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December 4 - 10, 1997

INSIDE
NEWS



ARTS

Talk fast, the meter's running

Union paid for 658 days, at the table for 39

BY ANDREW MCKAY
News Reporter

The faculty union bargaining team has cost Ontario colleges more than \$1.2 million since negotiations for a new contract began.

The Council of Regents pays out \$278 per day for each of the seven members of the union bargaining team. The union negotiators began leaves of absence when they were appointed, meaning the Council has paid out \$1,946 for each of the 658 days since February 12, 1996. Total cost: \$1.28 million which comes off the top of the colleges' operating budgets. So far, the negotiations have cost Humber almost \$150,000.

"I want to stress that there is no special fund for this money," said John Podmore, manager of the Human Resources Secretariat at the Council of Regents. "This comes right out of the grants for the schools."

In comparison, the cost for the management bargaining team is a mere \$87,000. The discrepancy comes from language placed in the union's 1985 contract.

"The mediator, in his wisdom, put those six lines in, and they have been there since," Podmore said.

The six lines in question refer to Article 8.03A of the union contract, which states,

"The colleges agree to provide paid leaves of absence for the seven employees who are the members of the Union's negotiating team. These leaves shall extend from the beginning of bargaining for a new contract until such date as it is completed, not just for the specific times at which direct negotiations are being conducted."

The management team would like those lines eliminated, and replaced with language similar to that in the support staff contract. The support staff contract allows for paid leave for seven days of preparation time before a negotiating session, as well as for the days of direct negotiation.

"We're endeavoring to bring this contract in

line with the costs of the (support staff) contract," Podmore said.

Union officials refused to comment on any clauses of the contract, saying negotiations were still underway.

The money distributed by the Council of Regents covers wages, benefits, pension contributions and travel costs for those involved with negotiations. The six members of the management team, however, have been paid only for the 39 days of direct negotiation and six days of preparation time.

"Our first day of direct bargaining was April 15, 1996," Podmore said. "By then, the union team had already cost in the neighborhood of \$100,000."

Even if Article 8.03A is removed from the new contract, the financial effects will be felt long after ratification. Because the negotiators are on leaves of absence, they continue to accrue paid vacation time.

"In effect, they had no vacation in 1996 or 1997," Podmore said.

"When they go back (to work), they will be entitled to about five months of vacation."

Podmore said the Council of Regents is not trying to hamper the union's negotiating resources. They simply want to make sure all the money is spent wisely.

"It's okay if the negotiations take some time; that's to be expected, but (schools) can't afford to be spending this kind of money for this long," Podmore said.

While that issue remains unresolved, the latest round of negotiations on November 20 and 21 did make some headway on another contentious issue. Specifically, the Standard Workload Form (SWF) has been preserved.

COLLECTIVE AGREEMENT

Between:
Ontario Council of Regents
for the
Colleges of Applied Arts and
Technology
And:
Ontario Public Service
Employees Union
(for Academic Employees)

8.03 A The Colleges agree to provide paid leaves of absence for the seven employees who are the members of the Union's negotiating team. These leaves shall extend from the beginning of bargaining for a new contract until such date as it is completed, not just for the specific times at which direct negotiations are being conducted.

Clause 8.30A gives paid leaves of absence to the faculty's negotiating team and has cost colleges more than \$1.2 million.

The SWF is the form used to calculate which classes and other duties a union member will fill for a given semester. Keeping the SWF had been one of the union's key demands. As well, Step 18 of the Maximum Salary Table will not be cut from the new contract. Step 18 is the highest attainable level on the salary scale, based on education levels and equivalencies.

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On Campus

Canada's blood system still in the hands of Red Cross

BY ANDREW MCKAY
News Reporter

With all the turmoil surrounding the Red Cross and the future of Canada's blood system, officials on both sides want to stress that donor clinics are running normally and safely.

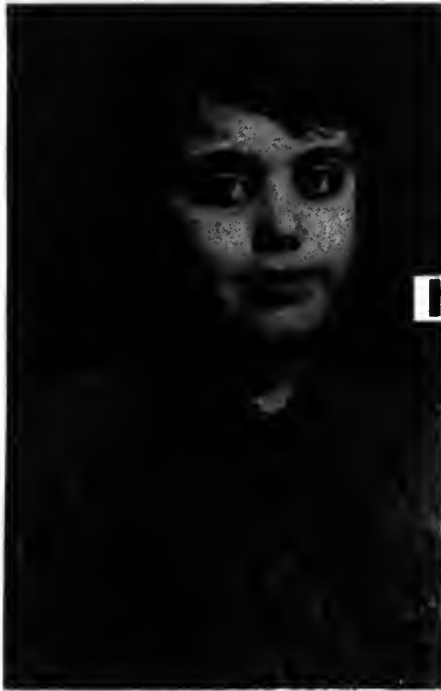
Contrary to public belief, the Red Cross continues to organize Canada's blood donor system, and is planning donor clinics through the holiday season.

Deborah Kuiper, Clinic Co-ordinator for Blood Donor Recruitment at the Red Cross, admits the uncertainty surrounding the blood system has affected her efforts.

"There's a misconception that the Red Cross is no longer running the blood program," Kuiper said. "I call people to recruit, and they say 'I thought you guys were out of it, why are you calling me?'"

When the Red Cross announced in August it would be divorcing itself from any role in the collection of blood, many people assumed the departure would be immediate.

The new agency, the Canadian Blood Agency, will be taking over the program in September of



GIVE TODAY... GIVE FOR LIFE.

1998, but the Red Cross will continue to run the program until then.

"We don't know if (current Red Cross workers) will be the ones working at the new agency," Kuiper said. "But we'll be planning like that will happen. I'll still be working in July to organize the October and November

clinics."

Jeremy Beaty, chairman and president of the Hepatitis C Society of Canada, thinks the Red Cross workers should be a part of the new blood agency.

I'M THE ONE.



Beaty said. "They have all done an incredible job."

Kuiper has organized two clinics at the Etobicoke General Hospital, to be held on December 24 and 27. She said the donor clinics are absolutely essential at this time of year, because people are busier or out of town, and unable to donate.

"We can't stop because of the holidays," she said. "We're hoping that people are still here, for the holidays, and will come to donate."

The Red Cross is still reeling from results of the Krever Inquiry into Canada's tainted blood system in the 1980s, as well as

numerous lawsuits from people who contracted AIDS and Hepatitis C from blood transfusions.

The Krever Report, released last week, denounced the Red Cross, as well as provincial and federal health ministries, for mismanaging the blood supply in the 1980s. Specifically, it blamed those parties for failing to implement a screening test for Hepatitis C and the AIDS virus.

Although no officials were named in the report, the RCMP is considering charges against two individuals who headed the blood program at the time.

As well, the Red Cross recently lost a lawsuit by the families of two people who contracted the AIDS virus from tainted blood. Again, a lack of proper screening procedures was blamed.

Beaty said the new system must be free of any Red Cross influence at the executive level.

"We will absolutely not support any involvement by former Red Cross officials," Beaty said. "We want to make the Canadian blood system the safest in the world."

Beaty said his organization is committed to filling three roles within the new system.

"We will be a moral authority, and make sure decisions are not based on money, as they were then. We will also ensure the Krever recommendations are implemented, and we will be

There's a misconception that the Red Cross is no longer running the blood program. I call people to recruit and they say, 'I thought you guys were out of it.'

- Deborah Kuiper

fighting so the sins of the past on the part of individual Canadians are compensated," he said.

The Krever report recommended compensation for Hepatitis C victims, as well as compensation for "victims of future blood tragedies."

While all parties involved admit the system is in a transition period, Kuiper said she still believes the Canadian blood system is safe.

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Inflated market Japan's problem

BY PATRICK BIRIKORANG
News Reporter

The financial world watched last week as the Chief Executive Officer of Yamaichi Securities in Japan apologized to its customers and shareholders for Yamaichi's collapse.

Yamaichi is the latest bank to collapse in Japan.

Japanese Finance Minister Hiroshi Mitsuzuka said a financial crisis is not looming, but his remark was greeted with skepticism. Mitsuzuka was quoted as saying he sees no financial institutions which will have trouble continuing business.

Commenting on Japan's financial crisis, a Senior International Economist at The Bank of Nova Scotia, Erik Nilsson said Japan's woes started at the turn of the decade, when Japan had an overpriced stock and property market.

"This generated an unfortunate amount of enthusiasm among a number of lenders, who were lending into the property market, often taking shares as collateral," he said.

He also said the Japanese economy shifted from strong growth to near zero growth. The construction sector, and property developers in particular, were devastated by this development which affected their ability to pay off debts.

"Essentially, one can say that the

current financial crisis is directly attributable to poor credit practices as long as seven or eight years ago," he said.

According to Nilsson, it's quite clear Japanese authorities are no longer willing to tolerate rather questionable accounting practices. "In requiring a more transparent approach to accounting, the problems evident in a number of these shaky institutions have become so obvious that there was no choice but for them to close down," he said.

Nilsson said the financial crisis in Japan has had an effect on the North American economy because both business and consumer confidence has quite clearly been eroded.

"Moreover, with decline in asset values, people are understandably reluctant and, indeed, less able to spend money. The weak consumer spending patterns we see in Japan result in rather weak demand for imports," he said.

Nilsson said a number of fac-



A currency trader in Tokyo reacts to the latest news.

tors have aggravated the problem.

He said there was a shift, in 1997, to a tighter fiscal stance. Sales taxes increased by two percentage points at the beginning of April and, in addition, a two year income tax relief program expired in mid-year. The impact of that was effectively to raise income taxes.

"So, the individual taxpayer has been hit with two rounds of tax increases this year which, of course, also has a direct adverse impact on disposable income. Consequently, that cuts quickly on consumer spending, and that is paid right back on demand for export in an adverse way," he concluded.

Bill 160 is now Law

Despite opposition leaders the Harris government passed Bill 160



COURTESY PHOTOS
Minister of Education
Dave Johnson (top)
and Ontario Premier
Mike Harris (left).

BY TERRY BAAK
News Reporter

Bill 160 is a Bill no longer, now it is law.

Monday, the provincial Tory government forced the passing of the controversial teacher's legislation Bill 160.

Each member of the Tory party supported the Bill, as all of the eligible members showed up and voted for Bill 160. The Bill passed by more than 30 votes, with the final vote turning out 81-48. Everyone from the opposition parties voted against the Bill instead of walking out in defiance of a Bill that they knew was going to pass.

Marshall Jarvis, president of the Ontario English Catholic Teachers' Association said he wasn't surprised by the fact the Bill was passed, but he was unaware, until Monday, of the power Mike Harris holds over his party.

"After this government failed to deal with the teachers in a meaningful fashion, this was a foregone conclusion. I think that it shows that the Premier has a tremendous amount of influence on his caucus, to forgo what their constituents concerns are, in order to support the Premier and the Bill put forward by this party," Jarvis said.

NDP MPP Peter Kormos said that

the new law will detrimentally hurt the education system to the point where it may take years for the damage to be undone.

"Bill 160 is a full frontal attack on

After this government failed to deal with the teachers in a meaningful fashion, this was a foregone conclusion.

- President of the Ontario English Catholic Teachers' Association Marshall Jarvis

publicly funded education. It is designed to permit the government to gut public funding of education. I am convinced that it will lead to the growth of charter schools or private schools that only the richest can afford to have quality education for their children," Kormos said.

With a solid defeat in the legislature, Jarvis and the rest of the Catholic Teachers Association will now focus their attention on their next battle: to

get rid of the new law.

"First thing we are looking at is a constitutional challenge, that will be issued later this week," Jarvis said.

The challenge will surround the separate schools' ability to collect property taxes, and especially the parents' right (section 92 of the constitution) to direct their taxes to the schooling system of their choice. It may also involve the right to freedom of religion.

Jarvis went on to say the teachers will work to inform the public of the harm the changes to the education system will do.

"I will prepare an information base so that we can inform the public over the next year to year and a half, so that we can show the damage wrought by this Bill, and what this government did today," Jarvis said.

Education Minister Dave Johnson said he hopes people will give the changes to the system a chance before they decide whether or not they like them.

"I hope that they see these as an end to the status quo. I would like to see people give the legislation a chance to see if the reforms will make a difference," Johnson said.

Protests turn ugly when police intervene

In the end, protests outside Queen's Park did not help change the Tory vote

BY SHAWN GIBSON
News Reporter

Despite fierce protests surrounding Bill 160, it was passed Monday afternoon. But verbal defiance and physical altercations at Queen's Park continued well after sunset.

Bill 160 gives the government full control over Ontario's education system.

Many people were forcibly removed by parliamentary security. Some were carried out when the Speaker had had enough of their cries of outrage. Even after their removal from the public gallery, people were so outraged by the government's actions, they continued their demonstrations in the hallways outside the galleries and, eventually, protesters spilled out on to the streets.

"All we wanted was a peaceful demonstration," Jack Murphy said, who is married to a teacher and the father of two. "We went to the doors of Queen's Park but had them slammed in our face. What are we supposed to do? That is not the way a democratic government behaves."

I did not hear of any of the officers using unnecessary force. They had the right to remove protesters under the Criminal Code.

- 52 Division Staff Sgt. Dave Bowen

The yelling and chanting went from inside Queen's Park to busy University Avenue, where students formed a human chain to block traffic. The angry crowd sang O Canada and protest songs as police

moved in. Parents, students and teachers being physically removed from the street did not sit well with onlookers or protesters. The shouts of "shame" and "puppets" (referring to the police acting on orders) were heard loud and clear when three students were charged with public mischief. The oldest student charged was 17.

Earl Haig Secondary School Student Claire Holloway wants to be a teacher herself. She protested out of concern over changes to the education system.

"I don't agree with the privatizing of education. I think the teachers should be qualified teachers," she said. "I think, that in order for teachers to offer the best education to students, teachers need the proper prep time. It's not a knowledge-based education system, it's a skill-based education system. I want to be able to see my teachers after school. I believe in extra-curricular activities which will not be a part of the education system under Bill 160."

Remarks have been made of students not knowing what they're talking about or protesting for. "The students wanted to be heard and suggested protesting on the street. We (parents and teachers) told them it would be dangerous but when we turned around, there they were," Murphy said. "It was quite moving to see them stand up for what they believed in, no matter what the consequences."

In one of the more controversial moments of the day, a protester was thrown to the ground during a physical altercation with an officer. Four officers held the man down to handcuff him. Several people in the crowd vowed legal action for the "unnecessary force".

Staff Sgt. Dave Bowen, of 52 Division, didn't see most of the altercations but said he is certain the officers were doing their



PHOTOS TERRY BAAK
Protesters and their children carried signs and voiced their opinions Thursday. But Bill 160 was delayed and it was Monday afternoon before it was passed.

job within the limits of the law.

"I did not hear of any of the officers using unnecessary force. They had the right to remove protesters under the Criminal Code. It's obvious that everyone has the right to voice their concerns and opinions but you can't sit in the middle of a major intersection, or any intersection for that matter, and block traffic," he said. "I know that some people have been upset over Bill 160, but they are not allowed to

break the law."

Bowen said the five people taken to 52 Division were released later. Protestor Nigel Blumenthal, of North York, who scuffled with an officer, was one of them.

As the sun went down, candles came out. The crowd formed a more controlled protest on the steps of Queen's Park chanting, "We will not forget." They said they wanted to let Mike Harris know his chances of a re-election are slim.

Fun and Food for your taste buds

BY DARCEY FERGUS
News Reporter

The Humber Room served up oyster bisque, chicken with hollandaise sauce, rice, and a heaping spoonful of laughs and insults.

Last week, Hospitality, Recreation and Tourism students hosted a comedy dinner theatre complete with professional comedians, courtesy of Yuk Yuk's.

Organized by eight second-year students in catering, as a part of their course curriculum, the dinner theatre was a howling success with more than 80 people attending.

"The food was great and the comedy was a hoot," Debbie Ingram said.

Tickets were \$30 and included a four-course meal; by first and second-year culinary students, and an evening guaranteed to be full of laughter.

Three comedians, courtesy of Yuk Yuk's On Tour, were on hand last Wednesday, November 26, to lend their talents.

Ian Sirota, James Cunningham and Chuck Byrn are well known comics to fans around the Toronto-area clubs.

Sirota specialized in singling people out in the audience and poking fun at them. Byrn is a master impressionist, and Cunningham, an expert at hilari-

ous noises.

Brenda Hall, one of the students who helped organize the function, is happy it's all over with.

"I think it went a lot better than we thought it was going to. It's a lot of work and stress," she said.

The project, worth 75 per cent of the students' final mark, has been in the planning stages since late September.

"Our job was to cater our own function from beginning to end," explained Hall.

"All of the servers and kitchen help volunteered their time to make this go off for us," Jennifer Johnson said.

"We felt pretty unorganized, but everybody worked really well together."

Paul Iskander, catering teacher, was pleased with his students' efforts.

"They came off looking strong, it was a very successful evening. We had a lot of support from faculty and different departments."

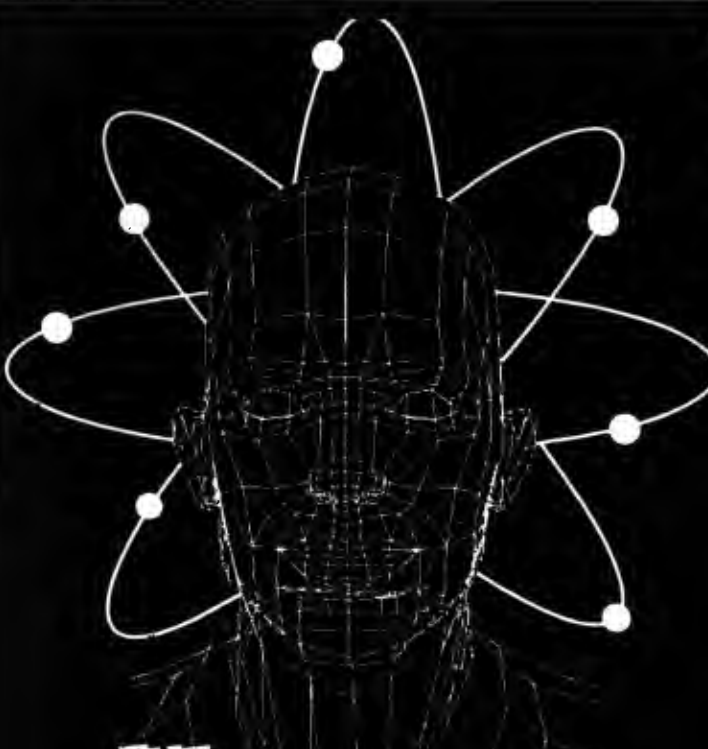
"We should have more learning events similar to this for students because this is the real thing," Iskander said.

Other examples of the HRT students' functions this year have been the Murder Mystery Dinners and Fashion Shows, all hosted in the Humber Room.



PHOTO BY DARCEY FERGUS


A comedian entertaining the crowd at a gala held by Hospitality, Recreation and Tourism students.



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Outdoors Club offers students a chance to be one with nature

BY KIM MARTIN
News Reporter

Newly sanctioned by the Students' Association Council (SAC), the Humber Great Outdoors Club is helping students who haven't had the chance to experience the outdoor life.

Norm Cerny, the club's president said, "I think a lot of people would like the chance to go up north, but a lot of Humber's students haven't been anywhere north of Toronto or just wouldn't know where to begin."

"The club was started out of my love for the outdoors, I've been camping, canoeing and hunting since I was very small and wanted to give others the chance to experience what I have," Cerny said.

The purpose of the club is to inform and reduce the fear factor involved when it comes to hiking and camping, Cerny said.

"I want to teach people that it is possible to get the equipment needed and to go up north without dying, breaking a leg, or getting yourself lost," Cerny said.

The meetings will introduce the fundamentals for experiencing the outdoors such as using a map and compassing.

Cerny said that day trips will be taken to use the fundamentals learned and to give the student a full understanding and the importance of knowing wilderness techniques and being able to use them wisely.

"We will also be learning a lot about wildlife itself. I feel it's very important to know about what is really around you," Cerny said.

Along with the day trips, the club is planning to go on one, big, final event, involving camping, canoeing, hiking and all that the students have learned.

"The club was started out of my love for the outdoors, I've been camping, canoeing and hunting since I was very small and wanted to give others the chance to experience what I have,"

Norm Cerny

Cerny is also looking into a way to help students who need financial assistance but still want to go on the trip.

The club is still looking for members and anyone interested can inquire in the SAC office.

"We're looking for anyone that is interested in the outdoors. It's a great opportunity for a lot of people to finally get the chance to experience what's beyond Toronto," Cerny said.

By-laws force SAC reps to work more hours a week

JANE DIORETTE P. TAGUICANA
News Reporter

Things are heating up at SAC Lakeshore.

Complaints of some staff working longer regular hours than others have resulted in a by-law to regulate the number of hours and the times they must be served.

The by-law, passed a month ago, requires council members to complete 10 hours a week in the office between 8:30 a.m. and 4:30 p.m., and five hours a week for SAC events, including Council of Student Affairs meetings.

Before the by-law, no specific hours were stated in the SAC constitution. Donny Gillingham,

Lakeshore SAC president, said that the work hours were "naturally understood."

"We have 15 hours a week," Gillingham said. "It was unclear where those hours are going to be used."

Of the eight council member's present, only one voted against the by-law. Vice-president Sonia Levy said she didn't agree with the new regulation.

"Everybody's schedule is different," said Levy. "It should be that individual's choice on the time (he or she) comes in."

Levy said there should be no problem "as long as you complete your hours and as long as you do your work."

Director of Student and Community Affairs Peter

Maybury said, "It's logical" for student leaders who get paid to be accessible to the student body during the normal times of the college.

Gillingham, who passed the motion, said he wants to make sure students are getting their money's worth by having the executives available during office hours.

The executive, including the president, vice-president, vice-president of finance, and vice-president of programming are paid from \$8 to \$10 an hour.

Gillingham said it's better if the executives are there at specified hours. Passing on information will be easier than leaving memos and voice messages.

Lakeshore SAC loses one of its key members because of health

JANE DIORETTE P. TAGUICANA
News Reporter

The Lakeshore SAC vice-president of programming position is now open for the directors as Deryk Heroux withdrew due to medical reasons.

"(We're looking for someone) who is outgoing, committed to SAC, has flexible hours to put in, and who is interested in programming," said President Donny Gillingham.

The vice-president of programming is in charge of internal advertising, promotion, and running of events. The position, launched this year, used to be only a directorial position, but the council felt a need for a person dedicated to programming.

Heroux encourages students to "get involved in school and make SAC more productive."

Heroux started as a business representative last year. He is scheduled for surgery and won't be back until next year.

"He (Heroux) was a great asset to SAC," said vice-president of Finance Andrew Copeland, "(he has) put a lot of time and effort to get the position started."

"Deryk is a dedicated, enthusiastic worker. (He is) someone you can count on," Gillingham said.

Heroux had worked with health services for their AIDS Awareness Campaign.

He helped put together events such as Discovery Week, Campus Caravan, Oktoberfest, and Vibrations pub night.

He was involved also in promoting, naming, and opening the Corner Cue gamesroom.

Director of Marketing Robin Shukla recalls him as a cheerful



PHOTO BY JANE DIORETTE P. TAGUICANA

Deryk Heroux, who withdrew from the lakeshore (SAC) vice-presidency (programming).

person in the office. "He had a lot of good ideas," Shukla said.

Interviews will start around the second week of December. SAC is expecting to fill the position before the holiday vacation.

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Editorial

Caught in the crossfire

Think about it, more than \$ 1.2 million.

That's what has been taken out of the colleges' operating budget because of the on-going faculty union negotiations. Considering the lack of actual negotiating this year, it has not been money well spent. But, it will be money that the colleges will want to replace at some point. Anyone care to guess who will ultimately be on the hook for this money?

Have no doubt, it will be college students once again.

Any time there is crossfire between teachers and management, students will always end up taking a hit, usually in the pocket books.

Once these negotiations are over, (which should be around the turn of the century at the speed these talks are going), students will be asked to pick up the bill.

Management can do this in several different ways.

They can cut costs by cutting teaching time in classrooms by professors, so students won't get as much instruction. They could also cut programs, either academic or through the athletic department, not to mention the various specialty programs that Humber offers (kiss the remedial programs goodbye).

Maybe management will decide the classrooms don't need to be swept as much. After all, students aren't supposed to be eating or drinking in the classrooms anyway.

Students may hear, 'Let's not fix that light just yet,' or 'A broken desk? As long as there's a chair...,' from their administrators.

Does it all seem unreal, a little too much?

It's already happening at the university level, where students are sitting on steps because there isn't enough seating in the theatres their classes are in. It could happen here.

Of course, they can go to their old standby position of raising money by increasing tuition. A favorite of college administrators in recent years.

Worse yet, they could do all of the above.

These negotiations began in April 1996, more than 18 months ago. Not only is there no end in sight, but there are rumors of a teacher's strike sometime next semester. The cost then will be more than just money.

Think about it.

The old boys' club

The senate is an exclusive club and the Canadian taxpayer foots its bills.

Members of this club are hand picked by the prime minister of the day.

These people didn't have to try out for the job or present any qualifications. They keep the job until they're 75 with few, if any, requirements for performance. It's this kind of patronage that is the cornerstone of the senate and what undermines it.

Senators are not accountable to anyone. And how useful they are, in improving the quality of life for the average Canadian, is questionable.

The senate can, however, be useful to some people.

A prime example is when Brian Mulroney used it in 1990 to pass his GST legislation. He appointed eight Tory senators to the Liberal-dominated senate to ensure his legislation would pass.

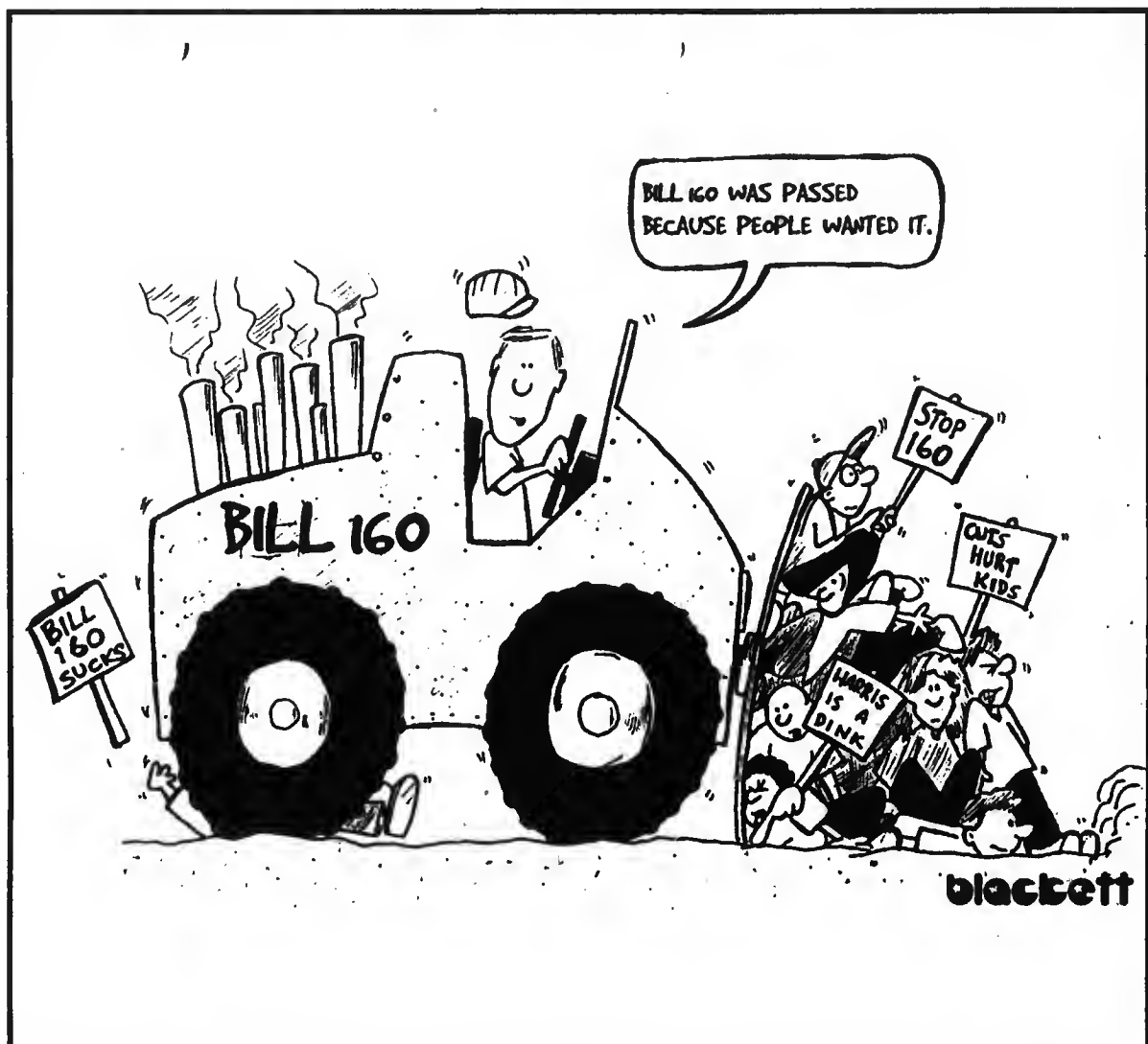
This is a far cry from the reason the senate was created.

It was supposed to give "sober second thought" to legislation and to protect minorities.

But in recent days, with Liberal senator Andrew Thompson's criticisms of the senate and his own sporadic attendance record, what person wouldn't wonder how committed and effective "the club" is?

Let's eliminate the senate.

In this case, less government is better government, and it would be a refreshing change for Ottawa to give taxpayers a much needed break.



OPINION

A train in vain

BY ANTONIO TEDESCO

Trends always seem to pass me by. I sit and wait for fashion to catch up with function, but by the time that happens, a new trend has sprouted and I am once again left waiting for the next bandwagon to turn the corner.

Lately, I've discovered that once again I have missed what seems to be a fairly prominent trend ... subway-related assaults.

From one minute to the next, newspaper, radio and television news reports are filled with the latest subway assault. The news reporters, radio DJs and television anchors discuss the strangeness of each incident with escalating concern.

In the last four months alone, there have been three reported assaults on the TTC. September 26 saw the first incident when 23-

year-old Charlene Minkowski was pushed to her death.

November 24 was tarnished when an 18-year-old girl, if not for her nimble reflexes, would have been pushed onto the tracks at Sheppard Station. The third involved a child being held over a track.

Despite the assailants being submitted for psychiatric evaluation, police are warning the public to stay far back from the subway edge. If the public is being warned to take heed when travelling the subway, then is it too much of an assumption to think subway assaults have become trendy? Some people will call me a pessimist or an alarmist, but there is obviously something wrong with society if we can no longer travel the public transit system without fear of incident.

What next? Will we all dye our

hair bright red, pierce every inch of our bodies and listen to grunge music? Maybe, but at least we wouldn't stand tightly pressed to the subway walls as the next train rounds the corner.

The Editors of The Et Cetera want to hear from YOU! All letters *must* include the writer's name, phone number, signature, and course of study (if applicable). Letters can be dropped off at Room L231 (North Campus), or e-mailed to: humberetc@humber.on.ca. Submissions to the opinion page are also welcome. Please address your opinion pieces to the attention of the Opinion Editor.

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Opinion

Aim to please, ladies

By DEBORAH PATTISON

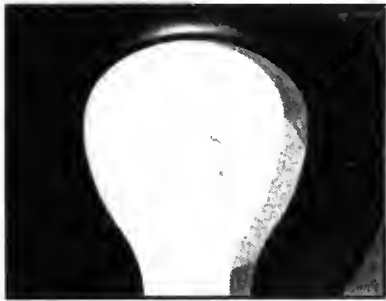
I have a very simple request. To all female students, faculty and guests who use the washrooms here at Humber College, I ask only one thing.

Please, please, PLEASE ... don't pee on the toilet seat.

Too many times this year, I have gone into a stall only to discover a wet toilet seat. A friend has said that the liquid that is on the seat is only water from the force of flushing. However, I'm still disgusted. There really is no way to tell if the wetness is urine or water, and I prefer to be safe, not sorry.

My friend Lisa lived with a girl who was afraid of catching her roommates' germs. So she hovered over the seat instead of sitting, resulting in a missed target.

And she didn't clean up. I have only one problem with people like this: you don't want to catch germs by sitting on a dry seat, but have no qualms about anyone



else sitting in YOUR pee that ends up missing the bowl.

Yuck!

I can understand why someone wouldn't want to sit on a public toilet seat. However, it

makes no sense that someone doesn't sit because there's (been) pee on the seat, but then misses the bull's eye themselves...and doesn't wipe up.

Even columnist Christie Blatchford, of The Toronto Sun, has made note of this problem. In last Friday's paper, Blatchford asks, "When did we stop being able to do our business in the toilet, as opposed to on the seat?"

This problem needs to be solved. Immediately. At once. If we work together, we can do this, women! Let's each aim correctly, and should we happen to miss, let's wipe up our own mistakes.

"If you sprinkle when you tinkle, Be a sweetie and wipe the seatie."

Thank you.

Slighted by Slight

By MARK SUBRYAN

The Toronto Raptors we love are officially in danger of extinction and the man we have to thank for this is owner Alan Slaight.

The troubles started last year when John Bitove, Slaight's partner, tried to buy out the team. This led to Slaight implementing the shotgun clause that saw him gain majority ownership of the team.

This summer, former Raptors General Manager Isaiah Thomas expressed interest in buying a majority share in the team. Slaight was indecisive as to whether or not he wanted to sell the team.

It culminated last week with the resignation of Thomas.

With Thomas gone, some of the Raptors' superstars, like

Damon Stoudamire, Marcus Camby, and Walt Williams, will surely follow.

What kind of a power trip is Slaight on anyway? This man seems to think that the sun shines out of his behind.

Slaight, get off your high horse and take your place in Toronto sports history with other idiot owners, Harold Ballard and Steve Stavros.

Goodbye Damon, you exceeded all our our wildest expectations.

Goodbye Walt, you gave our team the scoring touch it needed.

Goodbye Marcus, you gave us ... well, um, scandalous rumors.

If Slaight wants to save face with Raptors fans, here is what he should do:

Sell the team now, get out of Toronto, and take Bitove with him!

Adolescence a real killer

By MARCEL WATIER

By now, attempted murders and assaults are almost common place in our society. But never before have they managed to make my blood run cold.

In recent weeks, I have watched and listened in horror as, day in and day out, the news bombards us with stories of teenagers, some as young as 13, who, for whatever reason, have decided to take the life of another teen.

Two weeks ago, the news reported a group of young girls and one boy were suspects in the death of a 14-year old from British Columbia. I was shocked! At that age, I was more concerned about school, what to wear and what I was going to be when I grew up.

Just recently, another story hit the news. Apparently, a 13-year old girl was arrested in connection with the slashing of another girl's throat. What scares me the most about this is these kids are



Murdered BC teen Reena Virk

the same age as my sister. The thought of her doing something like that, or being the victim of a crime like this, is horrific. How is it possible we, as a society, could let ourselves and our children get like this? Most likely, the inconceivable will happen again, and the entertainment industry will be blamed. That is not fair.

Television violence is not real. The people on the screen are only actors.

The real fault lies in our society. After all, do we not have a say in what our children watch? Is it the entertainment industry's responsibility to teach our children the difference between what is real and what isn't? Children are brought into this world by real people, not by fictional characters. We are ultimately the ones who shape, enlighten and inform our younger generation. It's time we stopped making excuses for our mistakes. Violent movies, TV shows, and music lyrics are not to blame. It's us.

Our kids watch these shows and movies because we let them, and we don't take the time to explain them. They grow up thinking what they see on the screen is all right because no one told them it wasn't.

When a 13-year-old girl tries to kill another teenager, we can't blame anyone other than those responsible for her upbringing.

wire

campus

Carleton University

Students are bracing for the worst as Carleton faces a round of budget and program cuts.

Ten arts programs are about to be cancelled and two science programs will be revamped.

The university's Senate is expected to vote on these cuts which will affect nearly 300 students.

McMaster University

As the anniversary of the Montreal Massacre approaches, students at McMaster U in Hamilton are launching a campaign to promote awareness of violence against women.

There will be a memorial on December 6, to remember the 14 women who were gunned down by Mark Lepine, at the U of Montreal in 1989.

compiled by Paul Richardson

Good Canadian



Justice G.E. (Ted) Noble

Judge Noble, of the Queen's Bench in Saskatchewan, decided Robert Latimer does not deserve to spend life in prison for ending his daughter's life.

Latimer's 12-year-old daughter, Tracey, was severely handicapped and in constant pain from various physical ailments. After years of watching her suffer, Latimer killed Tracey in "an act of love", to put her out of her misery.

Noble's decision to sentence Latimer to two years less a day for mercy killing, recognizes the need for euthanasia to be addressed in Canada.

Noble's bravery and compassion, regarding all facets of this complex case, signifies the ability of the Canadian justice system to rule in favor of the victim(s), and not simply rely on outdated precedents.



Bad Canadian



CUPW President Darrell Tingley

As the national postal strike continues to cripple the country, the federal government is now preparing to pass back-to-work legislation.

The Canadian Union of Postal Workers (CUPW) president Darrell Tingley said his charges will continue to protest the government's actions by blocking airports, highways, providing poor mail service, and "other ways to defy the law".

Hasn't CUPW held the Canadian public hostage long enough?

A legal strike to pressure management is CUPW's right. To threaten civil disobedience and further inconvenience the Canadian public is going overboard.



Good Canadian, Bad Canadian is brought to by LIAM LAHEY

Lifestyles

Downhill thrills Ski resorts in Ontario

BY MARK LEWICKI
Lifestyles Reporter

Flying down the slopes on skis is a favorite winter sport. Some well-known ski resorts in Ontario include Blue Mountain, Mount St. Louis Moonstone and Horseshoe Valley.

The mighty Blue Mountain is located in Collingwood, about a two hour drive from Metro Toronto. It's the largest ski resort in Ontario, with the tallest ski slope at 720 feet, and is one of only a few resorts sporting a six-chair ski lift. Debbie Campbell, a receptionist at Blue Mountain, assures us a lack of snow won't be a problem.

"We have the best snow-making capabilities in Ontario. If weather is favorable, we will hopefully open up our resort the last weekend of November or the first week of December," Campbell said.

But is Blue Mountain king? The answer is yes for one person.

Rob McKenna, an electrician, has been a skier for 10 years and loves Blue Mountain. He said sometimes being the biggest means being the best.

"This is a wild mountain. Mount St. Louis is pretty good too, but you feel this rush when you're at the top of a hill here. I don't get as many butterflies at other places," McKenna said.

If you need a hand, Blue Mountain has several professional skiers to help you.

Blue Mountain has 96 rooms, two of which are suites. There are one, two and three bedroom condominiums. Prices start at \$99, Sunday through Thursday. Weekend rates start at \$134 and must be booked for Friday and Saturday night. Leave Rover at home. No pets are allowed.

Blue Mountain has 36 runs with 15 lifts. Rental costs for adults are \$24 from 8:30 a.m. to 10 p.m. and \$15 from 4:30 p.m. to 10 p.m.



A "hot-dog" in mid-flight.

p.m. Blue Mountain offers something for those who enjoy the darker side of skiing. Night skiing is available from December 20, 1997, to March 23, 1998, for a lift rate of \$21. For those interested in becoming a regular, a season pass costs \$625.

Contestant number two is Mount St. Louis Moonstone on Highway 400, 26 km north of Barrie. It opened in December, 1964, with two T-bars and four runs. Today, they have 35 runs with two high speed lifts, one four-seater, and they have Canada's first detachable six-seat lift.

The total uphill capacity is more than 21,500 skiers per hour, and Mount St. Louis has two rental shops with 2,000 sets of ski



A skier beginning her descent down the mountain.

equipment for rental.

Robert Huter, general manager of Mount St. Louis Moonstone, said the resort can hold its own in the battle of the slopes.

"We offer the most advanced snow-making in Ontario. That way, we know our 35 runs are always in excellent condition," Huter said.

Mount St. Louis has 100 professional instructors and offers private lessons if a person does not want a group lesson. Prices are comparable to other resorts. Lift prices are \$35 from 8:30 a.m. to 4:30 p.m., and \$30 from 12:30 p.m. to 4:30 p.m. There is no lodging at Mount St. Louis, but there are several hotels nearby plus a few bed-and-breakfasts.

Dale Weymark, a Toronto seamstress, has been skiing at Mount St. Louis for four years. She believes the mountain is great even if it doesn't have accommodations.

"I have a really fun time skiing at Mount St. Louis. It seems to be more of a calmer place to ski, with more trees and things

like that. I think Blue Mountain is a place more for the serious skier who likes to race. I also think the people at Mount St. Louis are nicer than at any of the other places I have been to," Weymark said.

If a season pass at Blue Mountain is too much, consider a season pass at Mount St. Louis for \$535.

Last, but certainly not least is Horseshoe Valley. Horseshoe is in Barrie, close to Mount St. Louis. The Horseshoe has 22 runs on 61 acres, with a lift capacity of 7,600 skiers an hour. There are two triple lifts, three double lifts and one surface lift. The lift rates are \$33 for eight hours and \$28 for four hours. Rental equipment costs \$21 for eight hours, and \$17 for four hours. Horseshoe also has professional skiers at hand.

Horseshoe Valley is a little smaller than the others, but according to John Innes, a Toronto Hydro supervisor, Horseshoe is a diamond in the rough.

"There's something about that place that keeps me going back. I think the fact that it's smaller than Mount St. Louis and Blue Mountain makes it special. Skiing at Horseshoe is like living in the suburbs and skiing at the other two places is like living in the city. I like living in the suburbs," Innes said. Another attractive aspect of Horseshoe is the night skiing. You can tackle the slopes at night from 4:30 p.m. to 10:00 p.m. every day for \$19, except on Christmas Eve. Horseshoe has special week-days to attract skiers, such as Wacky Wednesdays and Loonie Sundays. Rooms start at \$119 per night during the week and weekend until December 20. If you're looking for a package, Horseshoe can help.

The "Yuletide Yearning" package runs from December 19 to 25. This includes two nights accommodation, breakfast and dinner and skiing from 4:30 p.m.

Another special is the "Mid-Week and Stay" package. You get a room, buffet breakfast and a lift ticket to ski from 4:30 p.m., plus a one hour group lesson. This will run from Sunday to Thursday for \$90 per night, per person based on double occupancy.

"Last year I stayed in one of the Horseshoe rooms and I would have no problems staying in one of those rooms again," Innes said.

If you're looking for hills that are big then your best bet would be Blue Mountain. If you're looking for something that's a little country and a little rock 'n' roll and you don't want to stay over, give Mount St. Louis a shot. And if you seek something not so flashy and a little quieter, then give Horseshoe a whirl.

Discover a treasure Visit the One of a Kind Craft show

BY KELLY CROWE
Lifestyles Reporter

The 23rd annual One of a Kind Christmas Canadian Craft Show and Sale is being held at the National Trade Centre at Exhibition Place this week.

The show includes the work of artists from all over Canada and every piece in the show is hand-made. All together, there are 625 artists, with 125 new to the show this year.

Second-year Fashion Arts student Dana Showdy, is interning with the company putting on the show. She said the artists usually make a good profit at the show. Products range from \$5 to \$5000.

Showdy said 148,000 people are expected to attend this year, and can enjoy many new features, including a large display of the art and culture of Nova Scotia, the show's feature province.

Jewelry, toys, candles, furniture, clothing, sculptures and pottery are some of the items for sale.

Shopper Barb Rykaszewski was impressed with the show. "I enjoyed it all. It's just amazing that people can make these things. It's amazing, the talent that these people have," she said.

Most of the vendors said they were doing good business. One man said he's been bringing his work to the show for 18 years and business has been good this year.

There are fashion shows for men, women, and children. Free services include a parcel check, day care for children, two to eight, and a One of a Kind School for children eight to 14, to "introduce



The crafts available are hand-made by Canadian artists.

children to the world of craft."

Today's Parent magazine is on hand to lend wagons, free of charge, to parents who want take their kids along with them while shopping.

If you do not find the perfect gift, there are 36 artists at the show who will make something especially for you at the Commission Exhibit.

Customized services include furniture design, lighting, visual art and sculpture.

The show runs until Sunday, December 7. Weekday hours are from 11 a.m. to 10 p.m., Saturday from 10 a.m. to 10 p.m., and Sundays from 10 a.m. to 7 p.m.



Just browsing can be fun at The One of a Kind Craft show. The annual show attracts throngs of people because there's something

Addictions



Need,
greed
and,
whats in between



Skeletons in the liquor cabinet

One family's long and emotional fight with alcoholism

God, Grant me the serenity to accept the things I cannot change...

I come from an illustrious line of alcoholics. By definition, I am an Adult Child of Alcoholics (ACoA), a group that is still a poor cousin to AA, Al-Anon, and all the other 12-step groups. If there were such a classification, I would be the Adult Great-Grandchild of Alcoholics. Had I never picked up a drink in my life, I would still have been a drunk from the day I was born.

It's an easy term to define. If either of your parents were alcoholics, you are an ACoA. Although I've never chosen to pursue treatment for the "disease", ACoA meetings and programs are springing up across metro; there are three centres devoted to ACoAs, and dozens more for alcoholism treatment. Because ACoA is a relatively new diagnosis, there are numerous differing methodologies of treatment. Therefore, it's hard to know what to expect when seeking help.

I researched numerous groups, not just in Toronto, but across the U.S. for this piece. I found that, while ACoA is widely respected as an illness, nobody seems sure what it means, or what the symptoms are. For example, the University of Illinois Research Centre (UIRC) says ACoAs "don't trust, don't feel, don't talk," while the American Academy of Child and Adolescent Psychiatry says emotions include "guilt, anxiety, embarrassment, anger, aggression and depression." A University of

Calgary Master's Thesis found that ACoAs have lower self esteem than children of non-alcoholics.

None of these symptoms ever really manifested themselves within my family, either nuclear or extended. But it was easier to find my father in his favorite watering hole than in his study; my mother always had a glass of wine nearby, and my grandfathers always had a full case of beer in the fridge. My maternal grandmother, long removed from the family, drank herself to death in Alicante, Spain. That, more than definitions, is proof of the alcoholism in my family.

...The courage to change the things I can...

My brother and I thought my father was the one to worry about, with his regular bars and whisky in the desk drawer. He and I used to have long-winded conversations about hockey, life, etc., that he would forget about in the morning. I thought he had the attention span of a goldfish; I hadn't learned about short-term memory loss and other effects of drinking.

So I communed with my mother, who always lent an ear, and had advice on almost any topic. When she and my brother had a falling out, I took her side, and supported her when she thought she might never see her grandchildren. My father and I talked less and less, but my mother was there, every night, to talk about my childhood, growing up, writing, and anything else that came up.

When I came home that night, I thought she had passed out. I had been drinking with some friends, and got in around 2 a.m. She was in the chair in front of the TV, slumped back, snoring loudly. I couldn't rouse her, so I left her and went to bed.

A half hour later, my father found the note, and the empty bottles of Prozac and sleeping pills in the kitchen. We found out at the hospital that the pills she had dropped, when she passed out from the second bottle of wine, would have been the fatal dose.

The note made references to my brother. She and he had been fighting for a year, ever since he got married and complained my parents weren't financially supportive enough. He and his wife had recently had a child, but they refused to come to New York from Ottawa to visit my parents. He said he was worried she would be domineering, but I think he just wanted to forget about us and get on with his new family. Though not a teetotaler, he really doesn't drink.

Mom made it through that night, and has been sober for more than two years now. She attended meetings in New York, but my parents moved to Toronto and she wasn't happy with the meetings here. So she's fighting the disease herself, one day at a time. She's taken up her hobby, acting, as a profession now, and is getting regular commercial, theatre, and TV work.

I'm proud of her recovery, but occasionally I get upset. I wonder how a per-

son could get so drunk, so often, as to think life is hopeless. I wonder how she could let a couple of bottles of wine and some pills almost kill my best friend. I wonder why she can't drink like my father, who gets cheerier and more entertaining with each beer.

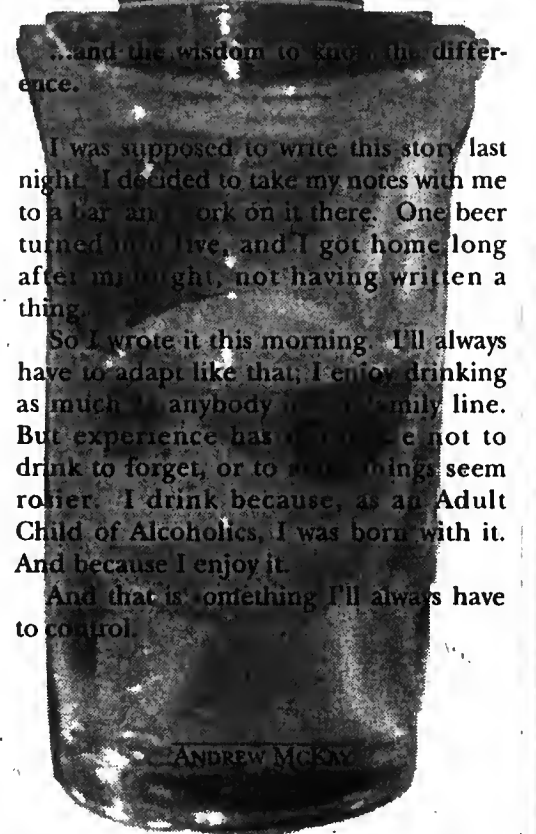
I also get upset with my brother, who still doesn't realize that he drove her to this. He doesn't understand how I can be blindly supportive of her, or what alcoholism means to our family, how it binds us.

...and the wisdom to know the difference.

I was supposed to write this story last night. I decided to take my notes with me to a bar and work on it there. One beer turned into five, and I got home long after midnight, not having written a thing.

So I wrote it this morning. I'll always have to adapt like that; I enjoy drinking as much as anybody in my family line. But experience has taught me not to drink to forget, or to make things seem rozier. I drink because, as an Adult Child of Alcoholics, I was born with it. And because I enjoy it.

And that is something I'll always have to control.



Trapped like a fly on a Web

To some people the Internet has become the super highway's poisonous spider

The Internet, perhaps the most exciting source of information to hit this decade, is also tangling some people in its addictive "Web".

A growing number of stories are emerging about people who have lost control of their Internet use. These Net addicts, as some are calling them, find themselves falling into the same addictive routines as any other person who is so dependent on something that it runs their life.

People are spending so much time online they are taking a trip down a dangerous path, losing touch with reality and, in some cases, destroying everything that is important in their lives.

Recently, a Cincinnati mother was arrested for neglecting her three young children in favor of the Internet. While her hungry children scrounged for food in a filthy apartment, Susan Hacker spent 12 hours a day online.

Hacker was taken to jail and her children are in the custody of the county.

Last August, at the annual convention of the American Psychological Association (APA) held in Chicago, Pathological Internet Use (PIU) was officially named as a mental health disorder.

The APA now classifies excessive Internet use as addictive, in the same way drugs (including alcohol), gambling, video games, and some types of eating disorders are officially considered addictive.

Internet addiction starts when the rest of the person's life starts to fall apart, a paper, presented at the convention, by Dr. Karen Young of the University of Pittsburgh.

But not everyone is eager to believe that there is such a condition as PIU.

Harvey Skinner, a University of Toronto psychologist, said he thinks the issue is being "overblown" because of the rapid expansion of the Web and because of media attention.

Skinner doesn't dispute that some people spend far too much time online, but says it is a problem, not an addiction. He goes on

to say there's a need to look at what's behind the behavior to understand the problem.

"Is (going on the Internet) any different than playing golf three nights a week?" he asked.

Skinner questions who gains the most by labeling this as an addiction.

"The media gains, insurance companies and treatment clinics gain," Skinner said. "By labeling this an addiction, people are taking away from the larger issues like tobacco and drugs."

He added that Canada has not officially recognized compulsive use of the Internet as an addiction.

But just because most of the Net addict cases making headlines seem to be from the U.S., it doesn't mean Canada doesn't have its fair share. Part of the problem is that people suffering with some of the warning symptoms aren't aware there is a problem. This is perhaps the closest direct link to other addictions. Even if Canadians think they have a problem, there isn't an obvious place where people can go to get help.

Many of the experimental treatments being attempted follow the same 12 step style processes as other addiction recovery programs.

Oddly enough, much of the available information regarding Internet addictions can be found online.

The Internet is still new to many people, that some psychologists and researchers like Skinner, are cautious to "medicalize" this as an addiction.

Is the Web to blame or is there another problem in the person's life forcing them to turn to the Net, as a place to get away from everything?

JENNIFER OXLEY

SYMPTOMS OF INTERNET ADDICTIONS

1. Using the online services everyday without any skipping.
2. Losing track of time after making a connection.
3. Going out less and less.
4. Spending less and less time on meals at home or at work, and eating in front of the monitor.
5. Denying spending too much time on the Net.
6. Others complaining that you spend too much time in front of the monitor.
7. Checking your e-mail too many times a day.
8. Logging onto the Net while already busy at work.
9. Sneaking online, with a sense of relief, when a spouse or family members are not at home.

If you think you have a problem and need someone to talk to, you can call media anonymous at (416) 762-7555 to schedule a consultation.

Gambling on an addiction

More young adults are gambling today than adults, according to a study by the Canadian Foundation on Compulsive Gambling (CFCG).

Nick Rupcich, executive director for CFCG in Windsor, said young adults are playing scratch and win tickets and participating in sports betting.

"These are kids in high school and grades seven and eight," Rupcich said. "I should make it clear, these kids are not going into casinos and gambling. But the other types of gambling are not being policed properly."

He says a sure sign of a gambling problem is a person who gambles expecting to win.

"Gambling is a recreation and, like other forms of recreation, it costs money. Social gamblers are there to spend \$100 on a fun evening, and if they win it's a bonus. If you're going with the intention of winning, there might be a problem," Rupcich said.

This is a list of Gamblers Anonymous' "Twenty Questions."

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?

6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing, did you feel you must return as soon as possible and win back your losses?
8. After a win, did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditure?
13. Did gambling make you careless of the welfare of your family?
14. Did you gamble longer than you planned?
15. Have you gambled to escape worry or trouble?
16. Have you ever committed, or thought of committing, an illegal act to finance gambling?
17. Did gambling cause you difficulty sleeping?
18. Do arguments or frustrations give you the urge to gamble?
19. Do you celebrate good luck by gambling?
20. Have you ever considered self destruction as a result of your gambling?

According to Gamblers Anonymous, most compulsive gamblers will answer yes to at least seven of these questions. For more information call (416) 366-7613.

-with files from Victoria Jackson
PHOTO BY JENNIFER OXLEY

Frothing for a cafe latté

After yawning through a shower, fighting for a parking space and a 10 minute wait for a coffee, you finally wake up halfway through your first class and halfway through your coffee. Sound familiar?

"Caffeine is society's most widely used and accepted drug," said Craig Smith, public affairs officer at the Addiction Research Foundation.

Smith says caffeine earns its drug status because of the effects it has on the body as a stimulant. For those who think caffeine perks them up, there is research supporting the theory. Smith says that within five minutes of entering the blood stream, caffeine raises the heart rate and causes other physiological effects such as speeding up metabolism.

"Coffee is the number one source of caffeine for Canadians," Smith said. "It's found in varying amounts in chocolate products and some headache medications. The most concentrated source of caffeine can be found in caffeine or 'stay awake' pills, which contain between 100 to 200 mg."

People take their favorite caffeinated drinks seriously, and often rely on them to give them a boost of energy.

John Stiefelmeyer, a sales representative for Coca Cola Ltd., says even when people have the option of consuming a decaffeinated version of their favorite drink, they will often stick to the caffeinated one.

"At first both Coca-Cola Classic and Diet Coke were sold in a caffeine free format," Stiefelmeyer said. "The sales of Caffeine Free Classic were so low that we discontinued the product. Caffeine Free Diet Coke is still on the market, but it's not a big seller."

Caffeine, particularly coffee, is ingrained in our culture. Where is the line drawn between coffee or Coke as a refreshment or as an addiction?

"Anyone who consumes more than 350 mg of caffeine per day is classified as being physically dependent on it," Smith said. "Approximately 20 per cent of all Canadians fall under that category. The country as a whole consumes the equivalent of 240 mg of caffeine per person per day."

Smith said an average cup of coffee has 75 mg of caffeine, tea has 65 mg and colas have about 35 mg in every 280 ml serving.

The official word on caffeine seems to be moderation. "The nutrition guidelines from the Canada Food Guide suggest no more than 400 to 500 mg of caffeine a day. While there is consensus that caffeine has a mea-

surable effect on the body, those effects may vary from person to person," said Julia Radostits, a public health nutritionist at the London Public Health Unit.

Radostits said the effects include an increased heart rate, nervousness and insomnia.

"It will also act as a diuretic, dehydrating you. The reaction depends on habituation. Some people will not feel the effects of low levels of caffeine if they are used to a lot of it," she added.

Second-year Queen's medical student Lani Serota says she has different reaction to

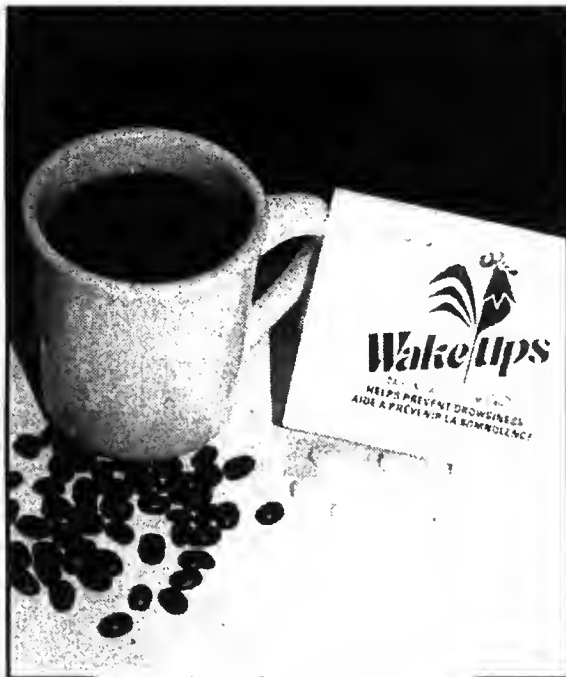


PHOTO BY JENNIFER OXLEY

Coffee, coffee beans and "wake-me-ups" are favorite stimulants for students during exam time.

caffeine. "Caffeine's effects are psychological. When I drink five Jolt Colas to pull an all-nighter I end up fast asleep, but when I think one more Snapple won't bother me I end up climbing the wall until morning."

In support of the opinion that caffeine is a drug, those who regularly consume more than the recommended daily amount suffer from withdrawal.

"All of the withdrawal symptoms can be alleviated by the introduction of small amounts of caffeine," said Dennis Leni, a chemical evaluator for the Bureau of Chemical Safety, Food Directorate. He said common symptoms include headaches, tiredness and irritability.

David Wilkes, president of the Coffee

Association in Toronto, whose members include importers and retailers of coffee, said caffeine should not be classified as a drug.

"Caffeine doesn't meet the criteria to be a drug. It doesn't affect job performance, or have long term health effects," Wilkes said.

He said caffeine consumption is a social norm and calls the impact of caffeine habitual, adding "coffee in particular is a social beverage."

Wilkes does agree that regular caffeine consumers may suffer from withdrawal symptoms. "You should taper reduction — decline slowly if you do get headaches," Wilkes said.

Research into the long term health effects of caffeine has not been conclusive.

"While there is research still being done, caffeine does not seem to cause an increased risk of heart disease, hypertension or a risk to pregnancies," Leni said.

One segment of the population that may be affected by caffeine is migraine headache sufferers. Anne Kerr, executive director of the Toronto based Migraine Foundation, explains that in some people caffeine can increase the chances of a headache occurring.

"A migraine sufferer may have various things trigger a headache. Caffeine can be a single trigger or one in a combination of triggers. Everyone is different. Caffeine will not affect some sufferers at all," Kerr said.

Caffeine is actually an ingredient in some headache and cold medications. Lilian Drinkwater, a staff pharmacist at University Hospital in London, said it is often added because it helps speed up the absorption of analgesics within the body.

"It's sometimes added so that a medication can be sold over the counter. To do so, it must have at least three different ingredients, so sometimes companies add caffeine," Kerr said.

There are no signs of society cutting back on its caffeine intake. The fact that there do not seem to be serious health complications attributed to caffeine is a relief to caffeine drinkers.

Andrea Eisen, an education student at Buffalo's Niagara University, said she doesn't ever plan to change her daily intake of caffeine.

"Diet Coke is my idea of the breakfast of champions," Eisen said.

SHERRI PLATT

TALKING

What's the weirdest addiction you've ever heard of?



Being spanked with the heels of shoes, really spiky ones.

-CLAUDIO PEREIRA
MARKETING



Smoking. I can't understand people not being able to survive without it.

ANDREA VINTILESCU
BUSINESS ADMINISTRATION

My friend eats baby powder. She gets urges to eat it, like some people are with chocolate.

DIONNE BISHOP
HOTEL AND RESTAURANT
MANAGEMENT



Smoking. I don't understand why people do it or need to do it.

ZAFREEN KASSAM
BUSINESS MANAGEMENT

An addiction to twinkies. I heard about it in my justice class.

JACQUELINE CARTER
ACCOUNTING



Baby food. My girlfriend eats it. She'll have a craving for it. She just likes to eat it.

DAVID JAKOVLEVIC
CULINARY

Breaking one family's alcoholic cycle

The gift of sobriety was the best present he ever got

His name is Jeff Arsenault*, and he came close to being an alcoholic.

For three years in Arsenault's life his days were overshadowed by his desire to drink.

"From the time that I was 14 until I hit 16, there was not a day that went by where I didn't have at least two drinks," he said. "It didn't matter if it was a school day or not. When I got home, the first thing I did was have a drink."

Arsenault grew up in a dysfunctional family. Alcohol became his escape, providing the warmth he needed, from a family who barely noticed him.

As a kid, he went to school, got decent marks and was interested in everything the world had to give. For the most part, his family was interested only in what affected them.

"Growing up, I had been exposed to the wonderful world of booze on a daily basis. My mother drank, my father drank, my grandfather drank, and so on. I come from a long line of alcoholics and I was no different," Arsenault said. "For my fifteenth birthday, my mother bought a bottle of Bacardi rum, her friends bought me beer, and we all had a party. It was great, until my mother passed out at 8 p.m. and then her friends left. I had no one to drink with, so I carried on alone. That was when it hit that I had a problem. I didn't stop drinking, I just knew that I had a problem."

The odd thing about Arsenault's life is not that he liked to drink, but that he would get completely drunk, then be up at the crack of dawn the next day ready for whatever he had to do.

"On the outside, it didn't seem to affect me. I was still able to go to school, or work, and get everything done. I just needed a couple of drinks to do it sometimes."

Arsenault, 22, has since moved away from home. He currently enjoys mostly alcohol-free days, but admits to sometimes wanting to get totally smashed.

"There are days when nothing seems to go right and I wish that I could just say 'Screw it, give me a bottle,'" he said. "But then I think about it and realize it's not the answer to my problems."

Arsenault said he stopped drinking just after he turned 16. He remembers he was at his birthday party, and everyone had been drinking. Then, all of a sudden, "things went nuts".

"We were all sitting in the living room. My mom had gone upstairs and my cousin was at a friend's. My mom came back down and pulled me into the kitchen and said 'Jeff, I don't want you to get mad at me, but I just took all my sleeping pills and now I want to go to sleep,'" he said. "After that I lost it. She wouldn't let me call an ambulance, she kept saying that I could take care of everyone, I always did. She was just tired of her life and wanted to die."

Arsenault was eventually able to call for help, but was in no way ready for what happened.

"While we were waiting for the ambulance, someone had gone to get my cousin. He came in loaded. He had been drinking again. When he saw my mom, he came out and started swinging at anything that moved. I got sucker-punched and went down hard. When the ambulance got to the house, they loaded my mom in and told me to come with them. I did."

Arsenault said by the time they got to the hospital, it was about 2:30 in the morning. At the time, he and his cousin were paper-boys and each had a route to do. At about 5:30, a nurse came out and said that his mom was going to be all right and would be released in the morn-

ing and he should go home. When he got home, he found out what had happened and he had to change my clothes. My cousin up for his route. It didn't work. I went into the bathroom and someone had thrown up all over the place and didn't clean it," he said. "So there I was, at six in the morning, cleaning up someone else's puke! What a great way to celebrate a birthday!"

Arsenault said after he cleaned up the bathroom, he had to deliver the routes with more than 170 papers. After that he was off to his other job and then home to bed.

"When I got home later on, I walked into the house and everyone was drinking as if nothing had happened. It was then that I realized that I'd had enough."

Arsenault said he still takes the occasional drink, but never has more than three at a time.

"I'm trying to break a cycle in my family. I'm trying to tell my sister that there is more to life than the stuff that comes from a liquor store," he said.

Jeff has had no contact with his mother, and no contact with his father. As far as he knows, his mother is still drinking.

Arsenault said he has never seen his father since he was a child. He has never seen his mother since she was hospitalized. He has never seen his grandmother since she was hospitalized.

Arsenault said he has never seen his grandfather since he was a child. He has never seen his grandmother since she was hospitalized.

Arsenault said he has never seen his grandmother since she was hospitalized. He has never seen his grandfather since he was a child.

Is AA For You?

Answer the following questions truthfully.

Have you ever decided to stop drinking for a week or so, but only lasted a couple of days?

Do you wish people would mind their own business about your drinking and stop telling you what to do?

Have you ever switched from one type of alcohol to another in the hope that it would keep you from getting drunk?

Have you ever woken up thinking "What have I done?"

Do you envy people who can drink without getting into trouble?

Have you had problems connected with drinking during the past year?

Has drinking caused trouble at home?

Do you ever try to get "extra" drinks at a party because you do not get enough?

Do you tell yourself you can stop any time you want to, even though you keep getting drunk when you don't mean to?

Have you missed days of school or work because of drinking?

Do you have "blackouts"?

Have you ever felt that your life would be better if you did not drink?

If you answered yes to four or more of the questions, AA suggests you probably have a problem with alcohol. If you think you have an alcohol problem or want more information, AA's Information and Help phone number in the greater Toronto Area is (416) 487-5591.

Liquor's legacy

While her grandparents were upstairs, 13-year-old Sarah Peterson* sat by herself and poured her first drink.

She sat and drank, and was eventually sick. She didn't drink again until she was 16.

Sarah is not your typical alcoholic. She is not drunk all of the time and doesn't hide alcohol all over her house.

But she is unable to control her drinking or control herself when she is drinking.

The Oxford dictionary defines alcoholism as "continual heavy drinking of alcohol," but it is much more than that. An alcoholic is powerless to their alcohol addiction whether they drink every day or once a year.

Sarah is now 22, and a recovering alcoholic.

Recently Sarah's mother, Angela, celebrated her eighteenth year of sobriety. Both of Sarah's parents are recovering alcoholics.

Sarah has been dry since the end of October. She goes to AA meetings regularly, but dreams of alcohol as she sleeps.

It took one scary night for Sarah to realize she had a problem. She drove home from a friend's house, drunk, in her mother's car. She blew a tire (she doesn't remember how) and was stranded.

It took a lot more than that for Angela to stop drinking. She found out she was pregnant with her second child.

"I realized if I didn't do something, I was going to lose both of (my children)," Angela said.

Angela didn't stop drinking in time though. Her son, now 17, was born with Fetal Alcohol Syndrome. FAS can be characterized by learning disabilities and hyperactivity, among other things.

Angela said she was "quietly happy" when Sarah started attending AA meetings. She said she didn't want to pressure her daughter.

Sarah said she had to stop drinking for herself and no one else.

"Deep down inside, I think I've had a problem for a long time but I always said 'I know where to go for help and I know what to do to get it, so I'll just keep drinking until I get a little worse,'" she said.

AA reports that in 1996 one-fifth of their members were 30 or under. They have helped people with problems who were younger than 12 years old.

KELLY CROWE

* names have been changed to protect the sources.

Addiction:

n.

1. to give oneself up to a strong habit.

2. *Informal*: to be dependent on something.

- definition from Webster's NewWorld Dictionary

Saying yes to the benefits of yoga

Relaxation rituals take hold in our stressful society

BY ALICJA PARLAK
Lifestyles Reporter

If the pressures of work, responsibilities of home, or the chaotic rush of the Christmas holidays are stressing you out, you might want to consider turning to yoga for relief.

"Yoga means unity. It is about bringing together the mind and the body. It's a great way to manage stress. What you're doing in yoga is teaching the body to really, actually, get to know the relaxed state," said Jesse Ehret, a teacher at The Yoga Studio.

The relaxed state is what Library Clerk Bohdan Stryzowec says she is looking for.

"I get so busy with my job and just day-to-day activities. A friend told me about yoga, and I wanted to try it."

Ehret said yoga has been around for 5,000 years. "It's been recorded in India, Eastern countries and Thailand, but mainly in India."

At that time Yoga was more spiritual in nature than it is today.

"There were spiritual practices in order to stay in touch with the energy (that travels through our bodies). One of the ways to awak-

en it, or keep it awake, is through the practice of yoga, so it's really a prayer," Ehret said.

"Today, there are still people and places that practice in a spiritual sense," she said. "But it's also really modernized. It's really opened up its horizons."

"I need something that takes my mind off problems and keeps me from worrying too much," Stryzowec said. "I'm around people all day at work and dealing with their questions and requests makes me tired. I come home and I can't leave the day behind me. I still think about it. But I don't like sports very much and I don't want to join a gym."

Ehret said people take yoga for its health benefits as well as relaxation.

"It stimulates the immune system and the organs, so it's not just



PHOTO BY SHERKI PLATT

Physiotherapy student Michelle Mattocks practices the lotus, a yoga position, to limber up before an aerobics class.

for stress release, but illness, really. The major cause of illness is due to stress," Ehret explained.

"Yoga also helps people develop better muscle tone, relaxation, self-confidence and a clearer mind," she said.

There are many different types

Kripalu, the style Ehret is certified in, practices a meditative approach. "It's a lot more gentle," she said.

Because there are so many styles to choose from, a person does not need to be athletic or spiritual to join a class.

of yoga to choose from. According to Ehret, not all styles are slow and meditative.

The Yoga Studio offers various styles to suit different people. She said one style, called Ashtanga, is popular with young people because it is almost aerobic in nature.

"Ashtanga is really vigorous yoga. But we also have restorative yoga, which is geared toward people with physical limitations," Ehret said.

"Yoga can be modified pretty much to suit anyone and everyone," Ehret said. "We have a varied clientele. The range is huge, from teens all the way up to seniors, because we offer such a variety of classes."

The studio offers day classes and has evening classes catering to clients who work.

"We have a drop-in policy. You can drop in to any of our classes to try it out," Ehret said. The introductory class costs \$10.70, and every class after that is \$16.05.

A client can also choose to sign up for a series of classes. Five classes, over a 10-week period, cost \$69.55.

"It saves you money," Ehret said. "If you buy individual classes, it ends up costing you a lot more."

Meditation classes are offered Mondays and Thursdays at the same cost.

The Yoga Studio offers seminars on topics including primordial sound and healing.

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Entertainment

Rusty takes siesta after Mexican fiesta

BY JEFF HEATHERINGTON
Entertainment Reporter

As we stood against the bar watching SuperGarage go through their sound check, Rusty's Jim Moore (bass) and John Lalley (drums) explained to me the secret to their success.

"We tour our asses off," Moore said. "We're always doing shows. It's an ongoing process. That's the only way people are going to recognize you."

Lalley agrees.

"It's a natural progression. The more you play the better you become."

Rusty was signed under the American label TAG/Atlantic in 1995, and toured with bands like Bush, No Doubt, Julianna Hatfield, Everclear, and Collective Soul.

"Because of our deal with TAG, we spent 80 per cent of the last year in the States," Moore said. "Three-and-a-half months of our tour was with Collective Soul which was great because we played to full houses. We were very good friends with them and they were very generous to us."

Rusty believes it is important to get along with and help promote other up and coming bands, knowing that bands tend to look after one another when things aren't going too well.

"We pretty much get along with every band out there except for two — Econoline Crush and The Tea Party," Moore said.

Moore and MacNeil claim that

the grudge with The Tea Party goes back to a 13-date tour in which Tea Party lead singer Jeff Martin never spoke to the band once.

"Most Canadian bands try and get along and help each other out," Lalley said. "Some individuals or groups though have unsavory habits and only look out for themselves."

"Despite all the bad vibes, we try and concentrate on the positives," Moore said. "There are a lot of wonderful bands out there."

The band's latest release, *Sophmoric*, shows off a surprisingly new polished sound which is the result of the band finally having the time and money to be able to record properly. The sound ranges from melodic rock to punk-style pop.

"It hasn't been disappointing, but it hasn't been overwhelming," said Moore, referring to sales. "It's not selling like Our Lady Peace by any standard but nothing is."

Empty Cell was the first single and video released from *Sophmoric*. The video was directed by independent film maker Bruce LaBruce, who also directed the MuchMusic Video Award winning clip for *Misogyny* from the *Fluke* album.

Rusty were also invited to contribute their single *Let's Break Out of Jail* to the soundtrack of Bruce MacDonald's punkumentary feature film *Hard Core Logo*.

Rusty is always thrilled when they get to play in their home

town of Toronto where they enjoy the bulk of their success.

"We always do really well in Toronto," Moore said. "Some bands find it hard to succeed in Toronto because it's a world class city. People there have seen almost every band there is, so you have to be pretty good to get their approval. You can't just be a run-of-the-mill band."

Rusty's great chemistry has enabled them to tour for longer periods of time without running into any unnecessary distractions.

"This is the first band I've ever played with where I haven't seen something flare up," Lalley said. "Normally bands hate each other, but for the most part we all seem to be wearing the same pair of pants as far as what we want to accomplish."

Rusty recently returned from Mexico where they played several shows to a more than appreciative audience.

"The performances were very well received in Mexico," Lalley said. "It was our first time there but we definitely made some friends."

The band is hoping to continue exposing themselves outside of North America by touring in Australia and Germany in the near future.

Rusty has completed the final stages of their next album, which is to be called *Canada's Newest Hit Makers*, and will be released in February 1998.



PHOTO BY JEFF HEATHERINGTON

Rusty gets along with everyone except The Tea Party and Econoline Crush.

What's On

December 4 - 10

Thursday

Leahy, First CanadianPlace, FREE.
Stephen Fearing, The Reverb, \$12/\$15.

Friday

Open Mike, with Mike Bullard, Live Broadcast, Wayne Gretzky's, FREE.

Saturday

Audioactive, featuring Adrian Sherwood, Lee's Palace, \$13.

Sunday

Portishead, The Warehouse, \$20.50, All Ages.

Monday

Hall & Oates, The Government, \$37.50.

Tuesday

Imani Coppola, The Horseshoe, FREE.
One People, benefit for Artists Against Racism, lots of bands, The Phoenix, \$16/\$20.

Wednesday

Days Of The New, Reverb, \$7.
The Jayhawks, The Horseshoe, \$10.

Not your traditional Tabla

BY MICHAEL STAFFORD
Entertainment Reporter

Whoever associated tapping fingers with being bored never saw the Toronto Tabla Ensemble.



COURTESY PHOTO

Toronto Tabla Ensemble isn't all thumbs.

The Ensemble, which played a November 26 concert at the DuMaurier Theatre at Harbourfront, started their show in complete darkness.

Out of the darkness, a lone sustained note. Slowly, soft percussion was added. As eight beams of light shine on the stage, the tablas kick in, giving form to the music.

The music of the Toronto Tabla Ensemble is predominately of the North Indian classical tradition, but the group did not restrict itself to any limitations in that traditional form. Throughout the concert there was evidence of many modern western influences. At some points there were strains of ambient

music. At the quieter moments, a xylophone and chimes. Other moments showed inflections of modern jazz with the musicians playing fast syncopated rhythms.

The audience sat in an awe-enraptured silence, as the music barrelled forward like a boulder rolling off a cliff.

For several songs, the Ensemble was joined on stage by flamenco guitarist Nicolas Hernandez who added yet another flavor to the already eclectic songs.

A special addition to the show was a dance jointly choreographed by the Kathak dance troupe, M-DO, and the Esmerelda Enrique Spanish Dance Company. With stomping feet and belled ankles thickening the percussive sound, the collaboration created a marriage of music and dance that in a perfect world would send *Riverdance* to a watery grave.

The highlight of the show came at the end with a composition by the Ensemble,

Hernandez, and Esmerelda Enrique. The song was a beautiful love song featuring a solo dance by Enrique.

It started off slow, the music a reflection of love, eventually becoming faster and louder, exploding into an expression of that love. Enrique, dancing as the object of desire, stole every heart in the entire theatre before the song settled down again to close where it began.

At one point in the performance, an audience member shouted out "Gracias!"

The concert marked the release of the Toronto Tabla Ensemble's new CD ROM, *Hands On*. The CD contains clips of live performances and biographies. To order one for \$30 e-mail tabla@pathcom.com or phone (416) 504-7082.

"Are you coming to our next show?" asked Das to much laughter. "We are selling tickets."

They play at the DuMaurier Theatre again on March 21.

Girls rule *The Visit*

BY DUSTIN DINOFF
Entertainment Reporter

Anything can be bought. It's not just another ancient cliché, but rather the premise behind the new play at the Alumnae Theatre on Berkeley Street. *The Visit*, directed by Kelly Thornton, examines this idea in great detail in this dark, but often funny, piece by Friedrich Durrenmatt.

gresses, the notion of killing for that amount of money seems less and less far fetched. After a while, the issue of whether or not Ill will be killed is unimportant and the question becomes whether it will be done for the 'right' reason.

The Visit is a very funny play in a creepy way. The actors (sometimes appearing in double roles) portray their characters

ucts or ideas are thrown into the mix. It steals the focus away from the play and the performers because you are busy trying to decide exactly when this is happening.

The direction of *The Visit* is excellent. Thornton had the unenviable task of blocking a 30 person cast and made the scenes interesting and natural. It's common when working with a large cast and a small stage to find the actors falling all over each other. That's not the case here.

What is strange about *The Visit* is that the supporting cast is almost completely comprised of females, even though there are very few female roles. The characters Man One through Four are all played by women, as well as some of the more central characters, like the town doctor. Taking nothing away from the young ladies who fearlessly took on these roles, you have to ask, where are our future Oliviers and Nathan Lanes?

No matter the talent level, or how well you can use your suspension of disbelief, it is impossible not to recognize or forget that most of this cast is female trying to fill parts written for men.

Perhaps Thornton, the director, was making some sort of statement about women in theatre not getting the exposure they deserve. If that be the case, perhaps she should look into something with meaty female roles to better showcase their talents.

The Visit runs to December 13 at the Alumnae Theatre. For ticket information call (416) 364-4170.



Actors in Friedrich Durrenmatt's *The Visit*, at The Alumnae Theatre.

When Claire Zachanassian returns to her hometown of Guellen, she has one thing on her mind — justice. Justice against Alfred Ill, a man who wronged her many years ago. Since then, she married eight times and amassed a fortune. She returns to Guellen proposing to pay the destitute town \$1 billion if one of the townspeople will murder Ill.

The idea seems preposterous, but as the three-hour play pro-

effectively. Ill (Colin Miller) and Claire (Anna Kowalchuk) work well together, but Paul Tedeschini's (Schoolmaster) well rounded and powerful performance stands out. He brings a certain degree of realism with his natural acting style to this classic play and runs the gambit of emotions with relative ease.

The time line in *The Visit* is blurred. Some of the play's credibility is lost when modern prod-

Strutting their stuff

BY LISA RAINFORD
Entertainment Reporter

Christmas this year should be comfy and cozy for second-year Fashion Arts students.

A month before Christmas, Carol Anne Organ's event planning students put on a very merry fashion show in the Humber Room.

"We thought we'd focus on Christmas because we were the last group to go closest to the holidays," said Becky Prevost one of the show's organizers.

There have been several fashion shows put on by different groups in second-year Fashion Arts.

The show was informal so the clothes ranged from sweaters to winter jackets to pajamas rather than evening gowns. The show put everyone in the Christmas spirit with its blend of music from *Santa Baby* to *Jingle Bell Rock*. It also gave viewers gift ideas.

In preparation for the major production in April, students learned what goes on in planning a fashion show: choosing the theme, the models, and clothing.

"We had to learn how to work in a large group," said Jen Hart, another show organizer.

She said they were working in a group of about 30 people and had to learn how to delegate.

Clothes were provided by L.A. Express, The Gap, Roots, Suzy

Shier, Campus Crew, Forzani's, Tommy Hilfiger, and Eaton's. Shoes and accessories were provided by Zellers, and Holt Renfrew.

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Soaking up Great Big Sea

BY TERRY BAAK
Entertainment Reporter

It's the b'y that heard the band, and it's the b'y that likes 'em.

So do many others apparently, as the Celtic folk band Great Big Sea's second major release *Play* went platinum in less than three months, and with their new hit single *Ordinary Day*, the band is trying to prove they are no ordinary band.

Great Big Sea is from Newfoundland, and features an aggressive folk rock that is almost as diverse as Canada itself.

Alan Doyle, Sean McCann, Darrell Power, and Bob Hallett, first got together in March of 1993, when they were all studying English at Memorial University.

"The single bond that brought us all together was that we all had this interest in folk music, and we also saw the potential of folk music as something you cannot only play in your kitchen, or in a pub in St. John's, but something that you can take across the country," said Darrell Power, the band's bass player.

And take it across the country they have. They have played sold out shows in Montreal, Halifax, Edmonton, and even in Ottawa,

where they played for more than 150,000 people, including the Queen, during Canada Day celebrations.

Power says many of the band's songs come from personal experiences that contain themes everyone can relate to.

"The themes and motives on the early disks were localized, but they were still universal. People can associate with things like love, employment, and war, no matter what context you put them in. The songs have the same impact on people whether they are from St. John's, Newfoundland, Brandon, Manitoba, or even Frankfurt, Germany," Power said.

Much of that commonality of feelings among fans of Great Big Sea is because members have stayed well-grounded even though they have been experiencing more success lately.

"We have tried to stay ourselves offstage as well as on-stage. We're pretty personable guys, and we are having a lot of fun on-stage, and we look like we are having a lot of fun," Power said.

So is everyone else at the concerts, as most times there is a frenzy of friendly dancing as soon as the first song starts. The band places a high

emphasis on making the performance an exciting and personal experience.

"That is why people come, they know that they are going to have a good time. There are so many different bands, and different things for people to go to, that you have to put a personal touch on them," Power said.

Great Big Sea stands out from almost every other band because they play acoustic instruments almost exclusively. The instruments they play range from rarely used acoustic guitars and accordions, to tin whistles and a set of bones.

The multitude of instruments makes it very difficult for the band to reproduce the songs off the CD, but they do a good enough job that people don't notice.

"If anything, people have come up to us after the show, and said that we sound a lot like our disk," Power said.

Something else that sets Great Big Sea apart from most other bands is that they don't draw fans from one demographic. The band's shows draw young children, older parents who enjoy folk music, and teenagers who are out for a party.

What's amazing is that they still play small, smoky crowded pubs even though they can fill larger venues such as the Warehouse.

"We had success at that level, and we haven't forgotten that," Power said.

No matter what you might think of folk music, you should give Great Big Sea a chance, because you will be quite pleasantly surprised.



PHOTO BY ANDREA WALLIS

The St. John's quartet pushes the boundaries of folk music.

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Holiday Madness Invades Humber

Ho! Ho! Ho! The Student's Association Council is ringing in the season early with our Holiday Madness extravaganza.

SAC will be hosting many exciting events beginning Tuesday, December 9 to Thursday, December 11.

All events will take place in the concourse on these days from 10am to 2pm.

Some of the highlights include: carolers strolling the halls; gift wrapping; free caricatures; candy-grams for your friends; a food, clothing and toy drive for local charities, and of course, Santa will be dropping by for pictures.

Below is a complete schedule of the events. Participate and win great prizes donated by Toronto area businesses!

Patricia Pytel and Natalie Mackintosh

Tues. Dec. 9

11:00-2:00
Pictures with Santa \$1
12:00
Tree Trimming Contest

Wed. Dec. 10

10:00-2:00
Caricaturist
12:00
Egg Nog Chugging Contest
1:00
Skateboard Sleigh Race

Thurs. Dec. 11

12:00
Gingerbread House
Building Contest
1:00
Mashed Potato Snowman
Contest

Running All Week, 10:00-2:00

- Buy personalized stockings for you & your family
- Listen to carolers singing through the halls
- Donate a new toy for children at the Ernestine's Women's Shelter
- Enter our Colouring Contest for fabulous prizes
- Donate items to Youth Without Shelter, & help trim the tree
- Get your gifts wrapped and buy a candy-gram for your friends



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Come out to Niagara Falls and bring your friends on
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Tickets are on sale now for \$15 in the SAC office.
Buy them now, space is limited.

SAC

Et Cetera Sports

Hawks shot down at Can-Am

BY MARK SUBRYAN & JOANNE ROMANOVICH
Sports Reporters

The Hawks men's basketball team finished fourth in the Can-Am Classic - too bad there were only four teams in the tournament.

The Hawks lost all three of their games last weekend, against Bluefield College from Virginia, Seneca College, and the University of Windsor.

The only positive thing about the weekend was that the team managed to improve from Friday's 63-41 debacle at the hands of the Windsor Lancers, to the 96-94 heartbreaking loss against Bluefield on Sunday.

"Win/loss records mean nothing in these tournaments," said Humber coach Mike Katz. "The guys played well with the exception of the first half of the game against Windsor on Friday."

WINDSOR 63 - HUMBER 41

The score was not an indication of how the Hawks played.

"We got beat," Katz said. "That first half was terrible. Sometimes you get your ass kicked and that happened tonight."

The dynamic duo of Al St. Louis and Jeremy Murray were held to only 10 points combined.

The Hawks got their first basket about two minutes into the contest and their second almost halfway through the first half.



Humber's James "Maverick" Ashbaugh fights for a rebound with a Seneca player. The Hawks lost to the Braves 85-79 last Saturday.

The team's high scorers were Silvio Carta and player-of-the game Keffrin Dunson with 11 and 10 points respectively.

"Our shots didn't fall," Dunson said. "We probably would have won if we could've hit those shots. I don't care about how I do when we lose. I want to win. I hate losing."

This was the worst game of the season so far for the team.

"We came out flat," veteran Hawk Jeremy Murray said. "Nothing went in in the first half. We have to play 40 minutes to win a game. Tonight we only played 20 minutes."

SENECA 85 - HUMBER 79

A tension-filled league rivalry game provided much entertainment for a Saturday night.

Unfortunately, the Hawks game plan backfired.

With two minutes left in the game and the team trailing by four, the Hawks tried to foul Seneca in the hopes they would miss their free throws.

However, Seneca hit on all of their free throws, killing any hope the Hawks had of winning on Saturday.

"We wanted to foul them and send them to the line," said Dave DeAveiro, Humber's assistant coach who replaced Katz as the coach on Saturday.

"The strategy didn't work. I felt good about the game because we played hard and competed hard. We need to work on our press and need to be more offensive."

Leading the way were the veterans Murray, player-of-the-game St. Louis, and Rowan Beckford with 18, 27, and 15 points respectively.

"We played 100 per cent better tonight," St. Louis said. "We were flat against Windsor, but got on track against Seneca."

St. Louis's 27 points were a season high for him.

"I played all right, the 27 points were good," he said. "My D [defence] needs some work. I need to get more steals and pull down some boards as well."

With an 0-2 record, the Hawks were guaranteed not to win a medal this year.

BLUEFIELD 96 - HUMBER 94

According to many present at the game, this was the most exciting and best game of the tournament.

"I'm treating this like a win," Katz said. "We're the only team who pressured Bluefield in this tournament."

Unlike the other two games, the Hawks came out flying in this one going on an 8-0 run before Bluefield got onto the board.

However, it did not take Bluefield long to get going and retake the lead from the Hawks.

Towards the end of the half, the two teams traded salvos and the Hawks led by one at the half 46-45.

"Coach said to go hard at them," said Murray, the player-of-the game. "We came out prepared and did what had to be done, but that shot at the end was a killer."

With the teams trading leads, the stage was set for the last 10 seconds of the game when Bluefield forward, O.J. Williams lobbed a ball, that was almost out of bounds, towards the net for the basket and the difference.

"Time was winding down and it was a tough shot," Williams said. "I just grabbed the ball and shot it and it went in."

"I wasn't surprised that he made it," Katz said. "Every shot that guy [Williams] tried all weekend went in."

Four Hawks scored in the double digits in the final game: St. Louis (22), Murray (23), Beckford (18), and Wayne Fairclough (16).

"I was very pleased with Al and Jeremy's games," Katz said. "Rowan is coming along fine and Wayne played incredibly. Other than that really bad first half against Windsor, we did all right. This game was one of the best games at Humber."

Beckford, who is trying to rebound from knee injuries, had his best game of the season scoring 18 points and played a great defensive game.

"This was my best yet, it felt natural again out there," Beckford said. "I played all right, it's beginning to come together. As far as the game goes, it could have gone either way. If Jeremy had made that last three-pointer, we



O.J. Williams (#3) of Bluefield College scored the winning basket in Bluefield's 96-94 win over Humber in the Can-Am tournament.

could have won."

Bluefield ended the tournament with a 3-0 record and took the championship. Second place went to the 2-1 Windsor Lancers, while Seneca took bronze with a 1-2 record.

The tournament all-stars were Humber's Al St. Louis, Chet Wyzdzyński from Windsor, Andrew Richards of Seneca, and Jeff Hasbrouck of Bluefield. Hasbrouck was also named MVP of the tournament.

"I felt very good about winning the MVP, but I won it because of my team's effort," Hasbrouck said. "The tournament was tough and competitive. I didn't expect it to be so tough."

Bluefield coach Walt Ayers and a couple of other players were also surprised and impressed by the calibre of play at the tournament.

"I was not so surprised by Humber because we've played them at a tournament in Ohio," Ayers said. "They've got players who could excel in our league [NAIA]. That Rowan has got great ability and Al shot so well. Those guys would be killers in our league."

Point guard and playmaker for Bluefield, Jimmy Stemple, had similar opinions of the tournament on the whole.

"It was a great experience and the teams were all great," Stemple said.

"It was great competition and we'd like to thank everyone. Your guys are just as competitive as the NAIA and you have bigger guards. We're a small, fast team while your teams are just larger."

The Hawks will now set their sights on ending the semester against Durham on Friday. On December 6 they face the University of Toronto as a part of the Humber High School tournament. They finish off against Niagara on December 12.

High-flying Hawks shred Grizzlies

Women's basketball team walk away with a 98-8 lop-sided win

BY ERIKA FORD
Sports Reporter

Experts advise rolling over and playing dead if you're ever attacked by a bear. But how does a Grizzly survive a Hawk attack?

If you're a Georgian Grizzly, you don't.

The Hawks soared and the fur was flying in the 98-8 mauling of the first-year team by the nation's best team.

Coach Jim Henderson said credit must be given to the Grizzlies' sportsmanship. "They didn't show the frustration they must be feeling. They worked and played hard til the end," he said.

The Hawks started sloppily, but quickly warmed up. They ran over the Grizzlies,

and scored lay-ups with ease.

Georgian didn't score until six minutes into the game, and then not again until two minutes remained in the half.

At half-time the score was 57-4. In the second half, coach Henderson told his team he wanted them to run through the offensive plays, scoring off them.

"Our goal was not to blow them away, it was to do the little things that we'd been having trouble with, like passing and recognizing options to our plays. That's what we did in the second half," said Aman Hasebenebi.

The game had at least one surprise. Fourth-year centre/forward Heather Curran made the first three-point shot of her career.

Curran said the game was good for the team's esteem.

"It was a confidence booster to those who don't score often or



PHOTO BY ERIKA FORD

A "Grizzly" win over Georgian, leaves Hawks wanting more.

Puck Heads Speak

What do you think of the selection of Canada's Olympic Hockey team?

"Where's Coffey? Bourque's getting too old and too slow. I think Lindros as captain was a good choice. He's got great leadership skills. I do believe that getting Rob Zamuner was a good decision. However, I still don't think that the NHL should be involved. The Olympics are to showcase amateur skills. It'll come down to Canada, the U.S. and Sweden."

STEPHANE BOUCHER, 25,
GOLF MANAGEMENT

"I don't know why Linden's there and not Messier. Mark is a better leader. I don't know why Zamuner's playing either. No doubt that Gretzky should have been captain. The fact that NHL players are there gives us a better chance but they don't have the international experience like some amateurs. Unfortunately, I think the U.S. is going to win."

MIKE PAIGE, 23,
RECREATION

"I don't know if Zamuner was a good choice and as to who should have been there, that's hard to say. The U.S. is going to win for sure."

ERIN REED,
PACKAGING AND DESIGN

"Disappointed that Messier didn't make the team. Messier led the old Oilers and Gretzky was just a figurehead."

AARON RYERSON,
GENERAL ARTS

-compiled by Shawn Gibson
and Terry Baak

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ANSWERS FROM KIDDIE CORNER TRIVIA

1. THE LITTLE RED HEAD
2. SUZY SPONGE
3. FLORA
4. SLIMY
5. FRANK AND CINDY
6. IN A BIG NEST
7. A JIGSAW PUZZLE PIECE
8. HUEY, DEWEY AND LOUIE
9. WOODSTOCK
10. THEY COULD CHANGE THEIR SHAPE
11. PIGLET
12. BERENSTEIN BEARS
13. CLIFFORD



PHOTO BY NESREEN SARRAS

Basketball team loses in fundraiser.

Humber athletics raise \$117

BY NESREEN SARRAS
Sports Reporter

Humber staff upset members of the women's varsity basketball team last week in the first North campus fund-raiser.

The event, held last Thursday, was organized by the recreational finance class. The objective was to raise money for the Student Athletic Association (SAA).

"The money raised is going towards athletic programs and purchasing new equipment," said Rick Simone, a trainee coordinator, and a player for the staff team.

"All I want to do is score one basket and finish the game," he said enthusiastically in a pre-game interview.

And that he did. Playing for the staff team were Simone, Doug Fox, Paul McCabe, and Stacey Merritt. The excellent coaching techniques of feisty Susan Goodman lead the team to a 35-30 victory.

Aman Hasebenebi, Tina Botterill, Heather Curran, Filomena Aprile, and coach Leanne Henwood represented the women's varsity team.

"I underestimated the teachers' ability!"
- Tina Botterill

The women's team came into the game a little too confident after slaughtering Georgian College 98-8, and were humbled by a group of rusty ball players.

"It was really fun," said athlete of the week Tina Botterill. "I underestimated the teachers' ability!"

The atmosphere, though competitive, was light, with game announcer Dwayne Clark offering smarmy remarks about the varsity players and staff - specifically Simone's countless air balls.

Athletic Centre Director Doug Fox said the main purpose of the affair was to get the students to see their teachers in a different and less authoritative role.

"The girls did us a favor by playing us half court," Fox said. "I don't think that we would have had a chance if we had to play them full court."

The afternoon proved to be good spirited and full of laughs. Both sides say that they wouldn't mind doing it all again next year.

"The girls are going to want a re-match," Fox said. "We'll probably be ready for another game by the end of February."

Hawks annihilate the Grizzlies

BY MARK SUBRYAN
Sports Reporter

The men's basketball game was like a Roman orgy - everyone scored.

In a game played here last Wednesday, the Humber Hawks men's basketball team annihilated the Georgian Grizzlies 103-41 in a mismatch.

The Hawks are now 2-0 in league play for the season.

"We executed very well tonight," said coach Mike Katz. "They really weren't a good team. This is their first year in the league. It could have been bad because bad teams like them [Georgian] could have made us let down our guard and fall into bad habits."

At St. Louis, Jeremy Murray, Wayne Fairclough, and player of the game Keffrin Dunson all scored in the double digits.

"It felt good to be named player of the game," Dunson said. "I played good defence, but missed some easy buckets. The team looks great so far and I feel that this was a good tune up for the big tournament this weekend. I want to win every game in that tournament."

Dunson played his best game of the season by far, executing drive after drive with domination. His two slam dunks were done with the authority that

would make any highlight reel.

I felt that Keff [Dunson] established himself tonight with a dominant game," said Dave DeAveiro, assistant coach of the Hawks.

As the season progresses, the Hawks hope to improve with every game.

However, considering that Georgian is a first-year team, this was a difficult game to use as a measure of the progress of the Hawks.

"You don't use a game like that to gauge progress," DeAveiro said. "We worked on a lot of things from practice including the half-court press."

At the half, the Hawks had already opened a 25-point lead with a score of 50-25. It seemed as though Georgian had given up in the second half as they allowed 54 points while only scoring 16.

"I'm proud of how my team played in the first half," said John Lee, coach of the Georgian Grizzlies. "The second half was terrible because we didn't concentrate."

Veteran Hawk guard Jeremy Murray felt that the Hawks were beginning to click as a team.

"Even though we knew we were better than them, we didn't stoop to their level," Murray said. "This was a nice tune-up for the Can-Am tournament. We're

going in on a good note and we're the two-time champions of the tournament."

Murray was happy with the way everyone played.

"We executed plays that we do in practice," Murray said. "Basically, we did what we needed to do to win. The first year players played well. They were rewarded with more playing time and they stepped in and did what they had to do."

First-year players like Fairclough, Shaun Carrington, Paul Mangat, Richard Moore, Marcel Lawrence, Trevor Baptiste, and Larry Jefferson had more playing time in this game, showing the home crowd the future of Humber basketball.

The Hawks, who won by 62 points, played a great defensive game without too many turnovers.

"We kept the turnovers down tonight," Katz said. "It would have been horrible to turn over the ball too many times to a team like this. Games like these can get ugly and chippy, but it didn't. The whole team played unselfishly and had a good time out there. They had fun and had an overall productive game."

Rowan Beckford, playing in only his second game of the year, had a solid game offensively and defensively. He created many

scoring opportunities and helped suppress the Grizzly offense.

Silvio Carta, James Ashbaugh, and Chris Aim did not dress for the game.

The Hawks will be playing Durham on Friday and the University of Toronto on Saturday. The team will end the semester on December 12 with a game at Niagara.



PHOTO BY JOANNE ROMANOVICH

Humber destroyed first-year team, the Georgian Grizzlies in 103-41 win.

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The Last Word

KIDDIE CORNER



1 WHAT WAS CHARLIE BROWN'S NICKNAME FOR THE GIRL HE REALLY LIKED?

2 NAME THE SPONGE CHARACTER FROM THE TOOTHRUSH FAMILY.

3 BABAR HAD A DAUGHTER. WHAT WAS HER NAME?

4 WHAT WAS THE NAME OF OSCAR THE Grouch's PET WORM?

5 NAME THE HUMAN FRIENDS OF THE BARBAPAPAS.

6 ON SESAME STREET WHERE DID BIG BIRD SLEEP?

7 WHAT DOES CURIOUS GEORGE SWALLOW SO THAT HE HAS TO BE TAKEN TO THE HOSPITAL?

8 WHO WERE DONALD'S THREE NEPHEWS?

9 WHAT WAS THE NAME OF THE LITTLE YELLOW BIRD THAT HUNG OUT WITH SNOOPY?

10 WHAT MADE THE BARBAPAPAS UNIQUE FROM OTHER ANIMALS?

11 WHEN EYORE FINDS OWL A HOUSE, WHOSE HOUSE WAS IT ALREADY?

12 WHAT WAS THE NAME OF THE FAMILY OF BEARS WHO LIVED IN A TREE?

13 WHAT WAS THE NAME OF THE BIG RED DOG?

ANSWERS ON PAGE 18



El Cetera