#### The Toronto Rock slide into first place after convincing win over Pittsburgh: p15

April 6, 2000

etcetera.humberc.on.ca





Toys for the cottage p8

Roarin' awards

Women get serious Vol 28 Issue 25 about car, shopping p7



By JAMIE QUINN

ast night's 17th Annual Student Awards Banquet was an evening of entertainment and appreciation.

Twelve students took home awards and were honoured for making exceptional contributions to campus life at Humber.

"These people have made Humber a better place to be. They've been better friends, harder workers and have made a lasting impression on everyone here at the college," said Kellie Agnew, who helped organize and promote the evening.

The night was set in a 'Roaring Twenties' theme complete with live music, poker chips, flapper girls, and Al Capone.

Of 175 nominees, only 12 were chosen to receive awards.

"A lot of people deserve an

tional that are recognized here," said Don Henriques, who was an award presenter. For the full story see next week's

award, but it's those who are excep-

Et Cetera.

STUDENT AWARD WINNERS

#### **Antoinette Manuel** Tara Kalliwitz Vikramjit Bhogal Vijay Sappini **Rahul Kushalkar** Kevin Walker Kenny Dimech Pino Caputo **Kevin East** SPIRIT AWARD WINNERS Laura Tarrant **Stacy Gloster**

Stacey Platt

Stylin': SAC President-elect Toby Warnell and the High Society organizers show off their 'Roaring Twenties' attire last night at the 17th Annual Student Awards Banquet

# Humber enrolment always on the rise

Campus student body growing each year

#### BY GILLIAN CLAIR

Catatistics show Humber College **O**students enjoy their academic year and look forward to coming back the following September.

This school year, applications for Humber were up 0.6 per cent over last year.

Nearly 12,000 full-time students attend Humber College and about 30,000 part-time students.

Officials say next year's numbers may be even higher.

Humber's records department, said 13 will be graduating at the same Humber takes in approximately time. 6,000 first-year students each year.

"Last year we received anywhere [applicants]," from 50,000 McDougall said. "We just take in sheer volume."

#### MORE APPLICATIONS

The Registrar's Office said every day they receive more applications and will continue to do so until September.

Although there is a large number

of students applying, McDougall said each applicant is treated fairly and carefully.

Humber had more than 50,000 applications for fall 1999 enrolment. Out of that number, 17,368 students were sent acceptances by Humber and 6,000 enrolled McDougall said.

More than 6,000 new students enrolled this year, an increase of a few hundred over September 1998.

McDougall said when the economy is up, there is a decrease in the number of students going to school. When the economy is down, enrolment for school rises.

McDougall said in 2003, applications will be extremely high Clay McDougall, manager of because students in Grades 12 and

> "There's going to be a double cohort from high school," McDougall said. "Universities and colleges everywhere are preparing right now for that."

> Joyce Woodend, associate registrar, agrees there has been an increase in the number of students who applied. Woodend said she doesn't quite

> know why there has been an increase.

"Certainly the reputation of the college is one factor," Woodend said. "We've added newer programs, both post-grad and regular ones," she added.

Woodend said Humber has grown dramatically over the years.

"We certainly are increasing," Woodend said. "But it's difficult to grow with the lack of space."

McDougall said Humber is working on preparations for an overflow of students by expanding the Lakeshore campus as well as opening a joint program with the University of Guelph in a new building at North Campus.

"At the North campus, they're pretty much maxed," said McDougall.

LeAnne Craig, a first-year Multimedia student, said she is very thankful she chose Humber over other colleges.

"I applied to Seneca, Georgian, and two others, but I really think Humber was the best option out of all of them," Craig said.

"I think Humber's one of the only colleges around that has so many choices in one building, and it's not just the programs, but the events, like SAC stuff, that goes on during the week."

Greg Young, a second-year Photography student, said he was previously enrolled at George Brown College. But after spending two years at Humber, he knows he made the right choice.

"It's a great place," Young said, 'a great school."

"It's the people too," said Young who also said he appreciated the fact there were so many programs to choose from.



Popular place: Statistics show that an increasing number of students are applying to Humber College because of the strong course selection 

# Racism still rife in media: study

-News

Two decades of local and national newspapers examined

BY DORLY JEAN-LOUIS

n newspapers, racism is still present.

This was the latest finding of the report Racist Discourse in Canada's English Print Media, published this month by the Canadian Race Relations Foundation (CRRF).

The study examined over two decades of racist discourse in local and national newspapers.

"The media's coverage of certain issues such as crime and immigration can be racist," said former lieutenant-governor Lincoln Alexander, chair of the CRRF, at a press conference last Wednesday.

"This unfair coverage makes people mad as hell and creates a frustration and resentment towards the media in certain communities.'

In this report the researchers contend there is "a hard core

resentment held by the Canadian press" towards minorities in a "seemingly non-racist country."

The authors of the study say aboriginal peoples have not escaped racist depictions by journalists and editors of major Canadian newspapers.

"This study presents some disturbing findings about the way some of us are going about the business of committed journalism," said Hamlin Grange, the newly appointed president of the Canadian Association of Black Journalists.

He said journalists should be delivering meaning and context, not fear and loathing.

"When visible minorities do appear in Canadian newspapers they emerge as villains in a variety of ways," explained researcher Frances Henry.

"Press coverage of Sikhs, Arabs, and Muslim communities are filled with images of conflict, terrorism, civil unrest, violence, and confrontation," Henry said.

Henry was joined by a panel of speakers that included Moy Tam, executive director of the CRRF and



Experts: (Left to right) Hamlin Grange, Lincoln Alexander, Moy Tam

executive director of the Ottawa-Carleton Immigration Services Organization.

From the 700 articles analyzed, the main problem noted was that the news is interpreted through a white middle-class western male perspective that is exclusive rather than inclusive.

"One of the patterns we found in this study is that minorities were perceived outside the imagined community of Canada," added Henry.

Examples of racist discourse were noted in all national newspapers.

"It is a must for newspapers to be a member of a press council," said Professor Mohamed Elmasry, president and chair of the Canadian Islamic Congress.

"It's unacceptable to have a newspaper like the National Post until now not be a member of any press council.'

Elmasry argued that Muslims in this country are catching up with African-Canadians as the number one group who suffer from stereotyping by the media.

He also argued in favour of increasing media accountability to their readers.

"They are professionals and they should be held responsible for their profession," he said.

For three years a course called Covering Diversity has been part of Ryerson's journalism curriculum.

"We are right in the middle of Toronto. You can't be a reporter without covering diversity issues," said Professor John Miller, developer of the course.

Humber's journalism program has no similar course, but William Hanna, director of the School of Media Studies, said diversity topics are covered in other courses.

"We can't force journalism students to take the courses but we can encourage them to," he said.

# College to help promote summer jobs program

#### \$50m from province

to subsidize wages

#### BY LEE BAILIE

Humber will not be running the province's summer jobs program this year.

The college will help promote it, but it will be operated by its community partners, the Etobicoke YMCA and the Centre for Advancement in Work and Living (CAWL).

They have worked in partnership with Humber since the program's inception in 1996. The decision to pull out of the operation of the program was a strategic one.

We're going to consolidate it, and only one group is going to run it in the area. We will be promoting it on their behalf," says Karen Fast, Career Centre co-ordinator.

The provincial government has set aside nearly \$51 million to help students get a summer job.

The ministry of education and training expects to help 57,000 Ontario students find summer jobs through the program.

"[The program] is targeted primarily at post-secondary students, but there is room for high school students [in the program]," says Eve Horvath, senior advisor to Etobicoke-North MPP John Hastings.

The Ministry of Employment and Training is offering incentives to employers by providing a \$2 per hour subsidy for students hired through the program.

Don Smales, president of the Evergreen Canoe & Kayak Company in Etobicoke, has been involved with the program for the last three years, and his experience has been a positive one.

"We've had very good people. They're well educated and willing to learn. With a little training they work very well," he said.

Fast said that flyers and notices advertising the program will be displayed throughout the college by the end of this week.

Although funding was available, Humber's administration decided that the community partners could serve its students without the college running the program.

"We can still work together and be partners with the program," said Lois Willson, director of government and community relations.

The summer jobs program is a part of the JobConnect program.

"It's better customer service for the clients to work with one agency, and one location. The JobConnect program isn't aimed primarily at college students," Willson said."

#### "We've had very good people. They're well educated"

Humber will, however, be involved to make sure that its students are still being served.

"We are working with the ministry to make sure the services are delivered. Our goal is to make sure the students are connected to the service," she said.

Interested students should be applying now. Horvath said that applying online at www.youthjobs.gov.on.ca is the fastest method, but applications are also available at Hastings' office at 745-2859.

### Bookstore goes hi-tech

New Web site with online ordering,

> By Josh Hargreaves & MONIKA ROLA

**▼**nstead of waiting in line, get Lyour textbooks online.

Next semester, a college bookstore Web site will allow orders to be placed over the Internet.

The texts will either be delivered or picked up from a new walk-up counter.

"You can pick up your books at the service counter," said Mitch Walker, manager of the campus bookstore, which is \_ titles offered, and will sell comowned by Follett of Canada.

"You'll get front-of-the-line service and won't have to wait,' he said.

The new hi-tech ordering system is part of the bookstore renovations expected to be completed in mid-June, giving the store what Walker calls a "whole new look."

The North campus renovations are a follow-up to changes made to the Lakeshore bookstore last year, said John Mason, director of ancillary services for the college.

Taking over the space formerly occupied by the computer store means the bookstore will be able to boost the number of textbooks offered by 40 per cent, and to provide an expanded range of products.

"We'll have a larger magazine section," said Walker.

"We're also adding a health and beauty-aid section. That's something the residence students have been asking for, so we're responding to their requests."

The bookstore will also improve the range of software puter hardware.

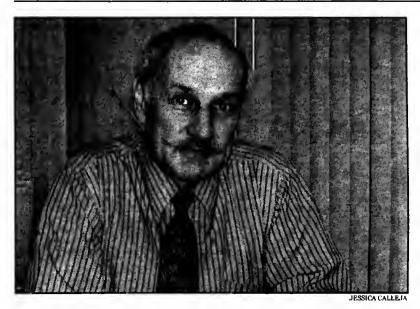
Other plans include adding a new service counter and several new cash registers, which Walker said should shorten line-ups at the beginning of the vear.

While neither Mason nor Walker could comment on the cost of the renovations, they said the work will not affect book prices in the store.

April 6, 2000

#### home delivery

### News



Hook: Humber College's connection with workforce uniquely 'intense'

### Humber soon to offer applied degrees: Hook

#### Will not change

'hands-on' approach

#### BY JESSICA CALLEJA

Humber's opportunity to offer applied degrees is one step closer to becoming a reality.

Although Humber may not have the authority to offer degrees at this point, Richard Hook, vice-president of academics, said it's an idea that is long past due.

Faculty is currently working on offering degrees in joint programs with universities, including Ryerson Polytechnic and the University of Guelph.

Hook said applied degrees will be offered in such areas as plastics, logistics, supply chain management, and pervasive computing.

Hook said that offering degree programs will not change Humber's hands-on approach to teaching.

Regarding teaching methods, Hook adds, "Humber's strength is, fundamentally, application to the workforce, and we recruit people who have experience in the workforce.

"There is an intensity to the connection of the workforce that we add that others just don't add."

'We don't intend to become theoretical or a research institution," he said.

"There are only two or three research institutions with any credibility in Canada, and they are at the very high university level."

Hook also anticipates the changes will require a more careful look at teachers and teaching credentials.

Ryerson recently made the change from polytechnic institute to university, and course programming changed to adapt to new degree programs as a result.

Ryerson's switch has taken sev-

eral years, and courses for degrees are still in the process of being worked out.

Hook estimates it will take close to a decade to implement applied degree programs. He believes several factors will make the transition smoother.

"Twelve years ago Humber started a pre-testing program for incoming students. At Humber, we know we have a pretty high level of students. We know because we test all the ones who are coming in."

He also believes the evaluation of teachers by students is important in maintaining a high level of teaching essential to applied degree programs.

Hook said six years ago the number of teachers described by their students as weak was equal to the number described as strong.

"These programs will be specialty programs at a very high academic standard"

"Now the ratio is nine strong to one weak," he said.

According to Joyce Woodend, associate registrar at Humber, the number of students applying for post-graduate programs rose about four per cent between 1994 and 1999.

Hook believes these components make Humber ready for the implementation of applied degrees.

As for a tuition impact, Hook estimates the cost to be at "the lower end of university tuition level." For example, he estimates tuition for the proposed nursing program at around \$3,300.

"Humber has its strengths and weaknesses," he said.

"We have a faculty here who are very dedicated to applied learning and I have no intention of letting that change."

### Your business education is our business Fly higher, faster

Your college education is a crucial step in launching your career. Continue your education at a distance through Athabasca University. We can help get your business career off the ground with a:

- Bachelor of Commerce with an optional e-Commerce major
- **Bachelor of Administration** with a concentration in Health Administration, Organization, Management, or Industrial **Relations/Human Resources**
- **Bachelor of Administration (post-diploma)** by completing 10 to 15 courses
- **University Certificate in Computers and Management Information Systems**
- **University Certificate in Accounting** (CA, CMA, and CGA transferable)

Enrol in a full program or just one flexible home-study course, or

#### Sign up now for new e-classes!

Study in a paced, virtual classroom over the Internet! Register today for e-classes that start in September 2000 and January 2001.

#### For more information, contact the **School of Business:**

http://vital.athabascau.ca

1-888-449-8813

school.of.business@athabascau.ca

Athabasca University Canada's Open University



#### **Summer College**

12 weeks Monday, May 8, 2000 to Friday, July 28, 2000

Courses for the Business Administration, Business Management, Law Clerk, Legal Assistant and Marketing programs will be offered

### Here is an opportunity to get ahead in your program or catch up on missed courses.

If you will be full-time (at least 4 courses), go to D133 Registration NOW Please pick up your CHRIS registration booklets in early April in the Business Office E205

To pre-register for BUSN450 Business Placement, send Wayne Gordon an email to gordonw@admin.humberc.on.ca NOW For LAWS401 or LAWS509 Field Practice see Philip Sworden to register NOW

April 6, 2000 the state

# Editorial

## Humber reigns above all the rest

Last year Humber College had 50,000 applicants and the numbers keep going up. The increase is due to the hands-on approach the college has taken over the years.

This will continue when Humber starts offering applied degrees in joint programs with various universities.

The new applied degrees will bring even more applicants to Humber in search of our original brand of training.

Degrees will be offered in plastics, logistics, supply chain management, and persuasive computing.

Other programs will include partnerships with universities so that students can fast-track their way to a degree after college.

Some sources say that the rise in enrolment is due to the poor economy, but couldn't it just be that our school is the best? First of all, it used to be that we had as many bad (or weak as the college put it) teachers as we do good ones. Now the ratio is nine strong teachers to every weak one. The teachers at Humber are among the best in Ontario. Everyone has experienced teachers that have had an impact in their lives.

Most people can remember the odd teacher from high school who passed on their wisdom, but most former students of Humber can reflect fondly upon experiences shared with their college professors.

Secondly, our reputation has surpassed that of most other colleges and even some universities.

Humber's enrolment has always had the some of largest numbers out of all other schools across Ontario.

Despite some of the technical problems the *Et Cetera* has discussed in recent editorials, Humber is still the college that is chosen over many others.

Humber is constantly offering new programs to cater to the evolving workforce and they focus on what students believe is important.

Finding a good job these days is a chore. The programs at Humber give us the tools to go out when we are finished school, and ensure we have what it takes to get a job.

Work placements give us a leading edge over other students who do not have any experience in their field of study. The placements themselves give us on the job skills that we may have otherwise never learned. Since every business operates in a different way it is important to see how it all comes together.

Above all, the whole college atmosphere is enjoyable. There are no better years in your life as the ones spent in college. As many times as we've heard this before, these truly are the best years of our lives. There are always various activities put on by SAC to keep us entertained. All of these activities seem to be well received by all students. (If only we could get the same people to vote in the SAC election.)

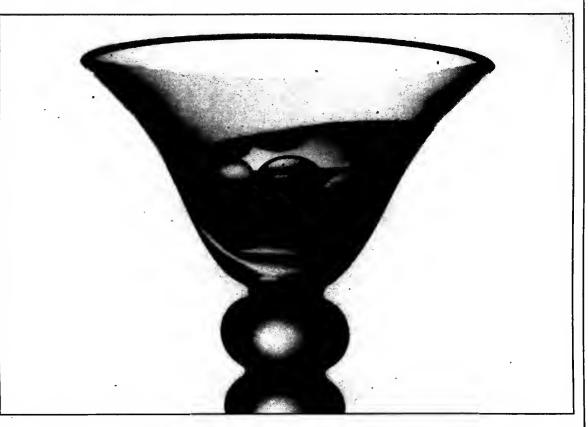
The SAC entertainment budget brings good bands to Caps, even though it's pretty evident that college students don't really need an excuse to drink, and Caps in itself is a good campus pub.

The memories (or lack of them) we all have from Caps alone would probably be enough to fill a 28 page paper.

As others come to our school for the first time, and we move on to full time jobs or more education, we can only hope that their college experience at Humber will be as memorable and rewarding as it was for us.

Whatever we bring with us, it will surely be enough to get our lives started in the right direction.

# Photo Spotlight



### "Marble Martini"

Sheila Carvalho Second year Creative Photography Student



Editor-in-Chief **Online** Editor **Photo Editors Faculty** Advisors The Humber Et Cetera is a publication of Dean Pinkham **Jason Engel** Matthew Lamperd **Terri Arnott** the Humber College School of Media Lifestyles Editor Elizabeth Trickett Studies: Managing Editors **Chris Vernon UNIB** David Smith Akua Boakye Office L231, 205 Humber College Blvd., Arts Editors Advertising **Elizabeth Trickett** Etobicoke, Ont. M9W 5L9. **Elizabeth Goncalves Adrian Hayles** Arthur Price **Sports Editor** News Editor Nancy Larin Phone: (416) 675-6622 ext.4514 Fax:(416) 675-9730 **Allison Turner Ross Thomas** Susan Wilson **On Campus Editors** E-mail:humberetc@hotmail.com Publisher Health Editor **Opinion** Editor Elliott Belkin Please direct all advertising queries to Carly Suppa Matthew Lamperd Sabrina Divell **Nancy Burt** Nancy Larin at (416) 675-5007.

# Free \$\$\$\$ in TV land

 $F_{\text{your attention? I'm pretty sure}}^{\text{REE MONEY!!!!!! Have I got}}$ I have, because in today's society, everybody is looking for the easy, or free, buck.

The perfect example of this are game shows, specifically a little show you might have heard of called Who Wants to Be a Millionaire, (which flies in the face of proper grammar rules by not adding the question mark.)

Since the show first arrived on the scene last summer, it has become a ratings juggernaut and helped a struggling network rise again like the phoenix.

Imitators have, of course, cropped up but none have been as successful.

Shows like Winning Lines and a new and improved Twenty-One and even more are in the works, like a new \$64,000 Pyramid and You Don't Know Jack.

Everyone is trying to, forgive the pun, cash in on this new trend. The television is just full of people trying to get rich, and millions are tuning in to watch them do it. And I am guilty of this myself.

At first, I watched it because it was interesting to watch a person try and win the million. Sweating over questions, using lifelines, and then, miraculously pulling the



answer out of nowhere, working your way up to the very top and winning it all.

But that has changed. Now I'm just not sure why I watch it any more.

I mean, the novelty has worn off since it's been on so long, and it's also on every other day it seems.

I think the reason I watch it now is to laugh at the stupid people on the show who don't succeed.

I mean, it's nice to see someone go all the way and get the million, but it's even better to watch the guy sit there and sweat over the first question and get it wrong.

To see someone sit there and struggle over questions like "What did Little Jack Horner pull out of his pie?"

You get a feeling of immense power watching a show and seeing

someone struggling over a question you see as being the simplest thing on the face of the planet. You can see how the music,

pinion

with its heartbeat like rhythm starts to grate on their nerves, as well as Regis Philbin's constant, annoying questions like "How are you doing?...It's a lot harder up here isn't?...What will you do if you win the whole thing?" or "Do you want to use a lifeline?"

You can scream at the set and say "What kind of idiot are you! It's the skullcap, the skullcap. That's the only hat there that doesn't have a brim! Don't waste a lifeline on such a simple question!"

You also get to see smug people get their just desserts, like some university professor squirming over a question about Pokémon.

There is also a sort of evil pleasure I get out of seeing someone lose on the first question and having a big banner appear underneath them proclaiming their winnings at a big fat \$0.

I still wouldn't mind being a contestant on the show though, cause I can't resist the lure of free money either.

And besides, I know that Little Jack Horner pulled out a plum, so I wouldn't have to worry about wasting a lifeline.



Adieu Humber,

#### MATT LAMPERD

Every day I spend at this insti-tution (every pun intended) I question why I even bother.

My day begins with the constant battle for a parking spot that isn't actually closer to the Woodbine Race Track than the school. There are even some extra cautious people that take up two parking spots to keep anyone from damaging their pristine mid '80s shitbox.

I then proceed into the K&L entrance, only to be assaulted by either the fecal smell of the past two years, or the new odour, which I have yet to identify.

I then thump up the stairs to the second floor, the whole time expecting the stairs to collapse under my, umm... hefty 170 pound frame. The staircase creaks, weaves and bobs more than I imagine the Bluenose ever did.

For 'the first two years 'at Humber, my trek would end at any of the four computer labs at the top of the stairs.

I would sit in a classroom that smelled like my parent's old trailer that wintered in a pumpkin patch. I would then attempt to catch up on my classwork on computers that were current when Vanilla Ice was Ice-Ice-babying his way up the charts.

These computers not only crashed at the slightest threat of multitasking, but when they crashed, it was the NYSE of the '30s all over again.

I was cautioned for an outburst that sent a lab chair hurtling against a wall after a final assignment was voraciously devoured by the computer, that soon therafter took its own life. About 30 hours of my life disappeared as the friendly cursor froze in the middle of my screen.

This was a daily occurence, and still is.

5

Now in my third year at Humber, I spend my days in the newsroom, plugging away on souped up G3s. These computers crash more often than a drunk redneck in a demolition derby.

Every Wednesday night, we, the editorial staff of the Et Cetera, battle with the network demons, trying desperately to stave them off long enough to bring you this paper.

I can only imagine being in a course where the core of your program is taught on computer. It must be so very frustrating, for staff and students to try to learn or teach between error messages. You know the ones, the cute little messages that crop up to tell you, "screw you, I'm gonna break, and I'm going to do everything in my power to delete whatever you were working on."

Maybe I shouldn't complain, all things considered, I'm one of the more fortunate ones.

I have never had my stereo stolen, let alone my car. I wasn't chemically dependent on Taco Bell. When I sampled couscous from Grains and Greens, I was only a little allergic to it, so it didn't kill me. I have never been robbed at knife point, or thumped about in any way. My program costs the same as the norm. The asbestos in the ceiling above my head has remained dormant, I think. I was never flashed in the arboretum, and no one, thank the lucky stars, has ever exposed himself to me anywhere at Humber." And speaking of nudity, I can happily say, none of my teachers ever appeared in a "novelty" calendar.

This being my final year, thankfully I will never have to look at the new atrocity of a logo. How much longer before Humber offers stock options with tuition?

I will never have to see Humber implode under the stress of the dreaded double-cohort.

I never quite got kicked out o Rez.

And thank God I never had to use the health centre or even try to apply for insurance of any kind.

So here I fade, unscathed more or less, and bid these hallowed, stinky halls adieu. Alere Flammam Humber.

He's a good luck schmuck She almost died. The evening is just getting started at the Rock nightclub in Brampton. Some guy in a white short sleeved shirt is racking balls on the pool table closest to me. I sit, relaxed, sipping on my Moosehead

First of all, the dude isn't even racking properly, bad sign. I light a smoke, leaning back in a hard, very uncomfortable chair. You know, the kind that's usually found in coffee shops to get you the heck out of there after about 20 minutes.

beer, watching him.

Three plastic glasses full of beer are lined up across a railing to my left, beside them, a nearly empty pitcher of the golden draft.

He takes painful care to separate all the striped balls from the solids, the eight ball in the middle, but the one ball is shoved to the back row. What's he thinking?

I take a swig from the green bottle and shake my head in disbelief. Removing the triangular piece of

plastic used to organize the balls in

DAVID J. WYLIE proper formation, he chalks his while he looks suavely at the girls his friend is sitting with at the table. It's about to happen.

He struts like a champion to the opposite end of the table, and he eyes the balls, then the girls, then the balls, and then the girls again like he's a lion, yep, king of the freaking jungle.

I chuckle and await fate, sipping the beer, pulling on the smoke.

Running his hands through shortly cropped blond hair, he intently eyes the seven.

Ah, I get it. Lucky seven, the first ball to get hit by the white ball after a cloud of freshly painted chalk smokes from his cue. Lucky break, uh huh, yep. I take another swig.

He pulls back, takes one last look and fires.

The cue slams against the white ball, setting a whole chain of chance events spinning furiously into motion.

The white ball speeds across the table, smashes into the seven, and lifts powerfully from the table.

It's flying through the air and slow motion ensues.

A short, blond girl wearing a pink blouse, sits cross-legged in the path of the white ball. She is oblivious to the danger.

As she turns her head to the right, the white ball, travelling at about mach three swishes by, missing her head by mere millimetres. Lucky seven.

Lucky girl.

Lucky fate.

# Fashion show goes off-campus

By JENNIFER ZALITACK

6

RIGO, the showcase of Ollumber's Fashion Arts students is going downtown.

ORIGO means a new beginning and the class of 2000 has booked the Phoenix Concert Theatre on April 12 for the first ever off-campus show.

Eleven of Toronto's top fashion designers have been invited to share their designs. Clothes from, Karen Uhm and Kafi Wilson for virgo, Jasper, Shelli Oh for Harebell and Ula Zulowski, and others will be featured.

"We've been working so hard for this fashion show and it's great that these designers are going to be part of our show," said Shannon Jones, a second-year Fashion Arts student, working on the event.

For the past 10 years, Humber College has hosted an annual fashion show that showcases the talents of the graduating class.

Students are responsible for budgeting, advertising, marketing, and publicity. In return, students get a first-hand look at what it takes to plan and execute such an event.

Humber's first fashion show started on a much smaller scale in the conference room of residence.

BY MARK BENNETT

Contact 2000, the month-long

celebration of Canadian and inter-

national photography, continues

this year with exhibitions at gal-

leries, clubs, schools and restau-

Jim Chambers, co-ordinator of Advanced Photography, said

Humber is looking forward to par-

and this year [Humber's] holding

photographic workshops as part of

our commitment to Contact

Humber's School of Media

The work of two-year diploma and one-year advanced photogra-

35 pieces will be chosen and

phy graduates will be on display.

presented at the school's Students'

Studies will be hosting their annu-

al portfolio display on April 17, from 11 a.m. to 9 p.m. in the stu-

ticipating in this year's festival. "We've been involved every year

later this spring.

rants across the city.

2000," he said.

dent centre.

With time, it grew and moved to the gymnasium of the College.

"It's going to be exciting having our fashion show at the Phoenix, especially since it's going to be the first show off campus of the millen-

nium," said Jones. The fashion industries attract global markets, and by taking the annual fashion

show off campus, the students hope to attract a broader audience.

The class of 2000 wants the city to see the talent the Humber College Fashion Arts program has to offer.

An interactive gallery will display also photography and poetry from Fashion Arts students, as well as from a variety of

other artists. Part of the

proceeds net

from the show will be donated to Bifida and the Spina Association of Hydrocephalus Ontario.

On Campus

Tickets are \$12 in advance, and \$15 at the door. Doors open at 7 p.m. April 12. For more information, contact Sylvie Roy at (416) 675-6622 ext. 4808.



Display: Harebell and Jasper's designs to be shown

# Plenty of room for student living

#### By SAADIA HUSSAIN

The clock is ticking for students I in residence who have to make alternative living arrangements for next year as Humber is overflowing with returning students who want to live on school grounds.

Derek Maharaj, manager of Humber's residence, said about 210 students reapplied for residence next year with only 125 spots available for returning students.

"There were 95 on the waiting list," Maharaj said.

But some students are growing impatient and are looking for accommodations on their own in case they find out they can't get back in:

Javi Siddiqui, a first-year Multimedia student from Oakville, is number 32 on the waiting list.

"I may have to move in with my parents, and I don't want to," said Siddiqui.

"My parents are in Oakville and are moving to England so after the summer I'll have no place to live."

WEB SITE INFORMATION

Those who did not get a room for next year, or chose not to reapply for next year can look up listings for off campus housing on www.humberc.om.ca/~residenc/: The site has 74 addresses and contacts for houses available for

rent in Etobicoke and Lakeshore. The Humber Web site was designed to give students information about the rules and regulations of renting and leasing.

Few people are familiar with the legal terms on a lease and what rights they have as tenants.

It also gives students a checklist to keep in mind when they go to look at different listings to make sure they are not signing a lease to a possible "hole".

The site listings show rents ranging anywhere between \$300 and \$850 a month.

Housing is categorized according to the number of bathrooms and bedrooms offered, if parking is available, if pets are allowed, and if it's smoking or a non-smoking residence.

Humber's residence also has 30 listings posted in their main lobby for those students who are not returning to rez.

Students who reapplied for a spot in rez next year are not guaranteed a spot until they pay the deposit.

#### \$400 DEPOSIT

Maharaj said students who fail to pay the first deposit of \$400 by April 14, lose the room and the next person on the waiting list is given the chance.

Ashley Miller, a first-year Film and Television Production student is number 40 on the waiting list.

When she was asked about her plans for next year, Miller sighed and said she had no idea what she was going to do.

"I'm going to wait to see what happens after April 30," said Miller.

"But after that I'll have to look for a place, and with the program I'm in, I don't want to be living far," she added.



Club 606 in Toronto (606 King Humber College School of Media Studies will be co-Street West) from April 19 to May 6 as part of Contact 2000. sponsoring the fourth annual According to Chambers, Toronto Photography Festival,

Humber's participation at Contact 2000 is two-fold. First, it's one way to showcase

Photography festival at Humber

Creative Photography exhibit at

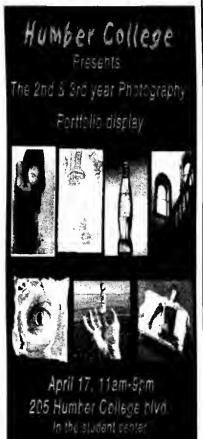
the skill of the students. And, second, it helps to promote Humber's program.

'Many media schools are located downtown, so that puts us at a bit of a disadvantage being located in the suburbs. This festival allows Humber to participate in the downtown scene and raise the profile of its students and our programs," he said.

tor, Contact 2000, said this year's show will be the best one yet.

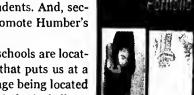
"More than 140 exhibits are expected, plus programs and lectures throughout the month-long festival," she said.

Ontario College of Art and Design (OCAD), Ryerson and other colleges also provide space to show students' work during the festival. Contact 2000 runs May 1 to 31. Portfolio: Pictures by students



COURTESY PHOTO

April, 6, 2000



Lesley Sparks, executive direc-

In addition to Humber, the

# - *ifestyles*

# More women in charge of maintaining cars

Female drivers taking the initiative to learn more about vehicles

#### BY NATALIE DAVIS

The notion that males are the **L** only ones who can give a car a tunc-up, change the oil and rotate the tires is becoming a thing of the past.

More and more, women are beginning to take the initiative when it comes to understanding and maintaining their vehicles.

"They seem to be taking more control, especially single women going out and buying vehicles," said · Lynn Chinnamon, of Trader Magazine. "They're wanting to have a better understanding of it."

"They're going on to the computer wanting to find more information, and they're watching those Saturday morning automotive shows," she said.

According to Woman Motorist Online, more than 65 per cent of customers who take their vehicles to a repair shop for service and repair are women. In addition, it was found that the percentage of female drivers is increasing, along with the percentage of females who are buying vehicles.

Chinnamon said these changes could be attributed to the fact that many women are now "doing their homework."

"They're not allowing servicing people to misinform them of what's wrong with their vehicle, and they're taking the time to read and understand their manuals," she said

Paul Woodrow knows all too well about the obstacles facing female motorists.

Woodrow, a mechanic, specifically deals with female customers.



**Summer Jobs** 

**College Pro Painters** 

**College Pro Painters is presently looking** 

for responsible/hardworking university or

college students for:

Marketing Positions in March and April

Part-Time

• Full Time

College Pro

GMAC

Research: More women are attending auto shows to obtain more information about their vehicles

"Women have a great number of strikes against them when it comes to dealing with mechanics and it's not because of them, but rather the ignorance of most mechanics,"

Chinnamon said.

"It is a known fact that women pay more for service simply because men don't think that women take the time to understand the different parts of their vehicle," she said.

#### "These corrupt mechanics treat these women as simple, senseless, individuals"

Woodrow, who used to work as a full-time mechanic in an automotive shop says he has watched far too many females get "screwed around" when they come to get their car serviced.

"It's so unfair and so upsetting watching these females come in and get less service than males," he said. "These corrupt mechanics treat these women as simple, senseless individuals."

In fact, Woodrow is so fed up that he is in the process of starting a workshop that will cater to helping females understand their vehicles.

Although it is still in the works, he did give some general insight into what consumers should expect.

"What I can tell you is that it will be informative, and be presented in environment in which

ATALIE DAVL

....

women can deal with other women about vehicles, and how to understand mechanical jargon." he said.

Chinnamon said that the best thing females can do to prevent themselves from being trapped in a service shop nightmare is to ask "questions, questions and more questions."

"If they inquire about as many things as possible and take the time to know their vehicle, when they do go out to have their car serviced they will be able to have a better conversation with the mechanic," she said.

Unfortunately however, despite the advancements that women have made in the area of automobiles, Trader does not offer anything in their magazine or on their web site (www.trader.com) that caters specifically to women.

Chinnamon does note however that this is slowly changing because they are making a conscious effort to serve the female motorist.

Woodrow added that he sees the increase in female motorists as a positive thing for the new millennium.

"Times are changing and the good old days of having a husband a comfortable and uncomplicated to rely on to change your flat is disappearing," he said.

> "Women of today are stronger and more independent and scary as it may seem, they're pushing us [men] out of the automotive scene."

or apply online at:

www.collegepro.com

If Interested call 1-800-465-2839

Positions available throughout Ontario

Painting Positions from May – August

### Cottage Life Show, a weekend for the whole family

International Centre filled with the latest in cottage living

BY NATALLE DAVIS

Contage lovers and nature Centhusiasts were entertained this past weekend at the seventh annual Cottage Life Show. The event, held at the

International Centre in Mississauga, ran from March 31 through Sunday April 3. Those interested in new ideas for their summer cottages were

enticed by more than 450 exhibitors featuring the latest products and services offered for cottage life.

"The show was great. All the

displays [and] the way they presented everything," said Tim O'Brien, a visitor to the show. "I come here every year and I'll be coming here every year afterwards. It only gets better and better."

Some of the interesting things that could be seen were outdoor fashions such as wet suits and wind breakers.

For those good old family cookouts, outdoor stoves and barbecues were grilling up the booths.

And for those who look forward to those lazy, hazy days of summer, hammocks swings, and gardening ideas were on display as well.

Visitors learned how to predict weather conditions at the Cottage Science Centre. They were greeted by creatures such as snakes, cockroaches, beavers, and turtles at the Wild Life Centre.

They were sent back in time at the Antique Boat and Outboard Motor Museum, where boats that cruised Canadian lakes in the 1950s were on display.

And for the entire family the Family Activity Centre offered cottage crafts and games. Jane Rodemell of Cottage Life Television's, Cottage Kitchen, performed cooking demonstrations and gave out tasty samples for those who came to the show with an empty stomach.

Ian Forsyth, show manager, said he is very dedicated to putting on a spectacular event every year.

"We take great pleasure in offering a top quality show that brings together all the traditional favourites and latest innovations that make cottage living so appealing," Forsyth. "It's a cottagers' weekend!"



Wild Life: Children visited the Wild Life Centre where snakes, turtles, beavers and other creatures were displayed at the four day event



Above: Visitors browsed through an array of outdoor apparel; perfect for a weekend at the cottage



Below: Collectors admired the timeless treasures and antique china on display at the Cottage Life Show

# rts Planet Earth bring in the funk

BY DAYNA HAHN

**T**f you're tired of the same old top 140 hit music - Planet Earth may be the band to take you out of that funk.

This Toronto based funk band consists of Ron Littlejohn on lead vocals, Glenn Olive on bass, Dylan Heming on organ and keyboards, and Ben Riley on drums.

Littlejohn describes this music best as, "music that everybody can get into. The kind of music you can take anywhere."

Planet Earth draws a vastly diverse crowd. This music is for people of all ages said Littlejohn.

"Sometimes we come in and it is all 19 year-olds or sometimes it is all 50 year-olds. It always ranges. It is always different. It is good we play this kind of music because if we came out and played loud abrasive rock half the room would leave," he said.

The crowd on Thursday night comes in for the pure unadulterated funk. They love the music. They have the CD and they sing along.

The Orbit Room is small, with no barriers between the band and the



Planet Funk: Toronto band Planet Earth are Glenn Olive, Ron Littlejohn, Ben Riley and Dylan Heming play weekly in the city

audience. can't really make a mistake, cause people are three feet away from it and they are going to notice," said Littlejohn.

Planet Earth's music draws from every where.

"It's kind of James Brown, "It is really intimate and you Maceo Parker, Tower of Power, The Meters and Barry White, that kind of thing. All the influences mixed in on every tune," said Littlejohn.

> "Attendance has improved (since the CD Ali Shuffle was released) and it is great 'cause now

when you look around people are actually singing along with the songs," said Littlejohn.

The live version of Planet Earth differs from the sound projected on their CD. Like most good bands, their live performance allows them to shine and strut their impressive talents.

With improvisational playing and covers not to be found on the CD the band's live performance should not be missed. One cover tune the band play regularly is the theme song for the television show Stanford and Son.

Sometimes it is 20 minutes long. Sometimes 45, sometimes 10 one thing is for certain – it is never the same twice. The song is like a journey you never know where you will end up at the end," said Littlejohn of the cover tune.

Littlejohn needed to ponder whether or not the band's sound fits into the music scene in Toronto.

"I don't know if we fit in or if we don't. But I know we got a nice little place here at the Orbit Room. We have managed to do some really great shows here," he said.

### Supergrass contest



The Et Cetera has fiive copies of Supergrass'

self-titled

CD, five limited edition colour vinyl copies, and Supergrass stickers up for grabs. One grand prize winner will take home Supergrass' CD library, a vinyl copy of Pumping on the Stereo and Supergrass stickers.

To enter, just email answers to the following question, to humberetc@hotmail.com by 3 p.m. on Monday, April 10. Please include your name and phone number.

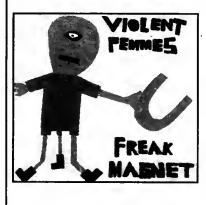
Winners will be contacted by phone or email on Monday, April 10.

**Ouestion:** 

What day will Supergrass play the Opera House?

Not open to Journalism students.

## Violent Femmes return with Freak Magnets



Violent Femmes

Freak Magnet

BY STEPHANIE SAWITZ

Ctraight from the where-are-**O**they-now file, the Wisconson trio Violent Femmes have released their long-awaited new album Before I had Two Feet by Max Freak Magnet. But the Femmes, Dunn. They had previous success who you may remember as the group responsible for the '80s Why Do Birds Sing? with the track anthem Blister In the Sun, never truly disappeared.

With Freak Magnet, the Femmes have released a whopping 12 albums from live albums to compilations and everything in between. Freak Magnet near the



Long time fans of the Femmes will be pleased they have remained true to their folk-punk style, while creating a new album of 15 diverse tracks.

On the first track, Hollywood is High, the Femmes manage to suck the listener in with a quick tempo and the unmistakable, scratchy voice of lead singer Gordon Gano. Lyrics for most songs are chop-

py and whimsical, but are reflective of Femmes' typical style. Highlights include fun tracks Sleepwalkin', and Mosh Pit: an ode

to that phenomenon of the '90s. On the tracks Forbidden and I Danced, they recycle their idea of transforming an old poem into an excuse to rock-out. This time it is The Birth of Venus by William Carlos Williams and I Danced with this formula on their album Hey Nonny Nonny, whose lyrics are stolen from the poem To Colin

Clout. Freak Magnet is a definite must-have for the hardcore Femmes fan. It also makes for a good way for old fans to reacquaint

themselves with this truly underrated band.



The Unband

#### Retarder

#### By Dayna Hahn

The Unband should be banned **L** for the mindless drivel they produce and try to pass off as music. It sounds more like a thundering sonic boom, with a continued scream.

The screeched out lyrics are next to impossible to make out and are not written in the liner notes. In the first track Geez Louise vocalist/guitarist Matt Pierce continually screams "tooty fruity."

The "tooty fruity," part can only be assumed to be the chorus since it's repeated so many times. Later in the song the chorus is followed by a continual scream of "yeahs."

It is hard to listen to this CD once. Play it again and you will see that there is nothing remotely redeeming.

It is amazing that a band this horrible could get a record deal.

#### Air

#### The Virgin Suicides

#### BY ANDREW HORAN

The music made by France's Air, L the duo of Nicholas Godin and Jean Benoit-Dunckell, was once described as muzak for the world's coolest elevator. It can now be described as the world's coolest film score.

The Virgin Suicides, is the directorial debut of Sofia Coppola, daughter of Francis Ford Coppola. She was also the gymnast in The Chemical Brothers' Electrobank video.

If the music on this CD is any indication it is undoubtedly a dark

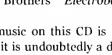


and moody film that captures the tale of five doomed sisters and the men who become obsessed with them perfectly.

The music runs the gamut from the harrowing Dead Bodies to the trippy Playground Love. Tracks like Bathroom Girl have a hazy narcotic sound to them.

The two most unusual pieces are Clouds Up and Cemetery Park. The combination of ominous synthesizer chords and over light sixtles style instrumentals makes for an interesting dichotomy of light and dark.

While this album is not as strong as their excellent 1998 debut Moon Safari this is still far better then anything being turned out by French techno artists Daft Punk and Cassius.





# 10

### Apartment 26 refreshingly unlike current boy bands

### British band plays to a disinterested audience

BY SARAH WYSE

In a time where boy bands like N'Sync and the Backstreet Boys. rule charts and airwaves virtually everywhere, it's about time that we hear from an all male band that is not so damn bubble gum poppy and full of crappy love songs.

Ladies and gentlemen, I introduce you to Apartment 26.

Their music is hard, it's edgy, it's unique. It's also hard to categorize. "Our producer was trying to

come up with a definition for [our music]," said guitarist Jon Greasley. "What he wanted to call it was post-metal-rave-core."

Band members agreed that this description was too much of a mouthful.

"When people ask us about [our music] we tell them it's just kind of a mix," Greasley said.

And this mix has heavy bands and music lovers alike checking out their live shows.

Presently on tour with the Rollins Band, Apartment 26 also played at last year's Ozzfest. Comparable to a fantastic summer vacation, drummer Kevin says that Ozzfest was "like being able to go to the greatest concert in the world every day."

Hailing from the U.K., Apartment 26 got their name from David Lynch's bizarre movie Eraserhead.

Watching the movie at band practice one day, lead singer Biff Butler noticed that a character by the name of Henry lived in apartment No. 26.

Going by the name Zero at that time, they soon discovered that another band was going by that same name.

"We went three months without a name, not agreeing on anything," said Greasley. "And then eventually someone just went 'Well how 'bout we just call it Apartment 26 'cause that was kind of cool' and it just started like that."

Unlike a lot of other heavy bands, Apartment 26's music also includes rhythmic mixing and keyboarding, giving songs an intricate synthetic beat.

Backstage at the Opera House, the band discusses their musical influences.

Programmer/keyboardist A.C. Huckvale says that techno is his main influence.

"I like reggae and rhythmic shit too. Biff's into the '80s electronica pop stuff, Jon's into '90s metal, Louis likes Pantera, and Kevin likes funky shit."

All band members agree on the excellence of a few select bands,

however, like Nine Inch Nails, Tool, and Soundgarden.

Apartment 26's first CD titled *Hallucinating* will be released in Canada on May 30.

Bassist Louis Cruden, the quietest of all the band members, finally speaks up.

"It's produced by Ulrich Wiles and it sounds pretty amazing. I think people will be pretty impressed by it. I hope."

Eating cheese dipped in mayonnaise, Bulter offers more information on their upcoming release.

"We just locked ourselves in a closet basically, with a kitchen and a bathroom. And then we just came out with this album that sounds intense because it was everything we were feeling at that moment."

Intense as the album may be, these guys are a blast to hang out with.

Wrapping Cruden in plastic wrap or duct tape seems to be some sort of strange ritual that I was fortunate to witness.

Biff dances around like a raver in a crazy electric blue coat and shows me a picture of his dog.

Kevin turns his hat sideways and admires his ass in the mirror.

Rollins can be heard playing on stage, and the topic of discussion is that night's performance.

Apartment 26° received little reaction from the lethargic crowd that was evidently anxious for



**Apartment 26:** U.K. band take their name from the creepiest of places, David Lynch's *Eraserhead* 

Rollins to take the stage. "It was like that scene in *Back to the Future*," says Cruden. "Michael J. Fox comes out with this crazy guitar solo that leaves the audience speechless."

Arts



Rollins Band: In the world of alternative music there are few musicians as outspoken as lead singer Henry Rollins

# Henry Rollins exposes evil

Rollins Band performs at the Opera House

#### By Sarah Wyse

The ferocity and aggressiveness that is Henry Rollins arrived in Toronto last Wednesday to play a long-awaited gig that left audience members with a profound sense of fulfilment.

While the Opera House still had tickets available at the door, anticipation for the show hung above the audience, dressed primarily in tight black jeans and leather jackets.

Beer was guzzled, cigarettes were smoked, and t-shirts were bought.

#### ZEALOUS AUDIENCE

Half an hour after the opening band, Apartment 26 finished their set, the Social Distortion CD playing on the speakers faded out and the lights dimmed. New members of the Rollins band quickly took their places in front of a screaming and zealous audience.

#### POWERFUL LYRICS

Jim Wilson on guitar, Marcus Blake on bass, and Jason Mackenroth on drums, the former members of Los Angeles-based band Mother Superior looked relaxed and at home on the small stage.

Then out came Henry Rollins barefoot and clad only in a pair of torn basketball shorts. Prominent jaw, crew cut, along with his usual mass of tattoos and muscles.

Opening with *Illumination*, the first song from their new CD titled *Get Some Go Again* Rollins bellowed into the mic powerful lyrics like "yellow miles of pain" and "the sea of desolation."

Rollins spent the next hour rocking and swaying to songs from his new CD, and improvising spoken word between tracks. He had audience members cheering and raising their beers to toast the sweaty singer. The balcony was full, and those on the floor in front of the stage were subject to a series of slam dancing pits and crowd surfers.

Half a dozen people were escorted out of the venue for being too violent.

#### RAW EMOTION

And Rollins egged them on. He glared at the crowd and screamed about the evils of the world. He swore at them. He spit at them. He snorted like a pig.

After playing two Thin Lizzy covers (Are You Ready? and Rocker), the band left the stage.

A mere two minutes later, the band returned to perform two new songs titled *Hello Hello Hello* and *Stop look and listen*. The crowd was loving it:

Rollins' aggressive in-your-face attitude was what the audience craved.

Thanking the crowd, Henry Rollins and his band left the stage.

Holding nothing back, Rollins sweated his way through the 90minute set, singing with raw emotion; proving that he still is a force to be reckoned with.



Hot stuff: Basking in the sun may not be your best bet this summer with incidents of skin cancer on the rise.

### The stinging truth about sunburns

#### BY TANIA DUARTE

With summer on its way and the school year coming to an end, people have more to worry about than just getting a sunburn.

According to the Canadian Cancer Society, skin cancer is a major problem with sun exposure. They said incidents of life

threatening melanoma have tripled in males, and doubled in females in the last 30 years.

But, there are other forms of skin cancer, such as basal cell and squamous cell, which are the most common, and are non-life threatening.

"The occurrence rate for melanoma is three per 100,000 Canadians. The rate for Ontario, is three males per 100,000 and two females per 100,000," said Dianna Powers, a spokesperson for the Canadian Cancer

Society.

Though skin cancer may be potentially fatal, there are ways to treat it. "Evervone needs to be

aware of their freckles and moles and if they change at all, then they should be checked by a doctor," said Irene Bond, a registered nurse with Humber Health Services.

According to Greenpeace, the estimated 10 per cent reduction in ozone gases will lead to a 25 per cent increase in non-melanoma cancer rates by the year 2050.

Preventative measures are essential to stopping melanoma and other skin cancers before they begin.

"It's a really good thing to avoid being in the sun from 11 a.m. up until 4 p.m. That's the time when the sun is strongest. It used to be between 11 a.m. and 2 p.m. but we now know that the sun is still very hot and strong after two," said Bond.

Staying out of the sun may be the smartest thing to do, but not many are going to want to cover up and

stay indoors on a beautiful day. According to health specialists and the Canadian Cancer Society, the first thing

that people have to remember is to wear sunscreen. "You should wear a

sunscreen of at least SPF 15 or higher," said Bond. "People with fair hair are at

a higher risk to burn more seriously. More pigmentation in a person's skin provides a little more protection but that isn't really going to prevent sunburns."

Many people frequent tanning salons to achieve a base tan so that they won't burn.

"People come in two or three weeks before they go on vacation," said Jake Keen, the owner of Sun Source Tanning Centre in Toronto. "It's a great way to get a base tan to prevent burns from the sun outside."

Tanning salons may promote a base tan, but they are just as harmful as being in the sun.

"Tanning indoors is just as harmful as tanning outdoors because the same rays are used and can cause the same potential damage in the long term. There are even beliefs that they can make your immune system less effective," Bond said.

The most common myth associated with sunburns is that only fairskinned people get sunburned.

"Even people who were perhaps raised in the Caribbean, now when they're in the sun when they go back home, they will get sunburns. Where, in the past this wasn't the case. We have to keep in mind that the nature of the sun has changed. The sun is more damaging today, [and burns] more quickly, than it did 20 years ago," Bond said.

The Canadian Cancer Society recommends that people wear protective clothing with a tight weave in order to block the sun's rays.

Wide brim hats and sunglasses are also essential to keeping the sun away from your skin.

If you happen to be one of those people who refuse to cover up

or forgot to use sunscreen, there are ways to heal sunburns.

"You can take anti-inflamatories like Advil. They can help reduce inflammation thereby reducing the pain and swelling," Bond said.

Sun experts recommend that sunburn victims take tepid baths with baking soda, which is very soothing when added to water.

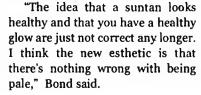
Aloe Vera lotions are also helpful, even more so if the aloe comes directly from the plant.

Experts say that people should stay away from using anything with oils on sunburns.

If the burn is really severe to the point where there may be blistering, then sun specialists say that it is important not to break the blisters in order to promote faster healing.

"First degree burns happen with people who really overdo it in the sun. Second-degree burns where there is blistering can also happen. If there was dehydration and you felt really awful, then there might be a need for intra-

venous to replace fluids," Bond said.



### Come on get happy

#### BY TANYA VERRELLI

Whether it's love, school, or heartburn that's got you down, there are lots of things to help you get back up again.

Gord Cooper, a herbal consultant at Heartland Health and Nutrition Centre in Newmarket, said different herbs work in various ways to uplift an individual.

"Some [herbs] can just make you feel more relaxed. Others can improve digestion so you're not so bloated or nasty or irritable after food," he said, citing peppermint and chamomile as digestive aids.

Cooper also said St. John's Wort, Kava Kava and Ginseng are the most popular "feel-good" herbs.

"Those are probably the top three to either uplift or increase resistance to stress. Ginseng, in and of itself, is an anti-depressant," he said.

Cooper said chemical properties in herbs bring harmony to the systems of the body that are stressed out.

"Most of the herbs that increase one's feeling of well-being are adaptogens, meaning they invigorate the whole body," he said.

He said the majority of his customers are looking to boost their energy.

"When people come in, they're stressed out and they're tired. It's usually out of being run ragged, too many demands, and their nutrition [isn't good]," he said.

Cooper recommends taking a multi-vitamin with minerals everyday and an essential fattyacid supplement like flaxseed or primrose oil. He said that oils are important for the brain nervous system and hormone balancing.

Natalie Ziegler, a certified aromatherapist, said she also knows how to make people feel good.

"Aromatherapy products work on the senses and when you breathe it in, it triggers the memory centre, the limbic centre [in the brain] and that's what causes the pleasure," she said.

Ziegler said smelling aromatherapy oils is like getting fresh flowers; it makes you feel good, and there are many to choose from.

"The ones that I find everybody absolutely loves are lavender and rose, they're very calming and soothing, and always make people feel really great," she said.

Ziegler said it takes the oils about 15 minutes to absorb into the body and they stay for about six hours. But, she warns that each oil is different and should be used with caution.

"Know your product Know what the side effects are. Know what the precautions are before you use it," she said, adding that some oils shouldn't be blended together or used directly on the skin because they may cause a rash.

Margaret Cross, manager of Maria Sweets in Aurora, said sweets can make people happy.

"It just gives them a nice boost I think, and nearly everyone likes chocolate."

### Humber bakes with SPF 15

#### BY STEPHANIE HESS

Yan't wait to go out and work on your tan? Sun worshippers might want to think twice about baking in the sun for those couple of hours.

To help combat the dangers of the sun, the Health Centre is putting on a sunscreen awareness event on Thursday April 6 in the concourse across from Tall Hats.

From 11 a.m. to 2 p.m., students can visit the event and learn about various safety precautions when spending their days in the sun.

"The main idea is to teach people to enjoy the sun and to be smart," said Patricia Reason, a Health Centre counsellor.

Brand name sunglasses from Vuarnet and Bausch and Lomb

will be awarded through a ballot entry to students that come out.

Irene Bond, a Health Centre counsellor, said people should wear sunglasses to reduce the risk of forming premature cataracts.

"We want people to be eligible for prizes. We want people to turn out to learn how to protect themselves and still have fun in the sun," she said.

Bond and Reason recommend wearing a sunscreen with an SPF 15 or higher when out in the sun.

"The sun has become less of a friend and more of an enemy," Reason said.

Both nurses stress to see a doctor if you notice any moles on your body changing shape, itching or bleeding, and have it checked for skin cancer.

# A trip to wonderland on the paranoia train

BY GILLIAN CLAIR

12

espite the proven facts of dam-Daging side effects, people everywhere are still finding satisfaction in their drug use.

Used as short-term relief from stress, users escape from the real world but pay the consequences with the side effects.

Cyril Bulanda, who has been a counsellor at Humber College for many years, said he's seen many incidents where students will take drugs to get away from the 'real world' without realizing the consequences.

"I'm no medical expert," Bulanda said. "But I know people take drugs as the easy way of getting out of stress . . . it's a relaxed way of getting out."

Bulanda said it is human nature to want to escape the difficulties of life. However, he said drugs can cause mental and physical problems. One of the most common side effects of drug intake is paranoia, an extreme feeling of uneasiness and suspicion.

Daniel is a second-year



FRIDAY APRIL 21 DESTROYER **Tribute to Kiss Students Only!** 20% off Food and Pool

@Rexdale and Hwy27 416.747.0829

Mechanical Engineering Technology student at Humber. During the summer of 1998, he said he experienced his first incident of paranoia after smoking weed, doing mushrooms and drinking alcohol

while at a rave. "After I took my first bit, I felt like I was invincible," he said. "But then I was just walking and suddenly got really paranoid of everyone." Daniel said everything started to

seem really loud. Even the people dancing bothered him. "I had to go outside and I avoid-

ed everyone," he said.

#### SUSPICOUS BEHAVIOUR

Sandrine, a worker at the Centre for Addiction and Mental Health, said any drug can cause problems of paranoia although the most common paranoia causes are Ecstasy (MDMA), Cocaine, and 'magic' mushrooms (psilocybin).

"Everybody reacts differently to the drugs," Sandrine said. "Sometimes it'll depend on the environment and the person."

Sandrine said that sometimes an underlying illness would be triggered because of drug use.

"It certainly could lead to paranoia," Sandrine said. Chances are you'll experience uneasiness, mistrust, fear and suspicion of others when combining drugs and alcohol together.

"It really could happen to anyone," Sandrine said. Andrew Poulos, a counsellor at

user by making them feel overly suspicious of people and situations around them. "Often what happens is that they

think people are watching or looking at them," Poulos said. "They begin to feel paranoid."

Poulos said he hasn't seen an incident where there are long term effects from drug-induced paranoia.

"It could very well happen, though," Poulos said. "There is a difference between a personality disorder which will cause paranoia and paranoia resulting from drug use."

Bulanda said paranoia can set in, for example, while the drug user is walking down a hallway alone.

"Your brain is altered chemically," Bulanda said. "In an extreme way, you won't be in the real world."

Bulanda said you, as a drug user, might feel like there's someone in the room, staring at you, wondering what you're doing and if you're

using drugs. "Drugs can make just an ordinary event seem crazy," Bulanda said. "They give you a distorted picture.'

Jen, a second-year Fashion Arts student, had an experience with mushrooms causing paranoia a few

years ago. "When I did mushrooms, I totally freaked out," Jen said. "I felt like everyone was talking about me and staring at me. I had to run away from them."

Jen said if anyone came near her

So high: Paranoia is one of the most common side effects of drug use

or brushed past her, her immediate reaction would be paranoia.

She said she thought people would step on her or that people were purposefully trying to 'freak' her out.

"I'd start crying and shaking . . . people would ask if I was okay, but no one could calm me down," she said. "No one could touch me. I was around a whole bunch of drunk people and they were on a different level, so it weirded me out."

Jen said she felt like she was going to die and thought people were out to get her. She felt hot and flustered.

"I ran to the washroom and ran cold water over my hands to calm me down," she said. "It was the weirdest thing."

Three hours later, Jen came down from her trip. Although she. had done drugs before, Jen said she only experienced the feeling of extreme anxiety and suspicion once. She said a few of her friends had done crystal and ecstasy the same time as mushrooms and had experienced a paranoid feeling, as well.

Daniel said one of his friends had taken ecstasy and after feeling extremely paranoid and suspicious about everything, he was contemplating suicide.

For more information on drugs and alcohol, please contact the Centre for Addiction and Mental Health at (416) 664-4652. Students can also contact one of the school councellors at 416-675-6622.

### Sunshine, flowers and itchy, watery eyes

#### BY CYNTHIA ATTWOOD

 $\mathbf{S}$  pring is here and that means warm weather, longer days and, rfor some, allergies.

Allergy sufferers may experience symptoms including itchy eyes, sneezing and a scratchy throat.

Those allergic to pollen, grass and ragweed are getting ready by taking antihistamines now, such as Claritin or Allegra to help combat the symptoms.

Some students may find taking antihistamines are not helping them anymore Dr. Albert Wong, an allergy specialist, said allergies seem to be

becoming more severe. This rings true for Susan Gardner, a third-year business student who suffers from seasonal allergies.

"I'm allergic to pollen and suffer

from hay fever. I can't stand it. My eyes turn red and itchy and I'm sneezing all the time," she said.

Wong said people are expecting too much from over the counter drugs like Claritin.

"People expect to take an anthistamine and their symptoms will disappear. But over the counter medication is only meant to deal with minor allergies," he said.

Severe allergy sufferers may need prescription medication to combat symptoms.

the health centre pointed out the Chappel said differences between allergies and an allergic reaction.

"If you have an allergic reaction to something, such as peanuts, you get swelling in the throat, air cannot get to the airways and airways may close."

It is recommended that people

with a severe allergic reaction carry an Epi-Pen with them.

"If someone is stung by a bee outside, and it takes them five minutes to get in here, they could be in bad shape," Jones said.

An Epi-Pen contains adrenaline. When it is injected into the body, it stops the allergic reaction, explained Katherine Chappel, a technician pharmacist at Robinson's Pharmacy in Mississauga.

"We have between five and ten Marg Anne Jones, senior nurse customers who have epi-pens,"

However, some sufferers have different approaches to dealing with their allergies. Some can manage by changing their environment. Those allergic to dust can keep their office and home clean and can cope, Jones said.

Others may opt for allergy shots,

but they require a time commitment. "You have to be committed to

shots every week," Jones said. An allergy shot consists of a

small amount of vaccine made from your allergen. The level is increased over time until your body accepts the allergen.

Nasal sprays are also another way of combating allergies, Chappel said. However you need to visit your doctor to get a prescription.

"April to September is when we sell the most antihistamines," Chappel said. "Sales drop off as it gets colder."

This happens because most allergens, such as grass and ragweed, die off after the first frost.

Jones recommended seeing a doctor if you have experienced any symptoms to determine exactly what you may be allergic to.

Columnist Michael Stamou takes Eric Lindros to task and questions "The Big E's' will to play : p15



# The Double-M Awards go to

A look at the lighter side of sports at Humber College

"You could call it the year of the freshmen."

So says Humber Athletic Director Doug Fox, explaining the impact that rookies have had this year on each varsity team.

Being rookie sports reporters ourselves, we couldn't agree more. Each team had a number of first-

year players who contributed game in and game out, and put up huge numbers.

There was the explosiveness of such players as Joanna Vitale, Jennifer Edgar, and Jason "Skippy" Francis. Then there was inspirational play from Ryan Duke, Jason Mesa, Mike Silva, Barbara Legiec and Beth Latendresse.

Humber lost many veteran players through graduation last year and expectations for the 1999-2000 season were modest due to Humber's sudden youth movement. So, when all of the varsity teams were in medal contention, eyebrows were raised.

"The two surprises were probably the two women's teams [volleyball and basketball]. In both those sports, we lost the whole starting line-up. You think it takes two to three years to rebuild. So, it caught me off guard to see those teams do as well as they did," Fox said.

Humber finished the year with a total of five gold medals, three silver, and three bronze, all at the provincial and national levels. You can see why Humber is billed as the College of Champions.

The 1999-2000 varsity season is over and all of the official SAA (Student Athletic Association) awards have been handed out. And as two brash, simple-minded sports reporters, we feel that there are many more awards and highlights to be unveiled.

But, we're making our selections from a different perspective. Hey, we're sports writers, expect the unexpected.



female athletes, top performances and highlights, but our primary objective is to select the 1999-2000 Double-M (Maida and Monaco) awards.

#### AWARDS

The envelope - please. The overall Double-M Female Athlete of the Year was perhaps our toughest decision. As a part-time women's volleyball reporter Monaco's pick is Caroline Fletcher.

Maida, the women's soccer reporter picked Adriana Cataldo. Do you see any prejudice here? Not only did each athlete perform exceptionally well, but also led their respective teams to provincial gold and solid appearances on the national stage.

The Double-M Male Athlete of the Year is volleyball's Matthew Tim. He dominated the game and stats sheets all season long. His athletic prowess and academic excellence combined also made Tim an all-Canadian. Runner-up by a close margin is hockey's Rich Wand.

The winner of the Double-M Award for Humber Coach of the Year is Dave Hood and his assistant Chris Wilkins of the women's volleyball team. After losing almost an entire starting line-up, including Humber legend Christine Rudics, the coaching staff did a marvelous job at guiding this young team to provincial gold.

The Double-M Award for Rookie of the Year was yet another

We'll select the top male and tough decision for both of us. After many heated conflicts, countless hours of arguing, and flying steel chairs, we reached a decision and chose Jennifer Edgar of the women's volleyball team. Edgar was phenomenal this season, and was a tower of power for the young volleyball squad. Honourable mention goes to Joanna Vitale of the women's soccer team, Barb Legiec of women's volleyball, and Jason Francis of men's basketball. Now you realize why it was considered the 'year of the rookie.'

The Double-M Award for Best Performance in a Game, doesn't go to one particular individual, but an entire team. The men's basketball team earned this award for their brilliant performance in the OCAA gold medal game against their rivals, the Sheridan Bruins, which earned Humber a spot at the Championships National in Edmonton.

Okay, so you've seen our obvious choices, now it's time for our off-



Big Shot: Watch out Bud Selig

the-wall selections.

The Double-M Award for the Gutsiest Performance goes to soccer player Adriana Cataldo. She played through the provincial indoor semi-finals and the gold medal game with two broken bones in her wrist and scored three goals, two of them being game winners.

The Double-M Award for the Biagest Job of the year goes to Jesse Calabro of the men's soccer team. Calabro stormed through the OCAA outdoor season potting 15 goals in nine games, winning the OCAA scoring title. However, Calabro was "jobbed" in not being named All-Canadian.

The Double-M Award for Best Playmaker goes to Rich Wand of the men's hockey team." Honourable mention goes to Claudia Marmo of women's soccer.

The Double-M Award for Best Name goes to Perfection Powell of women's volleyball. Enough said. And Powell lived up to her name while guiding her team to a gold medal at the OCAA provincial championships.

Honourable mention to Mehmed-Mehmed Oglu and Vito Capone of the men's soccer team.

The Double-M Award for Biggest Jabroni goes to Kenny DePaiva of the men's soccer team. Both on and off the field, DePaiva showed that troublemaking is his favourite pastime next to soccer.

The Double-M Award for Most Likely to Become a Model for Guess (men) is Chris McFadyen of men's hockey. He strutted his stuff when he was a candidate for the Toronto Sun's SunShine Boy.

The Woman Most Likely to Become a Guess Model? We're not touching that one. Ask us in person.

The Double-M Award for Athlete Most Likely to be a Headline Story on ESPN is Jason Francis. Francis was born with the gift of being the human highlight reel.

The Double-M Award for Athlete Most Likely to Become the NBA's Next Poster Boy is Dexter Miller. Just take a look at the stats that 'Dex' put up this season. Aside from winning the SAA male athlete of the year award, Miller could quite possibly win the NBA's threepoint competition. or maybe even score 50 points on NBC's nationally televised games.

The Double-M Award for Best "GQ" Look is Marcel Lawrence. The men's basketball teams' most improved player this year, showed at the SAA awards banquet how to really strike a pose in front of the camera.

The Double-M Award for Funkiest Hairstyle is Dan Salomons of the men's volleyball team (Maida wishes he had hair like that).

The Double-M Award for Best Interviewee is Germain Sanchez, coach of the men's soccer team. He makes for a great interview with his latino accent and one-liners that are downright entertaining.

#### Hey, we're sports writers, *expect the unexpected.*

The Double-M Award for the Worst Interview is Joanna Vitale. She suffers from stage fright (or it could have just been the reporter).

The Double-M Award for the Athlete Most Likely to Sign a Million Dollar Endorsement Deal With Nike is Beth Latendresse of the women's basketball team. Her shoe size makes her a 'shoe-in.'

The Double-M Award for the Athlete with the Funniest Nickname goes to Nathaniel 'Singlefoot' Singleton of the men's soccer team. Honourable mention goes to Marcel 'Skinny' Lawrence, Arturo 'Awita' Alava, and coach Mike 'Bumbo' Katz.

The Double-M Award for the Individual Most Likely to Become the Commissioner of a Major Sports League is Doug Fox.

And last but not least, the Double-M Award for the Individual Most Likely to Become a Future Humber Legend... ME! (Frank Monaco). I potted two goals in a pick-up game with the men's soccer team. Be afraid, be very afraid! (John Maida applauds in the background).

### Sports

# Synchronized skating takes centre stage at this weekend's World Championships

Canada's teams look to claim the world title

BY SHANNON SLACK

Synchronized skating is a team sport that requires as much dedication and athleticism as any Olympic sport, but it may not get the same recognition.

"I don't think it does [get the recognition that it deserves] because the amount of time, effort, discipline and dedication that one has to put into a team is incredible. I don't think most people really appreciate that," said Canadian synchronized skating jndge Donalda Abbot.

Synchronized skating requires team members to work together to achieve a peak physical fitness level by working out and eating properly. Mental training and a positive attitude are also important for the skaters on and off the ice.

"It's not just the ice time, it's a lifestyle and I don't think people understand that," said the president of Toronto's Black Ice junior and senior synchronized skating teams, Susan Pettes.

Synchronized skating is a sport where unison, speed, power, technical difficulty and presentation are all important.

The 20-person team skates together at the same time doing arm movements, footwork, and head movements. For many skaters, the sport is rewarding because they all work together to achieve a common goal, to skate as one and to be the best they can.

"The hardest thing about a team sport is that you never want to let your teammates down. But it's also good, because everyone is always giving 100 per cent because of that reason," said Black Ice skater, Julie Wilson.

Synchronized skating is unlike any other form of figure skating but can be closely compared to ice dancing. The steps used in the programs are mostly dance steps, and many teams are using dance coaches to help them choreograph their

Pettes said that it's a very unique sport for women because unlike team sports such as baseball, hock-\* ey, or soccer, this sport is different.

The sport has been around since 1957, but most people don't even know what it is. It will finally be recognized this weekend at the first official World Championships in Minneapolis, Minnesota.

Teams from across the world Championships this weekend. have waited a very long time for this weekend, to promote their sport, and show everyone what it's all about.

"I think the World Championships are very important. It's the sport's chance to make a good first impression and if it's not good, then I'm afraid the sport itself will suffer," said synchronized skating coach Cathy Dalton who is a board member on the International Skating Union (ISU) coaches commission.

"All of a sudden now, all the members of the media can look at it and see a world event. It's going to take some time to increase their knowledge of the sport, but I think it's great. It's absolutely paramount in importance to give it credibility," said former Canadian Olympic medallist and current host of Sportsnet's Ice Time, Debbie Wilkes.

Since 1996 synchronized skaters from across the world have been participating in the World Challenge Cup, which was a stepping-stone for this year's World Championships. It has given the sport time to establish standards and regulations so that each team and country has a clear understanding of what is expected at the World

Twenty-one senior teams from across the world will be in Minneapolis to fight for the world title. Canada will send its top two teams, Black Ice from Toronto, and the Burlington Ice Image.

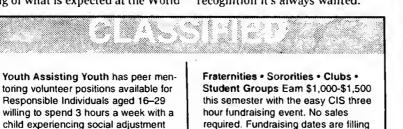
Other participating countries include Australia, The Czech Republic, Finland, France, Germany, Britain, Hungary, Italy, Japan, Netherlands, Russia, South Africa, Sweden, Switzerland and the United States.

"It's definitely a dream come true, not only for me, but for the whole team because it's the first official worlds," said Wilson. "After 20 years of skating, this is definitely the highlight of my skating career.'

Canada has been a strong leader in the sport having a team on the podium since the first World Challenge Cup and Black Ice won the event in 1997.

"I think Canada is a leader in synchronized skating and I think there are other countries that are now pushing Canada," said Dalton. Sychronized skating may still be

a ways away from becoming an Olympic sport but if it continues to progress the way it has been over the years it may eventually get the recognition it's always wanted.



Responsible Individuals aged 16-29 willing to spend 3 hours a week with a child experiencing social adjustment obstacles. Contact Paul at (416) 932-1919 or email us at pattard@yay.org.. and make a difference

EARN \$10,000 THIS SUMMER! Build your resume, be your own boss. Limited Positions available in G.T.A./S.W. Ontario 1-800-361-9877 www.studententerprise.com

DO YOU NEED A SUMMER JOB? Soquick.com has 100 summer and 50 campus positions available. Apply online at soquick.com. Win Dvd, Palm Pilot, CD Burner, \$100 just by visiting Soquick.com. Soquick.com is a Canadian Search engine, that offers free e-mail with 10 meg. Click to win. Soquick.com

required. Fundraising dates are filling quickly, so call 1-888-923-3238 today or visit www.campusfundraiser.com!

COMPUTER SCIENCE TUTOR: C, C++, JAVA, ASSEMBLER, HTML and Java Script Tutorino and Programming Lessons Ed 416-785-5115 days 416-785-5938 evgs www.cstutoring.com

UNIVERSITY & COLLEGE WHITEWA TER WEEKEND - Join students from across Ontario at Wilderness Tours on the Ottawa River. A fun filled weekend - June 9 - 11, 2000. Rafting, camping, meals, live entertainment - special rate \$150 + GST. Phone 1-800-267-9166 or raft@wildemess tours.com

Sumitech Computers ~ Tutoring C, C++, JAVA, VB, database, A+, AS/400, RPG/400, Dev/2000, Fortran. Upgrading and Repairing. Selling and Buying (Used, New) Sumitech@altavista.co, 416-663-0368.

Please print your ad in the space provided. To calculate the cost of your ad: \$8.00 per week, 20 word minimum. 15 cents each additional word. Payment must be made in person or by cheque. If paying in person, please go to room 1231 in the Humber College School of Media Studies. Please make cheques payable to Humber College. (attach sheet for more space.

Classifieds 416.675.5007



Perfection: The Black Ice senior synchronized skating team show off their precision skating at a recent competition



### Your undergraduate education got you started. Our Information Technology Diploma can get you abead.

Whether you've got a Bachelor's degree, or a three year diploma, you can make it count for more with the DeVry Information Technology Diploma, a one year post-baccalaureate programme that is specifically designed for students who do not have a technical background.

Computers. Networking. The World Wide Web: Today, these are the basic tools of business. With the DeVry Information Technology programme, you learn the basics and more. In coursework presented by teachers with professional experience, you learn how to apply computing technology to a wide range of business problems. And, you'll gain a broad-based exposure to a variety of IT areas, which you'll be able to apply to many different industries.

The more competitive business becomes, the more important Information Technology becomes. With your choice of convenient day or evening/weekend classes, there's no reason to stop short of your pro-

fessional potential. Let DeVry prepare you for this exciting new world. There'll be no stopping you.



670 Progress Avenue Scarborough, Ontario M1H 3A4

(416) 289-3642

© 1999 DeViy Canada I



### Sports

# Rock roll to top spot

Toronto puts in solid effort in win over the Pittsburgh CrosseFire

#### BY MELISSA MOHAUPT

Tt all came down to guts, grit, and Lwho wanted the win more. Last Friday night, the Toronto Rock were up for that challenge.

"That's the way the game is won, by using your head, and by using your heart. If you do that every single shift, chances are good you'll come out on the other side. We did that tonight," said Rock head coach Les Bartley after their 14-10 win over the Pittisburgh CrosseFire.

More than 15,000 vocal fans, witnessed the Rock claw thier way to victory and back into first place in the National Lacrosse League.

Toronto captain, Jim Veltman told the press after the game that he had anticipated a hard fought game against a high-scoring team.

"We knew it was going to be defence versus offence, and our defence won. We also scored more

goals than we expected," he said.

The Rock's main concern defensively was the CrosseFire's offensive sparkplugs, the Gait twins, Paul and Gary, who are ranked number one and two as the all-time pro lacrosse scoring leaders. But on this night, they didn't get very much room to manueuver. The Rock's defence proved to be too much, smothering the highflying CrosseFire forwards at both ends of the field.

"We executed a good game plan, we shut them down to hold Paul and Gary and their team to 10

goals. Five goals between the two of them just speaks of our defence," Veltman said. "We double-teamed them and held them back."

The game was also a family affair for the Rock's Kim Squire, as he rejoined is brother Rodd after missing seven games due to a knee injury. Kim marked his return to the line-up with a bang, scoring two goals.

"It's been very hard, a very long 10 weeks. I spent a lot of time off. I feel good, my knee feels better. It feels good to score a goal," Kim said.

#### "That's the way the game is won, by using your head, and by using your heart."

In the first half of the game, the teams matched each other goal for goal. The game was an all out battle and it appeared as if no one would come out on top. The score at the half was tied at seven. In the second half of the game, the Rock began to pull away. They got their second wind and lit up the score board, adding another seven goals to put the game on ice.

Versatility was essential to the win, as many of the players assumed unfamiliar roles for this match. Scorer Colin Doyle became a scrapper. And goalie Bob Watson got in on the act offensively with two long passes that resulted in breakaway goals giving him two

assists. Rookie Kaleb Toth scored a hat trick, but the obvious stars of the game for the Rock was the solid performance put on by the defence.

15

After successfully controlling Paul and Gary Gait's scoring, it's no surprise that defenceman Terry Bullen was named Game MVP for his strong performance in the Rock's defensive end.

defenceman Fellow Dan Ladouceur recognized that agility and hard work put on by the entire team is the reason they are defending champions.

"That was last year's Toronto Rock we put on the floor out there. Everything is coming together at the right time of year," Ladouceur said.

Veltman, however, remains cautiously optimistic, and he knows the battle isn't over yet and there's a lot of lacrosse still left to play.

"This [game] was just a confirmation of our confidence and how good we can be. But nobody's happy until we win the Cup. Our goal is to get the championship back and keep it here in Toronto," Veltman said.

Toronto has two games left in the regular season, including a home game at MLG against the Albany Attack on Saturday at 4 p.m. The Rock hope to enter the playoffs with a little bit of momentum on their side so they can attempt to repeat their championship run of last year.

MELISSA MOHAUP Scoop: A Toronto Rock player gets ready to take a shot on net in a game on March 31 at Maple Leaf Gardens

Lindros injury, Head or Heart?

League but he is also one of the league's biggest whiners.

Now. I don't wish ill will on anyone and I am certainly sad to hear about Lindros' four concussions, but I find it extremely convenient that he decides to mysteriously get these vicious headaches right around playoff time.

Correct me if I'm wrong, but didn't he get hurt at the same time last year? I believe Lindros is seriously hurt but I also believe he has a phobia: playoff hockey.

According to a report in a/ Toronto daily, Lindros has 99 per cent of the fans' support in Philly. That's fine but I can't see how the

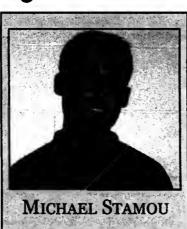
**Example 2** First Lindros is one of the best fans are supporting him when their best players in the National Hockey best player won't play in the first round and give them a shot at the Stanley Cup.

#### WHINER

All year Lindros whined about General Manager, Bob Clarke, Philadelphia's trainers, and anything else he could whine and bitch about. Is this what the captain of a NHL hockey team does?

I don't think so. A captain is supposed to squash the inner-team animosity and lead by example, on and off the ice. Lindros didn't do that this year or any other year for that matter.

Even though I think Eric Lindros is a whining baby, I feel



sorry for him. While at home, with his head like a whirling dervish, his teammates came to the decision to take away his "C". That's rude, mean, and completely wrong. To make matters worse, it was only a a GM in the NHL. He has no peofew select players who made this decision. Lindros was their leader, albeit a bad one, but their leader. He tried to play through injury but couldn't handle the pain. I know athletes aren't impervious to pain but if you train like athletes are supposed to then you can overcome a lot. The possible exception is an injury like Bryan Berard S.

Now, on to the war of words between Lindros and Clarke. They hate each other. They know it, the team knows it, the fans know it, and the media knows it. They have been at each other's throats ever since 'The Big E' came to Philly. Clarke was a great player, one of the best, but he is a poor excuse for

ple skills and no compassion for his players. He treats them like they were a dime a dozen. I may not like Eric the person, but there is no doubting his talent. How can a GM treat his star player so poorly and badmouth him to the media in Philly, and everyother NHL city.

#### OUIT

Unfortunately, Lindros' career in Philadelphia is dead. I suggest that 'The Big E' not look for work with another NHL club but retire or look for another job where there is no such thing as playoff hockey. That would mean one less phobia to try to cure and fewer injuries to fake.

# It's your World



. .



