



Hitchcock classic remastered, p15

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etcetera.humberc.on.ca

Students plan for March break, p13



HUMBER



Champs!

Women's volleyball team captures provincial title

Back row, left to right:

Melanie Bedlock, Barbara Legiec, Krista Schafe, Nio Perkins, Nikki Bell, Amanda McGhie, Chris Wilkins, Michelle Richmond, Dave Hood, Filomena Aprile

Front row:

Perfection Powell, Caroline Fletcher, Jennifer Edgar, Cassandra Harris, Beata Grela, Laura Solski

See page 20 for the full story...

No cohort fund for Lakeshore

But Humber gets \$28m for new centre

BY CHER CANNING

The province's SuperBuild fund allocations announced yesterday will not come to the aid of the Lakeshore campus.

Finance Minister Ernie Eves announced the distribution of \$330 million in much needed growth funding to Ontario's colleges and universities in the GTA.

The post-secondary facilities are then expected to go to the private sector for any further funding.

The Humber Lakeshore campus was first priority in Humber's four proposals sent to the provincial government, but won't receive any money from the fund.

"It's unfortunate because we have a beautiful campus that's only half finished," said Humber President Robert Gordon.

Gordon was disappointed because he felt the proposal for the Lakeshore campus was a strong one. "We weren't asking for the moon," he said.

Peter Maybury, director of student life at the Lakeshore campus,

was also sorry the proposal didn't go through.

"We have a tremendous campus, the jewel in the crown of Humber College," Maybury said. "I'd say we are very disappointed. We have a large project we would like to complete and we had hoped [with this funding] we could."

Maybury said they saw the SuperBuild fund as a huge opportunity to take on the double cohort, when twice the usual number of students will enter college/university programs in the year 2003 after the cancellation of OAC.

But Maybury is hopeful about the possibility of funds from a refurbishment budget not yet announced.

"The Lakeshore proposal was the first priority, but there are still other funds available for renovations and Lakeshore could fall under that umbrella," said Rick Embree, dean of planning and development.

Of the \$330 million given to GTA colleges and universities, the combined Humber/University of Guelph proposal received approximately 8.6 per cent.

Rod Rork, Humber's vice-president of administration, said the \$28.63 million given to Humber/

Guelph will be used to build a 170,000-square-foot complex on Humber's North campus.

"We're not sure where [on the property] it will be built," Rork said, but it would be five-stories tall and hopefully would open in 2002, in time for the double batch of students expected in 2003.

Embree said that the new complex will include more than 14 new programs, including child studies, mass media, criminology and

telecommunications programs.

Humber professors will teach half of each program with Guelph faculty sharing the workload. The approximately 2,000 new students will receive both a diploma and a degree in the four-year programs.

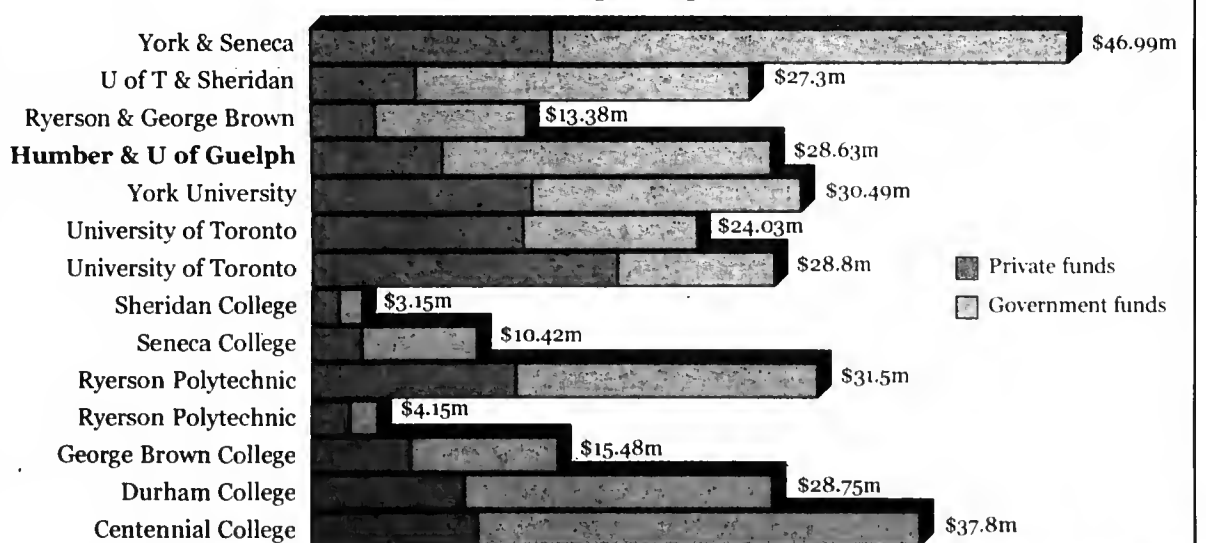
"There are three things we've never done," Gordon said of the new facility. "We're going to have joint admissions so all students will be accepted by the university and college simultaneously. The cur-

riculum will be completely integrated with a set number of courses so students won't need advance standings, and we will require additional faculty."

Gordon did, however, receive comfort comparing what Humber received to the amount given to other colleges.

"Seeing the numbers [dollars] going out to other places, I'm not that upset - others are getting peanuts," he said.

Distribution of GTA region SuperBuild funds



FOR REFERENCE

NOT TO BE TAKEN OUT OF THE ROOM

SAC beefs up election ads

BY MELANIE IRVINE

The Student Association Council (SAC) has stepped up its advertising for the March 6 meeting being held for students to vote on the new Humber Students' Federation (HSF) constitution.

Although SAC decided to pull advertising from the *Et Cetera* Tuesday night, hundreds of posters line the halls in stairwells, outside the washrooms and are posted on every bulletin board.

SAC Administrative Assistant Iris Kohler said with the election being held on the first day after Reading Week, they would only realistically get two days worth of advertising from the *Et Cetera*, and an ad has run for the past two weeks.

Lisa Dawson, executive director of External Affairs, said SAC has definitely increased advertising after last semester's special meeting, where only two non SAC representatives showed up to vote.

"As I'm putting up posters people are asking me about it and they say they'll be there," she said "But there are no guarantees they'll show."

Dawson said that SAC has also set up people to hand out flyers promoting the event.

"This time we're going to have people out there in your face," she said.

Vice-president Chuck Decker said SAC went into "overkill" with the advertising.

"We want to show administration that students care, so we're trying to get as many people out as

possible," he said.

SAC Lakeshore president, Toby Warnell said there has also been a boost in ads at his campus. On top of what North is doing, Lakeshore also provides an information booth every day where students have access to all the information about the upcoming event.

The meeting starts at 3 p.m. March 6 in the Seventh Semester room next door to the North campus cafeteria, and is the only meet-

ing being held for students to vote on the constitution. Transportation will be provided from Lakeshore to the meeting.

"If we get good numbers we will supply buses or vans to and from North Campus," Warnell said. Although the day set for the vote is the first day back after reading week, SAC members are hoping for anywhere from 50 to 200 students to attend.

"If more show up that would be fantastic. If all 12,000 students come that would be unbelievable," Warnell said. Even if no students show up for the election, SAC representatives still vote on the constitution, and can pass it.

Even without SAC, Kohler said, one student vote alone can pass or kill the new constitution.

Decker said that he hopes other students do come out to vote for the new constitution because it's better for both campuses in that it unites them.

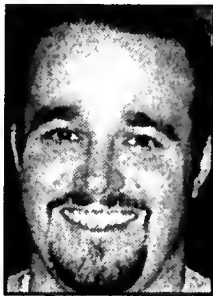
"If (students) turn down the constitution they're turning down unity, and the voice for Lakeshore," he said.

If students vote against the constitution Decker said that SAC will go back to the current one they're working under now.

-files from Matt Lamperd



Dawson: Turnout not guaranteed



Decker: Unites two campuses

Flasher hangs out in Pipe

Middle-aged pervert still at large

BY SEANNA MURRAY-NECK

A man was seen publicly masturbating in the Pipe last Thursday afternoon.

A female General Arts and Science student was walking down the cafeteria ramp when she passed a man going up.

The man stared at her as they crossed paths, and when she reached the bottom of the ramp she looked up, only to see the perpetrator hanging through the railing exposing himself.

The student ran and bumped into Cathy Bidini, Creative Photography program co-ordinator.

Bidini said she had also seen an odd-looking man milling around the Pipe at about 4 p.m. that day. She had encountered the man a few times during a span of about 20 minutes, as she was going back and forth from her office on the first level of L building to the photo labs in the basement.

"He was by the phones at one

point and then the next time he was looking over into the food area," she said.

Bidini said she had thought that he looked odd or out of place only because he was wearing a long coat and was lingering.

The man who appeared to be in his late 30s or 40s, was caucasian, dressed in all black, with a knee length black jacket and dark hair.

"It's scary, there's a lot of perverts out there"

"I thought he was a parent or something because he was looking around as though he was looking for someone," Bidini said. "There's not a lot of traffic at 4 p.m. on Thursdays, so he stood out."

Bidini said the man had made eye contact with her a couple of times and that she had considered asking him if he needed help with anything.

Bidini and the student phoned security immediately, and an officer was dispatched to walk around the school with the women to see if they could find the man, but he

was by then long gone.

Nancy Pinson, manager of public safety, said that matters like this should be reported to security immediately. Security can be notified free of charge from either the pay phones or a cell phone at 675-8500, or through the yellow emergency phone boxes.

Even if you are suspicious of someone hanging around you can call security, she said.

"Security has permission to ask for identification from anyone," she said. "You should have student ID to be on campus."

If the person doesn't have identification he may be asked to leave, Pinson said.

"Obviously this is an incident of indecent exposure and if it were a student then the report would go to a discipline committee [in the school] for a decision," Pinson said.

Bidini said that although the student was shaken up over the incident she wasn't harmed.

"It's scary, there's a lot of perverts out there," Bidini said. "Unfortunately we tend to give people the benefit of doubt."



YOUNG M. UM

Paper cuts: Computer programming student Ming Shin, a SAACNet lab monitor gathers an armful of wasted printer paper from the recycling bin

Free computer printing on the chopping block

BY YOUNG M. UM

The free computer printing system Humber students have enjoyed since 1998 may change because of ongoing abuse.

SAC and Humber's computing services are considering setting printing limits and/or pay-per-page fees to curb excessive printing by students.

But Humber students are not the only ones misusing the computer printing facilities, non-students are finding their way into the college's computer labs and taking advantage of the open access.

Bob Botham, director of Computing Network Services' said they are still investigating authentication systems to restrict access to only authorized users.

SAC President Muhammad Virk said they want to see an authentication system in place by the end of the year.

"It's the first step to control printing wastage," he said.

But Lisa Dawson, SAC's director of external affairs, said usage by non-students is their second concern, their primary concern is waste.

By the end of next month, about \$200,000 will have been spent for printing services (paper and toner for all student computer labs) for April 1999 to March 2000 - double the amount spent during the same period last year.

"We want to provide students with free printing," Virk said.

But college administration along with SAC recognize the wastage problem and are discussing ways "to control paper waste to make [students] accountable."

Ruth McLean, chair of academic

computing, said the sharp increase in paper use stems from misuse of the facilities, including the printing of unnecessary Internet pages, online course material several times during the semester and materials unrelated to course work.

The college is exploring different options to reduce waste.

"We're trying to find a cost effective means... we're trying to figure out which one is going to cost the students the least in the long run," Dawson said.

One option proposed by SAC is to limit free printing. Virk said students would be given a credit of 500 or 600 copies at the beginning of each semester and would then be charged on a pay-per-page basis for copies above the set limit.

However, a pay-printing system cannot be implemented until the authentication system is installed and operational.

But Valerie Sprenger, computer applications learning co-ordinator said printing charges are inevitable.

"It's a way of making students accountable," she said.

Virk said students don't think they are paying for printing, but a portion of the \$23 per semester technology fee helps fund student printing.

There will be no changes to technology fees this September, but Botham said fee increases are likely in 2001.

Seneca College has been using a pay-per-page printing system for years.

"When printing is free," said Claire Moyes, Seneca's manager of information technology, "people don't respect it as much ... they print anything and everything."

etc. etc.



DORLY JEAN-LOUIS

Disappointed: Black History Month committee members Michelle Dérose (left) and Malika Bryce are upset at the lack of participation for Humber College's celebration of Afro-Canadian culture and heritage

Apathy mars Black History events

BY NANTALI INDONGO

Tania Smith wanted, "to put a fire under everybody's ass!" But when the time came to light the flame, there were hardly any rear-ends to be found.

Smith, a member of the Black History Month committee, and other organizers expressed disappointment at the lack of support from Humber students, particularly the black students, at this year's celebrations.

"It makes me cringe. I see my brothers and sisters and I see a lack of presence ... and it's painful," said Malika Bryce, a committee member.

Smith said the pathetic showing from her peers was an indication of a lack of consciousness.

"The lack of support confirmed what I had already observed. It looked to me that students were asleep. It saddens me, but it doesn't surprise me."

Despite the racial diversity at Humber College, a small representation of black students attended all three Black History Month events.

Speakers Rose Mary Sadler and Hajeel the Love Poet addressed a small lunch crowd and passers-by.

Organizers admitted to late planning, but assured the gathering of students that for every remaining Wednesday of the month there would be an event at which they could definitely benefit from attending.

At the second week's event, Pat Patterson spoke to a gathering of nine people, in a room set up for 32. But Patterson's obvious pride in her family's legacy of 150 years in Canada was not affected.

"It wasn't a crowd...I'm sure the people who were here appreciated it. I speak at Toronto's Society of Genealogy and 90 people show up, 15 of them are black, and 11 of them are my friends. I'm not surprised," Patterson explained.

INDIFFERENT COMMUNITY

Flyers hung like Christmas garlands along every hallway, at the gym, and in the bathrooms. A gigantic, red, black and gold poster, offered information about the morning's event and those to follow.

Some of the students who did not attend said the timing was bad and others said there wasn't enough advertising. And one student in the Travel and Tourism program admitted that she would rather have a speaker address the history of Jamaica, seeing as she is of Jamaican heritage and not Canadian. Some felt their teachers should have encouraged them to participate in the activities geared primarily to them.

General Arts and Sciences student Tyhimba

Sullivan, received little support from his English composition teacher when he asked to leave class to attend the Patterson event.

"I told her what was going on," explained a frustrated Sullivan, "I said I'd like to go. And she said, 'Well, we'll be covering what's on the test.'"

Dalyce Newby, of the International Student Centre, who assisted the committee for a brief moment, felt that more creativity might have been needed to attract

"I think that people are not interested, they just want to hang out"

not only the students, but staff as well.

"There's different ways. Maybe in the future, more advance notice. I've gone to the departments. Speak to instructors to see if they can include an assignment," said Newby, who refused to answer a question about her diminished participation with the committee.

And committee member Malika Bryce, recognized the importance of finding support everywhere.

"Yeah, we should have gotten in touch with faculty...and for the last event we did. We went to the board of governors."

PUBLICITY

As every Wednesday came around, publicity improved but support from the masses didn't change. The 20 or so blue seats set up at the student centre for the performances on Wednesday, Feb. 16 were just as hauntingly empty as they were on the first day of celebrations.

And what does an organizer think as she looks to rows of empty seats?

"It probably has to do with a lack of self-awareness. [Black people are] not proud of who they are and they don't want to celebrate ... so you have to make events really gimmicky," charged Bryce.

Bryce's opinion is ironically supported by the peers who themselves did not show up for the activities.

"I think people are not interested, they just want to hang out," said student, Yolanda Chambers.

But her colleague Jason Mooris responds, "They didn't hype it, they didn't speak to me...I think that people are not responsive [including me] because I already know about the history."

At least Jemaine Cascart has a clear understanding of the purpose and intent of Black History Month.

"In order to move forward, we must look back."

Humber staff unhappy at work survey says

BY MONIKA ROLA

Happy teachers make for happy students, but a survey shows that there is some dissatisfaction among Humber College employees.

The final results of the two-year long College Culture/Climate Survey show that while most of Humber's employees are happy working here, some feel alienated and powerless.

A report of the findings presented at the February meeting of Academic Council revealed "an underlying frustration, [felt] particularly by many faculty, with processes that leave them feeling uninformed at best and at worst feeling powerless, manipulated, and undervalued."

BAD NEWS

"The bad news for Humber is the bad news for almost every significant organization," said Humber College vice president Richard Hook. "In the private sector the drive for profit and for efficiency and, in the public sector, the total lack of funds has resulted in resources being stretched too thin." This means additional work for all college employees.

With more work to do, opportunities for involvement in the college's decision process may fall by the wayside for many Humber staff.

As a result, some staff feel final decisions are imposed on them.

Some also felt the college has not honored some of its promises.

"About 15 or 20 years ago, promises were made that the salaries would keep pace with industry standards, this has simply not happened," John Elias, member of the Culture/Climate Survey committee said at the meeting. "Certain people feel undervalued."

However, the Culture/Climate Survey committee members said the report is actually grimmer than the reality.

"Some comments have been made that the overall atmosphere of the survey was negative," explained Ken Simon. "This is because the survey is meant to highlight the areas where we can improve."

"Generally speaking, people like working at Humber," said Elias.

RE-EVALUATION

However, staff members recognized the need for the college to re-evaluate its priorities. According to Hook, that is already happening.

"One of the initiatives is to participate in a special international Learning College project, that stresses that decisions are made based on how they improve learning."

The survey will also be used to ensure staff issues are addressed.

This kind of dialogue between Humber staff is necessary, explained Hook, because the college is not only an institute of learning, but also a place of employment.

"We are the college," he said. "If we are making our own lives poor then we need to take ownership of that and correct it."

"The survey showed how important everyone's role is, we all have feelings about our jobs," said committee member Jane Clifton

There is the general sense that the problems can be corrected.

"There are certain aspects of their work that people are disenchanting with," said Elias. "But overall they like what they do."

"The people who work here get their primary sense of satisfaction out of working with students, and that's very good news," Hook said.

Jailed writer tells story

Since its independence in 1957, Malaysia has imprisoned only one journalist.

His name is Murray Hiebert and he's coming to Toronto today to talk about it.

In 1999 Hiebert, a native of Steinbach, Manitoba, was jailed for one month following his 1997 article in the Far Eastern Economic Review about the increase in aggressive lawsuits seen in Malaysian courtrooms.

His case drew worldwide attention including response from Canadian Foreign Minister Lloyd Axworthy, U.S. President Bill Clinton, and Amnesty

International.

Hiebert, who is currently the chief of the Washington, D.C. bureau for the Review, has also held the same position in Kuala Lumpur in his 14 years with the publication.

He will be appearing Thursday Feb. 24, at the Arts and Letters Club of Toronto, (14 Elm St.) at 7 p.m. Admission is \$4 for members of CAJ, CJPE, and CUP, and \$6 for non-members. For more information, contact Gillian Livingston of the Canadian Association of Journalists at (416)507-2148.

-DAVE CADEAU

etc. etc.

Vermin and pests unwanted guests in T.O. eateries

Star Report reveals filthy conditions of downtown restaurants

BY VITO PILIECI

Would you like roaches with that?

Residents of Toronto are feeling sick to their stomachs after reading a recent Toronto Star report that states many restaurants in the downtown area, are infested with insects and vermin.

Kyle Rae, city councillor for Downtown Toronto tries to downplay the seriousness of the situation.

"Most restaurateurs are very careful as to the cleanliness of the establishment ... I think this whole panic has been created by that article in the *Star*."

Rae claims that during his time as councillor he has received very few complaints about the state of restaurants in his riding.

"Cleanliness and great appearance are very important to restaurant owners. While there may be some complaints, I don't think that this is a general problem."

Maybe it's not a general problem yet, but how did the restaurants degrade to a point where these problems became an issue?

"It's not like it suddenly got bad and it's not as bad as the public sees it," said David Jones a professor with Humber College's Food and Hospitality program. "They're only

focusing on infestations and while that is a problem, they are overlooking the most common cause of food poisoning which is not keeping the food at the right temperature."

Jones refers to the time honored tradition of cooking food to a point where bacteria is, no longer contaminates the dish.

He continues to explain that the only way to ensure that this is being done is to impose regulations on the food industry.

"One of the problems is that this is an unregulated trade and you have people who could potentially cook and kill people with out any formal training."

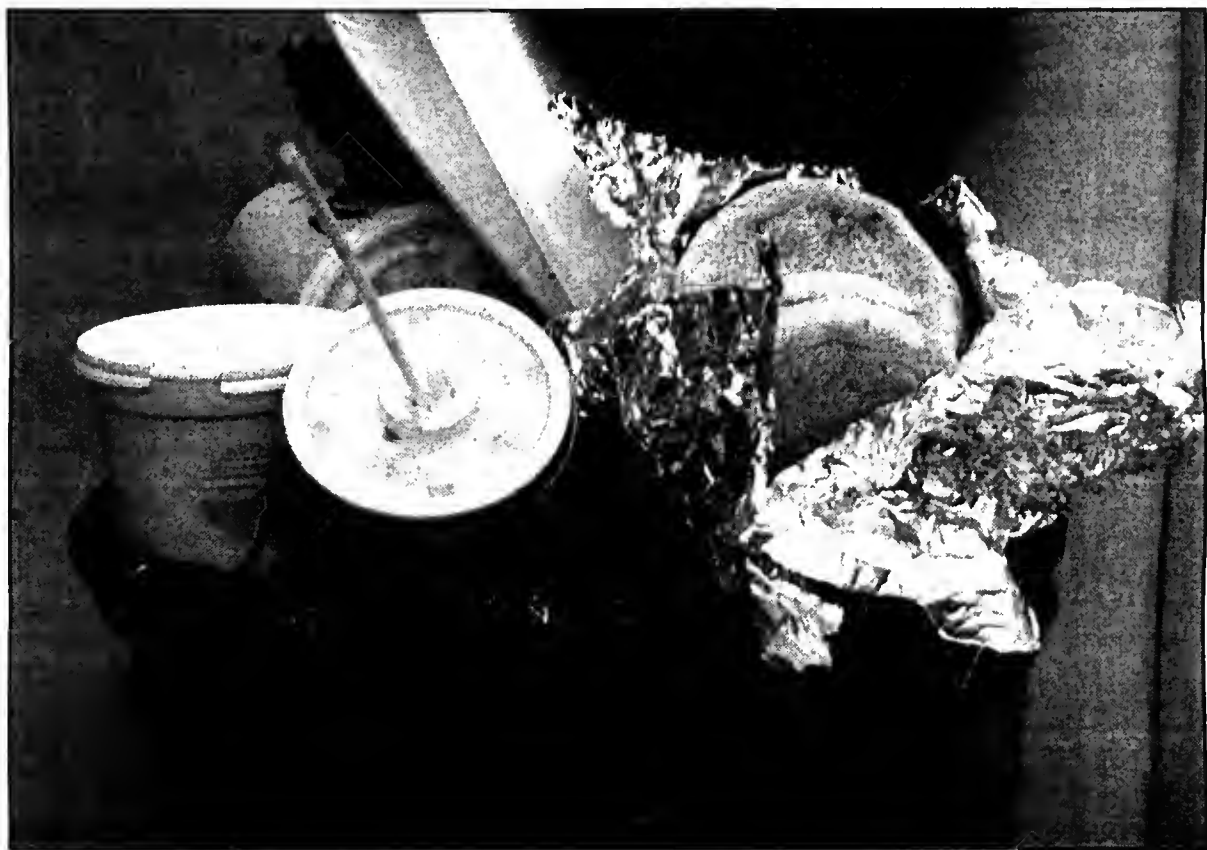
RE-CERTIFICATION

Jones contrasts cooks with hairdressers. Hairdressers have to have formal training in order to apply their craft. As well as the base training, they are required to update skills on a regular basis in order to be able to cut people's hair.

"Hairdressing is an industry where they are regulated and have to seek re-certification. Why not have the same in the food industry?"

While there is a problem with having this industry open to any person off the street, Jones admits that another cause for the slide in cleanliness of restaurants is the lack of inspectors needed to monitor these establishments.

"The inspectors are already responsible for all other public health concerns like rabies outbreaks, underage smoking and hotels, among others, ... there just aren't enough inspectors."



JASON ENGEL

Filthy: Toronto Councillor Kyle Rae said unsanitary conditions are not found in the majority of city restaurants

Tom Jakobek, city budget chief claims that the city will not be hiring any more inspectors, "We are not spending any more on inspectors, and it is unlikely that we will hire more inspectors."

CHANGE LAWS

Jakobek said the way to fight this problem is to change the law.

"The problem is repeat offenses ... from now on the restaurant will only receive one visit from inspec-

tors. In the past there have been cases of inspectors going to one restaurant 15 or 16 times."

Yet when making reference to city council's decision to assign all town inspectors to address this problem Jakobek claims that this is routine procedure when undertaking a task as large as this.

"We are undertaking interim measures for a blitz and it's unlikely this will continue."

Jones is counting on council to

take action and alter the budget in order to accommodate more inspectors and prevent this from happening to the food industry again.

"Other provinces including Alberta have regulated their food industry... the regional government was going to make concessions needed, in order to enforce industry standards," he said. "I guess they just don't have the resources to police it now."

New policy spells zero tolerance for welfare fraud

BY CAMERON FRENCH

The message from Queen's Park is loud and clear: zero tolerance and zero forgiveness for welfare cheats.

As of April 1, recipients found guilty of welfare fraud will find their eligibility immediately and permanently revoked.

It's a policy Etobicoke-North Conservative MPP John Hastings says is long overdue.

"I think it's an excellent policy. It's a commitment we made during the '99 election. We carry out our commitments," he said.

The Harris Conservatives say there have been more than 700 fraud convictions since they introduced the welfare fraud hotline in 1995. The new policy will apply to people convicted of fraud after April 1.

Gerry Nicholls, executive director of Ontarians for Responsible Government, said people who abuse the system have no right to benefit from it.

"Taxpayers work hard for their money,

and they want to know their money is going toward people who truly need it," he said. "People who abuse the system are basically taking money out of their wallets."

Once benefits are revoked, a person would have no chance of regaining eligibility, regardless of a change in situation, such as a person becoming disabled or severely ill.

Some say the punishment is too severe. John Clarke, organizer with the Ontario Coalition Against Poverty, said he knows of no comparable punishment handed out for any other crime.

"You could have a situation where an 18-year-old person engages in some act to try to survive, and as a result finds himself sentenced to a life of destitution," he said.

ACT OF DESPERATION

Clarke said many cases of welfare fraud are brought on by desperation, rather than as a calculated crime.

"We're dealing with people who are being denied anything approaching a living income

who may, as a means of surviving, access sums of money that regulations forbid them from taking," he said.

According to Nicholls, desperation does not excuse the crime.

"If people are caught, they'll have to turn to their families, their community, their friends, their church, or somebody else to look after them," he said. "Better yet, maybe they can get a job."

Devi Arasanayagan, a public educator with the Daily Bread Food Bank, said a big problem lies in the broad scope covered by welfare fraud.

"Let's say you get \$15 extra each month from welfare because of an administrative glitch. If you don't hand it back, that could be welfare fraud," she said. "If you're poor, you might want to keep holding onto that \$15, because you're surviving on \$520 month as a single person."

Suzanne Bezuk, spokesperson for the Ministry of Community and Social Services, said the Harris government isn't out to vic-

timize those guilty of minor infractions.

"It's not about trying to catch somebody who failed to report \$100 by her ex-husband. We're talking about people who are systematically and intentionally defrauding the system, like people who are using multiple names or have multiple jobs," she said.

EDUCATION

Arasanayagan said it's important to educate welfare recipients as to what constitutes fraud.

"We have to look at why people are driven to commit welfare fraud, like working under the table, employers not being willing to declare certain things for tax purposes."

Clarke said the policy represents a shift towards the more conservative views on social assistance popular in the United States.

"What's being created is a whole sub-population of people who are being denied any form of support whatsoever and who are being rendered absolutely destitute," he said.

etc. etc.

Editorial

Celebration of ethnicity ignored

When an elderly sex-guru holds a discussion on the benefits of masturbation, the Student Centre becomes packed with curious on-lookers.

When pulsating rhythms and baselines are heard throughout Humber's halls, the Student Centre is filled with bopping heads and shaking rumps.

Ironically, these same students are nowhere to be found when there is a Black History Month presentation, showcasing Afro-Canadian performers and speakers.

Once again, Humber College's multi-cultural community has displayed indifference toward celebrating ethnicity.

This is very disturbing because Humber College is an institute of higher learning and therefore all students should be educated about the contributions of minority groups.

The month of February may be viewed as a time to address and rectify the mis-education that has occurred in our society for years.

We must not only recognize the achievements and contributions Africans have made to Canadian society but realize that they are a part of Canadian society.

Furthermore, Black History Month must stop being regarded as merely a 'black thing', it is an opportunity for people of all races, religions and ethnicities to learn from and embrace a rich culture and heritage.

This is a month directed at invoking 'knowledge of self'.

Most black students know that Africans were taken from their motherland, tortured, enslaved, and many were killed.

However many do not know who their great-great grandparents were or which tribe their ancestors derived from.

The general population is familiar with the contributions of African-American civil rights activists in the '60s and '70s, however they are ignorant when it comes to the achievements of Afro-Canadians.

The college community should seek knowledge and black students in particular, should jump at the opportunity to embrace their roots.

Last year the lack of support and participation resulted in the cancellation of a number of Black History Month events here at Humber.

It is sad when a college that prides itself on ethnic and cultural diversity couldn't care less about the history of one its prominent ethnic groups.



Letters to the editor

Slow news week at the Et Cetera

This letter is in response to Josh Hargreaves of the Humber *Et Cetera's* "sneaky" attempt at exposing residence as an unsafe place to live.

My name is Michael Kopinak and I am the Resident Life Co-ordinator at Humber College Residence where I am responsible for "student life" within the rez. This includes the safety and security of all 728 residence students.

The front desk staff is instructed to ask each person who enters the building for their Residence Identification.

If you don't think this happens

poll the students. Some students argue they find it a pain in the neck to be continually asked if they live in the building, when the staff know unequivocally that they do. If the individual does not live in residence, they must be signed in by a resident. On most days, we have more than 200 guests sign in at the front desk.

Josh Hargreaves, the *Et Cetera* reporter, did not "sneak" past the front desk into the building. As a matter of fact, he walked into the cafeteria and began interviewing yours truly about safety and security. He then walked past beside me, passed the front desk, and into my office to gather more information about safety on campus. After leaving my office Josh walked into the lobby area and quickly turned around, heading straight for the students' living environment. He never

physically left the building after being witnessed under my tutelage.

Quite simply, it appeared he that he was going back to my office. Of course the front desk employee is not going to ask a person who is obviously meeting with one of her bosses. Should she have? Technically yes. Reastically no!

The residents can be assured that many other institutions do not have the security features that Humber incorporates. Do I think we have a perfect system? Of course not. I'm not sure there is one. If that were the case, banks wouldn't be robbed and The Club would be the perfect tool to ensure your vehicle never be stolen.

I am, however, very confident in our security system. Just like I am confident the lapse in rez security

was nothing more than a very slow week of newsworthy news for the *Et Cetera* reporter.

Michael Kopinak
Residence Life Co-ordinator

Enquirer, not Globe journalism taught at Humber

After reading your story "Lapse in rez security exposed," I was shocked to see how one sided it was. I'm an employee at the residence front desk. The incident published was that your reporter, Josh Hargreaves, walked into the residence building without being asked

for identification. This reporter walked in with our resident life co-ordinator Mike Kopinak, whose office is past the front desk, so naturally he wasn't stopped. If he were to walk in on his own, I guarantee he would be asked for identification.

After reading this article I found it humorous people who fear for their safety greet us with a big huff when asked for their ID or to sign in their guests.

As for the *Et Cetera*, I think it's a shame that you are teaching students how to write one-sided slanderous stories. You are training bright young talents to write for the Enquirer when they have the potential to someday be writing for the Globe and Mail. There is more to journalism than digging up dirt.

Brenna Krought

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etc. etc.

Public safety and the right to know

The media is caught in a continuous game of finders keepers. It combs the earth searching for newsworthiness and then it pounces. The first news agency, station or bureau to break the story does so in victory while the losers cover it in defeat.

What happens when this media game playing gets in the way of other people doing their jobs? What is the price the public pays, for example, when the media interferes with the police? It can be a high one. Just ask the cops.

Constable Bill Brannagan of the Peel Regional Police refers to the media/police relationship as, "a double edged sword."

"They (the media) provide (the public with) specific information in ongoing investigations, but in their zeal to inform the public, they can provide information that can be detrimental to the prosecution."

Inspector George McGloin of the Niagara Regional Police agrees. The public definitely has a hunger for knowledge which the media attempts to feed, he said. According to McGloin, the old cliché is true - the pen is sharper than the sword. Problems arise when the media prints any statement about an accused, McGloin stated. When a person's name is associated in ink with a potential crime, questions of fairness then start to arise. How can a person receive a fair trial when they have already been tried and convict-



SARA SWARTZ

ed in the press?

McGloin knows this pain personally after being falsely accused of crimes in the media twice.

"Once an impaired woman driver accused me stealing \$50 from her car. The second time I was searching a dead drug dealer's apartment when his friend came back later and reported money missing. The media printed it both times and never bothered to check it out. I was cleared both times, but once you throw mud at someone it's impossible to wash it off," McGloin said.

However, he agrees that the media help the police, citing the recent Bedroom Rapist case.

"(The) media could've helped, but they were focused on the police being in a seek and destroy mode. As a result, they (the police) weren't focused on the victim, but rather on the criminal. They're (the police) primary function in this instance was catching the bad guy.

The media did help eventually by warning people in the area and informing them of behaviors and habits of the suspect."

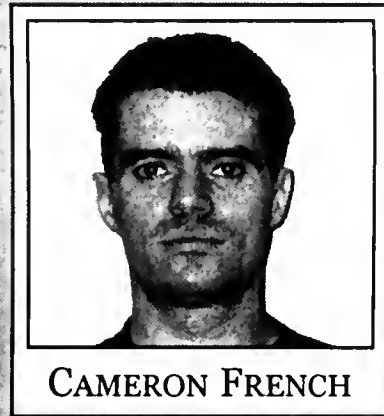
However, the police can play this game as well. McGloin said that the police understand the media have deadlines, but sometimes the attitude is "I'm not here to make news for these bastards."

Sergeant Richard Brouwer of the Niagara Regional Police feels that the media and the police should co-operate. However, the media have to understand that police silence doesn't always mean they're not co-operating.

"We have to remember that oft times the media believes that the public has the right to know certain information about a crime or an event, but the police can not or will not release the information because it might jeopardize public safety, identify the victim or impede an ongoing investigation."

There is, however, a bright side. Sergeant John Betts of the Peel Regional Police said the media and the police do work together successfully. He told a story of a missing person being found because someone on the bus was reading a newspaper with the missing person's picture in it.

The police are responsible to protect the public's safety while the media is responsible for the public's right to know. There's bound to be problems between the two.



CAMERON FRENCH

Little incentive to maintain peace in Ireland

It must have been just a dream after all. For two glorious months, Northern Ireland was actually ruled by its own people. A coalition of Catholics and Protestants called the shots, made up of political parties representing both the Republicans, who want a united, independent Ireland, and the Unionists, who favour British rule.

Then the politicians remembered who they were and where they lived, and it all went to hell.

The order to suspend the home-rule government was signed by British Secretary of State Peter Mandelson, who cited a lack of progress in IRA disarmament as the main factor in dissolving the coalition.

"Unfortunately, though there was real progress on the part of the IRA, there was not enough to justify withholding suspension," Mandelson said, in a Feb. 11 press release.

The uneasy coalition between the Ulster Unionist party and Sinn Fein, the political wing of the IRA, was cemented in November of last year on a promise by Unionist leader David Trimble that he would resign if the IRA did not start decommissioning their weapons by the beginning of February.

The IRA, meanwhile, were working off the schedule set by the Good Friday Peace Accord, brokered by Bill Clinton in 1998, which set May 22 of this year as a deadline to set a timetable for disarmament.

Rather than watch the coalition go down in flames, Mandelson signed the order to suspend, presumably with the hope that it can one day be reinstated.

So now, the home-rule government has been abolished, and it's back to direct rule from London.

In case people haven't been paying attention, it was direct rule from London that had been causing the problems in the first place.

"The nationalist community all see the bringing back of power from London to Belfast, as one of the key gains of the Peace Accord. If you take that away from them, then there's no incentive to hand in their weapons," said Sid Ryan, CUPE president and outspoken Irish Republican.

So, now we're back to the familiar game of It's Not My Fault. The IRA blame the Ulster Unionists for setting an arbitrary deadline, and the Unionists blame the IRA for being unwilling to compromise.

It's a familiar song, but this time the price may be steep. Home-rule was quite a prize, and many are likely to resent the fact that it's been taken away.

Let's not forget that the IRA isn't the only group with weapons in Ireland. There are several paramilitary and military groups on both sides of the Irish political fence who may now feel that there is no incentive to maintain the relative peace that the island has held for almost three years.

Less than two years have passed since the Good Friday Peace Accord was signed, and despite what had been seen as remarkable progress, the May 22 decommissioning deadline may instead see the resumption of the conflict that has continued, in some form, for over 800 years.

Let's hope that two months of bliss will hold them for a while.

College life is ruined by sick people

When you find an open lab, or you're a bit late for class, don't feel lucky when you find that you have just grabbed the last available seat. Take a good look at the person next to you.

This season, the number of times that I have been ill is horrendous. The sickly-looking people who show up to my classes have something to do with it.

And 'tis the season. Stories about influenza are all over the media, and people are getting sick more and more often this winter.

"People who are really, really sick... it just annoys me when they come to work," a busy Marg Anne Jones said. Jones is the head nurse at the health department here at Humber.

"They think they're being heroic," she said. "They'll take four other people out with them."

According to Jones, however, influenza isn't much of a worry here at Humber.



STEVE CHESTER

Contrary to popular belief, it is not like the flu bug we're used to at all. The symptoms are so vicious that someone suffering from influenza won't be able to get out of bed.

Influenza is a respiratory disease. It starts with a cough and a big headache. The symptoms that follow are a very sudden onset of high fever and weakness.

What's going around Humber is a gastro-intestinal flu. That's the vomiting-and-constant-runs-to-

the-bathroom type of sickness that is infecting masses of us this year.

And some people know they can tough it out and come to class anyway. They look like hell, they cough all over the place, and you have to dodge the piles of mucus to walk past them, but they can tough it out.

Why they don't they get a classmate to take notes for them?

Or find someone to hand in their work?

It is just selfish to do otherwise. Coming to school from your death bed will just put other people in the same place.

And then they might be just as brave. If that's the case, we're in trouble.

Jones said that if you're really sick, you can always give her a call at the health centre instead of showing up at school.

So let's take advantage of this. Stay home. Don't come to class, and for crying out loud stay away from me.

etc. etc.

Industrial design's final project lands at the Canadian Auto Show

By Frank Monaco

After many hours of labour, two of Humber's Industrial Design students have taken their final thesis project to the 27th Canadian Auto Show for display.

Tony Spagnolo, 24, and Steve Myska, 21 combined their efforts to produce a scale concept car called The Fusion which they have on display in their own exhibit at Canada's largest Auto show at the Metro Toronto Convention Centre.

"We have been working on this project since October. It's taken approximately 2,500 hours [between us] combining everything from sketches, research, refining our sketches, and drafting to get to this point. We are still working on developing a design booklet of all of our findings, goals and research," Spagnolo said.

Fusion is a realistic model, based on an existing series of cars built by Chrysler. It is placed on an all-

wheel drive body, and would emphasize safety and cost less than \$30,000. The Fusion accommodates four people, accessing the market of a four-door sports car.

"Another thing we thought of was where would it be designed? The [Chrysler series] cars are built in Brampton. So it would be designed here in Canada developed close to [Humber College] in the Bramalea assembly plant," Spagnolo said.

The roommates said their talents compliment each other well. Spagnolo is proficient in sketching and loves to sit behind a desk and sketch up good ideas, whereas Myska is the computer guru. Consequently, Spagnolo aspires to become an automotive stylist, and Myska would like to do the modeling.

"In doing this project, I took a liking to doing the modeling of the cars, where Tony is going for the styling of the cars. I might go to a

company and actually try to do the modeling for it. Maybe 10 years down the road, Tony and I may be doing the same thing all over again," Myska explained.

The project is not only their final thesis figuring in on their final grade, but also a great portfolio piece for future employment possibilities for Spagnolo and Myska. This is where the Auto Show helps. With about 260,000 people visiting the show, the pair hopes to gain further exposure with their thesis professionally displayed in an exhibit.

The Fusion can be seen on the 700 level in the South building at the convention centre. The Auto Show runs until Sunday Feb. 27.

"It is our final model for our thesis. It was a long process [to get to this point]. It had begun with blue foam, primer, and paint. The paint is a special holographic paint. It's a brand-new technology which is actually very expensive. But it looks really really cool," Myska said.



FRANK MONACO

Revved up: Tony Spagnolo (left) and Steve Myska (right) display their Industrial design final project *The Fusion* at the Canadian Auto show

What's up upstairs?

The simple answer to what lurks beyond the caged stairwells

By David Franzese

What is it about stairwells and landings that attract smokers and people wanting to have sex?

Bruce Bridgeford, director of facilities planning, said cages had to be put up to block stairwells leading to the roof.

The door at the top of the landing is locked, but "students have jimmied the door and gone out to the roof," Bridgeford said. "They used to go up there to have sex and smoke drugs. It's mainly a security issue."

It is also dangerous because there is asbestos between the ceiling and the roof. It is safe if undisturbed, but any activity can be dangerous.

The cages are in the E and L buildings. They have been around for at least 10 years, or "as long as I can remember," Bridgeford said.

A spoof printed in last year's April 1 issue of the *Et Cetera* joked that the space would be used to

supplement the residence rooms.

There actually is no space up there. At the top of the landing there is simply a door leading to the roof. Nothing else.



FILE PHOTO
Barred: Some stairwells have been caged off for years.

Growing up stupid with Austin Clarke

Award-winning author Austin Clarke recounts memories in literature

By Albert Leonardo

"There were no fathers in *Growin' Up Stupid*... women in Barbados didn't have any great expectations on the men to hang around," said Barbadian-born author Austin Clarke.

Clarke, a Canadian resident since 1955, read from his 1980 memoir *Growing Up Stupid Under the Union Jack* at Lakeshore campus last Wednesday.

The book recounts the struggles of a poor working mother to provide the best possible education for her son, the effects of British colonialism on the small West Indian island, and all the while, the Second World War is at its pinnacle.

Clarke said "colonial times meant being alienated growing up in the West Indies, because it was inflicted upon us by the English."

Clarke stressed the importance of education to the audience, saying

"education is an important weapon in how you approach your life."

Another crucial theme in the memoir is religion.

"A woman in the church in Barbados, she had extra power... she couldn't be touched," Clarke said.

Barbados culture was described as one where promiscuity is the norm, where men simply father children, and mothers are left to raise and provide for the children.

"The nuclear family in Barbados was meaningless, it was the extended family that carried more weight in Barbados."

Clarke recently received The Order of Canada and Stephen Leacock Award for Comic Writing.

Growing Up Stupid Under The Union Jack has also won The Casa De Las Americas Literary Prize.

His latest novel is *The Quest*, published in 1999, but he did admit that he is currently working on a new novel.

Clarke's first novel *The Survivors of the Crossing* was released in 1964.

Clarke was employed by the CBC in the 1960s.

He also wrote for the Barbados newspaper from 1979-82, and served on the Canadian Immigration and Refugee Board for

five years from 1988-93.

Despite being in Canada for over 45 years, Clarke readily admits "when I think creatively ... and about where I come from, I will always be a Barbadian."

The literary reading of Canadian authors has been a tradition at Humber's Lakeshore campus for over two decades.

Ben Labovitch, a Humber faculty member since 1978, was responsible for arranging Clarke's visit.

"Austin is tied into the English class ... we read Clarke's *Growing Up Stupid Under the Union Jack*. We study one Canadian author per semester."

"Clarke was very receptive to coming back to Humber ... this is Clarke's second visit," Labovitch said.

On Clarke's writing, Labovitch said, "I enjoy Austin's writing, he doesn't tell you what to think. He just tells the story through the characters' voices ... Austin gives you an idea of what it's like to grow up in Barbados."

"I liked the book ... I tried to read through Austin's eyes, and I enjoyed him reading through his accent," said first-year Humber student, Charlene Mauger who attended the reading.

etc. etc.



ALISON TAYLOR

Adjusting: Ying Zhu describes feelings of suffering and happiness in her still unpublished third novel.

Chinese author and Journalism student adapting to paradise

BY ALISON TAYLOR

For many new immigrants life in Canada seems so full of expectations and hope—a "Promised Land."

Until they get here and then realize the difficulties of being in a foreign country.

Two-time author and first-year Humber journalism student, Ying Zhu, knows this all too well. Arriving in Canada over a year ago, she is currently in the process of writing her third book about the immigrant experience.

"The purpose of this book is to tell them that yes, this is a good country, it's a good place but it's not paradise on earth so don't think that you're applying to come to paradise. There will be some problems waiting for you here but there will also be some happiness waiting for you too," says Zhu.

Her editors in China are expecting the final copy of the still untitled book in July. Her first book, *Wan Shui Qian Shan*, which translates as *Thousands of Mountains and Thousands of Rivers*, was published in 1995 and sold 5,000 copies. It was a compilation of previously published newspaper and magazine articles in addition to new material. The second book came out in 1997 selling 70,000 copies. Entitled *Wo de Xin*, which translates as *My Heart*, it dealt with coming of age in China.

The new book differs from the

previous two because it deals with the Chinese immigrant experience in Canada.

Zhu knows this from first-hand experience. During her year here, she has felt the highs and the lows of being in a new country far from home.

"Here, I get a new feeling every day - everything is new. It doesn't matter if it's suffering or happiness, it's challenging and exciting," said Zhu. "Before Canada, my experiences were so simple. I went from school to university to a company and everything was very easy. Here, everything is tough. It's painful but it's also charming."

In her new book, Zhu wants to paint a picture of real life in Canada and show the paradox of excitement and frustration of an immigrant's life.

"Many people do not make their dreams come true here. Many families had a nice job and were highly educated in China. Their skills do not fit in Canada so they have to find a hard labour job, sometimes two jobs, to support their family," said Zhu.

Zhu attributes part of these difficulties to the language barrier. This hurdle is something that she struggles with every day in the journalism program at Humber.

Before coming to Canada, Zhu spent six years working for *Liao Ning Youth* magazine, a popular magazine among young Chinese. As one of the eight editors, Zhu was

responsible for the section dealing with university and college life. Based in Shen Yang, the biggest city in the north-east of China, the magazine published every two weeks with a circulation of 350,000.

"One Chinese boy at Humber told me that he wrote a letter to the magazine but that he didn't get a reply," said Zhu. It's no wonder with Zhu receiving an average 50 letters every day, a testament to the magazine's popularity.

"Most of the articles come from the letters because the letters really reflect the problems in the students' lives."

Zhu said the majority of the problems affecting the youth are passing national tests, relationships with their parents or new love interests.

Despite being an editor in China, Zhu made the decision to come to Canada and study journalism.

Although she is enjoying the challenge, the difficulties seem overwhelming at times.

"TV and radio are the hardest part of the problem because you need to speak as well as write. If I write something I can always check the dictionary but I can't do that for TV," says Zhu.

But she is optimistic about the future in Canada.

"When you enter one door, you give up other doors. I can't decide whether coming here was a good decision or a bad decision...it was just a decision."

High Tea no longer just for the British

BY GILLIAN CLAIR

When 3 p.m. rolls around on Wednesday afternoons, it's teatime.

Humber students can take a break away from the stress of studying, and enjoy the English tradition of High Tea in the Humber Room.

Second-year culinary management students, with the help of staff from the Humber Room, are producing this high society tradition.

Donna Ashley, chef technologist in the Humber Room, is one of the instructors who guides student chefs through the procedures of creating a sparkling afternoon of tea, tasty truffles and perfect pastries.

"This idea is an evolution as far as the programs go," Ashley said. "Despite what everyone thinks, Canadians are on the top when it comes to tea drinkers."

Ashley said history shows that Canadians once drank a lot of tea. In fact, we drank almost as much as the British.

"It's not just a British tradition, it's Canadian as well," Ashley said.

"It's a good experience to come in and relax with a cup of tea," Ashley said. "It's even health conscious ... it's calming, there's medicinal purposes, and it's healthy."

The High Tea menu includes finger sandwiches, scones with Devonshire cream and preserves, and a symphony of miniature pastries, truffles, the egg dish of the day, a Canadian mixed grill plate and a large selection of fine tea and coffee.

The teas range from dark teas, such as Earl Grey and English Breakfast, to Oolong, green and herbal teas.

"If you hear tea time you wouldn't think it would be a lot to eat," Ashley said. But I know I've sat down to eat and couldn't even finish it. I ate a few pastries and then that was it."

Ben Adams, a second-year culinary management student, said he is enjoying working in the Humber Room.

"My class has been doing it now for eight weeks," Adams said. "We both do the catering, setting out the dishes and preparing it."

Adams said he usually gets to do the kitchen work, and he finds the chance to serve customers a great opportunity.

Another great aspect about the High Tea is the low price.

"It's really cheap," Adams said. "It comes to about \$9 for two peo-

ple to eat."

Adams said teachers and faculty enjoy the High Tea the most.

The class hasn't spent very much time advertising, which could be the reason why students aren't fully aware of this deal, he said.

Melanie Lanno, a second-year culinary management student, said she enjoys working out front with the customers during the High Tea.

Her job for this past Wednesday was preparing the egg dish of the day, quiche, which has proven to be popular with the customers.

The full afternoon of tea for two is called High Tea because of what it serves, not because of the time in the day.

In fact, original High Tea would have been served in the early hours of the day.

"It's only called High Tea because of the desserts and pastries we serve," Ashley said. "It's like the old days when people could come together and discuss the current events of the day."

High Tea will run for one more week until March break.

At that time, the next class of second-year Culinary Management students will take over.



GILLIAN CLAIR

Teatime: Students and staff can get more than just tea at High Tea

etc. etc.

Police want students to practise personal safety

How to keep yourself from being a victim

By JENNIFER ZALITACK

It's 10:30 p.m. as you leave a Toronto office building and head for the parking lot just a few blocks away from your building.

The cold evening air makes the decision to take a short cut a lot easier.

You turn the corner and walk down a dimly lit street with the glow from the florescent green parking sign lighting the end of the passageway.

STOP!

Officer Stewart Davidson, police Constable of 23 Division, gave an hour and a half presentation on how to avoid typical assault situations like these.

The Toronto police services are urging women to adopt a lifestyle of personal safety and to start practicing the three A's: avoidance, awareness and action.

"The more we tried to come up with ideas or suggestions to women about their personal safety the more we found we were teaching the very same thing to police officers. It's called survival," said Davidson.

"Practice it and it will become second nature to you. It works," he said.

In the past, police officers used to attend women's groups and hand out a list of do's and don'ts. The list would include such tips as "don't walk at night alone, always walk in pairs".

But, Davidson said that these

procedures are outdated.

"Women's lifestyles and professions have changed dramatically in the past 25 to 30 years. Society has changed to the point where those lists will no longer work," he said.

Davidson suggested a few tips for people who find themselves in a situation like the one mentioned above.

He said it is best to walk with your head up and shoulders back, showing that you are confident.

Whenever you think someone is following you should always look back, and let them know you are aware they are behind you. Davidson said it is good to make eye contact in case you ever need to identify a person.

"Then you should walk across the street. It only takes about 10 seconds, [and] you can see if they really are following you," said Davidson.

"I really never thought of how people choose their victims"

He said if they do follow you across the street, immediately head towards a lit house or the nearest person walking by. Once you do that, the predator will likely go away because he no longer has control.

"Exercise these strategies we discussed, and they'll become second nature and reduce your risk of becoming a victim," Davidson said.

He said that one in four women will be sexually assaulted, which can include anything from touching to verbal comments - and one in 20 women will be raped or be a victim of an attempted rape.

"Based on statistics from criminal offenders and victims, violence, power and control are important aspects of the act," said Davidson. "Remember, it's not a sexual act, it's a violent act".

Davidson stressed that people often believe stereotypes that victims being blonde, blue-eyed, petite and seductively dressed.

He said that isn't always the case, because children and elderly people can also be attacked. There isn't a typical description of an attacker he said. Most offenders are people with normal appearances.

"The reality is it can be anyone. Too often we conjure up this picture in our minds that the person is dirty and looks like a criminal. We all have stereotypes of people," said Davidson.

The attacker will usually look for someone who isn't thinking of their personal safety as their own responsibility.

"These individuals select their victims. They select them on the basis of what you're doing or omitting to do at that time," said Davidson.

"Who is a hard target or a soft target, or who is a compliant target. A compliant target is someone who isn't basically thinking about their own personal safety as their

responsibility, and they think someone else is going to look after them."

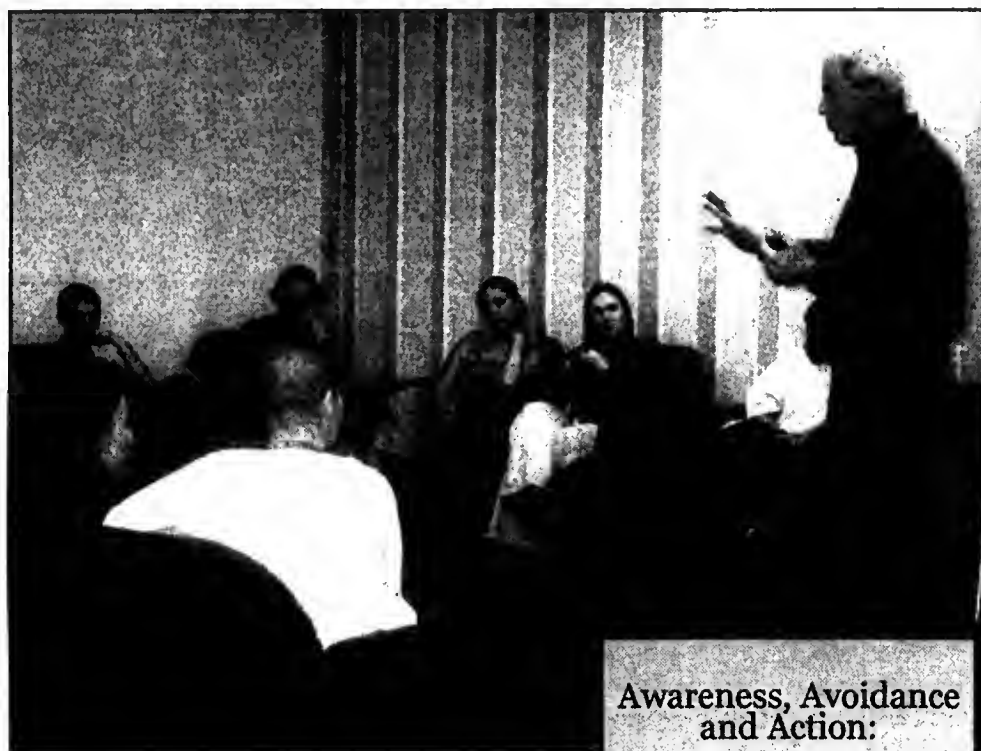
He said the time it takes for a person to pick a victim could be anywhere from 30 seconds to three weeks.

Davidson said another misconception is where these offences take place. They don't realize they could be in danger at any time.

"We tend to stereotype where it happens. We think it can't happen where we're living. A full 60 per cent of the time it usually happens in the home or where you reside," said Davidson.

Shannon Jones, a second-year Fashion Arts student, attended the presentation because she felt it was important to learn how to look after herself.

"I learned a lot. I like the advice he gave because I really never thought of how people actually choose their victims," said Jones.



JENNIFER ZALITACK

Listen to this: Women and men learning to be safe

Awareness, Avoidance and Action:

- **Body language.** It's important to walk with your head up and shoulders back. (Think of how police officers walk! Their body language shows people they are not afraid)
- **Do something overt** - cross the street if you think someone is following you.
- **Attract attention to yourself** - if they still follow you, say something, yell or holler asking them why they are following you.
- **Raise the alarm** - go to a place of safety, anywhere you're not isolated or secluded. Go up to a house or a group of people and you are now not a compliant victim.
- **Always be aware of your surroundings and know the area you are in.**

In review: The 2000 AutoShow off with a bang

By CHAD HEARD

The Canadian International AutoShow showcased a host of the newest model year designs from almost every car manufacturer.

The exhibition at the Metro Toronto Convention Centre (MTCC) runs from February 18 to 27 and tickets are available at the south building.

Walking through the exhibits you'll notice a striking similarity between each: the development of the sub-compact car.

The sub-compact vehicles littered the complex. From the Ford Focus to the Toyota

Echo, once inside, the sheer amount of room available is amazing.

The Kia exhibit itself is bright with colours and lights.

The oranges and greens attract the eye away from the crowds surrounding the Lamborghini, Ferrari and Lotus exhibits next door. However, from gazing upon a \$400,000 piece of machinery, the cars selling for under \$20,000 don't seem quite as appealing.

Chrysler is pushing their PT Cruiser so hard that a purple one hanging from the ceiling greets visitors as they enter the North building.

General Motors, which hosts the main attraction for the show, offers a walk through the history of the company and a look to the future. Well worth the look because at one point, the stylish GM Triax, a SUV hybrid/electric concept car sits hovering above the crowd gleaming beautifully with orange and black metal.

STUFF FOR KIDS

Honda was also featuring a car using an alternative fuel source. They let loose the Inspire.

Soon to be offered in Canada, it's the first gasoline-electric hybrid automobile to be

sold in the United States.

Ford's answer to the Inspire is the Think City. A fully electric car, available now in Norway, can travel a maximum of 100 km at 90 km/h producing zero-emissions.

Amidst the static shocks, cramped and poorly organized bus ride between the two buildings, and shoulder-to-shoulder crowds, there's something for everyone.

Even children get the chance to have a little fun with remote-controlled car races and the opportunity to literally climb up a wall at some of the exhibits.

A special section for vendors is set up away from all the exhibits.

etc. etc.

'Time out' for Humber students

BY JENN MOSSEY

Do you have all your plans made? Spring break is right around the corner and there's only two days left to make arrangements.

This is everyone's favorite week where studying and homework are forgotten.

Todd Shuttleworth, from Breakaway Tours, said that everyone wants to travel this year. "Our numbers are definitely up from last year," he said.

Breakaway Tours, which caters exclusively to students, is offering two packages during Humber's spring break: Acapulco and Daytona Beach.

The Acapulco package includes an all-

inclusive, seven-night accommodation in a hotel directly on one of the tropical beaches from \$1,130 and \$1,200.

However, the more popular and cheaper package is to Daytona Beach. This includes a six-night accommodation at an ocean-front hotel for between \$300 and \$400.

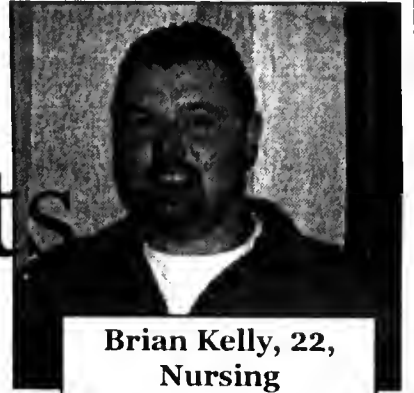
These prices are all cheaper depending on how many people are booked. A quad room is cheaper than a double.

Tickets are available as long as they don't sell out. "As long as your paying by credit card, you can book the morning of as long as there are seats available," Shuttleworth said.

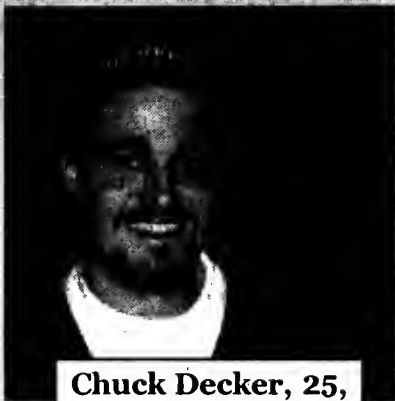
Humber students, however, have some different plans for reading week.



Wendy Hazelton, 20, Recreation and Leisure & Anabel Jan, 21, Hospitality
"We're getting away from it all some place far away. In Brazil or something"



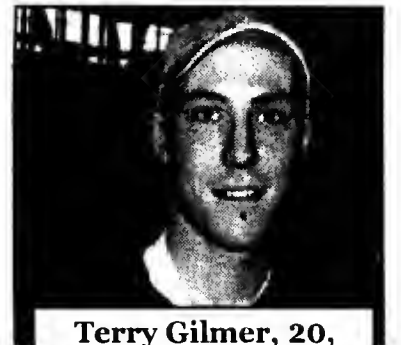
Brian Kelly, 22, Nursing
"Going to Boston with my friend Misty to forget everything and have a good time"



Chuck Decker, 25, Energy Management, SAC vice-president
"I'm going to Sault Ste. Marie to visit some friends but I'll also be going to Sault College to see how their council works"



Rosanna Zalunardo, 20, Business Administration
"I'll probably be working Monday through Thursday and then go to Niagara Falls for the weekend"



Terry Gilmer, 20, Science and Technology
"I'm going down south to North Carolina to visit a friend. He has a beach house and everything"



Christina Chickrie, 21, Legal Assistant
"I'm making wedding arrangements, working and trying to catch up on sleep"



Doug Ramsay, 21, Architecture
"I'm going to be studying and working on my year-end project. Getting it done and out of the way"

PICTURES BY JENN MOSSEY

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etc. etc.

Aspiring film director reaches for the sky



Da LARC: Perfecting his vision

BY DORLY JEAN-LOUIS

The lark is the common name given to roughly 90 species of songbirds. But Da LARC is the only film student out of 159 whose craft hovers a cut above the rest.

At 24, and with numerous music videos to his credit, third-year film and television student Jerome Cabral Trotman, a.k.a. Da LARC, has set a standard so high others after him will find it hard to reach both in quantity and quality.

"I think he definitely has a unique sense of story-telling which is key for directing. He's got a strong visual sense," said Alison Duke, executive producer of RAJE Film House located in Toronto. "His goal was always to direct and he made it very clear from the beginning that's what he wanted to do."

It was as a production assistant in 1996 that LARC worked on his first music video: *Mood Swings* by State of Mind.

That same year he assisted in the making of *What It Takes*, directed by Little X and J. Hood, featuring Choclair and Jully Black.

His talent showed when he directed the video *Lost Sight*, by Dsivive featuring Abdominal, by himself.

"He did an exceptional job for somebody who is still in school," Duke said.

LARC already possesses a director's reel (portfolio) that impresses many of his peers.

"He directed a couple of commercials for Jaydees [Connections] and I think they're fabulous," said Micheal Glassbourg, co-ordinator of the film and TV program.

Jaydees is an urban clothing store in downtown Toronto. The commercials advertise the clothes in a fun, hip and youthful way.

Classmate Trevor Lewis said that LARC is a very gifted filmmaker.

"I think he's definitely gonna make it. I can see him making big movies in the future," he said.

In 1997, LARC produced *Dramacidal* a short film on the struggle of a black youth living in Rexdale. Well put together, the film was entered on TVOntario's *Telefest*.

Last year, it was his video *Dead Prez* by CITIZEN KANE that placed him among the finalists making the cut out of many other university and college entries across Ontario.

Michael Glassbourg, who submitted *Dead Prez*, supports LARC's winning style.

"Never ever should he lose sight of the fact that he is potentially a very accomplished director and cinematographer," said Glassbourg.

"When it comes to video and film, his work is excellent; very creative and very accomplished."

More displeased with himself

than his loss, LARC criticizes the live footage he did for *Dead Prez*, originally to be 75 per cent animation, a genre not fully explored at Humber.

So to compensate for what he considers a botched attempt, LARC approached CITIZEN KANE a second time with a proposal to shoot *I.N.I.*, from their latest album *Deliverance*.

"It doesn't matter how small or how big you are if you're good, you're good," said Perry.

The shoot for the video *I.N.I.* is well underway and the story line focuses on the struggle people of the street face everyday. A struggle that sadly depicts definite class divisions in our society.

Out of 160 students in film and TV production, only six are black. According to the Director's Guild of America (DGA), the number of minorities hired on directional teams at top production companies in North America is just as small.

Results from DGA's annual report on women and minority hiring shows employment of black directors remained static at 4.4 per cent since 1988.

"You don't see black people hardly in front of the camera. There is that much of a challenge

getting black people behind the camera creating those images," said Alison Duke from RAJE.

"Until there are more black projects going on in the country we won't see a lot of avenues for these people to go."

Aware of how hard it is for young black artists to find role models to emulate here and in the workforce, LARC recruited first-year film and TV student Dawson Brown, a volunteer crew member.

"I've learned a lot from him; more than I do being in class with a teacher," says Brown.

"He's told me a lot about the industry and how to use the equipment."

But in a predominantly white-dominated field, an admirable gesture like this one goes as unnoticed as the bias that exists against hiring black producers.

"When I first came, there was just me and Trevor," said LARC.

"I feel segregated in school sometimes, but that's how it's going to be in the industry."

LARC, who introduced urban and hip hop videos to Humber, graduates in spring with plans to continue making a name for himself in the music video business.

"After I establish myself in that arena then I will branch into films," said LARC.



Juno: CITIZEN KANE's *Deliverance* is nominated for best rap album

Hitchcock classic remastered for the millennium

Taking a second look at 1954 thriller, *Rear Window*

BY LUISA MARIN

A remastered version of Alfred Hitchcock's *Rear Window* appeared on the big screen this week for the first time in nearly half a century.

The original 1954 version starring James Stewart and Grace Kelly captivated audiences at the time and the re-release is sure to do the same. Any Hitchcock fan should catch this limited-time show at The Hyland in uptown Toronto.

Jefferies (Stewart) is a news photographer confined to a wheelchair in his two-room New York

City apartment after breaking his leg while working at an automobile race. Lisa (Kelly) is his upper-class girlfriend who is pressing for marriage.

The film centres on the notion of voyeurism, as Jefferies plays the role of a peeping Tom, constantly peering into apartments across his way. He does not do this out of boredom, but rather out of a genuine interest in the affairs of others.

There he sees a series of people involved in different relationships, all of which present possibilities to him and Lisa.

There is the newlywed couple who cannot get enough of one another, the sterile couple who use their dog as a token of affection and poor Miss Lonelyhearts who constantly acts out romantic scenarios with a would-be lover.

Although, these people provide Jefferies with a vision of his and Lisa's future possibilities, they do not clear up his relationship dilemma.



Hitchcock: revisiting the genius

The fact that the majority of this film's action is seen through Jefferies' apartment forces the audience to be voyeurs as well. Hitchcock controls his audience, directing its attention exactly to where he has Jefferies looking. It is remarkable how a film can accomplish this feat for a scene, let alone for an entire two hours.

The heart of the film's action centres on Jefferies' fascination with one of the couples across the street. The Thorwolds' seem to be a normal couple until one day the husband acts suspiciously. He leaves three times in the middle of the night with a briefcase.

Jefferies' curiosity is peaked when he no longer sees the wife and automatically points the finger at Thorwold for murder.

Although we see what Jefferies sees throughout the whole movie,

one time we see something significant that he doesn't. Hitchcock allows us this insight into such a crucial scene, as it represents the turning point in the movie.

If we were ever suspicious of Thorwold, we can now take a step back and rethink our accusation. The audience is left in suspense, and don't learn the truth until literally minutes before the movie ends.

The peeping Tom aspect of the film is what audiences should find most interesting. Hitchcock deals with a subject that is still prevalent in our society today.

"We've become a race of peeping Toms," comments one character, "people ought to get outside and look in at themselves."

Hitchcock must have been on to something, because after all these years it seems as though little has changed.

etc. etc.

Long awaited sadness and a black diamond



The Cure Bloodflowers

BY MATT LAMPERD

As we melancholic, malcontent romantics watched the sun on Valentine's day rise and fall, the answer to our bleeding hearts

was released the following day.

On Feb. 15, *Bloodflowers*, the latest release from the UK super-power the Cure, hit the shelves. *Bloodflowers*, the Cure's first release since *Wild Mood Swings*, released over four years ago, is Robert Smith's return to his earlier form. It is laden with lyrical intensity that is mirrored by a brooding, haunting, guitar-driven darkness.

Gone is the irritating poppiness of *Friday I'm in love*, and back from the past is the wonderful sadness.

This album carries a heavy message of finality, and may very well be the Cure's swan-song.

One of the strongest messages on the CD comes from the final

track, the title track, *Bloodflowers* "you give me flowers of love-always fade always die- I let fall flowers of blood"

Simon Gallup and Jason Cooper came together to form the percussion that catapults Smith to his wailing highs and moaning lows.

Roger O'Donnell and Perry Bamonte lay down the rhythm tracks that push the tendril-like edges of Smith's vocals and weeping guitar deep into our souls.

Tucked in the very back of the insert, we find possibly the strongest message on the CD, the message of finality echoed throughout the album, in prose.

"I know not what they mean-tears from the depth of some divine despair-rise in the heart, and gather to the eyes - In looking on the happy autumn fields - and thinking of the days that are no more"-from *The Princess* by Alfred Lord Tennyson.



Angie Stone

Black Diamond

BY AKUA BOAKYE

Angie Stone's debut CD, *Black Diamond* is another R&B classic waiting to happen. Stone's raspy, soulful voice is unique and carries

every track on this melodic mixture of soul, R&B and funk.

The CD incorporates the musical talents of D'Angelo and Lenny Kravitz. The first two releases off of this album *No More Rain [In this Cloud]* and *Everyday* are laid back in comparison with funky tracks like *Just a Pimp*.

Track number three, *Green Grass Vapors*, is an ode to ganja and reminiscent of D'Angelo's hit *Brown Sugar* and the classic *Mary Jane*.

Stone's conscious vibe is carried throughout the entire album and resounds on tracks like, *Life Story*, and *Heaven Help*. If you are looking for something to add to your random mix of D'Angelo, Eriqya Badu and Maxwell, *Black Diamond* is the perfect CD.

You no longer have to walk your mile in one shoe.



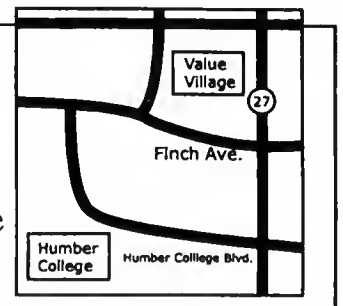
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Echinacea: finally help for runny noses

More people are turning to herbs to heal their cold

By NIKKI CARSWELL

With the abundance of herbal remedies available, Echinacea seems to be one of the most popular.

Echinacea, also known as coneflower, is a popular wild-flower and garden plant that is mostly grown in the prairies.

Purpurea, Angustifolia and Pallida are the most popular types of the plant. The plant is harvested for its root and leaves which are then made into capsules, extracts, tinctures and teas.

Sue Harvalik, owner of the Nature's Paradise Health Food store in Aurora, said she sees many customers who come to purchase the herbal remedy.

The most common reason for the herb is to treat the common cold or flu in early stages. She said Echinacea helps boost a person's immune system, which

helps to fight off the infection. Harvalik said that because she is working in a health food store she is exposed to colds and flu all the time and takes Echinacea herself.

"I have been taking it for over 20 years and I haven't had a cold for over 20 years," she said.

However, you have to take the herb in the beginning stages of a cold in order to prevent it.

"You really have to catch it right away. Once I feel one coming on I'll start it right away and it nips it right then and there," said Harvalik.

She takes the liquid on an empty stomach every hour for the first three days. She says it should only be taken when a person feels a cold coming on.

"I have been taking it for over 20 years and I haven't had a cold in over 20 years"

"It's not wise to take it everyday if you don't need it because then your immune system will become used to it and it won't

work on its own," she said.

Pharmacist Bret Eggington of Shoppers Drug Mart agreed. "You only take it when you need it," he said.

"Taking it everyday to build your immune system is not a good idea [because] after a while that's what your body thinks it needs," he said.

"It's not wise to take it everyday if you don't need it because then your immune system will become used to it"

So if you're feeling well there is no reason to take it because your immune system is working fine.

Pharmacist Basil Erdman said Echinacea does work for virus infections not bacterial infections. Eggington disagreed and said it can be used for minor bacterial infections as well.

Naturopathic Doctor Tabaseem Gindi said Echinacea could also be used externally.

She has combined it with

other herbs on small skin lesions to help heal them faster.

However, despite proven research, Gindi does not believe Echinacea is as effective.

While Harvalik said that Echinacea could also be used during a cold to fight it, Gindi said that once the viral or bacterial infection has set in, Echinacea won't help at all.

Gindi uses Echinacea in conjunction with other herbs on her patients but Harvalik doesn't suggest doing that.

She said Echinacea should be taken on its own and a person should wait a half-hour before or after taking any other medications or herbs.

Gindi said she was taught at the Naturopathy Clinic that Echinacea is safe to use in pregnancies. However, Erdman suggests women should not take it while pregnant or breast-feeding because there are still some side effects being investigated.

"Normally there are no actual side effects," he said. But it is best to be cautious.

Eggington agreed with Erdman and also said that a person who has a weakened immune system from AIDS or another disease should also not be taking Echinacea.



NIKKI CARSWELL

Echinacea: It can stop a cold in its tracks

"Their immune system is not quite right to start with so you shouldn't really be playing with [it]."

Harvalik has had her store since 1981 and has seen sales grow significantly.

"More people are becoming aware and taking their health in their own hands," she said.

Eggington said many people do not rush to the doctor's office when they feel a cold coming on. "They see if they can grab it first with Echinacea," he said.

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The 'kissing disease' is not hard to catch

Mono is one of the most common infections around, yet it is still not treatable

By ERIN HENDERSON

Next time you're kissing someone, consider this: the US National Institute of Allergy and Infectious Diseases (NIAID) says that up to 80 per cent of people between the ages of 15 and 30 have been in contact with the mononucleosis virus.

Known popularly as the "kissing disease," mono infects the salivary glands, which is where it reproduces. The disease is transmitted through direct contact with infected saliva.

A person who has contracted mono can be infectious for several days before symptoms appear and remain infectious long after acute symptoms subside. The NIAID

notes that tests reveal traces of the virus six months after symptoms disappear.

"Typical symptoms are fever, chills [and] often abdominal pain.

Sometimes you get lymph nodes swelling in the groin or in the armpits [and] some people get a rash," said Kerstin Kerr, a Registered Nurse and a manager of Full Care Medical Clinics in Etobicoke.

Symptoms can last anywhere from a couple of days to many months, although normally the disease only lasts one to three weeks.

"Sometimes you get lymph nodes swelling in the groin or in the armpits [and] some people get a rash"

Often mono can be mistaken for strep throat, because of the visual similarities that occur in the throat for both infections.

"They're not related," said Dr.

Robert Josephson, an ear, nose and throat specialist in Toronto.

"They both just give sore throats and they may co-exist together, but one's a virus and the other's bacterial. Mononucleosis is caused by the Epstein-Barr virus and streptococcus is obviously a bacteria so they're two different diseases."

Strep throat is passed by the fluid droplets of coughs and sneezes and can therefore be transmitted easily.

The symptoms include a severely sore throat, and pus bumps on the tonsils. It is treated with antibiotics and is fairly easy to cure.

"The usual treatment is... you take an antibiotic and you should begin to feel better in about 48 hours," said Josephson.

Mononucleosis is not treatable with drugs and is usually left to go away on its own.

"The main thing for recovering is rest," said Kerr.

"To co-operate with the

immune system. The other thing is to pay attention to your diet because that helps your immune system recuperate."

"The main thing for recovering is rest"

She recommends including foods that are rich in protein, vitamins, and minerals. Kerr says a lot of bread, wholesome grains, fluids and Vitamin C also help to boost your immune system.

Although complications are rare with either of the diseases, consulting with your doctor would be wise if you suspect you may be infected with either mononucleosis or strep throat.

In rare cases mono and strep throat can lead to rheumatic fever, which is swelling of the joints and heart, glomerulonephritis, a kidney problem, or scarlet fever, which is basically strep throat with a fever.

Frequently asked questions

1) What are the symptoms?

Fever, sore throat, swollen glands, and feeling tired. Sometimes the liver and the spleen are affected.

2) How long will it last?

Duration is from one to several weeks. The disease is very rarely fatal.

3) When and for how long is a person able to spread infectious mononucleosis?

The virus is shed in the throat during the illness and for up to a year after infection. After the initial infection, the virus tends to become dormant for a prolonged period and can later reactivate and be shed from the throat again.

Source: New York State Department of Health

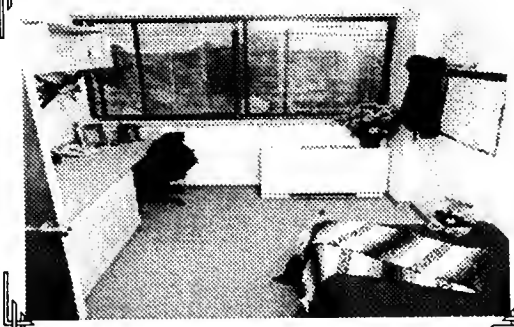
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SPORTS



Men's V-ball team fourth at OCs, p21 Women's B-ball squad set for OCs, p22

Volleyball's golden girls

Fletcher and teammates No. 1

BY NICK JONES

Humber's women's volleyball team returned home with a touch of gold on their wings, winning their second provincial championship on Feb. 19.

After losing in the championship match last year to Durham, the Hawks went into the Lords hometown to avenge their 1999 loss.

Humber's girls went into the event as the No. 1 seed with a perfect regular season record of 12-0.

The tournament started with the OCAA banquet to congratulate Ontario's top eight teams who would be competing for the right to represent the province at the National championships that will take place in Sherbrooke Quebec March 2-4.

The OCAA banquet was also a ceremony to honour the top teams, players and coaches of the '99/'00 season.

The Hawks received the trophy for placing first in the Central Division.

Individual awards were given to League all-stars Jennifer Edgar, Barb Legiec and Caroline Fletcher. Legiec also received honours for the highest point total in the Central Division and Fletcher was named all-Canadian for her stellar season.

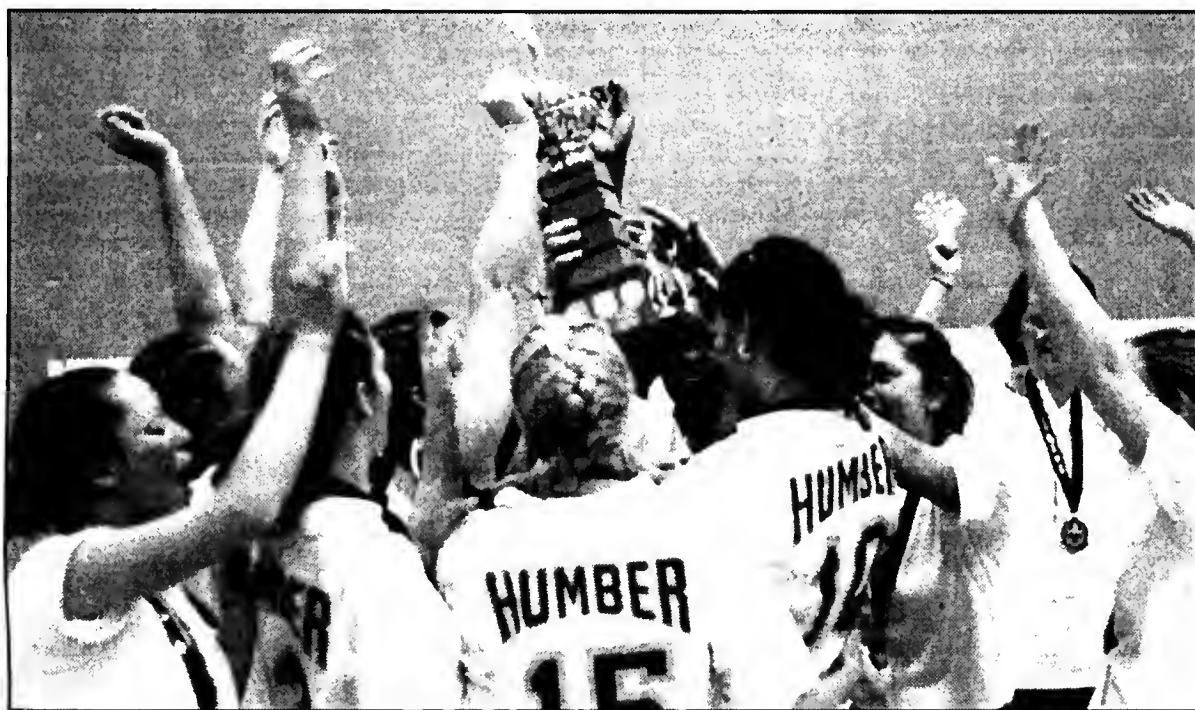
"It's an honour to be awarded," Fletcher said. "There's a lot of good players I've played with and against, but honestly I would trade any of that in for a gold medal, I'd trade all of it in a second," Fletcher added.

Hawks' head coach Dave Hood was Coach of the Year.

MATCH NO. 1

Humber's first match was against eighth seeded Nipissing. The Hawks took control of the match early and never let up, winning in three decisive games, 25-15, 25-14 and 25-13.

"We knew it would be a warm up for us," Hood said. "We wanted to establish the middle, we wanted



Champions: The newly crowned Ontario women's volleyball champions hoist the hardware after big win

other teams to see what we run and how we run it. We [wanted to] get established and get into some kind of rhythm early," he added.

Perfection Powell was named the player of the game for her all-round performance.

Jennifer Edgar had nine kills plus one block for 10 points and Legiec added nine offensive points.

SEMI-FINAL MATCH

The semi-final wouldn't be as easy a hill to climb. The Hawks' opponent was the hometown favourite Durham Lords. Durham beat Humber in the championship match last year, winning a thrilling five-setter 3-2.

Hawks' assistant coach Chris Wilkins, remembered the match well. "It was a big upset for them to beat us in the final, for a lot of the girls this is something psychologically they needed to get over," Wilkins said.

Star defensive player Laura Solski, who was a member of that Hawk squad was looking forward to a little pay back. "I was really nervous because they beat us last year and they are still a great team, but we needed to get some revenge," Solski said.

That's exactly what they achieved, but it was a little more sweaty than sweet.

The first set saw both teams come out aggressively. They battled back and forth with both sides clinging to small leads. When the dust settled Humber snatched a 25-23 victory.

In the second set the Hawks' defence caught fire, tracking the ball like they had radar.

"We want a medal at Nationals, we want to represent Ontario well"

"Our defence was awesome, I think that game was the best defence we've ever played," power Legiec said. "Everyone just kept digging and digging and then we were hitting and scoring, we didn't give them a chance at all," added Legiec.

The final score was 25-12 and the Hawks soared to a straight sets win.

Legiec was named player of the game with 11 kills, two blocks and one ace for a total of 14 offensive points.

Assistant coach Wilkins when describing his team's play, called on one of sport's oldest cliches. "It's an old coaching saying that offence will win you games, but defence will win you championships and that's what the girls are doing. They're really giving their heart and soul to make sure that they don't get beat," Wilkins said.

GOLD MEDAL MATCH

Now the championship match was set with the No. 3 seeded Cambrian Golden Shield from Sudbury taking on the Hawks for the gold medal.

Cambrian took the court to the cheers of a large contingent of fans who had made the trip to support them.

The two teams felt each other out through the first set, with both sides unable to mount an extended scoring run.

But Cambrian, buoyed by their fans' support grabbed some momentum and despite Humber's hard work, won the first set 25-22.

The second set picked up right where the first left off, with each team playing at a championship caliber. Both squads worked for every point, neither side retaining

the lead for long. Humber reached game point leading 24-22, but Cambrian clawed their way back tying the score at 24. The intensity of the match could be felt in the air as Cambrian went up 25-24, one point away from putting the Hawks in a deep hole, but Humber wouldn't quit, tying the score at 25.

The scored teetered back and forth on game point until it was 27-27. Humber then took control with two straight points to get the hard fought win 29-27, thanks to the strong serving of power Jennifer Edgar.

With the score tied at 1-1 the Hawks started the third set with renewed confidence. The match was still a struggle, but half-way through the set the men's volleyball team showed up and helped cheer the girls.

Team captain Fletcher said the team received a lift with the arrival of the men's team.

"I've never been so happy to see a group of guys in my whole life, it just relaxed everyone a little bit," Fletcher said.

With a 2-1 lead, Humber had the momentum and this veteran team never let up. Continuing their tremendous defence and powerful hitting the Hawks took the last set and the championship 25-16. It was only the second time Humber's women's volleyball team has captured a provincial title. The first was in '97/'98.

Hawk Technique, Perfection Powell was named player of the game and selected as a tournament all-star. Caroline Fletcher was named the tournament's MVP for her leadership and on court abilities.

The Hawks experience and sheer desire was evident as they simply refused to lose the set. This determination was not lost on coach Hood "The second game was the turning point of the tournament for us, every time it was game point we had to play extremely well and by winning, it gave us the momentum and the drive to win."

Cambrian head coach

See Volleyball, page 21

etc. etc.

Volleyball

Continued from page 20

Beausoleil agreed the second game was the most crucial. "I think if we had come out with a win in the second game things could have been different. We were prepared for the game, we scouted them and we did what we could, but we came up a little short," Beausoleil said.

Hawk middle, Michelle Richmond believes the reason Humber played so well is because they are a team in the truest sense of the word, and a few heart-felt words from all-star Caroline Fletcher didn't hurt.

"After we lost the first game I thought we were screwed, but we couldn't give up. Normally in the huddle before we go onto the court Caroline says a few words like."



Edgar: OCAA all-star and Hawk power

'Come on guys we're going to go out and play our game, we're just going to relax.' "But before the second game, for some reason Caroline just said." 'Guys no matter what happens I love you, we've played together for so many months now and I love you no matter what.' "That just made everything O.K.," Richmond said. "I was like yeah these are my best friends and we're just going to play."

Now the Hawks have to take that unity to the National Championships and represent Ontario for the second time.

"We want a medal at Nationals," coach Hood said. "We want to represent Ontario well and we should do that. We are a solid team one through 12. We need the same focus and intensity we've had over the last three days. It's going to be tough, it's a different level, all the teams there are teams like us, some of them may be better some may be weaker, but we've got to be prepared for everything," Hood added.

The veteran Fletcher is confident that she and her teammates will prove to be a tough opponent for the country's elite teams.

"I think we will react well, if we play the same defence that we played this weekend we can compete. I just think going in we've got to have a good attitude, the same way we went into OC's and see what we can do," Fletcher said.



PAUL FERGUSON

Back at ya: Carter Walls (12) and teammate get airborne to block shot against the Seneca Sting at the provincial Championships in Belleville

Men's volleyball team bounced in bronze medal match at OCs

Men's team gets off to solid start but gets stung for bronze

BY PAUL FERGUSON

Disappointing, frustrating and unfulfilling can only describe the emotions of the men's volleyball team at the provincial championships in Belleville this past weekend.

Coming off a good regular season, and heading into the championship, the Hawks were full of optimism and liked their chances of taking home the gold medal.

Unfortunately, the Hawks came home empty handed, losing the bronze medal game to Seneca.

The week started off on a good note for the team. During an award ceremony Thursday morning, Matt Tim was named the OCAA's Western Conference scoring leader, an OCAA all-star and was later named as an all-Canadian. Dan Salomons was also named as an OCAA all-star.

Thursday afternoon the Hawks opened the tournament against the Nipissing Lakers. This game served

as a good warm-up as they spanked the Lakers three games to one. Jon Chapman shone on the defensive end and Dan Salomons had a number of booming kills.

The real test for the Hawks however, came on Friday evening as they faced the tough Durham Lords. The Hawks were confident going into the semi-final match against the first-seeded Lords, but couldn't rise to the occasion.

Poor passing and slow starts cost the Hawks the victory. They gave it all they had, taking the Lords to four close sets, but came up short.

GOLD MEDAL GAME

Down 20-14 in the first set the Hawks battled back to only trail by a single point 24-23. But the line judge made a questionable call in favour of Durham that gave the Lords the first set.

Humber took the second set 25-18 as Matt Tim's hitting from the back row proved to be too much for the Lords.

Humber trailed the entire third set after spotting the Lords a 4-0 lead and the Hawks went on to lose 25-21.

Staring elimination from the gold medal game directly in the

face, the Hawks came up with an inspired performance.

The final set was a see-saw affair, as both teams performed well. The Hawks were in charge of the match, they led 23-21 and a 24-22 but ended up losing 28-26.

This was a crushing defeat for Humber, as they knew all chances of going out west for the National Championships were over.

"What led to our defeat today was passing. We can't pass, we can't establish, we can't go one on one," head coach Wayne Wilkins said.

But it was now gut check time, as the Hawks could still salvage a bronze medal. They got by Cambrian Saturday afternoon in four sets for a chance to meet the Seneca Sting in the bronze medal game later that evening.

The Sting have been playing exceptional volleyball over the last month as they continued to roll, beating the Hawks in four sets.

Seneca head coach Ed Drakich was ecstatic with their achievement and their entire year.

"I'm really proud of my guys, except for one set against Niagara where we didn't play well. Other than that, we played almost a perfect tournament. This program has

come from nowhere, and we had never been ranked anywhere in the Canadian rankings before."

As for the Hawks, considering this year was supposed to be a rebuilding year, coach Wayne Wilkins was pleased with the result.

"What led to our defeat today was passing. We can't pass, we can't establish, we can't go one on one"

This was all-Canadian Matt Tim's last game with the Hawks, and he, like many other players, was disappointed with the weekend and not taking home the gold.

But Tim doesn't think he is done with volleyball yet.

"Well maybe [I will] plan on coming back and helping out next year. Other than that, [I'll] work on the beach and play in the summer and maybe, I've got a year left of university [eligibility] if I ever plan on going there."

Although the teams spirit was low Saturday night, they showed great class, travelling to Durham College in time to cheer on the women's volleyball team to the provincial championship.

etc. etc.

Hawks clip Falcons then swarm over Seneca squad

Women's b-ball team finishes first in OCAA

By SUSAN WILSON

Humber's women's basketball team closed out the regular season on a winning note, defeating Fanshawe College on Feb. 17 and then taking it to their cross-town rivals, the Seneca Sting on Feb. 22.

The game against Fanshawe was an important one. With both teams entering the game with identical 13-1 records. The winner would clinch first place in the OCAA. The Hawks stood up to the challenge defeating the Fanshawe Falcons 67-51 in the battle of the birds.

With the start time of the game delayed by 45 minutes due to a tardy referee, Humber kept their composure and never lost their focus.

"It was a frustrating situation at the start to be delayed. You never really know how that's going to effect the team. But we have had this happen to us before so I think we handled it pretty coolly, we weren't getting upset about it," said head coach Jim Henderson who was happy about the win and the effort his team put in for the entire 40 minutes.

The score remained close until the end of the first half when the Hawks opened up a ten point lead. Both teams were playing aggressive defence and as a result the first half

turned out to be a low scoring affair.

Forward Lindsay Higgs played a tremendous game on defence shutting down Fanshawe's key offensive threat, Jocelyn Getsinger, who was held to only nine points, way below her season average of 18.1 ppg.

"I think Humber frustrated us on offence tonight. We didn't get too many open looks at the baskets and we had a hard time creating our own chances," said Getsinger.

In the second half Humber added to their lead, sinking some key free throws down the stretch to put the game on ice and escape with a 16 point victory.

Beth Latendresse scored a game high 18 points for the Hawks with Tara Lee Reddick and Lindsay Higgs both contributing 11 points.

Humber's next opponent, the Seneca Sting, was also no match for the Hawks. Seneca fell to the Hawks 68-55 in the regular season finale for both teams.

In what turned out to be a similar style of play as the Fanshawe game, both teams played tight defence and the score reflected that. At the half Humber was ahead 38-23 but neither team's offence got into any sort of a groove.

But Seneca came out of the half time break a determined squad going on a 6-0 run to start the second half and cutting Humber's lead to nine points. That was as close as the Sting would get though. The Hawks then closed the door ending their regular season with an impressive win on the road.

Hawks forward Brenda Chambers who was engaged in quite a few battles under the boards at both ends of the court was pleased with the outcome of this game.

"We definitely handled the pressure well, the pushing the shoving. They were a much more aggressive team tonight then they were the last time we played them and I think we played really well under those circumstances," said Chambers.

15 WINS 1 LOSS

Humber is now looking forward to hosting the provincial championships, March 3-4 and with two quality wins against tougher teams to end off the regular season they feel like they're peaking at exactly the right time.

"This type of win helps us to keep up our confidence. We know what we need to do to beat the better teams," said Beth Latendresse who again led all scorers in the game with 27 points.

Seneca's leading scorer, Naomi Mullings with 15 points in the game, felt her team put in a quality effort but just fell short.

"I thought we played well tonight. We got into some early foul trouble and that hurt us but overall we just need to work on a few things and bring our game to the next level," said Mullings.

The Hawks ended their season with a 15-1 record and end up as the No. 1 seed going into the OCAA championships.



MICHAEL STAMOU

On guard: Hawk Kingsley Hudson keeps his eye on a Seneca opponent

Sting stung

By MICHAEL STAMOU

The men's basketball team ended the regular season on the right note Feb. 22 soaring past the Seneca Sting 85 to 48.

Humber started strong in Seneca's house scoring the first two baskets immediately taking control of the game. At the ten minute mark of the first half Humber took off on a 11-2 run and had a 27 point lead at the break.

Sting head coach and former Hawk assistant, Rick Dilena, knew his team was playing one of the better teams but thought his team beat themselves and questioned his team's heart and determination.

"I am disappointed we didn't play better. We're not as good as them but I don't think we are as bad as the score indicates. I just thought my guys didn't play with any heart, despite the fact we are not in the playoffs, but I thought that they would give a better effort. I am a little upset," Dilena said.

Seneca tried to make a second half comeback but they couldn't overcome the huge Hawk lead. The Hawks were playing well defensively at both ends of the court, forcing turnovers, banging the boards at both ends of the court, pushing their lead to a game-high 36 points.

The second half for Humber was like watching Vince Carter at the all-star game; it was show-time. The players tried everything they could, from alley-oops, to one-handed dunks.

All the players enjoyed the game but were never trying to embarrass the Sting.

"We allowed them to score at will. They were just playing with us, I think" coach Dilena said.

Hawks head coach, Mike Katz, knew the game didn't mean much because they had already clinched a spot in the provincial championships but he still wanted his team to come out and play hard.

"I thought we played well, especially in the first half. We practised

well yesterday [Monday] and this is, for us, now just about being as good as we can be in a week. In a sense, it started tonight because it will be our only game before the playoffs," Katz said. "Let's just keep going forward, I mean our last four games have been big margins of victory and that's something we didn't do early in the year," Katz added.

Some of the things Katz would still like to work on before the playoffs, were revealed in the game against Seneca.

"We have to keep our turnovers down. I mean, we still are sloppy, you don't want to be sloppy, you want to get a good shot. But we are getting better," reiterated Katz.

Hawks assistant coach, Dave DeAveiro, was more general in his description of the game.

"You're pleased any time your team comes out and plays like that. It's a good chance to see everybody play and contribute," DeAveiro said.

The players on Humber's bench really enjoyed the game, their quality of play was high throughout, and anytime they can practise their show moves they will.

"We came out strong in the beginning, everybody played hard, Rupert [Thomas] had two dunks, Worm [Jeremy Walters] had a lot of steals," guard, Kingsley Hudson said.

Hawks captain, Marcel Lawrence, was pleased with the win but is looking forward to the Ontario championships being held at Humber March 2-4.

"We had a good game today. We did very well. We executed our plays, our defence was there," Lawrence said.

Veteran, six-foot-eight, centre, James Ashbaugh, shared his thoughts on the team's chances of winning a sixth provincial championship this year.

"They are as good as we make them. If we don't execute, don't do well under pressure, we go home, it's over," Ashbaugh said.



SUSAN WILSON


Defence: Humber guard Beth Latendresse (15) and her Hawk teammates defend their basket at Seneca

etc. etc.

OCAA Provincial Basketball Championships Preview


COMPILED BY SUSAN WILSON

W O M E N




Humber Hawks

- ◆ needs to keep defensive play tight
- ◆ have balanced scoring
- ◆ good from the free-throw line
- ◆ Beth Latendresse player to watch




Fanshawe Falcons

- ◆ aggressive man-to-man defence
- ◆ Kathleen Park hobbled by broken hand
- ◆ weak foul shooting team




Seneca Sting

- ◆ aggressive at both ends of court
- ◆ use their speed very well
- ◆ Fayshalee Wellington is a player to be reckoned with




Durham Lady Lords

- ◆ crash boards really well
- ◆ must avoid slow start
- ◆ vulnerable to full-court pressure
- ◆ Sarah John top Lady Lord



Mohawk Mountaineers

- ◆ roster has only eight players
- ◆ team likes to run on fast break
- ◆ Marlene Cabral averaging 13.7 ppg

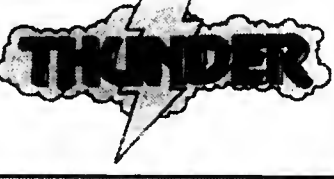


George Brown Huskies

- ◆ solid perimeter shooting
- ◆ weak on transition defence
- ◆ full-court press key to success
- ◆ Stephanie Brembridge top player


MIKE KATZ, HEAD COACH OF HUMBER'S MEN'S BASKETBALL TEAM GIVES US HIS TAKE ON THE TEAMS TAKING PART IN THE PROVINCIAL CHAMPIONSHIPS BEING HELD AT HUMBER MARCH 2-4.

M E N




Algonquin Thunder

- ◆ on verge of breaking through
- ◆ look out for Jeff Armstrong and Abraham Osmond
- ◆ schedule was on the weak side




Humber Hawks

- ◆ very deep team
- ◆ home court advantage
- ◆ emphasize defensive play
- ◆ keep eye on Jason Francis No. 33




Sheridan Bruins

- ◆ two-time provincial champs
- ◆ very good offensive rebounding
- ◆ well coached
- ◆ veteran Shane Bascoe key man




Fanshawe Falcons

- ◆ excellent shooting team
- ◆ well coached by Dave Brown
- ◆ could be a dangerous team and provide some upsets



Niagara Knights

- ◆ good record with first year coach
- ◆ great team chemistry
- ◆ had some impressive wins
- ◆ bench a little short



St. Lawrence Vikings

- ◆ very physical team
- ◆ solid defensively
- ◆ possible spoiler
- ◆ very good at rebounding

Cross-over Games

The games listed below will determine the last two playoff berths.

Game No. 1: Cambrian vs. George Brown — The winner advances to the Championships.

Game No. 2: Mohawk vs. either Centennial or Durham — The winner advances to the Championships.

Note: Durham and Centennial each have one league game to play.

Compiled by Michael Stamou

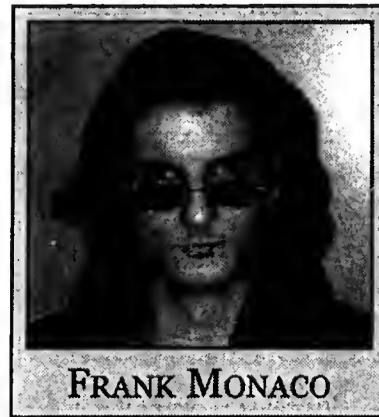
etc. etc.



SHARON ASCHAJEK

I see you: Cornell Brown of the Hawks steps it up on defence stopping this Husky in his tracks

Monaco wants to see lots more of North America but less of Europe



Gooooooooooooal!...not today. He shoots, he scores!...not even close.

I am cursed. My affliction? I am a Canadian of Italian descent. That means the love of hockey pumps through my veins while my other passion in life is European football (soccer to Canadians, eh).

Canadian hockey and Italian soccer have many similarities. Unfortunately, they are not all good. Let me paint you a picture. The leading scorer in the NHL is Czech born Jaromir Jagr. In the top 15 scoring overall you have, Russians Pavel and Valeri Bure, Swede Teemu Selanne and Mats Sundin and Slovaks Zigmund Palffy and Pavol Demitra.

ROBERTO BAGGIO

In the Italian soccer league, the top scorer is Argentinean striker Hernan Crespo. In the top 15, there is Andryi Shevchenko, a Ukrainian, Gabriel Omar Batistuta, another Argentinean, German-born Oliver Bierhoff and Marcelo Salas of Chile.

Foreign players dominate both of my favorite leagues! I think that this is a bad thing. Why?

Have you seen either Canada's or Italy's record on the international scene lately?

Aside from the many international junior tournaments lost, I suppose you have all forgotten about the loss to the Czech Republic in the shoot-out at the Nagano Olympics. We did not even win a medal!

As far as Italia goes, in the 1990 World Cup, they lost to a far lesser talented team from Argentina on penalty shots. In 1994, there was the infamous Roberto Baggio missed penalty shot and most

recently in 1998, Italy lost on penalty kicks yet again, to France.

I truly believe that both countries produce the best players in their respective sports in the world. The time has come to start pushing their players to fill goal-scoring roles as well. Yes, I understand that both countries are trying to do something. I see a few more Canadians and Italians at the top of the scoring statistics of their leagues as of late but it clearly is not enough.

My sports world is a confusing one. Last Sunday, Canada's national soccer team upset Mexico 2-1 in the quarter-finals of the Gold Cup. I suppose that I'll see Italy dethrone the Czech Republic as champions in hockey some day soon.

Just what is my sports world coming to?

Hawks hammer Huskies

Men's b-ball team ready for playoffs

BY SHARON ASCHAJEK

It was supposed to be a close match, but Humber's men's basketball team was in full command of the court on Feb. 17, dumping the George Brown Huskies 107-91 in their final regular season home game.

The game was competitive from the outset with both teams being aggressive on offence. As a result the lead changed hands several times thanks to several turnovers on each side.

Midway through the first half Humber began to dominate, going on an 8-0 run, giving them a comfortable 41-25 lead. The Huskies were unable to close the gap, which at one point escalated to a 28 point lead for the Hawks.

"We were good offensively. We had a good game tonight," said Hawk forward Marcel Lawrence, who racked up 15 points of his own. "We just got it done. We came off a good practice yesterday and that transferred onto the game."

Lawrence himself came up with a brilliant performance, particularly at the seven minute mark of the first half when on back to back plays he drove to the basket, drawing the foul each time, pulling off two consecutive three-point plays.

By the end of the first half it was clear that Humber was in charge, combining a strong offence with determined rebounding and solid defence.

In the second half, the Hawks really had it going and were able to capitalize on the Huskies' sloppy play, thanks to several George Brown turnovers.

"We've played them a couple of times, and they were close games. I wasn't expecting to win by a lot"

Eleven minutes into the second half, the Huskies Andrew Richards, the game's high scorer with 33 points, was able to capitalize on a couple of errant Humber passes, bounding down the court to make two beautiful dunks.

But despite his team's efforts, including a 12-0 run at the end of the game, they were unable to fend off the Hawk's powerful offence.

"We work hard, but a lot of times, teams will give us a little five or ten point run, [then] things will go downhill," said Richards. "Sometimes you're going to have an on game, sometimes you're going to have an off game."

A couple more treys by Humber's Jason Francis (the Hawks high scorer with 20 points) and Dexter Miller, plus some solid free throw shooting by Hawk

Kingsley Hudson, sealed the win for the Hawks.

Huskies coach Willie Delas said his team lost because they didn't play with enough force on the court.

"We didn't play with any sort of intensity. Our rebounding was not there. We weren't aggressive with the basketball," said Delas. "They [Humber] were a little bit more aggressive than we were, they were more intense."

Hawks head coach Mike Katz was surprised with Humber's high scoring game.

"We scored a lot of points tonight, and I'm really pleased with that. I can't remember the last time we scored over a hundred," said Katz, adding "They're a good team, but we just had it going tonight."

Hawk centre James Ashbaugh, who continued to play despite injuring his foot during the game, agreed the victory came easier than expected.

"We've played them a couple of times, and they were close games. I wasn't expecting we were going to win it by a lot," said Ashbaugh. "Coming out with this [win] on our home floor just before going to the playoffs is good," Ashbaugh said.

The Hawks and Humber College get ready to play host to the OCAA men's and women's provincial championships next week. The tournament runs from Thursday March 2 through to Saturday March 4 at the North campus.

etc. etc.

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Hockey team nets big win

Humber keeps the pressure on the first place Sting

BY SCOTT VAN SLYKE

It was Boy Scout night at Westwood arena on Feb. 19, and a large crowd of over 300 Scouts and their families turned up to watch the Hawks earn their merit badges in aggressive forechecking, good defence and clutch goal scoring.

For the second time in three weeks the Hawks defeated the first place Seneca Sting at Westwood arena, this time they prevailed by a score of 4-3.

The game had a playoff atmosphere to it with the battle for first on the line for both teams. Seneca, who are trying to maintain their lead a top the OCAA standings were trying to fend off the Hawks who, with the win are now only one point out of first.

The game started off rather slowly considering that both teams have excellent speed. The Hawks seemed content to let the Sting carry the play early in the first period.

Their passiveness cost them, as the Hawks ended up taking penalties, at one point giving Seneca a five-on-three power play. The Hawks couldn't kill it off, as Seneca defenceman Joel Julien blasted a shot from the point giving the Sting an early 1-0 lead.

The Hawks tied the game a short time later when assistant captain Rich MacKenzie made two heads up plays while forechecking to keep Seneca hemmed inside their own zone.

Defenceman Nathan Vanderbarren faked a shot causing two Sting players to try and block it. Vanderbarren wristed a low shot on net, forward Jamie Visser snapped the rebound over fallen Seneca goalie Colin March, to tie it 1-1.

Vanderbarren recounted his version of the play.

"I lost my balance trying to keep it in," Vanderbarren said. "I saw Visser in front so I just wanted to put it on net. He made a great play to put it in," Vanderbarren added. The Hawks seemed to come alive after that.

The R.E.C line of Rich Wand, Eric Hobor and Chris McFadyen, as they have been doing all year, gave the Hawks a 2-1 lead when McFadyen scored with just 1:43 left in the first period.

The second period was not as kind to the Hawks as the first. They managed to take a 3-1 lead when defenceman Ryan Duke streaked in from the point to tip in a beautiful pass from winger Luc Warburton. The Hawks might have escaped the period with the lead but captain Rich Wand would miss the mark on a penalty shot.

"I took too many penalties in the game so it was nice to be able to contribute"

With just over four minutes left in the second period, Seneca forward and league scoring leader Rob Wismer, scored two goals in just 20 seconds, including one on the power play to knot the score 3-3.

The two teams continued to battle until late in the third period when it appeared that the game was heading for overtime. But forward Colin Gillespie took his turn to don the hero's cape for the Hawks. Gillespie fought off a Sting defender in the high slot and one timed a pass from Rich Wand past March for the winner. Gillespie was thrilled about scoring the game winner.

"Right place, right time," Gillespie said after the game. "I took too many penalties in the game so it was nice to be able to contribute in a positive way. They beat us out in the playoffs last year and we want them to know that

we're for real this year," Gillespie said.

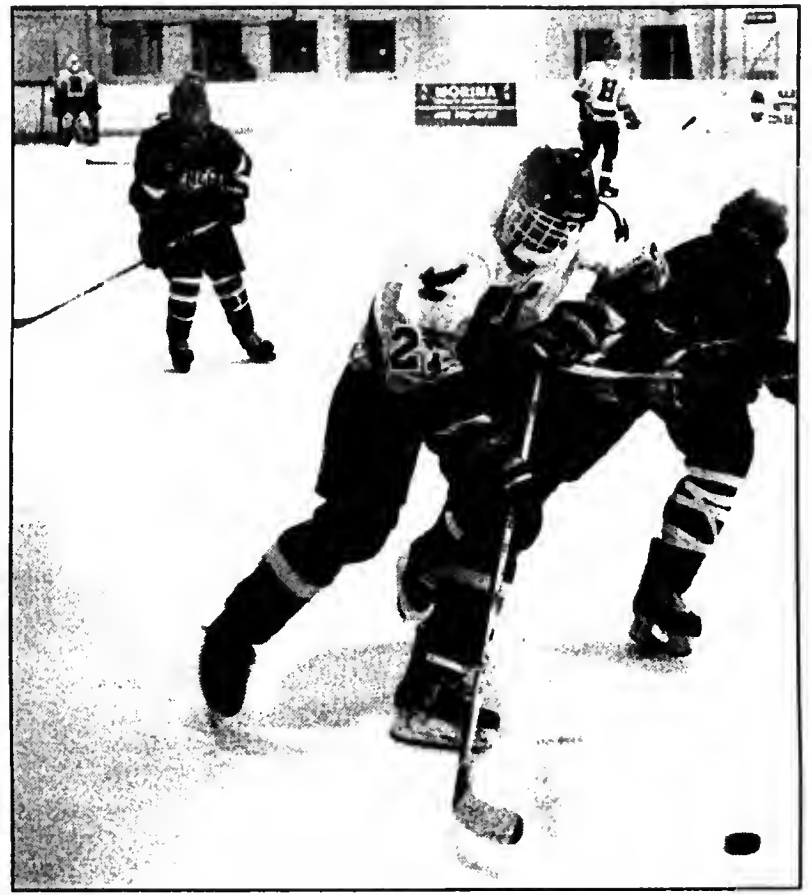
Seneca head coach Francesco Bazzocchi reflected on the game afterward.

"This game just illustrates how close these two teams are. We thought we had a game plan for tonight. The playoffs for both teams are just two weeks away so this will give us time to review another one," Bazzocchi said.

PROVINCIAL CHAMPIONSHIPS

With the win the Hawks moved to within one point of Seneca for first place. But in order to get first overall they have to win their last regular season game this Saturday and hope Seneca loses at home against Cambrian. The Hawks take to the ice against Sir Sandford Fleming, in their final game of the regular season this Saturday at Westwood arena, the puck drops at 7:30 p.m.

Next week Humber travels to Sir Sandford Fleming College in Lindsay to take part in the provincial championships being held from March 3-4.



SCOTT VAN SLYKE

Stick check: Hawk forward Eric Hobor fends off a Seneca defender

Hawks docked two points

Unclear ruling costs Humber top spot

BY SCOTT VAN SLYKE

The Humber Hawks hockey team was penalized last week by the OCAA for using an illegal player in their lineup during their away game against the Sault College Cougars, on Feb. 11.

The OCAA deemed the game against Sault College, in which the Humber won 8-4, to be a forfeit.

Humber College had the two points earned in the win deducted and Sault College was awarded a 1-0 win. All the individual points earned in the game by both teams were also deducted.

The OCAA said that Hawks defenceman Ryan Duke, should have served a one game suspension for receiving an instigator misconduct penalty for a fight with Cambrian player Ojika Massa, at home on Feb. 6. The Hawks next game was the following week in Sault against the Cougars.

Humber Coach Joe Washkurak made a mistake in understanding the way in which the referee assessed the call.

"It's my fault and I accept total responsibility for what happened," Washkurak said. "It was confusing because both teams were sent to their rooms and the linesman, not the referee came down to our dressing room and said that both players had two minutes each for roughing and five minutes for fighting.

"But the bottom line is that I take responsibility for what happened"

"But the referee wrote it on the game sheet that our player [Duke] had the instigator penalty. There is no policy in this league, opposed to every other league I've been in, where they sent you a fax that takes you two minutes, to notify you of any suspensions," Washkurak said.

"But the bottom line is that I take responsibility for what happened," Washkurak added. Humber's recreation and facilities manager Jim Bialek had this to say about the incident.

"The Convener can only rule one way about the incident and that is based on what is on the

game sheet. He found on the game sheet that a player played who was ineligible and ruled the game a forfeit, assessed a fine and gave the opportunity to allow the offending college a chance to appeal," Bialek said. "Humber College will bring a motion forward at the annual general meeting which will be held in May, that any suspension be it automatic or one that has to be assessed by the convener, the offending college must be notified prior to their next game," Bialek added.

The ruling affects the Hawks in two ways. With 17 points, the Hawks were only one point behind Seneca College who are in first with 18 points. With the two point deduction by the OCAA ruling, the Hawks maintained second place but with only one game remaining on their schedule they will be hard pressed to capture first overall and home ice advantage throughout the playoffs. Second, the ruling might have cost Hawk Captain Rich Wand, (who with 28 points was only one behind league leader Rob Wismer of Seneca College at the time) a shot at the OCAA scoring title. Wand had five points deducted from his individual totals.

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etc. etc.

Anyone interested in intramural?

Playing sports for recreation not high on students' agenda

BY GILLIAN GIRODAT

Tightened programs and packed schedules have Ontario students running everywhere but the gym.

And Jim Bialek, Humber's recreation manager, has a room full of t-shirts to prove it.

"We ordered hundreds of t-shirts, a hundred basketball t-shirts, a hundred soccer t-shirts, a hundred volleyball t-shirts, to give away to people coming out to intramurals," Bialek said. "But people just aren't coming out. And now we've got all these shirts."

Declining participation in intramural activities isn't just a problem for Humber College. Colleges throughout Ontario have been plagued by declining attendance.

"The numbers have generally been getting weaker over the past four or five years," Bialek said. "And it's not just Humber College. This is province wide."

Now the Ontario College Committee on Campus Recreation (OCCCR) is looking for reasons why.

John Byl, chair of the OCCCR

and professor at Redeemer College, visited Humber last week to find out why intramural programs are suffering.

"For most people, it's time," Byl said. "People we've talked to are full-time students who may be working 35 hours per week, so no, they don't have time."

Dana Smith, president of the Student Athletic Association (SAA), agrees time is a factor. She adds people are reluctant to come out to intramurals unless they are part of a team.

"We are prepared to offer the programs and are comfortable doing it"

"People's time frames are crazy," Smith said. And that makes it difficult to get friends in different programs together at the same time."

But the OCCCR wants students to remain active. Byl said the committee has recently been given \$11,000 from the Ministry of Citizenship, Culture, and Recreation to help promote active living among college students.

One of the projects they have underway is the adaptation of Canada's Physical Activity Guide. Similar to the Canadian Food Guide, the guide to healthy active living gives suggestions on how to

get and stay active.

Byl said the guide that exists targets adults, so the OCCCR is looking at how they can adapt the guide to attract students and incorporate different activities for student lifestyles.

But Bialek adds lack of participation in the intramural program doesn't necessarily mean students aren't active in other ways.

"Everybody these days seems to have their own agenda," Bialek said. "Their calendars are jam-packed, so any recreation time people have goes into their own personal well-being or fitness."

Byl believes this is the case throughout Ontario. With a job,

school, and social life, he says students may work out when they have free time but find it hard to commit to playing on a team.

"Playing sports for the love of the game is not as important as getting a good workout," Byl said.

This move from team play to individual fitness means intramurals will suffer. But Bialek says he and the SAA will continue to be creative and offer the best intramural program possible.

"We are prepared to offer the programs and are comfortable doing it," Bialek said. "But the bottom line is people have become individualized in their use of recreation time."



GILLIAN GIRODAT

Sportsmanship: A few of the faithful get together just to play the game

GETTING ACTIVE ON YOUR OWN

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities, you can cut down to 30 minutes, four days a week. Add up your activities in periods of at least 10 minutes each. Start slowly and build up.

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Moderate effort — 30-60 minutes

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biking
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swimming
dancing
water aerobics

Vigorous effort — 20-30 minutes

aerobics
jogging
hockey
basketball
fast swimming
fast dancing

Maximum effort
sprinting
racing

(Source: Canada's Physical Activity Guide)

Basketball serves as Perrier's tonic

Former Humber great enjoying her role as assistant coach

BY FLORA BENDO

At 29, assistant coach Denise Perrier craves the excitement of dribbling a basketball down the court with Humber's women's varsity basketball team.

"I'm a very competitive person," Perrier said. "My first year coaching was hard for me because I was still itching to play. I was very competitive and still am."

Perrier particularly misses suiting up with the team when facing Humber's rivals. If she's not playing in women's leagues, the only opportunity she has to race down the court is during practice, if the team is short-handed.

"I'd be a little rusty if I went to shoot the ball right now," Perrier said. "I love the game. I don't think I'll ever lose that."

Although she is on the sidelines to assist head coach Jim

Henderson, Perrier's respect for the game has evolved to a different level.

"I always loved it, but as I matured and kept going into it ... basketball was where my heart was," she said. "Now that I'm coaching, it's a different love of the game."

In her first year at the University of Windsor, Perrier was named OWLAA rookie of the year. She transferred to Humber, playing for three years, ending her playing career in 1993.

During Perrier's glory days at Humber she was named to the all-Canadian team and won the Ontario championships with her team. Her jersey, number 21, was retired in an official ceremony. She was also selected as one of the OCAA all-Millennium team members that draws from a talent pool tracing back 35 years of Ontario basketball history.

"So out of the top ten, all-time athletes, Denise Perrier is one of them," Humber's athletic director Doug Fox said.

"I think there's a respect [for

Perrier,]" Henderson said. "The players know she's been there, done that, therefore, she knows what she's talking about."

In 1994, Fox asked Perrier to coach because he said it was important to keep a Humber graduate working as an intern coach.



Perrier: Former star now coach

"She brings motivation. Denise was one of the hardest working players that we had, not only in games but [also] in practice. She brought a great work ethic [and] she's a really good role model," Fox said.

Last year, Perrier, Henderson

and assistant coach Heather Curran guided the Hawks to another OCAA championship victory.

Tara Lee Reddick, a first-year player, said Perrier adds another dimension to their coaching staff. She said that Perrier thinks highly of the Humber basketball program.

"She likes the Humber program obviously because she played here, graduated here and now she's come back to coach," Reddick said.

"It adds pride to our team," Reddick said, "She wants to carry on that tradition."

Filomena Aprile, the Hawks six-foot forward said, she likes to sit beside Perrier on the bench during games.

"I learned a lot. I'm able to read the court better offensively and defensively," Aprile said. "I see the game in a totally different way."

Curran, describes Perrier as a natural athlete and a positive motivator of the team. Curran wished she had had the opportunity to play with Perrier while she was a Hawk.

"I played with her in [the] spring and summer leagues [and] sometimes when she joined in the prac-

tice. Unfortunately I did not [play varsity basketball with her.] I wished I had," Curran said.

Perrier's involvement with basketball continues to open new doors. She was recently approached by Rogers Cable 10 Sports to broadcast colour commentaries for university and college games.

"I actually enjoy it," she said. "It's volunteer, so it's an extra thing under my belt."

Rogers asked her to work during a recent Seneca/Humber game, but had to turn it down. Laughingly, she said, "No, no, I have to coach."

During the first week of March, when Humber hosts the OCAA men's and women's basketball championships, Perrier will do the commentary when she's not working the sidelines.

For Perrier, coaching is her first priority and she is as intense now as she was as a player.

Perrier remembers last year's team. They joked about her still wanting to play and called her an "old-timer."

Her reply: "Well, I can still beat you down the court."

etc. etc.

T.O. PRO SPORTS DIGEST



The Leafs are in the midst of their longest winless streak since Pat Quinn took over the reins. This week the games get tougher as Toronto hosted the Phoenix Coyotes last night and travel to New Jersey on Friday to take on the Devils.



Toronto was looking for their first win since beating the New York Knicks in the first game back from the all-star break. They were in Manhattan last night and return home to face the Timberwolves on Friday and Phoenix on Sunday.

HUMBER HAWKS ATHLETES OF THE WEEK



MATT TIM



CAROLINE FLETCHER

The Hawk volleyball veteran ended his all-star career with Humber at the provincial championship last weekend. Here's wishing Matt continued success, both on and off the court.

Caroline still has some work to do before she calls it a career – at least at the college level. She takes her volleyball team to Sherbrooke, Quebec next week for the National Championships. Good Luck Ladies!

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OCAA VARSITY SCOREBOARD

OCAA & CCAA Provincial and National Championships

MEN'S BASKETBALL-CENTRAL REGION

TEAM STANDING	GP	W	L
Sheridan	13	11	2
Humber	14	11	3
George Brown	14	8	6
Centennial	13	5	8
Durham	14	4	10
Seneca	12	2	10

Hawks Next Game: Mar 2-4 Ontario Championships @ Humber

Men's Basketball

Ontario Championships
Humber College
Thursday March 2-4

National Championships
Grant McEwan College
Edmonton, Alta.
March 16-18

WOMEN'S BASKETBALL

TEAM STANDINGS	GP	W	L
Humber	15	14	1
Fanshawe	15	13	2
Seneca	15	10	5
Durham	15	9	6
Mohawk	15	8	7
George Brown	15	6	9
Georgian	15	5	10
Redeemer	15	2	13
Niagara	14	0	14

Hawks' Next Game: Mar 3-4 Ontario Championships @ Humber

Women's Basketball

Ontario Championships
Humber College
Friday March 3-4

National Championships
Mount Royal College
Calgary, Alta.
March 16-18

MEN'S HOCKEY

TEAM STANDINGS	GP	W	L	T	P
Seneca	14	8	4	2	18
Humber	14	7	4	3	17
S.S. Fleming	14	6	6	2	14
Sault	15	6	7	2	14
Cambrian	14	6	8	0	12
Conestoga	15	5	9	1	11

Hawks' Next Game: Mar 3-4 Ontario Championships @ Lindsay

Men's Hockey

Ontario Championships
Sir Sanford Fleming College
Lindsay, Ont.
March 3-4

National Championships
Seneca College
Toronto, Ont.
March 16-18

MEN'S VOLLEYBALL-WEST REGION

TEAM STANDINGS	MP	MW	ML
Niagara	16	15	1
Humber	16	13	3
Seneca	16	12	4
Redeemer	16	10	6
Cambrian	16	9	7
Sheridan	16	5	11
Mohawk	15	3	12
Georgian	16	3	13
Boréal	16	2	14

Time to train for the beach volleyball season

Men's Volleyball

Gold – Niagara
Silver – Durham
Bronze – Seneca

National Championships
Grande Prairie College
Grande Prairie, Alta.
March 2-4

WOMEN'S VOLLEYBALL-CENTRAL REGION

TEAM STANDINGS	MP	MW	ML
Z-Humber	12	12	0
Cambrian	12	10	2
Sheridan	12	8	4
Georgian	12	6	6
Seneca	12	4	8
Boréal	12	2	10
Centennial	12	0	12

Z-clinched first place

Hawks' Next Game: Mar 2-4 National Championships @ Sherbrooke, Quebec

Women's Volleyball

Gold – Humber
Silver – Cambrian
Bronze – Durham

National Championships
Sherbrooke College
Sherbrooke, P.Q.
March 2-4

etc. etc.

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Geoff Pevere, *Toronto Star Arts Columnist*

Tuesday, January 25, 2000

1:30 p.m. in the Seventh Semester

Bob Logan, *University of Toronto, Physics Professor*

Thursday, March 9, 2000

1:30 p.m. in the Community Room

Irshad Manji, *Social Commentator*

Thursday, April 6, 2000

1:30 p.m. in the Community Room