability to dominate a lesser team that was the continuing story. After the first game, a visibly upset Hood chastised his team for allowing 13 points to the overmatched Grizzlies. Humber middle, Perfection Powell blamed the poor defence on a lack of preparation for the game.

"It's hard to get up for a team that's not as good as us," Powell said. "We weren't into it mentally. Physically we were going through the motions, but we weren't really into it."

Humber's assistant coach Chris Wilkins agrees with Powell.

"I think we came out here expecting that the Grizzlies would just give us the game," Wilkins said. "However, if we don't play up to our potential we realize that teams can beat us. And that's exactly what Georgian did, they came very close to beating us tonight."

In spite of Humber's frustrating inconsistency, moments of Hawk brilliance revealed why this team is a favourite for the provincials.

During the flashy start of the third game, a technically dominating Hawk offence picked apart

a bewildered Georgian defence. Humber's three starters up front owned the net, with Caroline Fletcher providing beautiful setups.

Powell also played the role of stopper, spiking winners three times to gain back possession for Humber.

Unfortunately, the dominance didn't continue. The Hawks allowed the Grizzlies to come back from a 10-2 deficit to tie the game at 13. However, Humber won the next point on the game's best rally, crushing any remaining fight in Georgian. Humber won the final point quickly and took the game 15-13.

Next Thursday Lindsay Anderson goes for the power shot to help lead Humber to victory.

They play at home against Seneca in a game that could decide first place in the division.

On a final note, all-star Christine Rudics broke Humber's

individual scoring record. The record was held by Eugene Selva with 806 points. Rudics currently has 829 points.



PHOTO BY JACK LYMAN

Hawks pull off the sweep

By BRIAN R. SYLVESTER

Men's Hockey Reporter

The Humber Hawks proved that David really can beat Goliath when Rich Wand scored in overtime to defeat the Cambrian Golden Shield, the top-rated Canadian college hockey team, 6-5.

"We won it. We knew we were going to win, now we just proved it to ourselves," head coach Paul Masotti said.

Humber also stunned the hometown College Boreal Cougars 8-2 in the second game of a two-game weekend road trip to Sudbury. The wins ran the Hawks' winning streak to seven games. They are undefeated in their last eight.

It is no coincidence that the winning streak began after a tie against the Seneca College Sting, when Masotti decided to install a trap-style defence.

"The problem before was that guys weren't keying on their responsibilities. So now I'm giving them responsibility or they don't play and it's working,"

Masotti said.

Masotti explained his version of the trap.

"Defencemen are taught to hit their wingers on the break out. Now if you take away the wingers, it only gives them one option - hit the centerman. Well, if they don't hit him perfectly he has to look back and then our defencemen are told to go in and take his head off," Masotti said. "(They get hit) once and they won't do it again."

The win has the Hawks looking forward to the playoffs.

"I think (the win) is big, especially this time of year when you are slowly getting in to the home stretch and heading into the playoffs," said winger Chris McFadyen, who had an assist in the Cambrian game.

Hawk defenceman Corbie Kent sees the playoffs as a chance to answer some questions about the Hawks' ability to rise to the occasion.

"It's going to be interesting to see what playoff hockey means to this team because we have been

playing at a high intensity level. (We will) see if we can take it that one step farther in to a playoff setting," Kent said.

The win has the Hawks poised to seize Cambrian's hold on first place in the OCAA standings. The Hawks remain one point behind Cambrian with a game in hand.

The playoffs take place on the large ice surface in Kitchener, and regardless of where a team finishes in the standings, first or fourth, no team will have home ice advantage (unless Kitchener's Conestoga Condors make the playoffs, they remain one point out).

Kent doesn't want to face Cambrian in the first round.

"I think we would like to play Fleming first. Now, if they ended up in third, I think we would want to end up in second and let someone basically beat-up Cambrian and take them into a tough (series). And Seneca and Conestoga are two teams that can do that," Kent said. "They are not going to back down like Fleming

might."

McFadyen said Cambrian might not even make it out of the first round, heady words about a team with five players in the league's top nine scorers.

"I don't think they are a good skating team on the big ice and that's where the OCAA championships are (in Kitchener) if Seneca or Fleming faces them they could knock them off," McFadyen said.

Humber took it to the Golden Shield early and had them down 4-1 heading into the third period. Cambrian rallied and scored four goals to tie it.

"They looked very unorganized and nonchalant at times but when it got down to an important part of the game they put some players out and tied it up. They even were dominating us short handed," Kent said.

Eric Hobor and Wand scored two goals, while centre Jeff Bain and defenceman Shawn Kane added one goal each for the Hawks.

Sports
etc.



Men's Hockey

Feb. 4, 5 p.m.

The men host Fleming at Westwood Arena.

Women's Volleyball

Feb. 4, 6 p.m.

The women defend their perfect record against Centennial at home.

Men's Basketball

Feb. 4, 8 p.m.

The men's team seeks revenge when it hosts Centennial.

Feb. 6, 6 p.m.

Men travel to Sheridan to take on their arch-rivals, the Bruins.

Men's Volleyball

Feb. 5, 8:30 p.m.

The men travel to take on third-place Niagara

Men sting Seneca and leap the Lords

By DLAN PINKHAM
Men's Basketball Reporter

Humber's men's basketball team is back to their winning ways after a pair of convincing victories last week, improving their league record to 7-2.

After trouncing an inexperienced Seneca Sting 83-68 at home, the Hawks flew down the 401 to Oshawa and faced the winless Durham Lords. Humber kept the goose egg on the Lords' record, prevailing 75-70, thanks to a gritty defensive effort.

Humber's head coach, Mike Katz, has been preaching defensive responsibility to his team and the results are showing.

"Our defence was really good, we played like I think we're capable," Katz said when asked about the Seneca win.

Katz's players seem to have gotten the message and are dedicating themselves to the type of defence that they have to play to win games.

"We're focused on defence. We weren't playing like that the last two games, once you play defence you win games," Hawks' forward Marcel Lawrence said.

When a team is committed to defence, the offence seems to find a smooth rhythm. For the Hawks, Adrian Clarke's 18 points against the Sting and Isaac King's 19 against Durham powered Humber to the two crucial wins.

"Our offence stepped up today. I think we were focused, we were ready for this game," said Lawrence, referring to the game against Seneca.

The Hawks came out on fire, as Larry Jefferson sank the game's first two buckets, airlifting his team into an eight-point run. Later in the half, Humber's 5-foot, 11-inch guard, Sylvio Carta, did what he does best, draining three monster three-pointers to give his team a comfortable 42-28 lead at half-time.

The Sting played with a lot more intensity in the second half, and were able to match the Hawks shot for shot, but couldn't overcome a 14-point deficit.

Seneca head coach Rick Dilena thought his team could have played better, especially in the first half, but admitted his team is young and will only learn from games like this one.

"They just outworked us. I knew they would come out playing hard and our kids just weren't ready for it," Dilena said. "We have trouble putting the ball inside, we're pretty small."

The Hawks continued their defence-first approach at Durham, but with a twist.

In the second half, they turned it up a notch. Humber was able to overcome some questionable officiating in the first half, in which forward Keffrin Dunson was charged with two technical fouls

resulting in his ejection from the game. As a result, he must sit out the next regular season game.

Humber started the second half trailing 43-38. The Hawks started the second half with a nine to two run and later scored nine straight to give themselves some breathing room. But defence still ruled the day as Humber was able to hold the Lords' big man, Bill Crowdis, to just 12 points in the half after he had scored 23 in the first period.

David De Averio, a Humber assistant coach, felt that the key to holding Crowdis was to limit the number of times he controlled the ball.

"You have to deny him the ball as much as you can. He's a tough guy to guard, so you have to shade his left hand a bit because he's left handed," he said.

Crowdis, a probable all-Canadian, felt his team didn't come out with the same commitment that they showed in the first half.

"We basically came down, made one pass, and shot it, which is not our basketball," he said. "We try to control the game, but Humber's a good team and Isaac (King) stepped it up in the second half. We just didn't stick to the game plan that we had in the first half."

De Averio added the team isn't thinking in a one-dimensional way when it comes to defence. In the game against the Lords, he was



PHOTO BY JOANNE ROMANOVICH

Adrian Clarke, in action earlier this season, led the Hawks with 18 points against Seneca last week.

pleased with the Hawks' two-way play.

"We talked about not getting beat off the dribble, just being aggressive and taking some chances," De Averio said.

With five out of the next seven games on the road, the Hawks will need to keep playing solid team basketball as they forge ahead

towards the OCAA provincial championships, being held at Mohawk College in Hamilton, March 4-6.

The Hawks play an important game at Sheridan Feb. 6 at 6 p.m. It will be a battle of two top teams and a possible OCAA playoff preview.

Women to get mental Super Bowl fan is not a pre-game fan

By TIM FORAN

Women's Volleyball Reporter

Starting with the Feb. 4 home game against the 4-4 Centennial Colts, the Humber women's volleyball team enters the final third of the regular season.

Despite recent struggles, Humber, the defending provincial champ, remains undefeated at 8-0 and is ranked as the early favourite to recapture the OCAA crown.

However, assistant coach Chris Wilkins is not taking anything for granted.

"We have a lot of experienced athletes and I think they expect to be at the provincials," said Wilkins. "But I think [the girls] recognize that we have the toughest division out of the three, and we can't afford to look ahead. We have four tough matches still to go."

Included in the final four games is Feb. 11, the last home game against the Seneca Sting, a team ranked 10th in Canada. The 7-1 Sting should provide Humber with their toughest test before the Provincials. However, Seneca head coach Frank Sulatycki is not willing to give up his team's role as underdog.

"Humber has such a strong team that it's really difficult to come up with a win," said Sulatycki. "I told [Humber head coach] Dave Hood that with the experience his team has, it'll be tough for anyone in the province to beat them."

However, a wary Hood does not want to allow his Hawks to become overconfident. Humber's recent mental lapses against Sheridan and Georgian indicated a need for greater focus, especially when playing against weaker teams.



PHOTO BY TIM FORAN

Jen de Miranda slides for the ball last week at Georgian. It's this kind of focus and sacrifice that Coach Hood wants from his team.

"The situation is, to be a good team, we have to go out and beat weaker teams by a lot," said Hood. "Not by beating them by two points or four points or five points, we have to go out and establish ourselves by having them score one, two points, and that's it."

In preparation for the upcoming games and the provincials, Hood said he would be concentrating on improving his players' focus. The team will practice short, intense drills and will break their games down into spurts of five points.

"We want to be the first to five, the first to 10, the first to 15," said Hood. "We don't look at being the first to 15. The mental aspect won't seem to take so long, because we're only focusing on five points at a time."

By JOHN CHICK
Et Cetera Staff

For whatever reason, I was stupid enough to watch the entire Super Bowl pre-game show this past Sunday.

Having gone home to see my diabetes-afflicted cat and watch the game with my Dad, I was left with nothing to do early on Sunday afternoon except soak up seven hours of hype, celebrity ass-kissing and dumb questions.

I love football, and I love the Fox network for their assortment of cool trash, but this was ridiculous. In one segment, actor Jason Priestley took a camera crew on a tour of bars in Miami's South Beach.

Later, Ice Cube and Mack Ten pulled off an impromptu poolside hip-hop show. That wasn't so bad, but haven't TV executives ever heard of overkill?

How many people actually watched this whole thing and came away entertained? People were asking that question when these shows were only three hours long.

So what do they do?
Expand it to seven hours and

insult our intelligence.

Perhaps this is why our society is so jaded now - every time we turn around, we're being bombarded with crap.

But don't get me wrong - I like some of the crap and would take this society, over say, Mongolia.

It's just not necessary to know intimate information about Jamal Anderson's house or Mike Shanahan's kidney.

No one cares. If you do, please leave your name and address so I can come over and beat the hell out of you.

At my house, the useless information became so annoying that I began drinking a few hours before I had planned to. It's a good thing the game itself sucked, because I felt exhausted by eight o'clock.

If the Super Bowl is supposed to be a holiday-like atmosphere, then why did I feel like I'd gotten my ass kicked?

Sure, maybe it wouldn't sound so bad if it had been a good game, but seven hours is still seven hours I'll never get back.

Maybe next year we'll see hidden camera footage of players paying for oral sex.

Fun and fitness at the good, old YMCA

■ Given up on your New Year's resolution to get fit? Going some where for Spring Break? Stop by the YMCA

BY H. MEARA PATERSON
Et Cetera Staff

It's never too early to start getting ready for the swimsuit season, and if you think you need a hand, the YMCA is ready to help. The Mississauga Y offers a wide range of activities for getting into shape. The choices range from aquatics, to cardio classes and league programs.

levels in a spacious and complete facility. It also includes a running track overlooking part of the city.

Debbie Small, a full time university student, said the staff are friendly and always ready to help. She said that out of all the available choices, cardio classes are her favourite.

"All the classes are great, but I enjoy aerobics the best," Small said.

Recreational classes such as line dancing and table tennis are offered at no extra cost.

Yoga and Tae Kwon Do classes are available for Humber students wanting to balance their health, spiritual and emotional well being.

Ernest Wulff, a full-time membership director, described the Mississauga Y the best.

"It is a big buffet restaurant where everything is included, and there's lots of variety," he said.

For students 18 to 21, the fee is \$32 a month. For 22 and over, the fee is \$60 a month. The Y will offer a student membership assistance when needed.

All you have to do is set up an appointment with one of the membership staff, and fill out an application form. At the meeting, a payment plan will worked out.

"We want students without financial resources to have equal access to our facility," Wulff said. "All that we ask of the member is to come twice a week."

After a hearty workout, Chef Grace Lalces said students can go upstairs and enjoy a fresh muffin or a healthy salad.

"There are a variety of foods including specials here every day. Most of the choices are fresh, healthy and prepared on the premises. And, the prices are reasonable."

The Y, a charitable organization, focuses on community enrichment and development. Program facilitator Eleanor Dumbreck said the Y is a fair and equitable place.

The Mississauga Y is located at 325 Burnhamthorpe Road and is open Mon. to Fri. 6 a.m. to 11 p.m. and Sat. and Sun. 8 a.m. to 8 p.m. It also provides special programs for children.

Spirit team Jams it up at all-star game

BY JACK TYNAN
Et Cetera Staff

Five Humber women and one big furry bird stepped onto the floor at Durham College for their first dance competition.

On Jan. 23, at the OCAA basketball all-star games, the Humber Jam Team took their high-spirited show and Skyhawk, the Humber mascot, to Durham to compete against George Brown, the only other college with a dance team. The winner was chosen by the audience.

"Even though our team might be better, it's not judged on performance, it's judged on applause," said team member Christine Boskovsky.

About 20 Humber supporters came out to cheer them on.

The five Jam Team dancers (Christine Ribieiro, Jaqueline Milligan, Kristin Ditsch, Shauna Duffy and Boskovsk), all have previous dance experience.

The team gets together to practice two or three times a week and are always working on adding new moves to their routines, even at home.

"I always dance in my room every single day," said Boskovsky. Ribieiro is the choreographer

for the group, but all the dancers contribute to their routines. They get some of their ideas from television and movies and just keep practicing.

"We just go over the routines till we get it down," said Ribieiro. The Jam Team and Skyhawk

can be seen between the women's and men's volleyball games next week.

The team is working on adding to its repertoire and have a new addition to the team. A sixth member, Malika Bryce, is joining the troupe.

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What do you think of the Sports Section?

Questions, comments or story ideas? Contact Erika or Neil at ex. 4513. Mon. - Wed., 10 a.m. - 4 p.m.

Athletes of the Week



Perfection Powell
Women's Volleyball

The only rookie starter on the women's squad had three big kills in the final game against Georgian. Powell is fourth in the league in scoring with 107 total points.



Rich Wand
Men's Hockey

Wand scored the overtime goal to help his team defeat Cambrian, the top ranked team in Canada. He is sixth in the OCAA with six goals and 16 assists for 22 total points.

Scoreboard

Men's Basketball

Central Region	Team Standings & Stats											
TEAM	GP	W	L	FOR	AGT	PTS	3FG	2FG	FTA	FTM	FT%	PF
Humber	9	7	2	666*	601	14	37	226	160	103	0.644	81
Sheridan	9	7	2	712	655	14	47	208	247	155	0.634	212
Algonquin	10	7	3	812	724	14	35	281	230	145	0.630	192
Centennial	7	3	4	543	570	6	28	186	129	87	0.674	133
Seneca	10	3	7	719	783	6	66	191	214	133	0.621	202
Durham	9	0	9	660	773	0	31	211	227	145	0.639	161

Women's Basketball

Central Region	Team Standings & Stats											
TEAM	GP	W	L	FOR	AGT	PTS	3FG	2FG	FTA	FTM	FT%	PF
Humber	11	11	0	943	337	22	38	346	228	137	0.601	152
Fanshawe	11	10	1	780	432	20	47	256	185	127	0.686	128
Mohawk	11	7	4	666	583	14	14	248	203	203	0.631	213
Durham	11	6	5	534	532	12	6	171	297	174	0.586	152
George Br.	11	5	6	572	584	10	4	223	212	114	0.538	169
Seneca	9	4	5	428	486	8	11	167	114	61	0.535	169
Niagara	10	4	6	416	533	8	6	147	204	104	0.510	196
Redeemer	12	1	11	466	853	2	27	146	194	93	0.479	187
Georgian	10	0	10	238	703	0	4	91	130	44	0.338	215

Men's Hockey

Central Region	Team Standings & Stats									
TEAM	GP	W	L	T	GF	GA	PIM	GA AVG	PTS	
Cambrian	13	10	3	0	97	45	816	3.36	20	
Humber	12	9	2	1	74	41	422	3.42	19	
Seneca	13	6	5	2	66	52	423	4.00	14	
Conestoga	14	7	7	0	56	57	585	4.07	14	
S.S. Fleming	11	6	5	0	52	43	260	3.91	12	
Boreal	14	3	11	0	45	111	388	7.93	6	
Sault	11	1	9	1	29	70	635	6.36	3	

Men's Volleyball

West Region	Team Standings & Stats									
TEAM	MP	MW	ML	GW	GL	PTS	K	SB	SA	T OFF
Humber	9	9	0	27	1	18	368	107	71	546
Seneca	10	8	2	25	11	16	524	97	66	687
Niagara	11	8	3	26	13	16	555	104	36	695
Mohawk	10	4	6	17	24	8	430	81	46	557
Redeemer	10	4	6	17	21	8	422	80	52	554
Cambrian	10	3	7	14	25	6	415	106	50	571
Sheridan	9	2	7	10	25	4	333	62	35	430
Georgian	9	1	8	9	25	2	303	78	35	419

Women's Volleyball

Central Region	Team Standings & Stats									
TEAM	MP	MW	ML	GW	GL	PTS	K	SB	SA	T OFF
Humber	8	8	0	24	1	16	311	58	73	442
Seneca	9	8	1	24	8	16	302	49	63	414
Centennial	9	5	4	20	12	10	269	70	66	405
Cambrian	9	5	4	17	15	10	342	63	72	477
Sheridan	7	3	4	11	13	6	195	38	38	268
Georgian	9	1	8	4	24	2	185	29	29	248
Boreal	9	0	9	0	27	0	120	21	30	171

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