

Humber et cetera



It's all about raccoons and moose with Tom Green, isn't it??? **page 17**

Lady Hawks hit the hardwood against Seneca **page 19**



SPORTS
Men's v-ballers protect their kingdom against the Royals **page 19**



LIFE

Men shopping for women - it doesn't have to be rocket science **page 14**



Battling sleep deprivation. Count sheep on **page 16**



HEALTH
Dealing with annoying cold sores **page 12**

Ex-student gets life for murder

by MARK SUBRYAN
Et Cetera Staff

A former Humber College student has been sentenced to life imprisonment for the murder of an elderly couple on Boxing Day three years ago.

A jury took 13 hours to bring back a guilty verdict for first-

degree murder against Joel Clark, a former Hospitality and Tourism Student. His life sentence means that Clark has no chance for parole for 25 years.

On Boxing Day, 1995, William and Phyllis Tweed, 86 and 81 years old respectively, were found murdered in their Inverlochly Blvd. apartment.

"This was a merciless and very

unfortunate and heinous crime," Mr. Justice Peter Howden told Clark as reported in the Toronto Star. "These were two people you knew, who liked you, and respected you."

Prosecutors Karen McLeave and Lynne Saunders-Garnter said Clark deliberately killed the Tweeds in an effort to cover up the theft of their credit card.

Clark used the credit card to buy gifts including a ring for his girlfriend.

The court heard from an undercover officer who was smuggled into Clark's cell.

He testified that Clark told him that he had stabbed the couple through their hearts and described it as "just like sticking a knife in a grapefruit."

SAC to cope with 300,000 page problem

by NICOLE MANN
News Reporter

Since the beginning of the school year Humber has provided free printing for students.

It was meant to be a cost-effective solution to the problems and expense incurred under the old print credit system. However, after four months, the operating costs for SAACNet have increased.

Under the old system, toner cartridges were replaced once every couple of weeks. Since September they have been replaced at least once a week. In addition, the number of pages being printed has been in excess of 300,000, almost twice as much as this time last year.

SAC believes it has come up with a solution to this problem. It includes a plan that would require students to retrieve their documents at a special kiosk in SAACNet.

SAC is planning to have the system in place by the New Year. In the meantime, they are urging students to be more conscientious when printing in SAACNet and other labs on campus.

HELP THE HAWK



The Humber women's basketball team is off to play a holiday tournament in Calgary, but they need your help.

By going to Caps on Friday, Dec. 11, you can do just that.

Some of the proceeds from the night will go to help the team finance their trip.

Those in attendance will be eligible for numerous cash giveaways and a chance to meet former Toronto Raptors Carlos Rogers and Shawn Respert.

For more information call Jeremy Murray at (416) 675-5097 ext. 4306

StatsCan paints a grim picture

by ANDREW MCKAY
News Reporter

Ontario post-secondary students are borrowing more money, and paying back less, than at any time in the last 12 years, according to a recent StatsCan report.

The findings, released Tuesday by StatsCan and to be published next week in Canadian Social Trends, are based on a study of 1995 graduates from both college and university programs.

The report said 1995 college graduates had only paid off 19 per cent of their loans two years after graduation; in comparison, 1986 grads were able to pay off 45 per cent of their loans within two years. Combined with an increased debt load, the net effect is that students are spending longer paying off the interest on their loans, without eliminating the actual debt.

Humber SAC president Tracy Boyer said the report shows student groups aren't just crying wolf when talking about financial matters.

"The fact that StatsCan said this gives concrete proof that this is a serious issue, and the government will have to start addressing it."

"There's no easy solution," Boyer said, "but (the government) has left the problem too long."

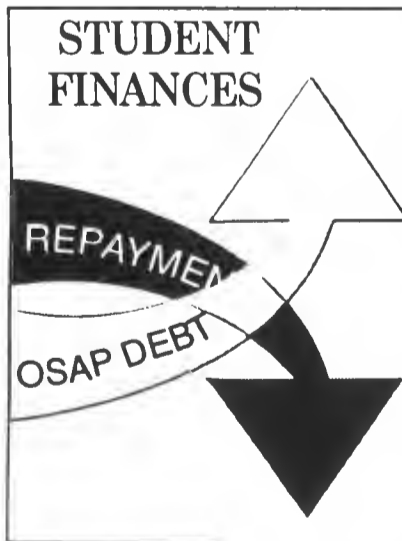
Overall, one in 20 students defaulted on their loans after the two year period.

Cynthia Hilliard, executive director of the Ontario

Community College Student Parliamentary Association, said the picture is even bleaker than the one painted by the report.

"The report isn't the current reality," Hilliard said.

She claims numbers supplied by the Ministry of Education show College students are averaging \$14,000 debt for a per two year program. That compares with an average \$9,000 debt for college students in 1995. University grads averaged \$13,300 in outstanding loans in 1995.



"We see what's happened to the grads from 1995, it's only going to be compounded with students who are in school now," Hilliard said.

Hilliard said since the elimination of the upfront grant program in 1994, students have had an increasingly difficult time managing and repaying their debt.

"(The 1995 class) is the second (group) without the grants, and we're seeing a dramatic upswing in the level of loans, and the amount students are borrowing," she said. "The default level is getting very high."

The report cites a number of reasons loans aren't being repaid on time.

Some graduates have not been able to find well-paying jobs while others are benefiting from a lower interest rate, which discourages repayment.



Bob. I've got emphysema.

Warning: This week's special section is not for the faint of heart

Visit our award-winning web site

<http://et.cetera.humber.ca>

Right inside

"I'm poor and I have to eat groceries."

- the kids in the halls -

How much are you spending on presents this Christmas?



Larissa Lyon 1st year Design Foundation student
"\$300 or something like that (for about 15 people)."



Brian Law 3rd year Interior Design student
"\$0, I got no money."



They call me "Sonic" 2nd year Radio Broadcasting student
"\$10, I'm poor and I have to eat groceries."



John Rivera 1st year Graphic Design student
"\$200 (on 8 people)."

Humber keeping kids kozy

by SHANNA RUNDLE
On Campus Reporter

At Humber this year Christmas means making sure that the less fortunate enjoy their Christmas?

At the annual staff Christmas party, which was organized by Public Relations certificate students, was a mural drawn by kids of what Christmas means to them.

Some drew gifts, snow, angels, and others drew about the less fortunate.

"(Christmas means) knowing that the Humber community is helping out. It's exciting, it's fulfilling a need," said Monica McDonald, Public Relations student and organizer of the event.

The party collected donations such as clothes, food, and toys. All donations went to the Braeburn Neighbourhood Group which is supported by the

United Way. They will be used for things such as their breakfast programs.

What was new this year was the Tree of Warmth where the donations were collected. For each donation made, you received a raffle ticket.

"We have tons of stuff, lots of canned food, clothes," said Sapna Jain, event day chair.

Last year the recipient was the Daily Food Bank.

"We switched this year for the community," said Morna Cassidy, PR student. "We went to them (and) they were flabbergasted that we did."

"We wanted to do something to give back to the community," Cassidy said.

There were also gifts for kids.

Cynthia Lacroix, PR student, said that some of the kids expressions were memorable.

"Makes it all worthwhile," she said.

The event included face painting, puppet making, raffle ticket draws, hearty snacks, games including pass the present, entertainment by Taylor Made, and best of all, a visit with old Saint Nick.

The PR students are graded for their efforts on this event. Cassidy said that the benefits from something like this would be "good for the staff to come on a social aspect in a Christmas atmosphere."

Coming Events

DECEMBER 10

- Varsity Men's Basketball vs Centennial (Ex) at 8 p.m.

NOVEMBER 11

- Specialty aerobics class 12:10-12:45 p.m. in athletics

NOVEMBER 12

- Varsity Women's Volleyball vs Cambrian at 2 p.m.
- Varsity Men's Volleyball vs Cambrian at 4 p.m.

NOVEMBER 15

- CYW food drive

DECEMBER 17

- Last day of classes

DECEMBER 24

- college closes

JANUARY 4

- college opens

JANUARY 6

- day classes begin



The group Push plays at the SAC Hotseat on December 9 in the Student Centre.

NEWS

"You could smell the Listerine on his breath."

Senseless theft irks library staff

by NADIA BACHEU
News Reporter

For many, Christmas is a time for giving, but for others it's a time for stealing.

Almost two weeks ago, the display in front of the library was broken into. A statue and several books were stolen.

The books taken were texts written by members of the Humber faculty.

Doug Willford, head of library services, is very upset about the incident. He understands why someone would want to steal the textbooks as they are currently being used in programs, but can't find a logical reason for stealing the statue.

"It has no value at all to the thief," Willford said. "That statue has more sentimental value to

the college than that low-life individual will ever know."

The statue was hand crafted by Humber students in memory of the tragic murders of 14 women at the famed Montreal college.

The piece was donated to the library by the students.

Willford thought it was a good idea to display the statue during the week of the ninth anniversary of the murders. Willford believed that the statue paid tribute not only to those women murdered in Montreal, but to all Canadian women.

The theft most likely occurred over the weekend.

According to Willford, he left the display intact late Friday afternoon.

It wasn't until later that he noticed the books were missing.

He automatically assumed a fellow staff member had moved the books for some reason.

The security guard stationed only ten feet away from the display also assumed that they were taken by staff.

Because the display is on a corner, and behind double doors, he couldn't see or hear anything.

Willford was proud of his display and intends to replace it, but not without better security.

"The lock that was on the glass seemed to have pretty simple mechanisms. I'm thinking of either installing a better kind of lock or some small alarm device. I also think they should install some security mirrors."

Taking these extra security measures is practical in terms of prevention, but it won't bring back the statue.

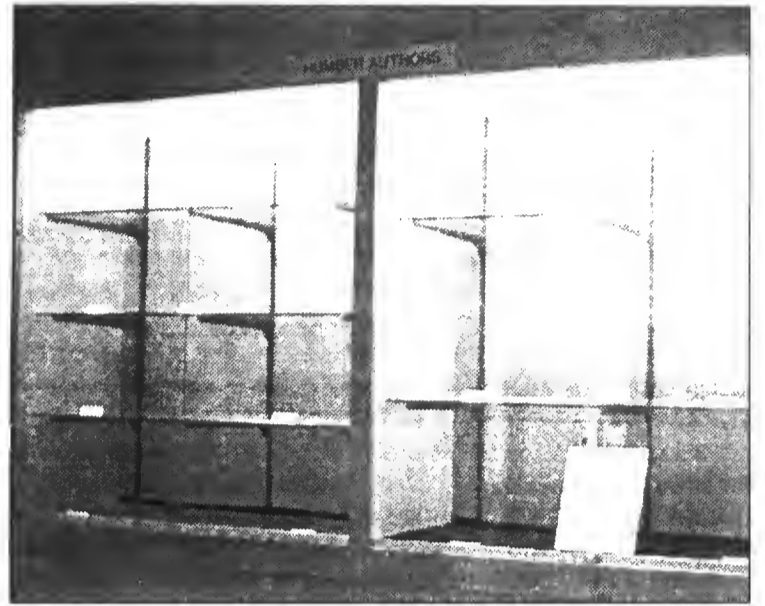


PHOTO BY NADIA BACHEU

All of the books and a statue in the display case by the library were stolen. Library staff said the items are of little monetary value, but have much sentimental worth.

Help the needy to have a Christmas

by MARK SUBRYAN
News Editor

As the Christmas carol goes: "It's the most wonderful time of the year."

Unfortunately, a large number of Canadians will spend Christmas day on the streets wondering where their next meal will be coming from.

There are some places for the needy to go.

"With our festive season, we have a lot of things planned for Toronto's needy," said Judy D'Assese, a volunteer co-ordinator for the Scott Mission on Spadina Avenue.

"We have a number of children's Christmas parties, one where an airplane company will be taking some lucky children for a plane ride. We also have gatherings for seniors who get Meals On Wheels and for the shut-ins."

The mission will also be handing out packages to the needy.

"From Dec. 21 to 23, we have to hand out between 4,000 and 4,500 Christmas hampers," D'Assese said. "That is up by about a few hundred from last year's numbers."

Christmas day is the big day for the mission.

"On Christmas day, we have our dinner for needy people," D'Assese said.

"We are expecting between 400 and 500 people and we have about 100 people who are taking time out of their Christmas day to help service the food."

Last week, the Toronto Ambulance service delivered more than five tons of donated clothing items to the Scott Mission, Good Sheppard, and Salvation Army depots around Toronto.

"This is our fourth year of the drive," said Rod Hicks, one of the co-ordinators. "We started this

drive because a lot of our cases during this time [involve] the homeless and we saw the need to get these people warm clothes and blankets. The drive usually starts in early November and lasts until the beginning of December."

Of the three main locations, the Scott Mission got most of the contributions.

"The Scott got the most of the clothing collected because we cater to men, women, and children," D'Assese said.

According to Brenda Beesley, the community relations co-ordinator for the Daily Bread Food bank, there are four key items that the bank always needs.

"Baby formula, powdered milk, peanut butter, and canned fish are our more popular foods," said the Humber grad. "We always run out of these items quickly and end up having to buy more."

Beesley said the Christmas and winter periods are the Daily Bread's busiest times of the year.

"We usually get about 120,000 people per month during this time," she said. "Although many of our clients fall into the category of being on welfare or homeless, many are just in low income families."

A lot of the food that the bank distributes goes through soup kitchens, hostels, and battered women's shelters.

Beesley said people can either bring their donations down to their headquarters at 530 Lakeshore Blvd. at Bathurst and Lakeshore or they can be dropped off at any Loblaws store across Toronto.

If anyone wants to donate something and doesn't have the time to drop it off at Loblaws or the Daily Bread Food Bank, they can contact Andrew McKay in L-231. McKay is collecting donations to hand out to the homeless on Christmas Day.

Who uses food banks?

Family Profiles:

■ Food bank families are small: the average is two children per family.

■ 42 per cent of the families are headed by a single parent, of whom more than half were previously married.

■ Average parent age is 36 years. Only seven per cent are under 25 years of age.

■ 62 per cent of families are on welfare.

Hunger:

■ Children in single parent households are more likely to be hungry.

■ Single parents with three or more children are the most likely to see their children go hungry.

■ The lower the income of a single parent, the more likely the children will go hungry.

■ School-age children experience hunger more frequently than pre-schoolers.

■ 32 per cent of single parents with two or more children report that their children go hungry at least twice a week.

Housing:

■ 66 per cent of families with children spend more than 50 per cent of their income on rent.

■ More than one quarter of families severely dependent upon food banks have been evicted or threatened with eviction.

Jobs:

■ 12 per cent of families with children have a parent working full or part-time.

■ In very poor food bank families, if one parent has a full-time job, even if they must use a food bank, their children are unlikely to suffer from severe food deprivation.

■ Most working poor families, jobs are part-time and severe food deprivation is much more common.

■ Working families' jobs pay poorly, particularly if part-time, and have no benefits: 43 per cent had health-related expenses not covered by a drug or other health plan. 33 per cent of full-time working parents had such expenses.

Unemployed:

■ The poorest families are not working and are on welfare.

■ Eight per cent of parents are ill, injured, and cannot work.

■ Children in families on welfare are far more likely to experience severe hunger than those in working families.

Isolation and Adversity:

■ 15 per cent of the families cannot afford a phone.

■ 40 per cent have no one to turn to.

■ 40 per cent cannot afford public transit.

■ 35 per cent suffer from poor health and poor health is twice as common among those who are likely to be severely food deprived.

■ 40 per cent did not complete high school.

- Compiled by the Daily Bread Food Bank

Humber's new chaplain open to counsel

28-year-old chaplain just graduated from U of T

by **NADIA HOSEIN**
News Reporter

Since the end of October, Humber College has had a welcome new addition to their staff. Monique Roumy is Humber's new chaplain at the north campus.

Roumy is still fairly new at what she is doing. She recently graduated from Regis College, which is part of the Toronto School of Jesuit Theology at the University of Toronto. Currently, she is at Humber College once a week to offer counseling.

"I'm very happy being here. I'm hoping things will develop, but for the time being it's counselling one-on-one," she said. "The spiritual, ethical and moral issues students want to discuss with me and if they need information on local areas where they can worship, then I can provide that too."

Roumy believes that it is important for all people to have guidance and need some sort of balance within their lives. Her belief is the human being is made up of three parts, the rational, the physical and the spiritual.

"It's important to be physically active, it's also important for someone to be mentally active... but also there's that third dimen-

sion, spiritual, which needs to be nourished," she said.

Twenty-eight year old Roumy is easy to talk to. She has an open mind and wants students to feel comfortable coming to talk to her. She believes there are a lot of questions that people have but don't get to ask and that is what she is there for. She says that although she cannot guarantee answers, she will offer guidance and suggestions. Any final decision is up to the person in need of answers.

She can be found in room D128 at the North Campus and is there on Wednesdays. If you would like to call to make an appointment to see her, call 675-5090.

Right now she is hoping people will realize she is here and just drop by.

"Even if it's not in a counselling situation, just to come by and say hi, I really would like to meet some of the students and see them, have a chat or something like that and for them not to hesitate to come and see me if there is something they want to discuss," she said.

"Even if (students are) of another faith and denomination, please come because I'm here for everybody. I'm here and ready and willing to help as much as I can."

First Night, megacity style



PHOTO BY ELLIOT BELKIN

For the first time, Toronto will be ringing in the new year as a megacity. In the past, Scarborough, North York, Etobicoke, and East York had their own First Night Celebrations. The alcohol-free, family-oriented celebration will be held at Harbourfront this year, and clowns, street performers, and Native dancers will be among the performers. Celebrations begin at noon and run until midnight. *-more on page 18*

Video games make good gifts

NHL '99 and Tomb Raider III lead the barrage of new games this Christmas

by **MARK SUBRYAN**
News Editor

Looking for that last minute gift? Video games are a good choice for endless hours of fun on Christmas morning.

Gaming is at a level today that makes most games seem like reality rather than fiction.

"This year's big games are NHL 99 and Tomb Raider III," said Jeff Preston, manager of Electronic Boutique in the Scarborough Town Centre.

Electronic Arts, the leader in sports games, is always a sure bet for their NHL series. The true to life action and breathtaking graphics make this game worthwhile.

"Every year they (Electronic Arts) add something new to make the game as close to the real thing as possible," Preston said. "This year, there are game misconducts, multiple game injuries, and suspensions."

Tomb Raider III is one of the most anticipated games of the

year.

"The main character, Lara Croft, is like a cult hero," said James De Souza of Compucentre. "It's so popular that a new movie is being made sometime next year."

According to De Souza, some of the old favorites, such as centipede and space invaders, are becoming popular again, compliments of Microsoft.

"A lot of people who play games used to play the old Atari and Intellivision games," De Souza said. "This is going to do well because of the retro-80s fad going on."

Video games can be a bit expensive. However, buying games for your computer rather than a game system is a little cheaper.

"Playstation games cost about \$70 while N-64 games cost about \$80," Preston said. "Games for your PC cost about \$40 to \$70."

Playstation's big game is Tomb Raider, while N-64 will be banking on the innovative

Quake games to be big sellers this year.

"Playstation and Nintendo always do well," De Souza said. "So far, people who come in buy those games because they are easy to load."

De Souza said that unless you have the proper hardware, many games might not work on your computer.

"My advice to people is to read the box and find out if the game requirements are being met," he said.

"Games would load, but you won't get the intended feel from the game."

Other popular games are role-playing games.

"People love the role playing games because they can play for days," Preston said.

"Games like Zelda or Zork are great because you can create your own adventures."

If you are stuck for a gift, video games are always a good alternative.

The average game costs \$65.

Red light cam at a light near you

A new initiative may be popping up around Toronto in the new year. Red light cameras may be installed to make drivers stop at lights.

The Ontario government announced last week that cities across the province will get permission to set up the cameras to catch red light runners.

Toronto already has wiring in place at 40 of the city's most dangerous intersections.

According to Councillor Dennis Fortinos (Davenport) it would cost about \$1.4 million to buy and set up 10 cameras.

The \$150 fines incurred would be used to offset these costs.

There is already a test camera set up at Dufferin Street and St. Clair Avenue and about 65 people have run the red.

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Anishnawbe street patrol: helping Toronto's homeless

by TREVOR HACHÉ
News Reporter

I arrived at the Anishnawbe Street Patrol office 15 minutes after five o'clock on Saturday night. I was supposed to be there at five but I had slept in after a night of drinking on Friday.

At five o'clock I called them from the subway station to let them know I was running late. Rick answered the phone and told me it was okay because they still had a lot of preparations to do before they headed out for the night.

Every day the Anishnawbe Health Street Patrol sends a van to patrol Toronto's busy streets in search of homeless people in need of food, warm clothes and sometimes medical attention.

It was a pleasure to volunteer with them. The following are some of the events that stick out most in my mind.

At their office near the corner of Sherbourne and Gerrard I helped load up the van with the clothes, food and other services they provide on their route.

There were five of us going out that night. Two of the employees were fairly new to the job. Rick had been working since Thursday and it was Wayde's first night out. Both were native Canadians. Roland, the third and most experienced worker, was also aboriginal.

The other volunteer was Mary, a divorced mother of two who works at a planned parenting centre during the week.

After a while she asked me if I'd ever volunteered before. I said no and she went on to tell me how interesting her first experience volunteering with the patrol had been.

"I think of myself as a fairly aware person but this really opened my eyes to a lot of things," she said. "It's amazing to see where some of the people in this city live."

Fend for themselves

By the time the van was loaded it was around a quarter after six.

The patrol hands out small zip-lock bags full of tobacco and matches for the smokers on the route. Unfortunately we didn't have any papers. In that instance, like so many others, the homeless would have to fend for themselves.

Our first stop was about a 10-minute drive away. We pulled into a Kentucky Fried Chicken parking lot and hopped out of the van.

A man across the parking lot, clearly intoxicated, stumbled over and plumped himself down in front of the KFC.

Mary and I approached him and asked how he was doing. His reply was incoherent.

"Can we get you anything to eat tonight?" Mary asked.

Again his reply was incoherent.

"Some soup or coffee maybe?" she asked again.

He nodded his head and asked for a blanket, too.

I went back to the van and filled a cup with soup, got some coffee and grabbed a couple sandwiches. Mary got a blanket.

We brought them over to him and put them down on the sidewalk beside him.

Later in the night when we returned to the same area I noticed the man was now gone. The blanket was still there. The food had barely been touched.

"That guy was pretty messed up," Mary said. "You could smell the Listerine on his breath."

I hadn't noticed it at all.

Our next stop was a nearby Beer Store parking lot where two homeless men were hanging out. As we

pulled into the lot Roland told us not to give them any blankets because they give them some every night and they always lose them.

The night we went out the patrol only had four blankets and three sleeping bags. Roland mentioned that they were supposed to be getting a big shipment in on Sunday. As a result only the most needy were to be given the blankets. These two didn't fall into that category.

We parked the van and the two men made their way over. One of them could barely walk. He stumbled over and leaned up against a wall. It was the only way he could stop himself from falling over.

We got them some food and tobacco and gave them a couple sweaters. Both were very grateful and wished us a good night.

"That guy was in pretty rough shape," Mary said.

"He was like that last night and the night before that and the night before that," Roland replied.

That's the problem with so many of the people on the street. They abuse themselves night after night and it's so hard to break the cycle because they're constantly intoxicated.

The alcohol numbed him

Our next stop was over at St. James park. We came across a man sleeping under a pavilion in the middle of the park.

After we brought him some food he thanked us.

"God bless," he said. I said you too but Mary hadn't heard him so she asked him to repeat himself.

"God bless you," he repeated.

"You too," Mary answered, half laughing, finding his gratefulness amusing. Like she didn't deserve it or something.

We then got a call from the Street Helpline to go to the corner of Church and Wellesley to the 519 Community Centre where five people were in need of some food and blankets.

When we were pulling up in front of the 519 we noticed a native man sitting down by the main intersection beside a can a beer. He looked pretty rough so after we stopped the car Mary and I approached him.

His face was swollen. I couldn't understand what the problem was, it looked like he had tumors all over his face growing under the skin. He had dried blood on his hands but didn't look like he was in pain. The alcohol must have numbed it.

Mary asked him if he was okay and if he needed to go to the hospital.

"No, no hospitals, I'm okay," he replied.

We walked back up to the van to grab him some coffee.

"God, he looks really bad," I said.

"Yeah it looks like his face is infected," Mary replied.

No help from Helpline

He was clearly in need of medical attention so we told Rick to call the Street Helpline to have someone pick him up and bring him to a hospital.

"Oh, that guy," remarked a tall aboriginal man Wayde was serving soup to. "He's dying," he said, laughing. This guy was clearly loaded too.

I didn't find it funny at all but I did agree with him. The guy looked like he was dying.

We served some more food and handed out some blankets while Rick called the Street Helpline to see about getting that guy picked up.

One of the native men Wayde was serving said "Meegwetch," (native for thank you) after he gave him his food.

We'd have to leave him in God's hands for now.

The next stop was at Queen and Bathurst. There was a native man sitting on the steps of the Toronto Dominion. Mary and I approached him and tried to talk to him. He was really drunk and I couldn't understand what he was saying.

Eventually he told us that his name was Lester and that he was sick and wanted to go to the doctor for the night.

Now what? The Street Helpline wasn't taking any more calls tonight and we couldn't transport him. So we hailed a cab.

While Mary did that I tried talking to Lester.

"I'm sick. I'm not a mean person, I'm not a dumb person," he said.

"I know, I don't think you're dumb," I replied.

The cab driver didn't seem very enthusiastic about giving Lester a ride, but he agreed.

Mary and I both grabbed one of his arms and helped him to his feet. He had a hard time getting down the stairs but eventually we got him to the cab and put him inside.

Putting faces to the numbers

By the time we were done that evening we must have served over one hundred homeless people food and given those who needed them clothes and blankets.

The scary thing is that we probably just scratched the surface of Toronto's homeless community.

Looking back on the evening I have to say that it was a very eye-opening experience for me. I'd always heard there were hundreds of people on the streets in Toronto but until you can put faces to those figures they just seem like numbers.

When I think about all the times I've wasted food or spent obscene amounts of money at a bar it makes me realize how much I take for granted.

How much we all do.

At the end of the night Mary gave me a lift home and she said something that everyone should remember.

"We are all connected," she said. "Everything we do has an affect on everybody else around us however minute or insignificant. People need to realize that."

I would like to thank the people at Anishnawbe Health for letting me volunteer. I'm definitely going to do it again.

Meegwetch and God Bless!!!



Editorial

"This is someone we should feed for the rest of his life?"

The big death penalty debate

Et Cetera staff couldn't agree, so we bring you both sides

Get a Rope

There is a man in Texas scheduled to die on Thursday. Canadians have travelled south to try to stop it. Why? Many Canadians don't believe in the death penalty: It offends our collective sensibility, and so it seems rife with inhumanity that some meek and mild Canuck is going to be put to death.

Perhaps we don't think ourselves so barbaric as to kill a convicted murderer. Some would say killing a killer makes us no better than the criminal. Quaint notion. Nice thought. And like most nice thoughts, it's wrong.

First the purpose of the death penalty should not be considered a deterrent to crime. It is doubtful anyone stops in mid-murder to consider the consequences. Anyone in that position isn't likely to be thinking at all.

Nor should we consider the death penalty a means of revenge – or justice if that's what you want to call it. Killing someone for killing doesn't make anything right. Nobody can bring back a murder victim. And if it makes someone feel better that a perpetrator is dead, then perhaps they are no better than the killer.

The reason to execute killers is simpler than either of the reasons above: Capital punishment should be enforced to keep people, who have proven beyond a doubt to have no place in our society, out of it with absolute permanence. Capital punishment eliminates a threat. We defend our civilization by eliminating that which threatens it.

It should be added as well that some people just plain deserve to die. Take for instance the man in Missouri who was recently found guilty of injecting AIDS-tainted blood into his 11-month-old child. He did it to avoid paying child support. This is someone we should feed for the rest of his life? Get a rope.

If you have a concern, write a letter to the editor. Letters can be brought to L231 or e-mailed to etceteraeditor@hotmail.com. We reserve the right to edit for brevity and offensive material. We will not publish any letter unless it has a name and phone number.

Cruel and Unusual

By the time you read this editorial, Stanley Faulder may already be dead. The 61-year-old former Alberta mechanic was sitting on death row for the 1975 murder of oil matriarch Inez Phillips in Texas.

Faulder was convicted twice of Phillips' murder and as a result has been sentenced to die.

From the beginning, there have been some very wrong things with this case. According to a Vienna convention treaty, if someone commits a crime in another country, they have the guaranteed right to contact their home governments upon arrest or detention.

Faulder's case did not become known to the Canadian government until 1991 – 15 years after he was tried.

For two countries that claim to have great relationships, how did this happen?

Another reason Faulder does not deserve to die for his crimes is that capital punishment is cruel and unusual punishment.

It does not prove anything. The victim is still dead and now there's another family suffering the loss of a loved one. To top it off, the system does not work.

If it did work, America would be murder-free instead of having one of the highest murder rates in the world.

The state governments need to sit down and come up with an alternative.

Canada abolished the death penalty about 30 years ago and they are better for it.

What gives a judge the right to determine who should die? The only difference between a judge killing someone and a criminal doing so, is that the criminal pays for his actions.

However, the Americans, in their over-the-top attitude toward life, have taken it upon themselves to kill people for murder.

George Bush Jr., the governor of Texas, was quoted as saying that people cannot go to Texas and kill someone in cold blood no matter the nationality.

Who does he think he is?

The next time an American faces punishment in another country, maybe Bush will change his tune.

Just think, if Canada decided to keep this barbaric law, Guy Paul Morin would be dead by now. Think of the embarrassment that Canadians would feel when it was discovered that he was innocent after all.



Little did the unsuspecting death row inmate sitting in Interrogation Room #5 know he would be the first to receive Canada's new capital punishment law - death by continuous non-violent torture.

HUMBER ET CETERA

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"I will come home, drink up a storm and pass out."

Big city stains the clean mind

by **BILLY IKOSIPENTARCHOS**
Opinion Writer

Sitting in front of a crackling fire, I hear the sounds of the ocean crashing against the cliffs, while seagulls float above singing their songs of freedom. Fresh salty air is inhaled as a fine mist falls upon my skin. Across the ocean, the blood red sun slides into the horizon, as a brilliant blue sky becomes the magnificent backdrop of an immense oil painting.

Off in the distance my lover is strolling towards me, the champagne is chilled in the bucket by my side. I hear my name as her voice tickles my ear from afar, so I rise to my feet, the wind rustling my blanket as I stand.

A horn blows signaling a passing ship. I look up to the lighthouse. Again I hear the horn, but I see no ship. One more blast from the boat and I awake in my family room. It was

no boat, but the horn from a fire-truck careening down my neighbourhood street.

I got to my feet. I hit the stop button on my CD player and my stereo stopped playing my 'Sounds From The Ocean' CD. I turned off the television that was displaying my fireplace videotape from the 'at home collection'. They use real oak wood in this video. Next I blew out my ocean surf scent candles, and headed off into the kitchen to get something to eat.

I opened my freezer and removed a frozen fish fillet. It is one of those new products that gets blast frozen so there are no preservatives added. With my fish, I chose a selection of equally frozen vegetables. I get out my steamer, put all the necessary ingredients in and turn it on.

After taking a shower, I get dressed and head to the table to eat. With my fish and vegetables I have distilled water. I used to



Billy longs for a simpler time and place.

drink bottled water because I was told that tap water gave you cancer. I stopped drinking bottled water, because I read somewhere that it can give you cancer. So now I drink distilled water, which is basically bottled tap water that is boiled.

Once my meal is done, I take my supply of vitamins, minerals and herbs. I take American, Korean, and Siberian Ginseng for energy, Ginkgo Biloba and DHA so I can think clearly, St. John's Wort so I can feel calm, and vitamin B to combat my

stress levels. I wash it all down with Green Tea to detoxify my body of all of the chemicals my body is exposed to in the city.

Before I leave for work, I meditate to centre my soul. I have to survive another night of working downtown in a smoky nightclub in the heart of the city's pollution. Hopefully, my body will be able to survive this taxing lifestyle that I lead and hate so much.

As I meditate, I recall images of my grandfather walking me through a farm field when I was in Greece about seven years ago.

He told me that life was about

moderation, that a long good life was one that had balance to it. He told me that Greece has no need for old-age homes because life there is natural and not processed or extreme.

He taught me that he was speaking the truth as he walked to the top of a hill like a 20 year old, while I arrived behind him in a winded state an actual 20 year-old.

That night I ate freshly caught fish, with freshly picked vegetables, and drank clean tap water.

No this wasn't the life for me. I needed a lifestyle that only the big city could offer me.

Waiting for dysfunctional holiday

by **ANDIE WADSWORTH**
Opinion Writer

Christmas is only 15 days away and I'm ready for it. Shopping is the easy part, it's done. However, family is the challenging part. Over the course of the holidays I have to visit my family, which for most people is fun and festive, but I would rather gouge out my eyeballs.

The day will start with my boyfriend carrying my Nan down the stairs to her wheelchair. We'll load her in the car, fiddle with the chair to get it to fit in the trunk, and be on our merry way. I actually really love my Nan, she's the best thing that ever happened to me.

First on the list is my pompous uncle, paired up with my Prozac aunt. With them comes my 28-year-old cousin, who is one of my best friends and pretty cool to hang out with if you overlook the fact that she's dating someone eight years younger than she is.

After that joyous visit is over, I get to knock on my Bible-thumping, crochety old grandparents' door. Inside I'll find my mother, who is 45 and lives in their basement because husband number four cheated on her and gave her a nasty rash. I'll also



Andie is full of Yuletide joy

find my brother, probably out back with a cigarette in one hand and a beer in the other, anything that prevents him from being in the same room as them. It's pretty sad that one of the only members of my family that I truly enjoy being around is someone who has had numerous overdoses and a trip to the psychiatric hospital, but he's joined the Airforce, so he's all better.

I'll leave my little sister, who is almost 16 yet looks 25, with him. She decided to run away three weeks ago to my house at 2 a.m., so now she's a semi-permanent headache for me. Before I leave, I'll call my older, knocked up sister in Florida. She can't travel down because she's pregnant and also because she's looking for her husband so she can divorce him and marry the

father of her baby.

I'll hang up and head over to my boyfriend's parents' house. There, I'll find his mother, who blames me for taking away her little baby (he's 26). I'll also find his quiet little father. There's actually nothing wrong with his father except for the fact that he looks exactly like my doctor, so it's a little uncomfortable getting a physical from my doctor, when I keep thinking that it's his dad.

This is also where I'll find one of my other best friends, my boyfriend's sister. She's the same age as I am, yet only came out of her shell a year ago. Now, she flirts with every man or woman in her path, and basically acts like the teenager that she never got to be. But hey, she's cool.

(Don't get me wrong, I love my family. They're the only family I have, and I bet they feel the same way about having to see me over the holidays.)

When the day is finally over, my boyfriend, Nan (who would rather spend the holidays with me than her own daughter, see paragraph two) and I will come home, drink up a storm and pass out. We'll wake up groggy-eyed, get dressed and do it all over again.

Taking drugs to pay for Christmas gifts

by **MIKE RAWN**
Opinion Writer

To get myself in the Christmas spirit, I will be spending the next two weekends at a local pharmaceutical research firm.

Here I will be given drugs which may or may not be put on the market, depending how it affects me and my fellow guinea pigs. Over the course of these weekends, I will be given approximately 40 needles, live in close quarters with 60 other people - many of whom do not understand the importance of personal hygiene.

So why do I do this? So that some poor unfortunate soul who suffers from ulcers, or a heart condition, will have better medicine at their disposal? Do I really care this much for my fellow man? Sadly, the answer is no. I need the money. For Christmas presents.

I know this isn't the true spirit of Christmas. It's supposed to be about family and friends, mistletoe and turkey, egg nog and other fine holiday spirits.

Somewhere along the way all this got lost.

Now it seems that the Santa Claus Parade runs through my hometown in mid-May, that shopping malls begin decorating for Christmas just before their back-to-school displays come down. Not to mention the constant TV advertising, the Christmas catalogues, flyers, and the fact that there are now only 14 more shopping days left



Mike-Going to suffer for friends and family members

until the big day.

It is inescapable, this constant Christmas barrage.

But I am a starving student. There are some nights I can't even afford to stroll down to the local pub and have a drink. Surely people will understand that I don't have the necessary funds available to properly celebrate this Yuletide farce.

Sadly, again, the answer to this is no.

My brother has left me a list of the latest Hilfiger designs that he must have. And my girlfriend has informed me that she needs, among other things, new perfume, "and not that cheap shit you bought me last year."

Well I won't complain (much). I hate needles, but surely this is a small price to pay to see the smiles on my greedy relatives faces when they get their presents. And if me and my so-called veins can't muster up enough strength to carve the turkey, well, you can chalk this up to the Christmas Spirit, 1998 version.

Merry Christmas, everyone

On campus

"There is a real community connection."

Christmas in Humber's arb

by JENNIFER PECK
On Campus Reporter

The festive spirit was booming last Saturday as people gathered from different communities to attend the annual Humber Arboretum winter celebration.

The hay rides seemed to be one of the most popular attractions as people snuggled together, singing Christmas carols while being pulled around the campus.

Christine Fraser, program coordinator,

director for Humber Arboretum for the last 16 years, said they had an excellent turnout this year.

"It's been wonderful... from the food and the bird feeders to the outdoor activities such as the hay rides and nature walks," she said.

Toronto councillor Elizabeth Brown also attended the celebration and has been a regular at the arboretum for years. This year she was asked

to make a short presentation and light the Christmas tree.

"I come out

every year — I wouldn't miss it. I've been taking my kids here since grade school," she said.

Eileen and her family travelled all the way from Barrie to take part in the event. She said she rarely misses it.

"As soon as I got there I went straight to the craft tables and bought some things for the tree and a beautiful reindeer centerpiece," she said.

David Fox, a child entertainer, put on a great performance for the children, singing nature and Christmas songs. Christmas trees, tree ornaments and wreaths were for sale.

Birute Pilipaitis has worked with the school nature programs at the arboretum for the last 14 years. She said she and her mother have been making home-made crafts for the annual celebration for years



PHOTO BY JENNIFER PECK

It was fun for the whole family as kids got their faces painted at the arboretum's Christmas celebration.

and have always been successful.

"The baskets have been really popular because many people find they make good presents for their children's teachers and bus drivers," she said.

The Humber College public relations students helped out a great deal by assisting with the activities and creating this year's theme: Secret Garden—Treasure of the Seasons.

"Although the themes change each year there is a real community connection. It's always wonderful when people come together to enjoy the holiday," Fraser said.

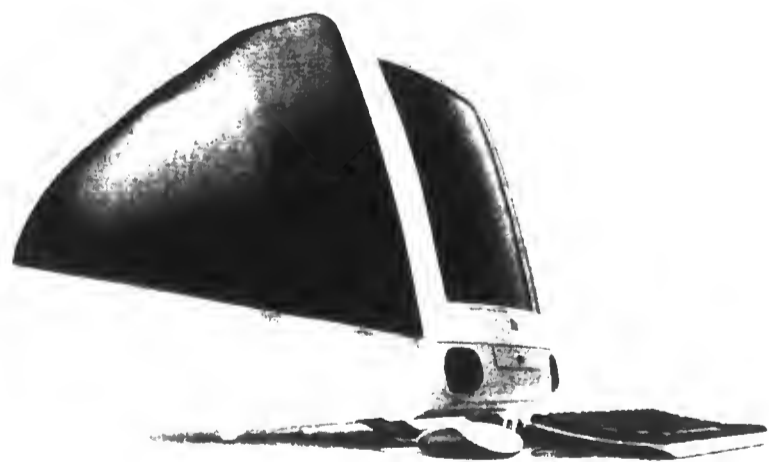


PHOTO BY JENNIFER PECK

Christine Fraser(left), Councillor Elizabeth Brown(middle), and Patty Stuite(right) enjoy the annual party.

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Adbusters magazine - on the front lines of the post-modern war against crass commercialism
By Corey Keegan
Images courtesy of Adbusters Magazine

Sub-vert operations



Like Superman, Kalle Lasn is trying to save the world.

But to some his approach might resemble that of Scrooge - if Lasn had his way everybody in North America would find exactly nothing under the Christmas tree this year - nothing store-bought anyway.

Lasn, in his fifties, is the founder and the editor of *Adbusters* magazine "a journal of the mental environment". The quarterly is devoted to bringing consumer culture as we know it to its knees.

It may sound radical to begin with, but the logic behind his ideas is simple: The mass media and advertisers are in the business of convincing people to consume more and more. At the same time, if the rate at which we consume continues, the planet simply will not be able to sustain our appetite for consumer goods. The earth will simply run out of resources and raw materials and fill up with waste and then it's lights out for the human race.

Adbusters goes to great lengths to examine the relationship between human beings and their physical and mental environment. But their conclusion is always the same. As they say, it's an attempt to provoke people to get angry about corporate misinformation, injustices in the global economy, and any industry that exploits people or pollutes the physical world.

"I grew-up walking around rivers and bumping into animals," says Lasn. "But young people today - who've grown up in the electronic environment with what's been estimated at 3000 marketing messages a day being rammed into their brains - I think they're fucked-up."

Adbusters combats advertisers at their own game. They use the same media and techniques to promote ideas instead of products. Getting "advertising to bite its

own tail," as Lasn says.

Recently, Lasn was able to take his message to television with a commercial (or uncommercial as he calls it) on CNN Headline News. Late-night viewers were privy to an animated pig licking its lips, while a voiceover read: "The average North American consumes five times more than a Mexican, 10 times more than a Chinese person and 30 times more than a person from India. . . We are the most voracious consumers in the world - a world that could die because of how we North Americans live."

The spot was a promotion for Buy Nothing Day, one of *Adbusters*' many subversion gambits in which they try to convince people to stop being part and parcel to their own demise, or that of their children.

"We're living off the backs of future generations. . . It's a critical problem, and people need to wake-up," said Lasn from his home in Vancouver where the magazine, founded in 1989, is headquartered. He said the "post-modern activism" which he espouses is the cure for our commercialization ills.

Planting "mind bombs", "subvertisements," and "uncommercials" is the way *Adbusters*, existing on the support of its 40,000 subscribers in 20 countries, work to help facilitate a revolution of consciousness. It's the new protest movement, Lasn says, and if it doesn't succeed, other wake-up calls will be more abrupt than what he's offering.

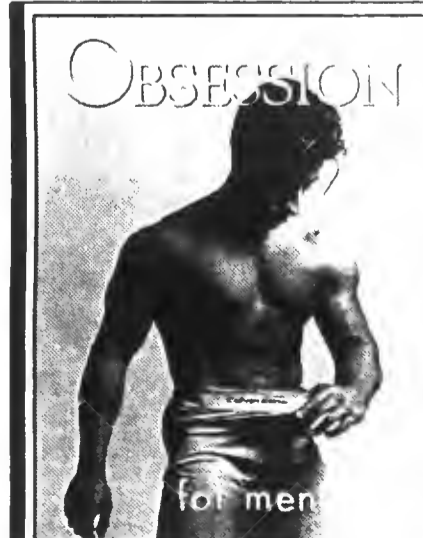
He argues that if our rate of consumption is allowed to continue, its contribution to environmental degradation will be hard to ignore. As he puts it: "People will have a hard time ignoring water washing over their window sills," in reference to the anticipated effect of global warming.

"It won't happen in six months or a year," he said but believes what he's doing is pro-active. "Feminism, the black movement, the environmental movement, the left in general are spent forces. They haven't had any meaningful victories in the past 10-15 years."

As with the psychical environment losing species and habitat, Lasn is concerned for the mental realm losing language, ideas, information, and cultural diversity.

Imagine if a newly immigrated Ukrainian family bought in to the Western shopping-mall Christmas, they would lose that other way of celebrating: less diversity, and we are all the poorer for it, said Lasn.

He admits his battle is uphill. He said people are so conditioned by advertising that they have a time hearing *Adbusters*' message. Hey, saving the world isn't for everyone, but Mr. Lasn says he is enjoying his struggle



Become a culture-jammer. For the whole low-down on *Adbusters*, visit their HQ on the Internet at www.adbusters.org -that's .org, not .com.



Spanish Cells

With Jennifer Lopez sending box office sales through the roof, and artists like Will Smith and Puff Daddy dropping bi-lingual raps, to that Chihuahua that has everybody saying "yo quiero Taco Bell", aspects of Latin American culture are everyday becoming another part of North American pop culture.

So what is behind the recent popularity with Latin American influences. Is it genuine interest or curiosity that has people wanting to experience Latino traditions, or is it the result of corporate America attempting to exploit yet another aspect of a culture outside of their own?

"Canadians had difficulties opening up to the ways of Latin Americans," explains Alberto Elmir, vice president and program director of CIRV, a multi-cultural radio station. "They didn't know us. Now they are learning more and more. The community is growing so fast and so is the culture."

According to Statistics Canada, the Spanish speaking population will have the highest percentage increase, among visible minorities within Metropolitan Toronto by the year 2001. Many attribute the recent rise in popularity of the music and culture to the rapid growth of the Hispanic community.

"The Hispanic community has been growing so much in the

last 10 years," explains Roberto Hernandez, executive producer of Herykam Artistic Productions. "Big corporations like NBC, CBS, ABC, they realized that they were neglecting an area that was very powerful, and they started creating Spanish channels. Here in Canada they are realizing that we are one powerful ethnic group. We are growing in all aspects of life."

The music has created a buzz among Canadians who can't get enough of those hot Latin rhythms.

"There's a strong demand from a lot of people especially Canadians," explains Elmir. "They're in love with the Salsa, Merengue and Cumbia.

Cuba and Puerto Rico, many people emigrated to New York and various other cities of the U.S.A. The Caribbean people that grew up in Spanish Harlem cooked up this special recipe along with other musicians in the Caribbean.

"With all this music that's here in North America, or all over the world," explains Ramon Calero, owner of Plaza Flamingo. "I think the alternative is Latin music because of the rhythms and the instruments that are used. The background culture from every country is very rich and has a lot of nationalities. Everyone contributes to create this good music."

Latin American culture is the result of two centuries of racial mix between European and native Indian influences. Countries share language, religion and some political beliefs. The cultures vary in their expression of music and art.

With the obvious appeal of the Latin culture, companies have been using aspects of this to market their products. Taco Bell recently stirred up a lot of controversy with an ad campaign that features a Spanish speaking Chihuahua.

"Everyone wanted to be Jamaican, and now it's everyone wants to be Spanish." Duro 3



Salsa was the result of a musical evolution of various types of Latin rhythms. It began in New York in the '30s adopting sounds from different Latin music styles and afro jazz. Because of the social and political pressures in

Marketing (marginalizing?) Hispanic culture



"They have to sell the product anyway they can," explains Elmir. "Sometimes they're using something that isn't appropriate, but I can't go against Taco Bell or any other company because I'm also in the business. That's the advertising business. If Taco Bell comes to me and they want to advertise, I can't reject them."

"They're going to put whatever they can sell on the market, to make money," said Calero. "They're waiting for some sort of reaction. Whatever is going to get the viewers' attention. This is an enterprise market and anybody can do anything they want."

So is the current hype behind Latin music and culture 'all good' or is it no more than a passing trend or fad?

"I remember when it was cool

to wear African medallions and Malcolm X shirts, you know then it moved on," said graffiti artist, Arturo (Duro) Parada. "Everyone wanted to be Jamaican, and now it's everyone wants to be Spanish," referring to Mase and others of his ilk who pad their lyrics with "mamacita's" and "yo quiero's" that outsell Hispanic rappers.

"I think it's real good," explains Abraham Alvarez, second-year architecture and technology student at George Brown. "I'm proud of where I come from and when I see people out there exploring what we do, how we speak, our culture, it makes me feel good. To see people out there interested just to find out how we really are."

Bringing down the stereotypes

Story and pictures by Jennifer McLaughlin

What many of us think of Aboriginal peoples is shaped by the images we are presented by the media.

Many natives would tell you these stereotypical images exist everywhere, and, at the very least, are wrong.

Jennifer David, communications co-ordinator for Television Northern Canada (TVNC), recalls one Canadian television show that has a "cameo aboriginal" - a prostitute living on the streets in downtown Winnipeg.

"If that's not a stereotype then I don't know what is," she said.

Christopher Spence, a freelance broadcaster for Aboriginal Voices Radio agreed. He saw a front-page picture on a Winnipeg newspaper with three young natives in handcuffs up against a police car. "It sends out a message - youth crime is committed by native people," Spence said.

There is a wide range of stereotypical roles for aboriginal peoples in the mainstream media, "from natives (portrayed) as savages, as mono-syllabic in search of scalps to portrayed as noble wisdom, as elders in touch with nature," Jamie Monastyrski, editor of Aboriginal Voices magazine said. Another bad stereotype, he said, is the drunken Indian living in poverty or on welfare. These stereotypes have created prejudice. It also affects native peoples.

"A lot of native people have chips on their shoulders because of it," he said.

It's not only mainstream media that has mistreated natives but also events in history. "It was only in the early to mid-60s that natives were allowed to vote," Monastyrski said. "It's disgusting really. Natives were drafted into wars before that."

Although the media covers some positive aspects of native issues Monastyrski said the coverage is superficial. "When a new Tomson Highway novel comes out they may do an interview or review it but that's it. There isn't much out there."

Now, aboriginal groups are learning the industry and are providing for themselves the coverage that mainstream media avoids.

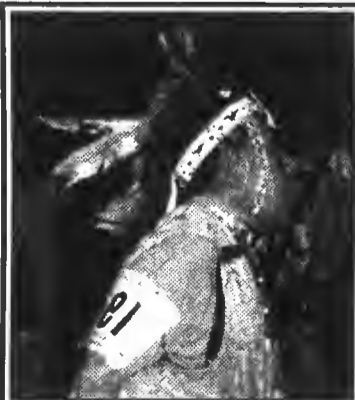
The Aboriginal Peoples Television Network (APTN), created by TVNC is in the process of establishing itself as a national network. "The aboriginal people need a vehicle to exchange ideas, stories, news and information." Abraham Tagalik, Chair of TVNC told the CRTC at its hearing November 12. "The issues facing the aboriginal community are large and complex and affect the very soul of Canada as a country."

TVNC is an aboriginal network that has served Northern Canada for 20 years. In June, it submitted a document over 400 pages long to the CRTC outlining every aspect of APTN, including financial details and program schedules.

In October, APTN received 300 letters of support. TVNC's presentation to the CRTC was November 12-13. The CRTC's decision is expected in early February.

"We have a lot of support for the network," David said. "The opposition (we have) isn't against the idea of having a national aboriginal network but against the 15 cents a month cable increase."

If APTN does get its licence, cable companies are planning to raise basic cable fees by 15 cents a month. This works out to \$1.80 a year but as Tagalik said to the CRTC, it's less than the cost of a Coke and a chocolate bar a year. In a study conducted by Pollara in May, 68 per



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Melting Pot: Suckers

They wear suits and ties, but you know they're not thieves

By The Editors

"The Grinch hated Christmas! The whole Christmas season. Now please don't ask why, no one quite knows the reason."

Dr. Seuss's small-hearted Grinch ranks right up there with Scrooge when it comes to the crankiest of holiday grumps of all time. For 50 years, the Grinch has lived in a cave on the side of a mountain, looking over Whoville.

The noisy holiday preparations and infernal signing of the happy little Whos below annoy him to no end. The Grinch decides this frivolous merriment must stop. His "wonderful, awful" idea is to don a Santa outfit, strap heavy antlers on his poor quivering dog Max, and construct a makeshift sleigh and head down to Whoville to strip the cheerful Whos of their holiday glee once and for all.

The Grinch is a blueprint for ad executives assigned to the Christmas season.

The effect that television has on the buying power of a mass culture, which is desperately seeking the next big thing, is to instill necessity where want once was. In effect, the message they send out is that to deny a loved one a pricey gift is to deny that person your love. Only with a true and expensive gift can you convey your truest and deepest love.

Commercials use their wide reach to promote the need for gifts. A holiday based around the son of a carpenter, who owned no material items in his whole life, has become the center for the sale of goods. Most stores report that

the Christmas season represents one-third of all sales for many retailers. Because of our growing addiction to television, these companies use it to constantly bombard our consciousness with products. In between sales of the perfect Christmas retailer, push their wares. Highly open to suggestion, they try to convince a child that the late winter-waiting doll is an absolute must have.

The television Christmas season does not stop its manipulation at commercial. The shows that hit the airwaves are specifically enhanced versions of the holiday.

'TV Guide looks at Christmas' is a wonderful video tape that highlights the best of television Christmas in years past as well as fan wishes from cast members of popular sitcoms.

These shows, run on a yearly basis, and if nothing else, provide insight into what Christmas should be. The logic is that if this is acceptable to be broadcast in thousands and thousands of homes, then it is certainly the right way to celebrate the holiday.

In order to put these shows on the air, stations must have money, thus the advertising. This equation is the result of years and years of willful manipulation on a theme.

There is a legend that the Coca-Cola company conceived Santa Claus as part of an ad campaign. He wasn't, but that doesn't absolve Coca-Cola from being one of the front runners in the commercialization of Christmas.

The image of Mr. Claus as a generous gift giver was borne out of St. Nicholas, the patron saint, and Sinter Klaus, the

Netherlands version of Santa Claus. With immigration came these varied ideas and they were eventually adopted and mutated in a specifically North American culture, and Santa Claus was born.

Haddon H. Sundblom, a commercial illustrator, began to work for Coca-Cola in 1924, and produced advertisements that included Santa Claus as an integral part of the campaign. The jolly old Santa in a red suit was already the standard version by the 1920s. Red and white may have been Coca-Cola's color, but Sundblom sure didn't because the color red was already associated with Santa Claus.

The immense popularity of Coca-Cola advertising certainly helped to popularize Santa Claus, and firmament Santa Claus, while still in public eye, was dead.

Coca-Cola did not create Santa, but the second best selling front of Christmas was in fact a creation of the Ad world.

Rudolph the Red-Nosed Reindeer came to life in 1939 when the Chicago-based Montgomery Ward company asked one of their copywriters, 34-year-old Robert L. May, to come up with a Christmas story they could give away to shoppers as a promotional gimmick. May, who had a penchant for writing children's stories and limericks, was tapped to create the booklet.

May drawing in part on the tale of the Ugly Duckling and his own background (he was often taunted as a child for being shy, small, and slight), settled on the idea of an underdog ostracized

by the reindeer community because of his physical abnormality: a glowing red nose.

Montgomery Ward distributed 2.4 million copies of the Rudolph booklet in 1939, and although wartime paper shortages curtailed printing for the next several years, a total of 6 million copies had been given by the end of 1946.

Following Coca-Cola's lead, Santa has been the pusher of a great many products and Rudolph has been the main reindeer of many more moral and philosophical lessons for children.

The truth is that both characters and the man who started the whole mess have been swept away by market share.

The man, on whom the entire season/holiday/religion is based, feels Christmas is a gross misrepresentation of fact and persona. In the Bible, when Jesus Christ walked into the Temple and saw the commercialism and hypocrisy, he angrily overturned the table, ruining the party and rebuking the profiteers. "You have made it a den of thieves." (Matthew 21:13)

A long road of pagan festivals and customs that were given a religious figurehead to make the celebrations more socially acceptable is being slowly replaced with a fat man in a red suit on television.

What you can't see is that behind the television and the fat man is an army of suits and ties, with enough information on demographics, market research and target shoppers to slowly suck the money right out of your wallet, without ever looking away from the television.

cent of the general population said they would pay an extra 15 cents a month to support the service.

Aboriginal groups are also penetrating other forms of media. Aboriginal Voices magazine covers all aspects of native life.

"There really isn't a magazine out there like this one," Monastyrski said. Aboriginal Voices includes news, music and entertainment. It also profiles authors, actors and bands. "We're about highlighting them and letting people know that these role models exist." The magazine publishes six times a year and is about to enter its sixth year of print. With an editorial staff of four people attempting to reach a community spanning all of North America, Monastyrski said the major challenge is finding the news that is out there. The staff relies on freelancers in different parts of Canada and the United States to write stories. But Aboriginal Voices, Monastyrski said, is well connected with the native community newspapers and has received a lot of positive feedback. "We get letters every week patting us on the back."

Aboriginal Voices Radio is currently seeking an AM and FM frequency in Toronto. Freelance broadcasters Andre Morrisseau and Christopher Spence are working together to achieve that end and are getting ready for the airwaves.

"Having an aboriginal radio station would be phenomenal," Morrisseau said.

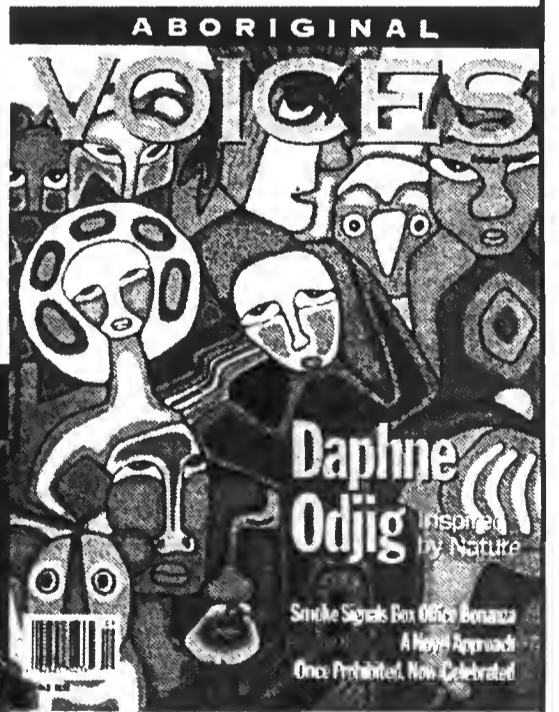
Spence added, "we believe we can get to the heart of the matter. We know how it is to be native. Our intention is not only to appeal to natives but to non-natives too." Spence said there are a lot of native artists releasing contemporary music that is overlooked in pop-culture. An aboriginal radio station would provide a place for them

to be heard.

Morrisseau said a radio station would provide a greater sense of community for native peoples. "Right now there are only four and a half hours of (aboriginal programming) in Toronto and that's only on community radio in a market where we have at least 70,000 natives and thousands of culturally open-minded people. It would be a hit." An initial application for a licence has been sent to the CRTC. In the meantime, Spence and Morrisseau are broadcasting through the Internet.

As native groups continue to work their way into media, it is hoped that others will stop the stereotypical portrayals of native peoples. Monastyrski said education will help eliminate ignorance. "They need a native workshop," he said. "Every mainstream media journalist should know what they are writing about."

Pictures: Dancers at the Canadian Aboriginal Festival at the Sky



COURTESY OF ABORIGINAL VOICES

Health

"If he puts his mouth on your genitals he can give you genital herpes."

Low self-esteem can lead to eating disorders

by CAMILLA PINTER
Health Reporter

Humber student Shannon*, knows first hand what the effects of starving yourself can lead to. She said her eating disorder began when she started associating with men.

"I was extremely shy, and refused to eat around guys. Soon, I started to starve myself. I hated myself, and I hated how I looked. I thought that if I stopped eating, I would look better. It didn't work. I always felt tired, and I never had energy. This lasted four months, and then my mom noticed I had a problem. She told me that if I continued to starve myself, that she would take me to get help. Slowly I began eating again, and I started to feel better about myself."

According to the Anorexia Nervosa and Related Eating Disorders Inc. (ANRED), one per cent of female adolescents have anorexia, and four per cent of college aged women have bulimia.

"I was in the psychiatric center at Woman's College Hospital," said Maggie*, a student* at Humber. "One of the ways they helped me was through art therapy. We made crafts and acted like five year olds. Making the crafts helped ease my tension and worries."

Bulimia nervosa is a diet-binge-purge disorder. According to ANRED, people with this eating disorder binge eat, feel out of control while eating, vomit, misuse laxatives, exercise excessively, or fast to get rid of the calories.

People with this disorder believe that to feel good they have to be thin. Some show unusual behaviour such as shoplifting, promiscuity, abuse of alcohol, drugs, and credit cards.

"A person will go through terrible episodes where they eat an excessive amount of food. After they finish eating, they begin feeling guilty about all the food they've eaten. That is when they start



PICTURE BY CAMILLA PINTER

People with an eating disorder often exercise excessively because they believe that thinner is better.

to purge it all back up again," said Lydia Oleksyn, administrator of Sheena's place, a support centre for person's with eating disorders.

Anorexia nervosa is the relentless pursuit of thinness. According to ANRED, people with this disorder usually weigh 85 per cent or less than what is expected for their age and height. In women, menstrual periods stop.

In men, levels of sex hormones fall.

"They are terrified of gaining weight, even though he or she is markedly underweight," said Marg Anne Jones, an R.N. health counsellor at Humber.

According to ANRED, these disorders

usually appear in bright, attractive young women between 12 and 25, although there are both older and younger exceptions. Five to ten per cent are male.

A difference in food behaviours such as skipping meals, vomiting in secret, making excuses for not eating are all warning signs of an eating disorder.

Excessive exercising, a difference in thoughts, feelings and social behaviours are also warning signs.

"One of the obsessions anorexics may have is to count the number of calories and the grams of fat. People with this disease have such an incredible fear of fat that the sight of food makes them feel nauseated," said Jones.

ANRED said psychological factors contribute to eating disorders. People with these disorders tend to be perfectionists. They see the world as black and white, with no shades of grey. Everything is either good or bad, success or failure, fat or thin. If fat is bad then thin is good, then thinner is better, and thinnest is best - even if thinnest is 68 pounds in a hospital bed.

"Young women use this to gain control of their life. In other areas of their lives, they feel they have no control," said Jones.

According to ANRED, there are social factors that contribute to eating disorders. These include television, movies, and magazines.

"There is also the social factor such as today's fashion. The media has put out a picture which tells us how we are supposed to look. We are supposed to look long and thin," Jones said, adding young women are often influenced by magazine pictures.

Cy Bulanda, a counsellor at Humber said peers sometimes have an effect on young women.

"For example, if a group of friends decide to take part in a group diet, one girl may decide to take the situation one step further, and hopefully there will be one

sensible person in the group who will realize what is happening, before it is too late."

If not stopped, starving, stuffing, and purging can lead to irreversible physical damage such as kidney and liver disease and even death.

Treatment involves getting one's body back into shape "This involves helping the person mentally as well as physically," said Jones.

Some treatment methods include hospitalization, medication, individual, group, family, and nutrition counselling, and support groups.

Margaret Flynn, co-ordinator of patient care for Bellwood Health Services said their main focus is not on the client's weight, but more so with trying to get them to make healthier choices for themselves.

"We offer programs such as behaviour management and lifestyle management. We are also the first organization in North America to offer an eating disorder anonymous group," said Flynn.

"Here at Sheena's we act as a support centre. We offer programs four times a year, (summer, winter, fall, spring). People come to us as clients, not patients," said Oleksyn.

Friendship is very important in the recovery process.

"You need friends and support when you are recovering. When you talk to others with the same sort of problem, you know that they fully understand what you are going through," said Maggie.

There is going to be a meeting to explore having a support group here at Humber. Anyone interested watch for posters in the hall after Christmas.

The number for Sheena's place is 927-8900; the number for Bellwood Health Services is 495-0926.

*To protect the privacy of Maggie and Shannon, their names have been changed.

Cold sores - once you have them you've got them for life

by NATALIE DAYE
Health Reporter

At first your lip begins to tingle, then itch. You hope to God that it's not another zit!

Finals are almost over, your stress level is at its peak, and a big bad blemish is the last thing you want to worry about. Or is it?

Cold sores, (or fever blisters), "are very contagious and once you have them, you have them for life," said Doctor Zidel of the Malton Medical Group. The virus lives in the nerve endings of you skin, and once it finds a cozy place, like your mouth, there's no chance it's going to leave.

According to Zidel, cold sores are caused by a virus called Herpes, "there are two types, the first can be a cold sore around the mouth, and the second is gen-

ital herpes," said Zidel.

Factors that can cause an outbreak include a high stress level, a sun burn, a high fever, a common cold, and even the menstrual cycle.

The development of a cold sore has several stages, the first being the tingle stage. "The skin becomes itchy and tingles," said Zidel. Following the tingle stage is the blister stage when a small area of the skin raises and forms a blister. The third stage is the weeping stage, "when the blister bursts, and forms a weeping sore," and the final stage is the scab stage that "can last up to 10 days."

Mary Grace Perricelli, a Massage Therapy student at the Canadian College of Massage and Hydro Therapy in Toronto said she suffers from fever blisters at least three times a year, "I get them usually around exam time when I'm really stressed out."

Zidel said that over half of Canadians carry the virus. According to PharmWeb at www.pharmweb.net, about 12 million people in the UK get cold sores, and the American Social Health Association at Meijer Health Expressions, www.meijer.com stated that over 50 million Americans have oral herpes.

"Cold sores are spread by direct skin-to-skin contact only, and are very contagious," Zidel said. "If your partner has a cold sore and kisses you, he can spread it to your mouth. If he puts his mouth on your genitals (oral sex) he can give you genital herpes."

"There are several over the counter ointments, tablets, and creams that can help treat a cold sore," said Wanju Ho, a Pharmacist at Shoppers Drug Mart in Mississauga. Ho suggested a Vitamin E cold sore ointment that sells for about \$5.99, "we also have lip ointments that

you apply to the sore to dry it out; there are many remedies available to sooth and lubricate the lesion.

"I use an anti inflammatory called Zovirax," said Perricelli, "there's no way I'm going to wait for it to go away on its own."

Zidel said there are no cures for cold sores, but offered ways to reduce the symptoms. Replace toothbrushes and lip balms after an outbreak. Never pick or squeeze a cold sore. Avoid salt and foods that irritate blisters, and refrain from kissing.

Wash your hands frequently to prevent spreading the infection to other areas of your mouth or to other people. Always wear sun block lip balm. Do not touch your eyes or your genitals, and always apply ointments with a cotton swab, not your fingers.

Lakeshore

"We have a culture of retribution and revenge . . . that is really an illusion."



PHOTOS BY ERIC MCGILLIVRAY

by ERIC MCGILLIVRAY
Lakeshore Reporter

Women silently marched through the Lakeshore campus cafeteria last week wearing white masks and stood in silent protest to stop violence against women.

Nadeem Siddiqui, a second-year student in the social services worker program said the white masks were symbolic of the victims.

The masks without mouths represent that their voices are not being heard, and they are not being seen, he said.

Siddiqui added over the week volunteers at the

information booth set-up 300 ribbons and handed out 100 brochures to students.

"We had a really positive reaction from the students," Siddiqui said.

Male students also got to sign a pledge form stating that they will help stop violence against women.

He hopes to inspire the first-year students to continue with the White Ribbon campaign next year at the campus.

JUSTICE: Humber style

by KEVIN MASTERMAN
Lakeshore Reporter

Humber's post-graduate Justice Studies program is involved in a new concept of justice.

Restorative justice, part of the curriculum unique to Humber, allows victims to meet with their offenders to compromise on a solution.

Art Lockhart, a teacher in the program, spearheaded the launch of a community project to help fight offences within Etobicoke high schools.

"We (society) see wrongful behaviour as violating the state. In restorative justice we see the offences as violating a relationship with another human being," Lockhart said.

The Community Alternative Program for Suspended Students (CAPSS), is a partnership between the Toronto Board of Education and Humber College.

Lynn Zammit, CAPSS organizer, said the program began in response to a growing number of suspensions that were "not really for the courts," or minor offences, such as classroom disruptive-

ness. Humber students work in the program as facilitators to help victims and offenders talk to each other in a comfortable setting. The students also hope to complete a manual on how to run a successful restorative justice program.

Zammit stresses the program does not override any police charges, but in the past, crown attorneys have recommended reduced sentences to those who have gone through the program. Police, crown attorneys, and probation officers have participated in workshops to learn and perhaps use restorative justice in their jobs.

"We have the luxury of training police and probation officers. We want them to ask themselves 'How can we make it work?' It's just a matter of time before probation officers facilitate these circles," Lockhart said.

Sentences have been lenient at times since restorative justice saves the court manpower in dealing with offences by finding

solutions outside the courtroom. Lockhart said the interest in the program is also a product of a provincial government looking to make cuts in the judicial system.

"I mean, this is the same government who installed boot camps and want to privatize young offenders facilities," Lockhart said.

The CAPSS program is a volunteer only, and screens its participants to make sure all parties want to 'repair the harm'.

In one case, two OAC students stole computer equipment from one of their classes and threatened a janitor while trying to escape. While dismantling some of the equipment they erased software in the computer which a classmate depended on to receive a \$1000 scholarship.

Through the process of a forum with four specific questions asked of all participants, a solution could be found. Only

one of the offenders agreed to participate. The forum included everyone involved in the event: the offender, his parents, the janitor, his wife, the student, and her mother, and a teacher.

The forum brings to light what everyone involved in the incident feels.

"It helps take away from demonizing the offender. Victims want their voice to be heard. In most cases victims want an authentic apology and a reason they were victimized; they want to understand why it happened to them."

The offender's parents agreed to pay the \$1,000 to be reimbursed by their son who would get a part-time job and he work alongside the janitor for a few afternoon shifts.

The offenders were charged in this case, but often courts are not involved because the solutions the CAPSS program facilitates are often reasonable agreements between both sides.

Lockhart said restorative justice is a method to deliver a solution to crimes that satisfies all parties involved and to curb repeat offenders by rehabilitating them, rather than punishing.

"We have a culture of retribution and revenge we associate with justice, that is really an illusion," Lockhart said.

"It helps take away from demonizing the offender."

Art Lockhart

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Lifestyles



"Now (pornography) seems to be more acceptable."

Special gifts for women aren't too hard to find

by TYLER POPE
Lifestyles Reporter

Hey guys, the holidays are quickly approaching. There may be a new woman in your life and you have no idea what to give her. Or, maybe you've been going out with your girlfriend for several years and you're not sure what to get her besides CDs.

The type of gift you buy a woman will depend on how long you have known her, so if you're not sure whether this girl likes you or not, you could scare her away with that trip you booked to a secluded ski resort.

Unless she has given you a clear indication of what she wants, you should ask yourself a few questions before you hit the malls.

What are her hobbies? Is there something she always talks about or has always wanted? Do you know what perfume she wears? Does she like to blend in? If she likes to stand out in a crowd you could get her something a little more wild and funky.

Wolfgang Haider, a second-year Architectural Technology student, has been married for five years. Ingenuity, he said, is what he lacks when looking for the ideal gift.

"(Shopping) is not difficult, but I have

problems finding something because my imagination is not there. But I get hints and tips over the years," he said.

According to Juanita Forde, a Toronto retail manager, the most important question would be, do you know her size?

"Guys come into the store and say she's about your size and point at me," said Forde. "Make sure you know her measurements and body size."

Whether it's lingerie or just a simple cardigan, knowing her size is important and will eliminate a lot of grief. But don't forget to ask yourself whether or not she'll be opening the gift in front of her family. If so, those red lace thongs may be a no-no.

"(Ask yourself) what are her favourite stores?" said Forde. "Get her something she likes to wear as opposed to what you want to see her wear."

This year turtlenecks have become quite versatile and there are lots of variations. You can get anything from the practical cotton to the sheer sexy netting.

"You could wear (cardigans and turtlenecks) with so much," said Melissa Meehan, a Toronto retail salesperson. "And if you are not sure what to get you should stick to the basics like turtlenecks, cardigans, shirts and T-shirts."

"Get her something she likes to wear as opposed to what you want to see her wear"

Juanita Forde



PHOTO BY TYLER POPE

When shopping for that gal pal this season, be sure to buy what she likes. Anything from clothes to stuffed animals will do depending on her taste.

If you don't want to get clothes at all, how about a watch. It may sound boring, but watches are big fashion items. Women love to wear different watches depending on their mood or outfit. If she doesn't wear a watch now's the time to get her one.

Or, maybe an attractive handbag with lot of pockets and pouches, so she could fit everything from sunglasses to her cellular phone. You could then get her the matching day planner or organizer. If it doesn't come with one, then choose a rich coloured and nicely textured agenda book. It's a practical yet fashionable gift.

Did you want a romantic evening alone with her? How about some candles, two champagne glasses and a bottle of bubbly, and enjoy the rest...

If financially possible, you know jewelry will always put a smile on a woman's face, but remember the questions you asked yourself at the beginning and the ski resort reservations you are now cancelling.

You could never go wrong with an elegant necklace or a simple pair of earrings. But stay away from the fingers unless you both are serious.

Find out who her regular hairdresser is and book her for a full day of beauty treatments: pedicures, manicures, facials and massages.

Or, after a hard day, she deserves a relaxing bath. Get her a bath gift box that is somewhat elaborate. Make sure there are lots of sensual smelling soaps, lotions and creams. You could get an antique bottle and fill it with her favourite perfume.

Before you leave the store you should always find out if they do the wrapping right there or if there is a place near by that you could get it wrapped. This way when your shopping is over you have nothing more to think about.

Finally, you should always ask questions. Retailers are there to help you.

"That is what we are here for," said Meehan, "to help you and answer your questions. So don't feel shy."

Have yourself a cheap little Christmas

by JUANITA LOSCH
Lifestyles Reporter

The snow and blowing wind may not be here yet, but never fear, Christmas is near. If splurging for two-ply toilet paper is a treat for you, then giving at Christmas is not the news that you want to hear.

Christmas has a way of maxing out your credit card. Buying gifts doesn't have to mean taking out an extra loan, or selling your laptop. Affordable and thoughtful do-it-yourself gifts are here to the rescue. With a bit of spare time, a touch of motivation, and a lot of imagination, you can bring your Christmas gifts to life.

Claudette Weeks is an experienced craftsperson who knows the anxiety gift buying can bring, but says it doesn't have to be about money.

"It doesn't have to cost anything except your time," Weeks said. "Time is a gift, it's not just your money."

A coupon book makes the perfect gift for anyone,

Weeks said. You get an envelope, and fill it with 'I-owe-you' coupons - a free 15 minute foot massage, or a cup of coffee, or a night off from washing the dishes.

If the person you're giving the gift to is interested in gardening, a bulb-in-a-tin, is a great, inexpensive idea. It consists of placing a flower bulb, such as a Paper White Flower into a tin can, and filling it with small rocks (soil is not required). This yellow or white flower stands 18 inches tall, and is very fragrant. The flower can also be transplanted outside in the spring.

"Everyone loves a flowering plant," Weeks said.

Taking a clipping from an old spider plant that you have at home, and putting it into an old flower pot that you have at home is another cheap, but thoughtful gift idea. Wrapping it up with fancy paper, and attaching a ribbon at the top adds a nice touch.

For the baker on the list, a muffin, or pancake mix in a cloth bag followed with baking instructions is a sure winner

"You mix all the dry ingredients, put it in a bag, and put a bow on it," Weeks said. "All they have to do is measure and add an egg."

Weeks said anything that you are good at doing, whether it is photography, writing, or knitting, can all be put to good use to master an excellent, personalized gift.

An affordable place to buy craft and gardening supplies is The White Rose. Free instructions are available for various gift ideas.

A plain wooden bucket can be purchased for \$6.50, acrylic paints for \$6.99 each, stencils from \$0.99 to \$2.99, and paint brushes for \$2.49 each. With some imagination, and time, you can make a lovely bucket that would be an excellent flowerpot or a simple decoration for someone's home.

So, don't sweat Christmas this year. By putting your mind to work, and your cheque-book at ease, everyone will find great gifts under the tree - signed with love from little ol' you.

Internet wipes child innocence away

by MIKE GENTILE
Lifestyles Reporter

As pornography becomes more prevalent in our society, it also becomes more accessible to young children using the Internet, whether they want to see it or not.

All a child has to do is know at least one kind of word related to pornography to get into numerous sites.

By typing in the word "sex", in the Alta Vista search engine, there are 14,239,435 responses. Though sex education sites do exist, they are clearly outnumbered by the sites containing explicit material.

According to Statistics Canada, 13 per cent of Canadian households had access to the internet in 1997 and the number is on the rise, especially for young children.

What is most disturbing is the presence of these sites when a child is not look-

ing for them. If a child is conducting research on a project about stars, they will across some off-topic material. When "stars" was typed in, 507,162 sites came up, but it wasn't until the eleventh site that any information on astrology was provided. The previous 10 sites, although listed under stars, were all porn sites without the word stars in it.

Second-year Accounting student, Mike Sbrissa, 20, said that even for people his age, the presence of those sites can be annoying and frustrating.

"I typed in the word rap, looking for music sites and all this other crap turns up," he said.

The abundance of pornography available has some parents in an outraged including Joe Ascenzi, a father of four.

"It's disgusting. No matter what you type in, it's there," said Ascenzi. "All that junk should be taken right out of there," Ascenzi added.

Many agree with Ascenzi but little has been done. So far there is no way to outlaw these sites. That means there's no limit to how far anyone can go.

Although sites can't be outlawed, they can be limited. Companies like "Net Nanny" offer filtering devices to net users. All you have to do is list any words, specific sites, and news groups you don't want to see, and the "Nanny" will get rid of it. "Net Nanny" costs \$39.95 by phone, or \$29.95 through their web site.

Adam Rocca, a teacher at St John Bosco Elementary School in Woodbridge, advises the Internet is only a good source of information for kids under the proper supervision.

"I recommend it but it is up to the parents to see what the kids are looking for," he said. "The problem is that a lot of parents don't understand what can be found there."

In most of the sites, users are told they must be 18 years of age before accessing. However, all they require you to do is click yes. No other information is required, making it easy for those under age to log on.

Rocca said despite warnings, kids are set in a trap. "I think it's immoral because it's deception. They're basically saying that they don't care who sees their sites, as long as people are looking."

The growth in the pornography industry is very rapid, with the net being just another medium. There is also videos, magazines, and CD-ROMs.

Chris Smith, an employee at a Woodbridge adult video store, said society helps fuel the growth.

"Business has doubled in the past three or four years, because now (pornography) seems to be more acceptable," he said.

Smith said there are roughly 2,000 members at his store with an average of two new members joining every day. Members range in age from 20-80, and most customers rent at least three movies per visit.

Smith said that kids will wander in from time to time but it is impossible for them to rent a video.

"Kids still come in here once in a while, about three or four at a time. They usually start laughing once they're in but I kick them out," Smith said. "Nobody is allowed in the store unless I see their (identification)."



Hope for the best, expect worst when vacationing

by JENNIFER PECK
Lifestyles Reporter

Prepare yourself for the worst while on vacation. That's the advice offered by experienced travelers and travel agents to students who plan to head south this holiday.

Stephanie Forbes is a graduate from the University of Toronto and has been to Jamaica and Bermuda over the past few years. She said young people cannot be naive when travelling to foreign places.

"You have to be careful - there are a lot of places that are dangerous, even on the beaches," she said.

Krista Kreutzer, a travel agent for Thomas Cook in Kitchener, said you have to be cautious when travelling.

"You have to use your common sense and do not travel alone in the non-tourist areas," she said.

Forbes said she saw a lot of drug dealing in Jamaica. She said a man walked up to her father on the beach one afternoon asking if he wanted to buy some drugs, with a police officer standing only a few feet away from them.

Forbes said there was even trouble while shopping for souvenirs. She said she was in a store but decided not to buy anything. When she left she said the owner of the store continued to harass her and angrily pursued her throughout the mall trying to convince her to purchase something. She said it was truly frightening.

Bob Papadimitriou, a Wilfrid Laurier University student, said you really have to bargain with the islanders when shopping for souvenirs. He visited the Dominican Republic back in 1996 and said the islanders can really jack up their prices when tourists come around.

"They can really rip you off if you don't try and haggle with them," he said.

Marlen Travel agent Marcella Plesnik, said all places experience crime such as robberies but places with

higher crime rates tend to be Third World countries. She also suggests going to a hotel with safety deposit boxes in the rooms because robberies do occur.

"Places like the Dominican Republic, Cuba, Mexico and Jamaica tend to be more dangerous than others. Aruba is one of the safest places you can visit but you still need to be careful just like in any place," she said.

Plesnik said medical and trip cancellation insurance (such as Blue Cross) is good idea because if you get hurt you will have to pay cash right up front which could be costly.

Insurance for your car is a must if you're driving down south said Papadimitriou. He was on his way to Florida last year when his car battery died. He said he was glad he thought ahead and got CAA (Canadian Automobile Association) before leaving Canada.

"All I had to do was call (CAA) and they towed me straight to a garage at no cost," he said.

Papadimitriou also suggests wearing a lot of sunscreen and staying in the shade as much as possible because he said the sun is a lot stronger in places such as Dominican Republic. He said he got an extremely bad sun burn only after a 45 minutes in the sun, and was bed ridden for three days.

Alison Davis, program director of the national office for the Canadian Cancer Society said the Caribbean islands are closer to the equator and therefore the sun is a lot stronger than here in Canada. She suggests wearing protective clothing, using sunscreen of at least 15 spf and staying in the shade.

"Any sun tan is a sign of skin damage," she said.

Kreutzer said the water is not drinkable in places such as Mexico and the Dominican

Republic because it could cause problems such as vomiting and diarrhea. She said some of the three star hotels and higher will purify the water.

Mike Snider, travel agent for Sears Travel in Kitchener, said if you need to change your currency, it should be American money because all places in the Caribbean will accept it. As for a passport, the only place you need one in the Caribbean is Cuba. He said it takes it takes five working days to obtain one.

Papadimitriou suggests doing plenty of research before going on vacation.

"Just remember you're in a strange place with different ways of doing things so you have to be prepared and be aware of your surroundings," he said.

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In the Halls of Humber

Sleep deprivation, an exhausting problem

by EMMA MAXWELL
Lifestyles Reporter

Everybody suffers from lack of sleep at some time or another, but sleep deprivation is not to be taken lightly.

Lack of sleep is something we should definitely be concerned about. "People always wonder what the big deal is if they don't get enough sleep," said Bev Devins of Sleep/Wake Disorders Canada. "Well if you think of a pilot or surgeon who is sleep deprived, that really packs the punch. It's not something that we should take too lightly."

According to Devins, insomnia, the most common of the sleep disorders, is the inability to fall asleep initially, or to resume sleep throughout the night.

If you wake up during the night to go to the bathroom or to get a drink and you can't fall asleep the second time, that is also classified as insomnia.

"Insomnia can be caused by anything really, from having a new baby at home, shift work, for students it could be studying for exams, or pressure at school, pressure on the job, a death in the family, literally anything," Devins said.

If you don't get enough sleep at night, many of your day-to-day activities can be affected by it.

"Well certainly your mood is affected, your performance, your concentration. You don't have the desire to go out and socialize as much. Your work suffers, your personal life suffers, your quality of life more generally will suffer," Devins said.

In many cases sleep deprivation can be a life-threatening situation, for exam-

ple if you operate heavy machinery, or drive a truck.

"It's not a very good scenario, so we need to take it seriously, it really has a tremendous effect on one, and can affect all kinds of things," said Devins.

A general rule of thumb is that the average person needs seven to nine hours of sleep a night.

"If you find you wake up and you don't feel refreshed, and if you are drifting off throughout the day, that may be a signal that you are not getting adequate sleep, or adequate quality sleep," said Devins.

The quality of sleep that you get is also as important as the duration of sleep you have.

To have a good night's sleep there are a number of things you can do.

"First of all there would be behavioural approaches that one can take, just for examining basic sleep hygiene and mak-

"I recommend you do not take your work to the bedroom. Try to limit the bedroom for sleep and sex only."

Bev Devins

ing sure you are not doing anything terrible."

Things that could be classified as terrible would be drinking coffee or caffeinated beverages, smoking or exercising, or



PHOTO BY TYLER POPE

A good sleep will help you function more efficiently throughout the day.

eating a heavy meal right before you go to bed. All of these can cause sleeplessness.

There are also things you can do before bedtime that will help you get better sleep.

Taking a warm bath, making sure your room is a comfortable temperature, and that your mattress is in good condition are just a few tips.

"I recommend you do not take your work into the bedroom. If you . . . get aggravated, and you expect to just turn off the light and turn over, it doesn't usually work that way. Try to limit the bedroom for sleep and sex only," Devins said.

If sleeping problems still persist, Devins recommends you contact a physician.

"Consult with a doctor and they may

recommend you take some medication, for short term use that would be enough to break the cycle," she said. "Also, if you wake up in the morning feeling unrefreshed, and you are falling asleep at every opportunity, that could be a real red flag that something is wrong. Don't ignore it, seek the help of a professional."

People tend to dismiss sleep disorders, but it can be just as severe as any of the other disorders that one can have. There's no need to be so tired and have so much difficulty."

If you would like further information, or think you may have a sleep disorder you can call the Sleep/Wake Disorders Canada at 416-483-9451 within Toronto, or 1-800-387-9253.

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See the world while you work

by MIKA AMITOVSKI
Lifestyles Reporter

If you plan on travelling and working in other countries next summer now would be a good time to get things started.

Working abroad is an opportunity not only to earn an income, covering both living and travel costs but it will also enable you to travel and learn more about another country's culture and way of life.

Working and travelling abroad can also be an excellent way to impress future employers.

One place to get started is the Humber's International Student Centre.

The staff can give advice on where to go, what to do, what to get and what you need to start applying for working abroad. As well, the centre has many books and brochures about travel.

"We are not a placement but we can help serious individual students on getting started to work abroad," said Delyse Newby, co-ordinator of the Intercultural Centre.

Another way to help you work abroad is to go through an agency, but there is a fee to join. For example the SWAP program's fee to join is \$295 plus tax. SWAP is an agency that helps students arrange their travel, helps them settle in when they arrive, and provides a student with a job and travel resources wherever they are in the SWAP destination.

All a student has to do is fill out an application, and pay the fee. Applications are included in the SWAP brochure and brochures are located

in the Humber Career Centre and the International Students Centre.

Students who don't want to go through an agency can get everything started by themselves.

Catherine Patsolis, a student at Ryerson Polytechnic University, went to Greece to visit some of her family. While she was there she worked as a model to make some money.

"I was running out of money and I didn't want to ask my family for it, so I went and fortunately found a job in modelling for soap and pantyhose commercials," said Patsolis. "It was fun and I got to learn more about the working world in Greece."

Working abroad is not easy. A student has to be very serious and dedicated, but it can be very rewarding.

Students have to be very open minded. They need to blend well with others and be very social to succeed in countries abroad. Working abroad is not for an introvert.

Students also have to obey the countries rules, regulations and their religions. For example in Saudi Arabia, you are not allowed to drink alcoholic beverages. If you are caught, you are subject to their laws.

Newby said that serious individuals must first research the country very carefully.

"There are a lot of resources that individuals can use to find out about the place they want to go to," she said. "Individuals can use the Internet, and also the best resource would be their faculty."

Arts

"Do you consider yourself a comedian or a lumberjack?"

Green plays the gross-out game

by **SHAUN HATTON**
Arts Reporter

Is Tom Green insane? On December 7, the host of the outlandishly funny *The Tom Green Show*, which has just started its second season on The Comedy Network, airing Fridays at 11 p.m., hosted the ALT.COMedy Lounge at The Rivoli.

"We're having a good time," he told the audience as he got on stage. "Anyone in the front row, if you're wearing suede, you might want to take it off."

Within minutes, Green, who is known for pulling outrageous stunts, took a girl, Sarah, from the audience and engaged in a milkbag squeezing fight.

"On the count of three, start with the crotch," he said.

A few milkbags later, both Tom and Sarah were completely soaked in milk.

At the beginning of the show, Green announced that the audience member who laughed the most during the show would get a Sony PlayStation. And for the person having the least fun, there was an industrial fan and a bag of human hair, which he didn't hesitate to use on a heckler in the second row.

"Let's have a big Queen Street West, 2-4-1 Pizza welcome for Steven Jesse Bearnstein!" he shouted, introducing every act that night the same way.

Besides drenching the front row in milk, Green had someone

throw up into a grill from a deep-fryer, rubbing hair in the puker's face to speed up the process. He then jumped into the audience, grill in hand, giving it to a fan who was more than happy to receive it.

"Tom, do you consider yourself a comedian?" Green asked, while standing beside a child's kitchen playset. "Do you consider yourself a comedian, or a lumberjack?"

He started up a chainsaw and tried to saw through a bag of carrots and a head of lettuce. But both items flew off the stage. Then he turned the chainsaw to a coffee table, slowly sawing through it.

Near the end of the night, when it came time to give the

PlayStation away, he looked into the audience.

"You look like you were laughing pretty hard," he told one lady. "But you were laughing pretty hard too," he told another, ultimately deciding the prize should be split.

He brought out a beat-up 1970's-style radio and sawed it in half with the chainsaw, throwing the halves into the crowd.

It may seem weird, to say the least, but it's what he does, and he does it better than anyone else.



COURTESY PHOTO

Somebody please help me. Stop me before I joke again. I can't control myself.

Canadian jazz giants give Humber students direction

by **ELIZABETH TRICKETT**
Arts Reporter

Jazz filled the air at the Lakeshore campus last week.

Renowned Humber music students performed under the direction of some of Canada's most well known jazz names.

Trish Colter is a professional vocalist who has toured Canada, the United States and Europe. At Humber's jazz night she directed a vocal jazz ensemble which performed songs by Charlie Parker, Joni Mitchell and Duke Ellington.

The evening also featured Pat LaBarbera who has performed with Buddy Rich, Frank Sinatra and Ella Fitzgerald. He has even been on the Johnny Carson show.

LaBarbera directed an instrumental jazz ensemble that had a great sound but couldn't compare with Al Kay's Big Band.

Al Kay is also a famous Canadian musician. He has

worked on Toronto's best musicals including *Rag Time*, *Crazy for You*, *Kiss of the Spider Woman* and *Cats*. Kay is also a member of True North Brass, a group that will be performing for Prime Minister Chretien.

Al Kay's Big Band was the highlight of the evening. They had vocalist Felicia Nelson who did a great job in the song *Midnight in Vermont*. The best songs the big band performed were the purely instrumental songs because they had a taster beat and more focus on soloists. Their guitar player Emile Deon was amazing. He played fast leads. The trumpet players had a nice loud jazzy sound that accented all of the songs played.

The crowd was definitely one that appreciated jazz. They clapped and cheered after every solo.

The only problem was that the concert was so good, it should have been longer.

Orgasmo delivers peak performance

by **DUSTIN DINOFF**
Arts Reporter

Orgasmo delivers a hot, white, creamy explosion of pleasure to every person in every audience that comes to the theatre equipped with a sense of humour.

Make no mistake, *Orgasmo* was made by South Park co-creator Trey Parker, and the laughs involved in the film flow from the same vein as those on the show, but it is so much more. Sure there is bad language, lewd comments, even a few fart jokes, but what would you expect from a send up of the porn industry?

Orgasmo is a story of Joe Young, a Mormon who canvases door to door promoting his faith, in Los Angeles. One day he knocks on the door of porno

guru Maxxx Orbison, and interrupts the filming of his new flick, "*Orgasmo*". Enraged, Orbison orders his security force to beat Young up, however Young surprises all by beating up the guards. Impressed by Young's ability to kick ass, Maxxx enlists Young as his new *Orgasmo*. After much thought, Young agrees to do it for \$20,000. Although it is very much against his faith Young decides that the money can be used to finance the wedding he and his girlfriend from Utah always wanted. She is also a Mormon. Moral dilemmas plague Young throughout the film.

During the making of the film, he strikes up a friendship with his *Orgasmo* costar, Choda Boy. Together they fight crime off-screen as well as on-screen, defending the honour of a local

sushi bar forced to sell out to the huge dance club next door.

Orgasmo is a difficult movie not to like. From the wacky song over the opening credits to the unforgettable final scene, it is not a bad little piece of filmmaking.

To all you perverts out there, be forewarned. Yes, *Orgasmo* is about porn, but there is virtually no nudity in it, unless you're in to guy's butts. Hairy butts, at that. But for you porn aficionados who recognize the art behind it all, there are a few proud moments, like the inclusion in the film of Ron Jeremy as one of Maxxx's porn star henchmen, and a plethora of other legit porn stars that you may recognize from some lonely Friday nights out with the guys - or girls.

But *Orgasmo* is so much more than that. It works well after a terrible day when the only thing that will keep a gun out of your mouth is a good solid laugh. Parker and company can provide that, and then some.

Parker's South Park crony, Matt Stone, helped produce the film and is featured in a very funny role as Dave The Lighting Guy, who seems a little confused about his sexuality, but is certain that he loves porn! Parker is also consistently funny, and although he misfires on a few gags, he is pretty much bang on for the better part of the film.

Orgasmo opens in Toronto (finally) on December 11.



COURTESY PHOTO

A-Cup (David Dunn) and *Orgasmo* (Parker) duke it out.

First Dry Night of 1999

Annual New Years celebration to be wacky sober fun for the entire family.

by ELLIOTT BELKIN
Arts Reporter

What are you doing New Year's Eve?

First Night Toronto is celebrating their eighth New Year's Eve party in a family oriented, non-alcoholic celebration of the arts. The event is being held at Harbourfront Centre and will run for a full 12 hours, from noon to midnight.

First Night will be the biggest New Years Eve celebration in the city. It will include 400 performers in 55 shows on 14 stages.

Performers and events will include: Gowan, Salome Bey, The Daredevil Opera company, a craft studio, First Nations Drumming seminar, Fire-works, and a special children's finale for all the little ones who have to go to bed early.

"Most of the night is interac-

tive so the whole family can be involved,"



said Corey Ross, producer of First Night.

This year's event has a few new additions. For the first time it will run 12 hours. You can buy all-access buttons in family 4-packs. They will cost \$28, including GST. Individual buttons are

also being sold for \$8, including GST. Children under five will be admitted free.

Official First Night programs will be delivered free to 380,000 homes in the GTA during the first weekend of December.

Another bonus is the 63,000 square feet of indoor space that has been added to accommodate over 6,000 people and keep them warm a little longer.

First Night originated in Boston in 1976 to create a community based, affordable alternative to New Year's Eve celebrations. The purpose was to have an alcohol-free festival of art where people of all ages could enjoy and explore different local art. The event was such a success that it is now staged in cities all over North America.

For First Night passes call the box office at (416) 973-4000.

Psycho balde

by MARLON CLARKE
Arts Reporter

After watching director, Gus Van Sant's remake of the 1960 Alfred Hitchcock thriller *Psycho*, you'll realize that Van Sant's idea wasn't to tamper with the story and dialogue of the original film at all. His plan was to only eliminate the actors and styles of the '50s and '60s and replace them with an entirely new cast and '80s, '90s fashions. Van Sant also chose to shoot his *Psycho* in colour.

The opening credits and music were exactly like the original, except, of course the actual names. This version has more graphic, gory, and realistic murder scenes.

The scenes were almost exactly shot for shot identical to the original. Van Sant also decided to throw in a little nudity in a few places.

Even the film's music score mirrored its predecessor, coming in at exactly the same points as in Hitchcock's. Every actor tried to play their character sim-

ilar to the way their 1960 counterparts played it, only giving it a bit of '90s style.

This new *Psycho* may appeal to those to young to relate to the original because of its dated look. Now they can enjoy the same story but with a modern day look they can identify with.

Baby-boomers might have some reservations about Van Sant's film and prefer Hitchcock's but they should still go see it. It's interesting to see it in a new era with different faces, even if you know exactly what's going to happen. Besides, there are still many people out there who haven't seen the first *Psycho* and don't know the story.

It's been said that Hitchcock's daughter, Patricia Hitchcock (who had a small role in the original) has no problem with the remake of her father's work and even served as advisor on the set during the filming of the 1998 version. If that's the case, nobody else should object to it.

Wallace's One Flea Spare pleases crowd

by CLAUDIA ZOQUE
Arts Reporter

Naomi Wallace's Obie award-winning *One Flea Spare* is currently at the Canadian Stage theatre in Toronto.

The play is set in 1655 during London's Great bubonic plague. William and Darcy Snelgrave, played by David Fox and Brenda Robins, are a well-off, middle aged couple who have just waited out a month long quarantine in their home. Before they get a taste of freedom, Morse, a 12-year-old girl (Natasha Greenblatt) and Bunce (Woody Dalrymple), a rugged sailor, sneak into the house and are caught by the watchful guard Kabe (Sky Gilbert) who boards them up for another four week quarantine. Trapped in two rooms, these characters slowly reveal their secret desires, fears, sins and dreams to one another.

The events are told through Morse with frightful innocence and understanding for the chaos that has consumed her life. The story contains underlying sexual tones dealing with man's deviant nature and the quest for ultimate love.

One might think the play would drain the audience because of such a dramatic

theme, but there is a perfect dose of comedic play between the wealthy Mr. Snelgrave and Bunce.

The quirky and definitely strange Kabe added a spicy quality to the story and his appearances were well received.

Greenblatt's witty and sharp-tongued performance was strong, but at times she seemed to hold back. However, she has a promising future if she delivers that way in every show she does.

Naomi Wallace saves her energy for Mrs. Snelgrave whose tormented soul is put on display

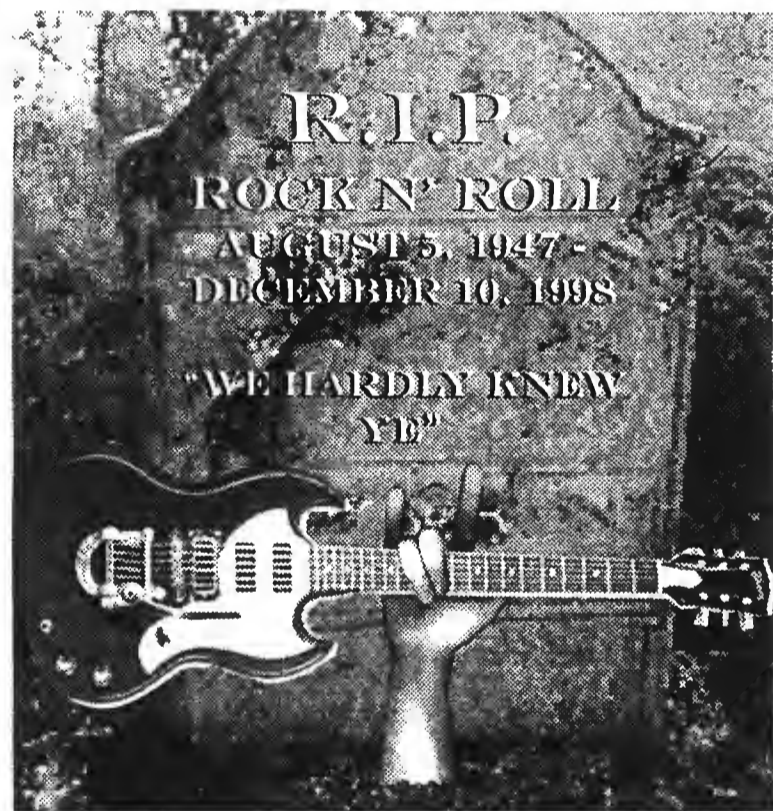
for the world to witness. Robins makes Wallace's words come to life with her portrayal of one of the thousands of women in her time who were denied the freedom to express her sexuality.

Sook Yin Lee's original music and sound design for the play consisted of vocal variations, noisemakers and toys. The music fit in perfectly with the dismal and desperate theme.

Naomi Wallace's *One Flea Spare* runs to December 19 at the Canadian Stage Theatre. For more information or tickets call 416-368-3110.



Brenda Robins and Natasha Greenblatt in *One Flea Spare*. COURTESY PHOTO



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Sports



"Battles are won primarily in the hearts of men"

Hawks crown Royals Humber leads

OCAA Central

by JACK TYNAN
Sports Reporter

The Humber Hawks were a royal pain in the butt for the Redeemer volleyball team.

The Redeemer Royals left their little College in Ancaster to mess with the Humber Hawks on Thursday, Dec. 3. They were able to help the Humber men gain another two points in the standings. The men, undefeated so far this season, won convincingly against a sparse Redeemer bench. The Royals showed up with only six players because of injuries and a no-show and those six players just weren't enough.

"It was an up and down match. We couldn't play consistently, just up down, up and down," Redeemer coach Mike Baker said. "It seems to be a Redeemer tradition."

The Hawks took a few minutes to gather momentum as Redeemer started out surprisingly strong. Finding themselves down by three, the Hawks turned it on and sent balls in, quickly demolishing the Royals lead, and their enthusiasm.

Matt Tims started off a great evening with a tip followed by a block a split second later. Tims continued to play well, killing a number of balls throughout the first game as the Hawks won 15-9.

Tims continued to dominate as Humber won the second and third games 15-2 and 15-10 for a 3-0 match win. Everyone on the team had a chance to play during the match and the setters handled the ball well.

Although Redeemer has had an up and down season so far they intend to pick things up.

"We'll see you at the play-

offs," said Baker. "We'll be there."

The Hawks next play Cambrian at home on Saturday, Dec. 14th.



PHOTO BY JACK TYNAN

Tim Pennefather (left) and Joe Fortnum attempt a block.

by JOANNE ROMANOVICH
Sports Reporter

The Humber men's basketball team came out on top 72-64 at home against their arch-rivals from Sheridan.

A crowd of approximately 300 people watched the Hawks beat the Bruins on December 3.

"We played with tremendous intensity and drive," Hawks coach Mike Katz said. "We didn't give up and we played a very good team."

Sheridan head coach Jim Flack had a much different view of the game.

"Horrible, terrible, bad. List everything there is to know about basketball and that's how we did it. That's how we defended, rebounded and played."

At the end of the first half, the Hawks stepped off the court with a 9 point lead, 40-31.

In the second half the gap between both teams quickly shrank, with the lead swinging back and forth. Ivan Kaptes from Humber walked off the court and got a technical for unsportsmanlike conduct.

Marcel Lawrence played great game defensively for the Hawks.

"I think we played excellent and did a good job on the boards," Hawks' forward Adrian Clarke said. "I think they (Sheridan) did equally well but broke down in critical times."

Humber plays next at home tonight (December 10) against Centennial at 8 p.m.

Depth is key to decisive victory

by GARY D. MELO
Sports Reporter

The only thing that stings more than losing is losing really badly. Seneca now knows what that feels like.

The women's basketball team had many reasons to smile, 100 reasons to be exact, when the Hawks crushed the Seneca Sting 100-21 on December 1.

The victory, which was the first time the Hawks have

reached 100 points this season, allowed them to remain on top of the standings as the only undefeated team in Ontario with a 5-0 record.

The first few minutes of the game saw both teams coming out strong, playing aggressive defence and taking it strong to the hole. Both teams scored on their first three possessions, but Seneca soon faded out as a result of Humber's trademark smothering defence.

Hawk guard Tina Botterill felt the Sting, came out aggressively but failed to convert on their offence.

"In the first couple of minutes," Tina Botterill said, "the intensity was there and they were playing rough. The difference was our shots were falling and theirs weren't, so we just stayed aggressive the entire game."

Hawks coach Jim Henderson thought Seneca came out strong as well.

"The pace was up and down the court,"

Henderson said, describing the first couple of minutes of the game. "They were handling our press so I thought it was going to be a shootout. I don't know what happened to them or where they disappeared in the game."

Seneca disappeared as soon as the two teams went to their bench. If there's one thing that stands out about the Hawks it is their depth. Every player is capable of making a difference in a game.

"Our depth is always a factor," Henderson said. "They (Seneca) don't have the depth that we do. Once they tired a bit, we were still coming out strong."

Hawk guard Aman Hasebenebi also attributed the victory to the Hawk's depth.

"If a few of our players aren't having a good game, everyone else steps up," Hasebenebi said. "We are all shooters. It showed in that game."

Hasebenebi, the leading scorer in Ontario, led the Hawks with 23 points against the Sting, including a three-point shot with 21 seconds left in the game to give the Hawks 100 points.

"I didn't even know it was a three-pointer," Hasebenebi said. "I just shot it. The team felt good though. It was a little excitement at the end of the game to give it a

little flavour."

The Hawks were dishing out a lot of flavour the entire game which had the Sting feeling quite sour. Seneca was kept off the scoreboard in the last few minutes of the game as Humber went on a 25 - point run to cap the victory.

The Hawks' last regular season game before the holidays is another road game against Georgian on December 11. The team will then head to Calgary

for a tournament.

You can help send the Hawks to Calgary by going to a bash at Caps on December 11, where some of the proceeds will go to help the team. Those in attendance will be eligible for numerous cash giveaways throughout the night and will be able to meet former Toronto Raptors Carlos Rogers and Shawn Respert. For more information, call Jeremy Murray at (416) 675-5097 ext. 4306.



PHOTO BY GARY D. MELO

Hawk Tina Botterill dives for a loose ball in blowout win against Seneca.

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Ex-student gets life for murder

by Mark Bennett
© Newsday

A former Humber College student sentenced to life in prison for the murder of an elderly couple on Monday, Dec. 11, 1990.

The 23-year-old defendant, Joseph Clark, was found guilty of first-degree murder in the slaying of 76-year-old William and 71-year-old Phyllis...

Clark was sentenced to life in prison after a trial that lasted several weeks. He was found guilty of murdering the couple in their home in Scarborough, Ontario.

The judge sentenced Clark to life in prison because of the heinous nature of the crime. Clark's lawyer said he would appeal the sentence.

Clark was arrested on Monday, Dec. 11, 1990, after a search of his apartment revealed the bodies of the couple. He was charged with first-degree murder.

Clark was held in custody at the Scarborough Detention Centre. He was arraigned in court on Monday, Dec. 11, 1990.

Clark's trial began in Toronto on Monday, Dec. 11, 1990. He was charged with first-degree murder. The judge sentenced Clark to life in prison because of the heinous nature of the crime.

Clark's lawyer said he would appeal the sentence. He said his client was innocent and that the evidence against him was circumstantial.

The judge rejected the lawyer's arguments. He said the evidence was overwhelming and that Clark was guilty of the crime.

Clark was sentenced to life in prison. He will remain in custody until his appeal is heard. His lawyer said he would appeal the sentence.

AND THE

into a grim picture