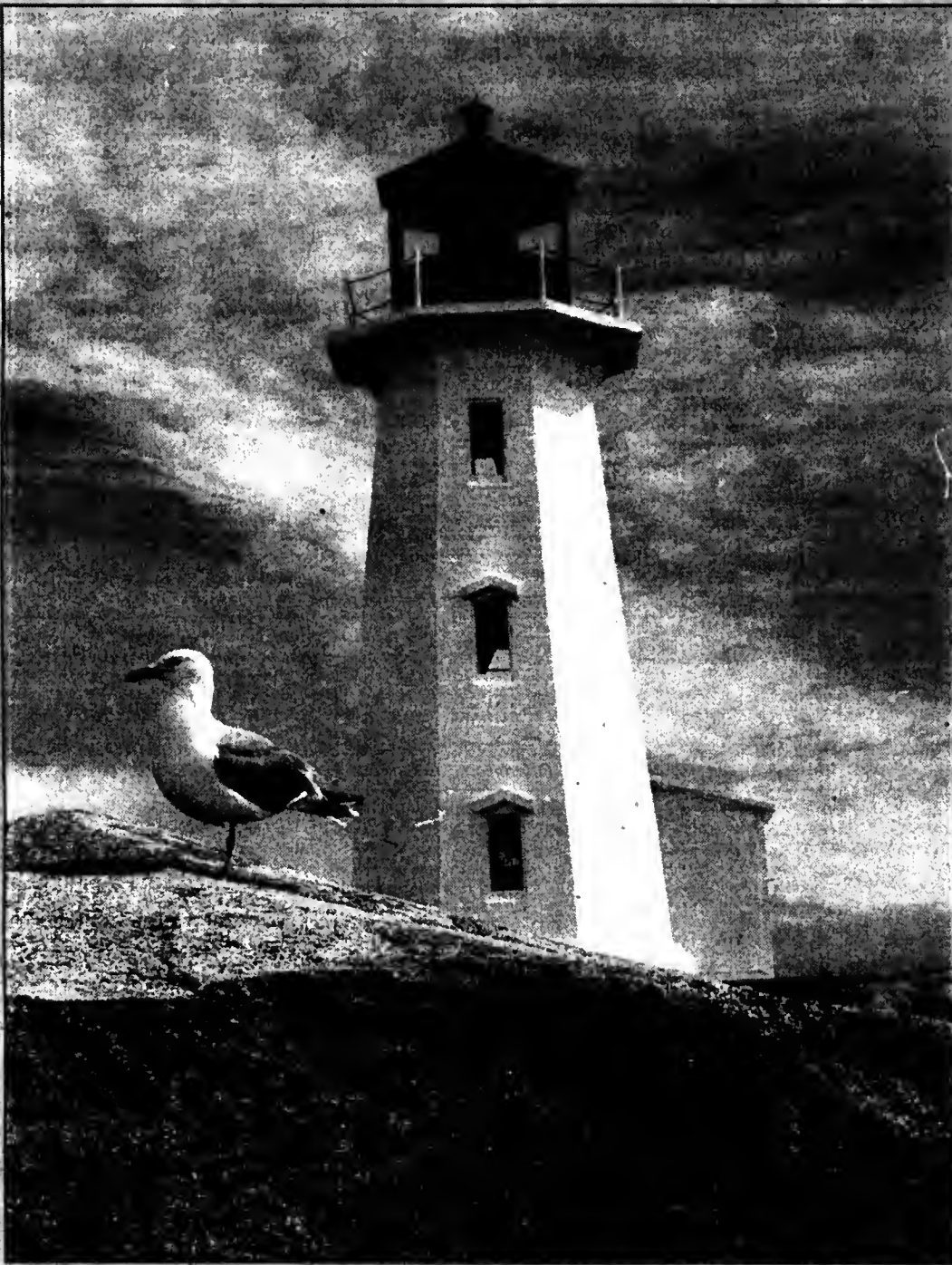


Photo Spotlight



“Eastern lantern”

Taken at Peggy's Cove, Nova Scotia by second-year Journalism student David J. Wylie

SAC aid for Eid dinner

Muslim Association takes advantage of club bailout plan

By MELANIE JUSTASON

SAC has approved a \$400 grant to the Muslim Students' Association for their third annual Eid dinner, a celebration of the passing of Ramadan.

Chuck Decker, SAC vice-president, said the club's special funding comes from SAC's \$10,000 budget set aside for club shortfalls.

Individual clubs can receive up to \$400 in additional funding

“This is the first club to try to get the extra funding this year,” he said. “All sanctioned clubs can come before the council and present a proposal to receive the funding.”

With over 250 members, the MSA is one of Humber's most active clubs, and has been providing services such as counselling for the last two and a half years.

The dinner is set for Jan. 28 in the student center, with tickets costing \$5 for adults and \$3 for children.

For more information contact the MSA on their Web site, <http://olympus.humberc.on.ca/~msa/> or call them at 675-6622 ext. 5101, mailbox number 250577.

Network

Continued from page 1

Internet access, and the Category 5 cabling will be, and therefore you're experiencing the phone blockage.

We've increased the phone facility as much as we can, so therefore we need to look at the alternative, and that alternative is to go with a cable solution that allows high speed data traffic,” Mason said.

The cost of this service will be included in the residence fee for next year. It will go \$20 a month, or a total of \$160 total, for unlimited Internet access.

The computers will connect by an Ethernet card, Mason said, adding details haven't been worked out about what the specific cost will be for students without cards in their computers.

Technicians will be available free of charge to help students install the cards. There will be no fee for the technician or the installation.

Michael Kopinak, residence life-co-ordinator, thinks this new Internet wiring will be great.

“I think it's great, wonderful, because the phone lines won't be strapped anymore. It's going to help the phone lines as well as provide faster service,” Kopinak said.

A survey that of residence stu-

dents before the Christmas holidays showed 71 per cent have computers in residence and 29 do not. Currently, 61.3 per cent of students living in residence have Internet access.

In all, 75.3 per cent said yes, while 16.6 per cent said no, and 8.1 per cent were undecided.

“I think it'll work out, it's proven technology... so I don't anticipate any major problems,” Mason said.

Kurt Beaudoin, a Residence Assistant on S5, agrees with it also, but is sorry he won't be in residence next year to use it.

“We're going to miss it, bummer. But it will be nice for the phone lines, we've been waiting for it since the beginning of the year, it's exciting,” Beaudoin said.

Shannon Jones, a second-year Fashion Arts student, who lived in residence for two years remembered how bad the phone lines were.

“I had to get people to call my cell phone when I lived in residence between the hours of 5 p.m. to 12 a.m. because friends and family could never get through,” Jones said.

“I wish they would've gotten it earlier so I didn't have to suffer during the problem, but I'm glad they are finally doing it,” Jones said.

New look for Humber College

By PAMELA GOLDFRICHT

Humber College is planning to update and freshen its image to take it into the new millennium.

Toronto advertising and marketing firm Karo was hired to revamp the image of Humber College, including designing a logo.

Karo partner Paul Browning presented designs to Academic Council members during last week's meeting.

“The process has been ongoing for 18 months with faculty, staff and

students, all providing input,” Browning said.

Within the college there was a need to look at the school's corporate image.

COMPETITORS

“Humber wants to differentiate themselves from its main competitors and be able to stand the test of time,” Browning said.

Many other Toronto area schools, including Sheridan and Seneca have created new identities for themselves, and it's now

Humber's turn, he said.

Humber is trying to represent some of its key attributes such as modern, responsive, dynamic, supportive and resourcefulness by looking at various graphic ways that these can be interpreted, Browning said.

Of 50 to 60 possible logos, one has been chosen that will be presented to other groups within the school in the weeks to come for feedback.

The new logo is expected to be unveiled by mid February.



JENNIFER ZALITACK

Wired: Rezzies can soon chat online and on the phone simultaneously

etc. etc.

Gwynne Dyer, mass media and television revolutions

By DESLYN DIARAM & KATHERINE JACKSON

The familiar leather jacket of Dr. Gwynne Dyer was seen walking the halls of Humber College on Tuesday Jan. 18.

Dr. Dyer, a world-renowned journalist, returned to Humber to discuss how the media interacts with the world, quoting George Orwell to illustrate his point: "Once we control the mass media we control the body and the mind."

Dr. Dyer broke down the mass media into four categories: print, radio, television broadcast and the future media elements of telephones and the Internet. Dr. Dyer explained the pros and cons of each category using specific examples and direct reference to historical events.

Referring to the print industry first, he said, "Print as a medium has defects. It is very easy to lie in print."

He said he thinks the print industry is highly centralized and quite easy to control.

"There is a whole lot of space and time for things to go wrong."

Dr. Dyer said radio is his favourite area to work in as he feels it is a brilliant media.

He said he feels radio is the most effective, dominant medium because it is centralized and has enormous emotional impact. Those who use radio will find it's uniquely suited for their purposes, he said. Dr. Dyer cited the Nazi regime as an effective use of the power behind radio.

"They got their message out with radio," he said. "More media is a good thing, but I do remember what radio made possible in the '30s."

Television was the dominant medium from the early 1970s on, said Dr. Dyer.

He said the trouble with television is that it is hard to lie.

"Lying on television is an expensive and clumsy process because you have to have pictures for every word said."

"You need relevant footage and

footage includes large visions of reality," said Dr. Dyer.

He said if people know they are being lied to they will look for clues and start reading between the lines and say, "What my ears hear my eyes don't see."

The fourth category Dr. Dyer discussed was Internet communication.

Combined with telephones and faxes this industry has become "an instant, virtually cost free communication between two people," he said.

"We are beginning to see the internet used in political context," he said, adding that the Canadian Treaty banning the use of landmines was practically born on the Internet.

Dr. Dyer fielded questions from a large audience of students from varied programs including marketing, radio and business, as well as faculty and staff.

Questions asked ranged from his thoughts on the future of China's economy to his predictions on the future of mass media and his soft spot for radio.

Before ending his speech, Dr. Dyer gave an insightful word to the wise:

"If you're ever considering dictatorship as a career, never order your troops to kill people unless you are sure they will obey, because if they don't, they will have to kill you in order to avoid punishment."



Dyer: Waxing philosophical on political change on the world's stage

Dyer behind the leather coat

By KIMBERLY MERCIER

When Dr. Gwynne Dyer found himself trapped in a mine field in Lebanon he quickly realized his own mortality.

At age 56, he is a renowned journalist, broadcaster, producer, author and filmmaker.

His coverage of wars and international affairs gives him recognition in his profession.

Specifically, his reporting on the Gulf War in 1991 increased his popularity around the globe.

As a journalist and filmmaker he admits taking unnecessary risk.

"I used to go to wars, I just try not to anymore."

He explains that reporting from the frontline is more dangerous than ever. It's where men and women go to make their name he adds, "taking risks that aren't worth taking."

"I used to go to wars, I just try not to anymore"

Dr. Dyer says, "the risks they take set the new standard for the kind of reporting that's got to be done." He adds that "we're expected to do it and frankly, my life's worth more than that."

Journalism is entrenched in his

family. His ex-wife and twin sons from the marriage are all journalists.

As a freelance journalist, Dr. Dyer says he won't give up the syndicated column he has written twice a week since 1973. The column appears in over 45 countries and 150 newspapers.

He admits that he must continue writing the column, "it's my independence."

Future professional ventures include television and radio. "I haven't given up doing television, (but) it's just very hard to get anybody to fund it," he says.

He adds that he loves radio but it doesn't pay very much.

Musicians unite in support of farmers coast to coast

Burton Cummings,
Randy Bachman
headline ACC concert

By GILLIAN GIRODA

It wasn't Free Tibet or Feed the Children that brought out over 11,000 people to the Air Canada Centre last Sunday. This was Canada's cause. Farm Aid.

The family Farm Tribute held at the Air Canada Centre last Sunday featured Canadian artists to draw attention to a Canadian problem. Boasting performers such as Big Sugar, Wide Mouth Mason, Burton Cummings, Randy Bachman and Ronny Hawkins, the farm tribute had the feel of a rock concert. But the reasons behind the performances are not as upbeat.

The plight of the Canadian farming industry is one that farmers believe few people understand. Toronto Liberal MP Dennis Mills, one of the driving forces behind the event, explains that the family farm tribute set out to educate the urban dwellers and possibly begin the long road to changing the farm crisis.

"Back in September, my friend Ronnie Hawkins said to me that the United States does a much better job of making their city people aware of their farms, so why don't we do something like that in Canada," Mills said. "So that's what we're doing today. We're going to educate the city people about the importance of having a solid agricultural base in the country."

"When I saw that the average income was only \$14,000, I think that one sunk in"

The problem Canadian farmers are facing is financial.

"We are not making money," says Ben Walpot, director of the Ontario Federation of Agriculture.

Walpot, who has been farming for over 30 years 120km from Toronto, says he loses about 15 cents per kilogram on all of the swine his farm produces and sells.

He adds that the situation is the same, if not worse, for grain farmers in the west.

"In the East, we are more diversified, with more cattle and hog operations, so we are not suffering as much as the prairies, who are very dependent on their grain," said Walpot.

And because of the combination of weather and climatic conditions, the value of the Canadian dollar, and European farm subsidies, the end result for the Canadian grain farmer is an income shortage that threatens the family farm.

Statistics shown on the jumbo-tron between performances indicated that the average farm income for an entire farm is only \$14,500 annually.

"We're going to educate the city people about having a solid agricultural base"

It was number like these that really captured the attention of the audience. Paul and Odile Dower and Kirsha and Don Conda came to the Family Farm Tribute mainly with the intent to see great bands, but left with a greater consciousness of the agricultural crisis.

"When I saw that the average income was only (just) over \$14,000, I think that one sunk in more than anything," Don Conda said. "I was absolutely shocked at how bad things are before they came to the surface like this."

But the lessons to learn on Sunday went beyond what was shown on the jumbo-tron. Many of the day's performers have connections to the Canadian farms and were eager to tell their stories. Wide Mouth Mason is the pride and joy of Saskatoon.

Gordie Johnson, the lead singer of Big Sugar spends a portion of his time on a ranch in Alberta, home to his in-laws. Sylvia Tyson is from a farming community in Ontario.

And with lyrics like "It's not like you seen/ You can't run a farm on a dream," Fred Eaglesmith tells the story of how his father had to sell their farm when he was just a teenager.

Don't forget, you can e-mail the editors of

Humber Et Cetera at humberetc@hotmail.com

etc. etc.

Butting out at North and Lakeshore

"Weedless" campaigns encourage Humber students and faculty to quit the brands that bind

By LEE BAILIE

It's time to wise up and butt out.

That was the underlying message that came out of the weedless Tuesday campaign against smoking, held this week at Humber's Lakeshore campus.

The one day event, which is held annually at both of Humber's campuses is designed to provide information about the health risks related to smoking and to encourage students who are smokers to quit. Information booths representing the Canadian Cancer Society, The Heart and Stroke Foundation of Ontario and Humber's Health services were set up to help spread the word.

RECENT STATISTICS

Young people in their late teens are a primary focus of awareness events like this one.

According to recent statistics provided by Health Canada, the number of smokers aged 15 - 19 has been increasing steadily since the late 1980s. According to their data, the number of female smokers in this age category rose five per cent between 1991 and 1997. The number of male smokers in this category also rose significantly— an eight per cent increase in the same time period.

Carole Konstantinou, a volunteer with the Canadian Cancer Society, said that the emphasis is on providing students with information about the consequences of smoking. "I find that as long as I'm not too pushy and I can offer them information and not ask them questions then they're okay," she said.

She said that this format, which allows students to get information and speak to someone if they want to, is more effective than forcing them to listen to experts talk to them about the perils of smoking. "Speaking to somebody one-on-one is a lot more effective than to speak to a group of people. It's much easier to [get] maybe a little more personal with them and find out why [they smoke]," she said.

Yvonne Primo, area administrator for the Etobicoke chapter of the Ontario Heart and

Stroke Foundation, said that it is also important to promote overall health in addition to encouraging people to quit smoking.

"We promote healthy eating habits also because prevention is the best medicine," she said. Working to achieve better health with the Canadian Cancer Society at events like this one makes sense because smoking is a leading cause of different types of cancer and heart problems.

"They're doing things together [now] because smoking does [eventually] contribute to heart disease, stroke [and cancer]," she said.

CONTESTS

If better health isn't a strong enough reason to quit smoking then perhaps the contests are. As a part of the promotion, the Heart and Stroke Foundation and the Canadian Cancer Society are sponsoring a contest called "Quit Smoking 2000." If contestants can quit smoking by March 1 they can win prizes including a Caribbean cruise, a diamond pendant necklace and a Sony television and vcr.

Health services also had a significant presence at the event, and their booth featured a contest, on a smaller scale, where

entrants could win Humber T-shirts and hats. The display also featured plenty of pamphlets outlining the health risks associated with smoking including some that students may not be aware of.

"The combination of taking birth control pills and smoking really puts people at an increased risk for blood clot formation," Penny Apse, a health counsellor at Humber said.

She said that this type of risk enables health services to get students to talk about smoking in an indirect way. "Since we see so many young women about family planning, we talk to them about smoking as well because it really significantly reduces the risk [of negative side effects], Apse said.

She said many students who come in looking for information about quitting already know what they have to do.

"Most often, I find that when they come specifically for help, that they have an idea of how they want to do it and we support them in that," she said.

Anyone seeking information about smoking and its health consequences, or wanting to learn more about how to quit can drop by room K137 at the North campus and speak to a health counsellor.



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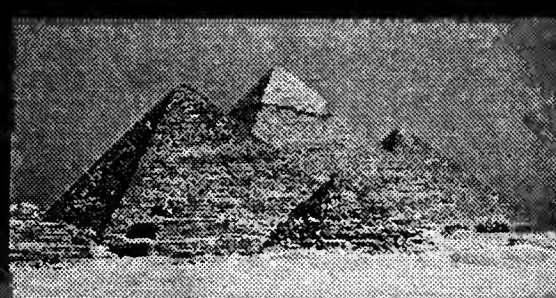
We thank all applicants for their interest; however, only those selected for interviews will be contacted.

General Education
Lecture Series

Will there be such a thing as a *national* culture in the 21st century? If so, what will define *Canadian* culture?

What political developments will likely emerge in Canada in the next century? Will Canada maintain its regional integrity or will separatism – in Quebec and elsewhere – win out? Either way, how will Canada fare in the international scene?

How will emerging technologies reshape everyday life? How will the information age redefine the classroom, workplace, marketplace, and the home? How might biotechnology change the food we eat, the children we bear, and the diseases we suffer?



**“Brave New Worlds:
Culture, Politics, and Technology”**

Geoff Pevere, *Toronto Star Arts Columnist*

Tuesday, January 25, 2000

1:30 p.m. in the Seventh Semester

Bob Logan, *University of Toronto, Physics Professor*

Thursday, March 9, 2000

1:30 p.m. in the Community Room

Irshad Manji, *Social Commentator*

Thursday, April 6, 2000

1:30 p.m. in the Community Room

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Sponsored by the Office of the President and
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Celebrity: a new religion for a new millennium



ANDREA AUSTIN

had nothing to contribute to any of the discussion except the odd verse from a Jewel song, written in bold capital letters and thrown in randomly into the conversations. This, to me, seems even more pointless than the tenacious pleas for various odd sexual encounters you'll surely find in any chatroom.

So what is it about our culture that creates these Superfans? We know there are the crazies who take their obsessions to brutal limits. They kill people like John Lennon or attempt to kill the President just to impress Jodie Foster, and we can assume mentally they are not like most of us.

INNOCUOUS LAMBS

There are, however, benevolent fans that are as innocuous as lambs, spending their money on fan-club memberships and all things their idol happens to be associated with.

A few of these gentler fans are mildly obsessive and not all of this is a product of genetic predisposition. Our society pushes celebrity; our rich and famous are to us like the deities and gods of ancient Greece. They are idolized and powerful, with superhuman qualities and devoted followers.

Some people become disillusioned with their own place in society and have to borrow from someone else's. If we call Jennifer Lopez, today's equivalent of the goddess Aphrodite, we could say that there are young women who "worship" Lopez because of what she represents, a glamorous, sexually powerful, flawless woman; all the characteristics an insecure woman would

not see in herself. The people of ancient Greece aspired to be like the gods or close to them, and Superfans see their idols in the same light.

But it's not the fans' fault they see a celebrity as flawless. There's a deep problem with our society that has caused it to idealize people, to create stars. In the beginning, there was Frank Sinatra and Bette Davis. Today we have Tom Cruise and Shania Twain, stars who have become a different brand of human in the eyes of their fans and in the

The people of ancient Greece aspired to be like the gods or close to them, and Superfans see their idols in the same light

propaganda that pushes their images. These people are not real, they are not Tom and not Shania, two people who might snort when they laugh, tell really bad jokes, or have bad b.o. What we see of them has been created.

Superfans fail to see this. They've been fooled by the media engines of Tinsel Town, and the glossy spreads in Rolling Stone magazine. It's one thing to admire someone for their works or looks, or both, but it is entirely different mechanism at work in the person who surfs through chatrooms just to blurt out song lyrics from their favorite celebrity's songs. At play is disillusionment, with one's own identity, due in part to the sprawling reach of one of our culture's most recent and powerful religions—Celebrity.

One reason people find chatrooms so inviting is the allure of anonymity.

Inside cyberwalls, you can be anyone. From your computer desk in Toronto, dressed in a ratty jogging suit and Isotoners, you can live as Johnny Bergen, the Olympic skier from Sweden, or Tatiana the five-foot-eleven Russian Tango dancer.

But there are people who actually define themselves as fans of celebrities on-line, and create user-

They kill people like John Lennon or try to assassinate a president to impress Jodie Foster

names that say nothing about them except that they love Brittany Spears.

Why be a fan, a person who seems to live for the public life of a celebrity, when you can be absolutely anyone in a chatroom? One of the few times I've visited one, I came upon a Jewel fan who

U.S.A. or bust



SARA SWARTZ

that they have to pay their dues. However, isn't being in your early twenties with enough debt to disturb the dead considered paying your dues? This is when the land across the border looks like a shiny oasis of debt freedom.

The streets of America really are paved with gold. Just go on-line and find out for yourself. The job sites are loaded with opportunities one would be hard pressed to find here.

I'm not saying that there are no opportunities in Canada, but the starting positions seem to be better in the land of the red, white and blue.

The problem for many is getting across the border. Visa and money issues aside — patriotic Canadians are faced with the sinking feeling of guilt at leaving their country behind, as well as the sinking feeling they get when faced with the possibility of drinking American beer for the rest of their lives.

Fear not, border jumpers! After paying off debts and making a nest egg, you can always return home.

SKI RESORT

Perhaps Canada will become the new Florida — a welcoming haven for Canadians who have earned their fortunes in America. This possibility will certainly increase the population in cottage country.

Those who return could sit around the banks of Rice Lake and entertain themselves with stories of how their American counterparts thought Canada was one huge ski resort until they came along. Or revel in the relief of not being afraid of someone 'going postal' on them.

As for questions about the effect border crossing will have on the Canadian dollar or Canadian culture, well as Hammy the Hamster would say, "That's another story!"

When Americans look at their flag they see their precious stars and stripes. However, when Canadians look up at the Old Glory they see something quite different. The stars seem to turn into dollar signs and the stripes turn into the highways that take them there.

Why is Canada experiencing brain drain? It has been attributed to better opportunities and an over-abundance of jobs, but what it really boils down to is money. Especially from the point of view of a student.

It's not our fault that there is a temptation to leave the Great White North. Really. Most people venture into their adult life possessing two post secondary degrees. While this may look good on a resumé, it looks really bad on a bank statement. Most students leave their post secondary education with enough debt to mortgage a nice three bedroom bungalow.

After leaving school a student's frame of mind is usually, 'I'll work hard and pay off my debt!' Then reality sets in.

Most students will start in low-paying jobs and have to work their way up the corporate ladder. Which is fine — many people tell students

Homo sapiens, not homo erectus, created fireworks



DEREK MALCOLM

grabbed hold of the chandelier and swung back and forth grunting and snorting while pounding my chest. I am Ape, hear me roar!

Wylie's shallow, idealistic view of primate man is ape-like in itself. Pass me a banana as I swing my way from column to column.

CATASTROPHES

There are a lot of things in this world we could or perhaps should do without. Cars for example spew exhaust into the air, polluting the atmosphere causing numerous environmental catastrophes — granted. We recognize these facts and are aware of them, but does it

make us apes because we drive cars? If so, I would ask Mr. Wylie how he got to school today.

We're talking about fireworks here, not smokestacks or billions of tail pipes.

They are not created by apes, but by intelligent human beings who know what they are doing. Fireworks brighten holidays, and hallmarks, and raise the morale of those who enjoy them.

And of course they are dangerous, fire shoots out of them! Good thing someone told me about buses or else I might have walked down the middle of the street into one.

People can definitely be stupid

and really hurt one another or the world in which they live, but Wylie is condemning one of life's small joys by pointing out the obvious with the naivete of the ape.

Fireworks brighten holidays, and hallmarks, and raise the morale of those who enjoy them

But, his comment of "how little we've actually evolved since the stone age" is what's unfathomable. Get real. If I wanted to live a life completely free of causing harm to the earth whatsoever, I would have

to remove myself from society altogether. The world is far from perfect, and while humans, the ones not shooting fireballs at each other, struggle to find ways to fix the bed we've made, we still have to lie in it.

I admire Wylie's ideology though, and the world could probably use more of it. I remember a day when I was such a crusader, waxing philosophically about the utopia according to Derek. I guess if you swing through this jungle long enough you're bound to hit a few trees.

Brrrr, I'm cold. Anyone have two twigs? Nevermind, I found a lighter.

etc. etc.

On Campus

Where the hell is Taco Bell?

BY LEE BAILE

Yo quiero Taco Bell. If Humber students "want some", they are going to have to look for it off campus.

Since last Monday, Jan. 10, management of the Pipe, Humber North's cafeteria, has replaced the Taco Bell Express counter with a new vegetarian-only menu called Grains and Greens.

According to Don Henriques, general manager of Food Services at Humber, the switch was made to accommodate the growing demand for vegetarian cuisine on campus.

GROWING DEMAND

"Through focus groups and surveys we recognized that there has been a growing demand for purely vegetarian meals," Henriques said. "Even though we were offering a variety of vegetarian items, we were offering them in the same area where there are meat items, so we needed a designated area for items that are strictly vegetarian."

The space occupied by the Taco Bell Express was a logical choice, according to Henriques, due to the fact that it only served four items and that its sales had been on the decline.

"We were restricted to those four items. There were certain things that we couldn't offer because Taco Bell wouldn't allow us to do so," he said.

Henriques said that the new Grains and Greens program aims to provide students with more vegetarian items than those that

currently exist.

"Through [the program] what we hope to do is provide a variety of different vegetarian options [such as] stir-frys, casseroles and vegetable burgers," he said.

The current Grains and Greens menu features bean burritos, vegetable burgers, basmati rice and vegetable stir-frys. The plan is that the menu will be changed about once every four weeks.

He also said that meat tacos would likely return to The Pipe in the future, though they

touch meat and vegetables, and we found through our surveys and focus groups that separating them would be best."

Taco Bell Express, which is owned by Beaver Foods, was not under contract nor did it lease the space in the Pipe, making the changeover easy. Henriques also stressed that there would be no staff layoffs caused by the

section, and we're doing that now," he said.

Gary Jaynes, director of Ancillary Services, says that the college supports the program.

HEALTH PERSPECTIVE

He said that this new program is a reflection of a general trend in society towards a more vegetarian diet.

"There is interest in it from a health perspective," he said.

Jaynes made the point that the decision to change was not motivated by any financial interest, rather it was done to meet the changing demands of the students.

"We are just meeting the needs of the students and their interest for a vegetarian cuisine," he said.

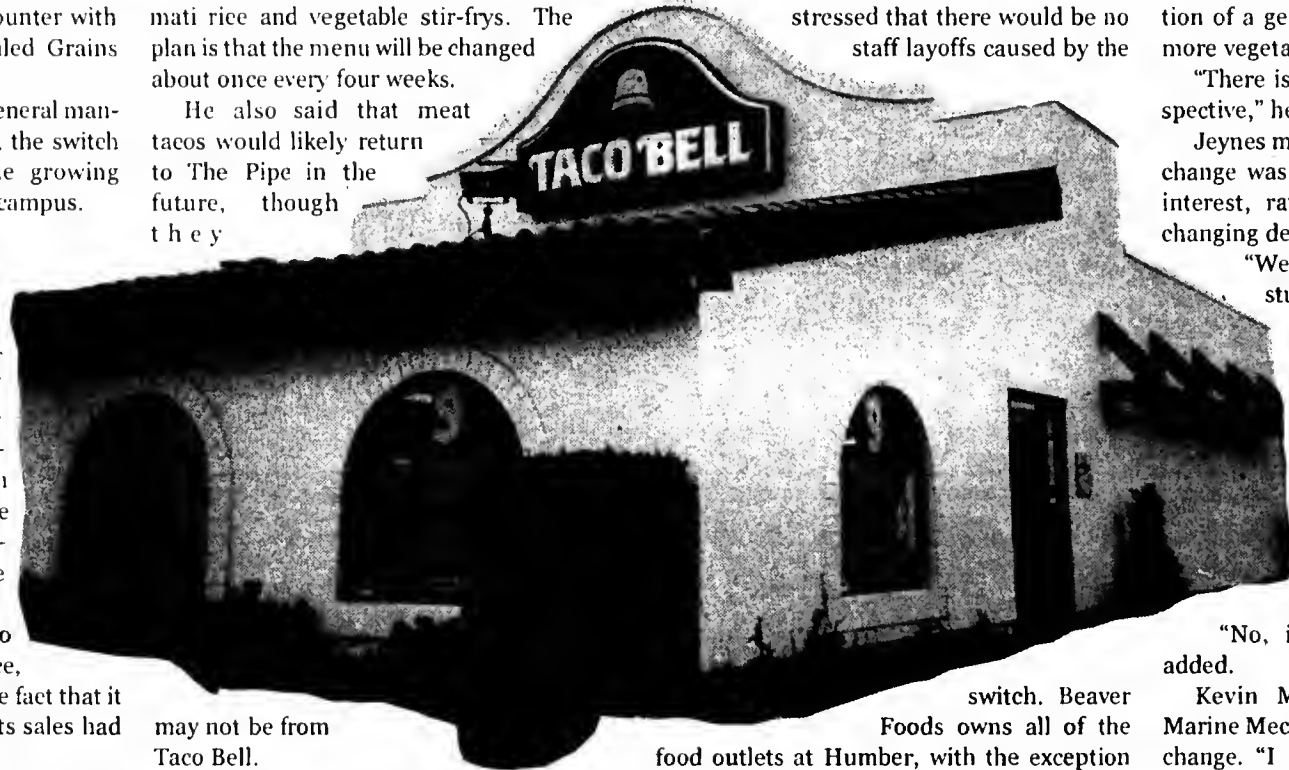
Some Humber students did not seem to mind that the Taco Bell Express had been removed.

"I don't eat Taco Bell at all," Marine Mechanics student Mark Armstrong said when asked if the change bothered him.

"No, it's pretty gross actually," he added.

Kevin Micallef, who is also studying Marine Mechanics, seemed unaffected by the change. "I never ate there once," he said, referring to Taco Bell Express.

All traces of Taco Bell have been removed from the Pipe except for signs in the halls that still include it. The new Grains and Greens signs are clearly posted and Henriques said he hopes to have all the signs with Taco Bell on them changed soon.



may not be from Taco Bell.

Henriques stressed that it is very important for the vegetarian items to be clearly separated from the meat offerings.

"We needed to create an environment where there is no possibility for cross-contamination," he said. "There is the perception that we are using the same utensils to

switch. Beaver Foods owns all of the food outlets at Humber, with the exception of Mr. Sub and Aceetree, which are staffed by their own employees.

Whether Taco Bell returns or not will likely depend on the demand for it, Henriques said.

"We're here to serve the students and part of their wish was to have a purely vegetarian

Laughing it up at Caps

BY DARREN LUM

Humber's Comedy program will be showcasing all 28 of its talented students at Caps on Jan. 24 from 7 to 9 p.m.

This is the second round for the comedy show after sketches were performed for children, as well as industry types like Mark Breslyn, advisory producer of Yuk Yuks.

Lorne Frohman, a four-time Emmy winner and an instructor for the comedy program since the start, said the audience enjoyed the sketches.

However this will be the first time the show will be viewed by an audience the same age as the students in the program. This has the comedy students both "frightened and scared."

But according to comedy student Bryan Bobbie, "Everyone's into it and they see it as a positive experience."

Bobbie said if the show is successful there may be an opportunity for the group to perform at Caps on a weekly basis. There are also plans for six shows in the cafeteria at the Lakeshore campus during lunch.

Humber has a campus located in New York at The American Comedy Institute where 18 American students learn the craft of comedy.

In an effort to give the comedy students more opportunities to perform in front of an audience, the Canadian students will be travelling to New York City where they will use their best material produced during the year performing at Caroline's Comedy Club. In return, the American students will be given the opportunity to visit Toronto.

Frohman said, "Every comedy performer needs an audience ... That's where you learn."

Admission to the showcase is \$1 per person, and all students are encouraged to come out.

Free for all at CRASH

BY MELANIE JUSTASON

CRASH week kicked off events with several activities including an ice sculpting demonstration and trivia games.

Students who answered the skill-testing questions for the trivia games, such as Jeopardy, were rewarded with toques, sweatshirts and T-shirts.

Camesha Powell, SAC representative, said the events were going great and she expects a lot of students to come down and participate over the next few days.

"Students are coming down in-between classes and enjoying the events," she said.

Jim Pagan entertained the growing crowd of students with his ice sculptures. Pagan sculpted not only a fish from the watery block but the school mascot, a hawk, as well.

Toby Haley, a radio broadcast student

who participated in the events, said that postings around the school and in the paper were what attracted him to the CRASH week event.

"I'm enjoying this," he said. "I'm really looking forward to the unicyclist and juggler tomorrow [Wednesday]. It's something different."

Chuck Decker, SAC vice-president, said that around 500 students came to the SAC booth on Monday to check out what the upcoming events were going to be and pick up the list for the week-long scavenger hunt.

"The crowd is really into it," he said. "They're laughing and having a good time."

CRASH week will continue until Friday Jan. 21, with contributions by SAC, residence, athletics and Caps, including a snowboard-giveaway.

etc. etc.

Looking for work in all the wrong places

Whether you're looking for part-time, full-time, or just need some advice, the Career Centre's the place to look

By LINDA JOHNSON

"We're the best kept secret on campus," laughs Karen Fast, co-ordinator of the Humber College Career Centre.

Only one in six students will visit the centre this year, according to Fast. The rest are bypassing what is likely their best opportunity to get a job.

Whether you're a first year stu-

dent looking for an internship or a part-time job or if you're a grad out for a permanent placement, the Career Centre offers a range of practical services invaluable to your search.

First, there's the advice you need before you even begin. According to Fast, most students start with the newspaper want ads. And that, she said, is "totally the last place to look for employment."

"Nowadays employment is more the hidden job market," she said,



LINDA JOHNSON

Get a job: The Career Centre's Karen Fast can help you find one.

"so Internet sites are becoming very popular, both the proactive and the reactive."

You can search job listings on a variety of sites, such as campus-worklink, monsterboard, and canada-careermosaic.

Fast calls this the reactive approach, because people are using sites as they would a newspaper.

"But better than that," Fast said, "is to choose a few companies that you think you would like to work for and go to their sites and then check out the employment opportunities on the employer's website. To me, that's proactive."

The centre organizes regular events to help link students with potential employers. In a breakfast networking session in November, business students were able to meet with about 30 employers to discuss issues such as interview techniques, skills employers are looking for and what students should do now to prepare for employment.

And, of course, on Feb. 7 to 11 there's Work Week 2000. Each day will have a specific focus: Monday, the fair is at the Lakeshore campus; Tuesday through Friday, it will move to the student centre at the North campus. Work Week 2000 promises to be a great way to make

reported that they were tougher than the real interviewers.

It gives the students a real advantage, she added, because they think "I've been through worse than this."

Also new is a business card service. Students are helped to format their own cards and the centre prints off a sheet of ten cards for only \$1.50 (or free if you bring your own paper).

"And for events like the networking breakfast or the career fair," she notes, "having your own business cards is a real asset."

But still the most popular services, according to Fast, are the free fax service and the resumé assistance. The centre prints up about a 1,000 résumés a year. You may just want to print up a professional looking copy (not the usual Humber three-hole version) or you may want a complete resumé overhaul. The centre will help.

"It's one on one," said Fast, "it's free, it takes about half an hour, it's quick and dirty."

Students approaching graduation should look into the centre's Graduate Employment Program. Once registered with the program, the centre will fax out your resumé to selected jobs on your behalf. The

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LINDA JOHNSON

One of the few: A student uses the Career Centre to find a job.

contacts with recruiting employers. The career centre has two new services especially worth checking out. The first is the mock interview in which students go through a 15-20 minute formal interview and afterwards discuss how they did.

"How they answered the questions, body language, attitude, hygiene, whatever we need to talk about as part of the interview, it gets discussed," Fast said. "So it's a practice rehearsal and it makes them so much more confident going into that next interview."

Fast says that the feedback from the mock interview service has been excellent, some students even

program, Fast said, has proved extremely successful, and beneficial to students

"The employers love it; so do the students because I can send a bundle of maybe 10 résumés and that's all the employer is looking through," she said. "Your competition is so low, it's amazing."

There are tons of reasons for the Career Centre not to be kept a secret. However, there are plans to raise its profile; students may soon see a mobile cart in the hallways where they can get quick advice on any job query. It's all part of the effort to reach as many students as possible.

etc. etc.

Arts

Teasing his way on the big screen



Craig Ferguson, better known as Mr. Wick, in his first feature film

BY CATHERINE STANCL

The *Big Tease* is described as "Rocky in curlers." But don't worry, you won't see Sylvester Stallone in a frightful updo.

It seems like a disconcerting concept for a film, but actor Craig Ferguson insists that it is the most fitting description for the movie.

Ferguson, best known as Mr. Wick on the hit sitcom *The Drew Carey Show*, said that his first film is not actually about hairdressing, but about fighting for something you want.

"It's about a guy who takes on the champ. It's getting the shot at the big prize," Ferguson said. "It's using hairdressing as boxing."

The *Big Tease* is a comedy/mock documentary featuring Ferguson as Crawford Mackenzie, Glasgow's premiere hair-stylist who is sent an invitation to one of the world's most prestigious competitions The World Freestyle Hairdressing Championship.

He flies to Los Angeles, land of money, make-up and power. Mackenzie is sure that he will win the coveted prize. The quirky coiffeur even brings along a British documentary crew to capture every moment.

After arriving, Crawford finds out that he was invited as a guest by the World International

Hairdressing Federation (WIHF), and not as a competitor. An outraged Crawford prepares to fight tooth and nail to have a chance at the coveted award.

With the help of affluent publicist Candy Harper (Francis Fisher, *Titanic*), the two go to outrageous lengths to convince the snobbish president of WIHF (Mary McCormack, *Private Parts*) to allow Crawford into the competition.

Ferguson had many roles in this movie, acting as co-writer, executive producer and playing the lead character. The rest of the story revolved around him. Having created the character and knowing him so well, Ferguson chose to play Mackenzie himself, and even admits to having a bit of the feisty hairdresser in him.

"I am not a gay hairdresser from Glasgow."

"My story in North America is Crawford Mackenzie's. I am not a gay hairdresser from Glasgow. Well, some days I am," quipped Ferguson. "But I do have his determination and I do have his fight. I'll fight for a long time and that's what he has. That's definitely something we share."

Originally from Scotland, Ferguson paved his way successfully as a comedian, creating several BBC comedy specials. Moving to Hollywood in 1995, Ferguson landed the role as Mr. Wick on *The Drew Carey Show*.

"The first impression the movie gets, and the first impression that I

got of Hollywood, was that it was really back-stabbing. But the heroes, the people who helped Crawford in the movie, are all people who are part of the Hollywood machine," Ferguson said. "Hollywood is only a dangerous place if you start to take things too seriously."

The *Big Tease* is a combination of his Scottish background and his experience in America. Ferguson wanted to make this film because he felt that other Scottish films, like *Trainspotting* and *Shallow Grave*, showed the grimmer sides of the country.

"I don't think of it as a Scottish movie. I think the sensibilities are American," Ferguson said. "But I wanted *The Big Tease* to show a side of Scotland that wasn't really shown in the cinema."

The characters represent all that is good and bad in both lands. Mackenzie is the feisty but naive Scotsman driven to participate in the competition. Candy, the rich and powerful Hollywood publicist, Monique, the typical LA schmoozer that looks down on Mackenzie until someone else says that he is important, and the cameos of such stars as Drew Carey and David Hasselhoff, help create the power and glamour that is Hollywood.

"We insisted on actors playing it for real because the situation was so preposterous," Ferguson said. "Because you have competitive hairdressing, which does exist and is a preposterous thing in itself, it's going to get unbelievable if you add unbelievable characters."

The movie begins on Feb. 11.

Mr. Wick: Craig Ferguson styles his way through his first feature film

COURTESY PHOTO

Plasticine shapes their way into the music biz'

BY SEANNA MURRAY-NECK

The intimate crowd pounded their bottles and glasses against the tables; they hollered, cheered, clapped, and begged for more.

The Kitchener-based group Plasticine played at Ted's Wrecking Yard last week and won the audience over with their on-stage enthusiasm and their diverse repertoire of music. From original songs straight through to Prince and the Beastie Boys, this band can do it all. Plasticine has a unique ability to mold and shape itself into any style of music.

For a band that formed in July, '99, these guys have truly got it together. Rob Szabo (vocals, guitar, song writer), Adam Buschlen (bass, vocals), Roger Travassos (drums,



Rocking: Plasticine at Ted's Wrecking Yard

vocals) and Steve Strongman (guitar, vocals, song writer) are all long-time friends. Travassos, Buschlen and Strongman went to high school together in Kitchener-Waterloo, and Szabo and Strongman have been playing music together for over eight years. Szabo

says that the acoustic-duo had talked about forming a band for years, "and eventually we just said, 'let's do it for real,' so here we are." Szabo said the band name came from "the dictionary. Plasticine was the only name that sounds cool that wasn't taken."

Plasticine released a self-titled debut album independently, in September, and it can be heard on college radio stations throughout Canada. They did a short Ontario tour in December, and will be touring again in Feb. 2000. Szabo said the tour was great and that the crowds were a lot more enthusiastic than they had expected.

The guys describe their music as rock, "People always want to put you into a category of music. We're predominantly rock," Strongman said.

"But," adds Szabo, "we want to be able to play a beautiful ballad on the piano and then right next to it play the most heavy shit you've ever heard in your life."

It is this philosophy of music that makes Plasticine's live performance so phenomenal. They are able to get their audience up off of their butts and dancing to an energetic, upbeat song, then bring them back down to earth with something more tame in the very next song.

Szabo and Strongman wrote most of songs on the album, but say they are starting to write together more. Strongman explains, "We're all the best of friends, so when you have a foundation like that to build on, the music just comes after that. It's fun."

See them live, Feb. 22, at the Horseshoe.

etc. etc.

Take a photographic trip through the '60s

Barrie Wentzell got to hang around with some of the coolest rock stars of all time

BY LUISA MARIN

How often does a person like me get to hang out with the big boys? Not often. Let me tell you about it.

I'm meeting with 57-year-old Barrie Wentzell, a legendary British photographer, at his downtown apartment.

I open the door to get into the building and see Barrie already walking towards me. He's tall and skinny with shaggy silvery hair. He has on a pair of dark blue jeans, slippers, and a blue shirt.

He escorts me into his studio and the first thing I notice is the sweet smell of incense and the soothing sounds of classical music. On the left there is a wall unit lit up by Christmas lights.

"I would have never thought when I was hanging out with these people that one day they would be famous."

"It's always Christmas in here," says Barrie in a cheery voice.

"So this is where you do your photo shoots?"

I'm referring to an area to the right of me that has a couple of strobe lights in front of a red background. There is a multi-coloured feather duster sitting on top of a yellow velvet chair.

"Yesterday, we did a shoot with a woman dressed as a French maid," Barrie says explaining the feather duster. He told me he still does some photo shoots for ads, and local Toronto bands. He did a Canadian band called The Helens about a month ago.

Looking around the room, I see nothing that tells me Barrie has photographed the likes of David Bowie, Led Zeppelin and Jimi Hendrix.

"How come you don't have any of your photos hanging up?" I ask him.

"What for? I've seen them hundreds of times," he says.

Good enough answer. We move on.

"I would never have thought when I was hanging out with these people in the '60s that one day they would be so famous," he says. "People are always like...tell me what Eric Clapton was like, or Jimi Hendrix, and I'm like 'they were cool.'"

Barrie enjoys different kinds of music although his preference is classical, blues and rock.

Born in Durham in Northern England, Barrie later moved with his parents to Kent after the war.

Around 1963, he worked as an assistant for a photographer at a place called Colour Applications mixing colours, running errands and getting hands-on experience. The people he worked for let him take the cameras out on weeknights and weekends.

He began hanging out in jazz clubs and "smokey places."

Little did Barrie know that this pass-time would lead him to photographing some of the most brilliant musical icons of the past century.

Barrie lights a cigarette and I ask him for one.

I wonder how many famous people he must have shared a smoke with. Or a joint. He told me the biggest joint he ever smoked was with Gerry Garcia from the Grateful Dead.

When it came to taking pictures, Barrie would go around snapping anybody that would let him. He said this helped him approach the musicians when the time came.

Barrie was still a teenager when he was sent off to The London School of Printing in the evenings to learn practical things and theories.

The teacher there offered him a job printing his negatives, which helped him a lot. Barrie preferred developing negatives to going to art school. He says he didn't want to go back.

"I learned dick-all really. I learned to educate myself from all that crap and learned to think for myself."

Barrie got his big break when his

picture of Diana Ross appeared on the cover of *Melody Maker* magazine around 1965.

"I popped into *Top of the Pops*. It was a weekly British show where bands would perform and interact with the audience."

Barrie tells me that the beauty of the '60s was the free Sunday shows the musicians used to play.

"You see, they were starting out at the same time I was. It was so easy to snap them. They never cared."

He goes on with *Top of the Pops*: "There was Diana Ross and the Supremes just sitting there and I just started taking pictures."

A journalist from *Melody Maker* was at *Top of the Pops* that night and told Barrie to send in his pictures.

"He said, 'Yeah you never know we may print one or two.'" And they did, they called Barrie about a month later and offered him the job. He obliged and thus began a career many of us would die for.

Barrie brings me over a pile of proofs. A beautiful Tina Turner, a young Robert Plant, and Phil Collins with a full head of hair sitting on the ground posing with Genesis.

"Who's this?" I ask of a picture of a pretty woman with long black hair sitting on a bed.

"That's Grace Slick from the Jefferson Airplane. I was at their hotel interviewing Paul Kantner and Grace was in the other room. He gave her a ring and said 'you should come in and join in on this conversation.' So she came over and we shot the shit for about four hours. She was an amazingly together lady."

I asked Barrie if he has any photos of Janice Joplin, but he told me



LUISA MARIN

Rock 'n' Roll: Wentzell took photos in the '60s of people he thought were unknown musicians. Today, his photos are popular and priceless.



LUISA MARIN

Cool: Barrie Wentzell relaxes in his downtown studio/apartment.

the one time he met her he didn't bother taking any and regrets it now.

"I met her at a party in London. I think she was doing a show. A guy introduced me to her from Warner. He said 'Oh this is Janice Joplin, she'd love to meet you. It's her first time in the country. Would you like to take a picture of her?' I looked at her and she wasn't looking too into it. So I said 'No we don't have to. Let's have a drink.' So we did and then she was gone."

He said one thing about the way he worked was that he never obligated people to be in front of the camera. He hates the paparazzi and says it wasn't crazy like that in London.

Barrie tells me about the time he was locked in a room with Syd Barrett, the guitarist of Pink Floyd.

"I learned dick-all really. I learned to educate myself from all that crap and learned to think for myself."

He went with a journalist to see Syd Barrett around 1968, and got to his manager's office.

The manager said:

"Oh no this is terrible. Syd's locked himself in and he won't come out. Do you think you can talk to him?"

Barrie went over and through the keyhole said:

"Hey Syd it's Barrie from the *Melody Maker*. And Syd goes 'they're after me.' I said 'Who is? It's just your manager here.' And he kept saying 'No, they're out there aren't they?'"

"Last time I saw Brian Jones, he was doing that Rock 'n' Roll circus fiasco with The Stones."

Syd finally let him in, locked the door, put the key in his pocket and stared through the window.

"We were like that for an hour," says Barrie. "It was scary. He was a bit like that Brian Jones character." Brian Jones was the guitarist in the Rolling Stones who was later replaced by Mick Taylor.

"The last time I saw Brian Jones, he was doing that Rock 'n' Roll circus fiasco with The Stones and he was hardly there really. He was out of it. Like Pete Townsend (The Who) said 'Brian died everyday.' So it was no real shock when he did."

Barrie has a vivid memory of all these events and is currently writing a book due out hopefully by 2001.

He says people call him up all the time asking to borrow his pictures.

See *Photographer*, page 15

etc. etc.

Photographer

Continued from page 14

"Some people who weren't even there write books and maybe half of it is true. At least with me you're hearing it from the horse's mouth."

Barrie says he isn't quite sure what it is about that era that made us lose so many powerful musicians.

"I don't know what it was. A lot of sensitive casualties that couldn't hack it. Too much fame, success, drugs or revelation. It's not easy."

My day with Barrie is over. But I have one more question to ask.

"Has anyone ever ripped off your work?"

"Oh yeah...I started seeing my pictures show up here and there and was confused as to where they were coming from. I found out later that they were coming from the Melody Maker files. I had to go to England and take these people to court. It just would've been nice to be asked."

"I started seeing my pictures show up here and there and was confused as to where they were coming from."

Barrie doesn't get mad. He's full of peace. He says John Lennon was like that. He was all about positivity. He showed me a book that Yoko Ono and John Lennon autographed for him. It was Yoko's book of poems called Grapefruit. There were small inscriptions in there about the simplest things in life. Anything from coughing to dancing. And he had it out somewhere by his desk, not put away in an attic or locked in a safe. He never even thought of selling it for money.

"Some of these people were my friends. I could never do that."

So why is he in Toronto? He tells me he loves living in this city.

He moved here in 1981. I didn't get into anymore details though. He seemed so happy reminiscing and I was more than content to listen.

Rock 'n' Roll legends are constantly in our faces. Whether it's in books, magazines, or on television. Someone captured those artists and you never know, that image you are seeing of Grace Slick, Chuck Berry or Neil Young might have been one of Barrie's.

There's something about that period that Barrie explained of freedom and love and acceptance. Times like those just don't seem to exist anymore. There's just too much stress today. I used to wish I could go into the '60s for just one day to feel what it was like. I don't have to anymore. Barrie took me in.

Barrie's work is currently on display at the VOX in downtown Toronto.

Edwin takes his first successful spin around Humber College

Former I Mother Earth member talks about life, death and potato chips

BY ELLIOTT BELKIN

Caps helped kick off Crash week Monday by featuring Canadian solo artist, Edwin.

On stage, the former front man for I Mother Earth (IME) comes across as a very vain person. Always winking and smiling at the girls in the audience, Edwin provocatively grips the microphone stand as he wails away lyrics to songs from his debut solo album, *Another Spin Around The Sun*, as well as a hit from his days with IME.

But how does he gear up for the show? Well there's usually a set routine he follows including, showering and working out. However, this time there was a little different story. Saturday night Edwin rented a car to go up to Wasaga Beach and got into a little accident. The rented Ford Explorer hit a snow drift, sending him barrel rolling over a culvert with a 25 foot drop leaving him with only one wheel left on the truck. Luckily he wasn't badly injured.

"I just kind of crouched down...

and said 'oh shit,'" Edwin said.

So, gearing up for this show meant spending Sunday night in the hospital. Making light of the event, Edwin laughed as he said, "...so I went back to Budget and said, 'here's your car,'" imitating how he gave them the keys.

"I just kind of crouched down... and said 'oh shit.'"

Edwin hates cancelling shows so he performed as scheduled. Musically it sounded good but the show itself lacked energy. It was hard for the rest of the band to excite the crowd, and Edwin looked as though he was tired and in pain. The crowd did, however, begin cheering for Levitate, an I Mother Earth song, but got *One More Astronaut* instead.

"It (the cheering for IME) doesn't bother me," said Edwin. "I'm very proud of what I've done. I could still listen to those albums and feel good."

One of the things he misses most



ELIZABETH TRICKETT

Edwin: One of *Chart's* sexiest Canadian artists. Hot, yes. Single, no.



ELIZABETH TRICKETT

IME: Edwin obliged fans with the song *One More Astronaut* by IME.

about being in a band is the workload. Edwin intended on writing half of the music for *Another Spin Around The Sun* by himself and the other half with some help. Instead he wrote about 65 - 70 per cent himself. When he was with IME they split everything up equally. He quickly found out that there is a lot more responsibility as a solo artist. Edwin admits that, "I'm not one for responsibility." He doesn't enjoy being everything from the lawyer to, the "cheese eliminator," as he calls it.

"I love potato chips. If I could eat one food on the planet it would be potato chips"

Named by *Chart* as one of Canada's sexiest artists, Edwin hates being called a sex symbol, "There's no better way to ruin your sex life than to put your face on the cover of a magazine and say you're the sexiest musician in the country," he said.

Besides, Edwin is in it for the music and the fans. Even when he was with IME they used to stop shows when they saw fans being poorly treated by security. He would rather people really like his music than to like him because he's cute.

"If I was a model maybe it would be different," he explained. And besides ladies, he's got a girlfriend.

So what does the sex symbol eat to stay in shape? Potato chips.

"I love potato chips. If I could eat one food on the planet it would be potato chips," he said. Although he did admit that he wants to look good and eating only potato chips wouldn't help him.

"It turned out that Live and I Mother Earth are on the same label, and well, you figure out the rest."

If you were hoping to catch Edwin perform a bigger more energetic show you'll have to wait until March. He is currently planning a big production for a cross Canada tour that he hopes will give you more than your money's worth. The chance to see him sooner as the opening act for Live fell through because in the music industry, as in life, politics came into play.

"Let's just say, I was asked first. I said 'yeah', the band was into it. It turned out that Live and I Mother Earth are on the same label, and well, you figure out the rest," he explained.

A new album is not in the works yet so look for him to play the same songs he did at Caps.

And if you're really lucky you won't hear his cover of Purple Haze, which, if Jimi Hendrix were alive today, would have made him drive off a cliff purposely.

etc. etc.

Shakespeare and Hopkins strike back

Revenge is sweet in Julie Taymor's rendition of Titus

By Andrew Horan

The latest adaption of a William Shakespeare play follows in the same footsteps as the recent versions of 'Romeo and Juliet' and 'Richard III'. Titus is based on one of Shakespeare's earliest plays of the same name.

The great Roman general Titus Andronicus, played by Anthony Hopkins, has returned victorious from a long and brutal war with the Goths. Titus sets a plot for revenge into motion when he sacrifices the eldest son of the captured Goth Queen, Tamora, played by Jessica Lange.

The performances in this movie are absolutely amazing.



COURTESY PHOTO

War: Anthony Hopkins as Titus Andronicus (right) and Alan Cumming as Emperor Saturninus (left) prepare for battle against the Goth's army

Anthony Hopkins seems to be incapable of turning in a bad performance.

Hopkins makes the audience alternately love and hate Titus. He portrays his descent into madness perfectly.

Another fantastic performance is by Canadian actor Colm Feore ('The Red Violin') as Titus' brother, Marcus, who is the calm voice of reason.

Harry Lennix is great as the villain Aaron. He exudes unadulterated evil every time he walks on the screen. Alan Cumming is fabulous as the corrupt Emperor Saturninus. He doesn't enter a scene, he oozes into it.

The cinematography however, is flawed. Director Julie Taymor varies between realistic camera work and the MTV style montages that seem to be fashionable in movies today. The dream sequences, although amazing, are

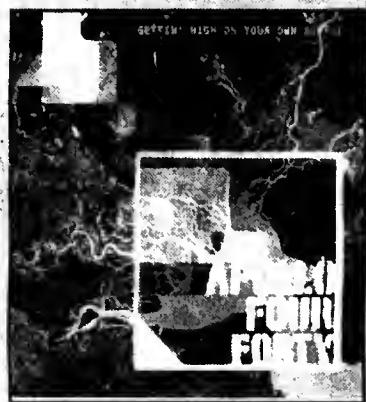
out of place in the movie.

As well, Taymor varies the garb of the characters too much and it was confusing to this viewer. The characters start out wearing ancient Roman battle armor, shift to forties era clothing and then finish in contemporary clothing.

Another problem is that the Romans have supposedly won a war with the Goths. The Roman soldiers however, are armed with swords and the Goth troops have modern artillery and guns. This makes it hard to believe that the Romans defeated the Goths.

This is not a movie for the faint of heart. There are many incredibly violent and disturbing scenes. After watching the final scene you will never eat a meat pie again. Whether you are a fan of Shakespeare or not you should check this movie out to see a darker side of the bard's work.

Drugs, Roots, and CD reviews



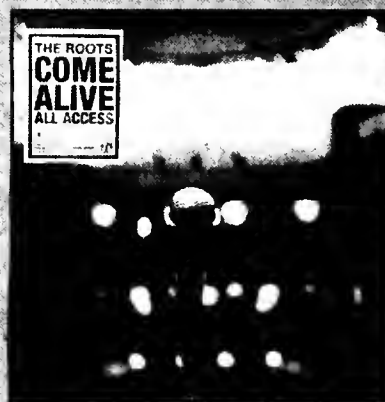
Gettin' High On Your Own Supply
Apollo Four-Forty

By Matt Lampard

English Techno-rockers, Apollo Four-Forty's album, *Gettin' High On Your Own Supply*, is just what the doctor ordered to get you trippers dancing.

Signature songs *Stop the Rock*, and *Lost In Space* will blow you away with high energy beats, and the catchy refrains.

The album has a euphoric, feel to it. *Gettin' High On Your Own Supply* threatens to send you skyward. Unfortunately kids, like the title of the album which states, the MDMA is not included.



The Roots Come Alive
The Roots

By Nick Jones

To this day The Roots somehow manage to remain a unique presence in Hip-hop.

Now all fans can experience The Roots at their best with the release of their first live record, *The Roots Come Alive*. The album is full of memorable hits but it's more about the vibe. Track after track The Roots take you into a song and then give you re-mixes of all their songs. The album makes you realize how dope it would be if you were actually watching and feeling this live.



The Chronic 2001
Dr. Dre
By Nick Jones

The Chronic 2001 is Dr. Dre's first release on his new label Aftermath. The album, quickly blazed its way up hip-hop charts solidifying its place as a rap classic.

Dre's back on the scene cutting phat beats from beginning to end, barely missing a step. He's still kicking his smoothed out style backed by a solid crew featuring Snoop Dogg, Xzibit, Eminem and Hittman.

The first cut, *the Watcher* is so good you almost want to skip right to the next just to see if the flavour will last. There are so many spicy tracks on this disk *Xplosive* featuring Dre's signature guitar sound.



Friday Jan. 21
Animal House

Saturday Jan. 22
The White Led Zeppelin tribute

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Chuck Jackson & All-Stars with guest Chris Kenny



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How to keep your workout resolution this year

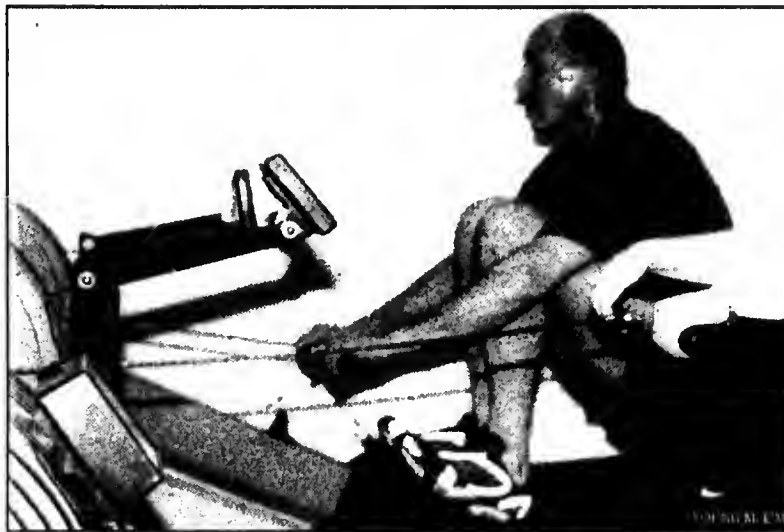
BY YOUNG M. UM

Each year, the fitness industry awaits the frenzy of workout enthusiasts determined to keep this year's fitness resolution. But as the months pass, the level of excitement and dedication typically dwindles, and the resolutions are left on the backburner... for another year.

Public relations student Alacia Handren can relate - she's had New Year's fitness resolutions crossed off on previous calendars. Handren says her fitness resolutions start out great, but as the year progresses, she tends to get lazy and her workout regime slides. This year she's determined to stay on track.

The number one pitfall of New Year's resolutions is "expecting too much too soon," says Leanne Henwood, athletics department's fitness co-ordinator. "It takes a while to see results... [and] the changes happen from the inside first and then appear on the outside."

Joe Dalle Vedove, registered kinesiologist and assistant general manager of Premier Fitness Clubs in Etobicoke, agrees. He says resolutions fail because people try to do too much and undertake pro-



Fitness is on almost everyone's resolution list especially in January

grams or routines that are not conducive to their lifestyle.

"They set unrealistic goals, and when they don't attain those [goals], they get very discouraged and want to stop," says Dalle Vedove. "They usually over-train and they burn themselves out."

To prevent burnout and sore muscles, experts suggest you start at a moderate pace.

"Don't rush into it at first, take it easy and make it a regular part of your day," says Amanda Brander, athletics department's weight-room supervisor.

People should strive for a total

body workout, challenging both the cardiovascular and muscular systems, says Henwood. "Look at your long term goals. What is the ultimate thing you're trying to achieve? Then break that down into smaller chunks [of time or weight goals]."

And with gym facilities right on campus, it's really convenient to exercise between classes. Eugene Geller plans to do exactly that. The electronic technology student's resolution is to "get active again" and to incorporate exercise back into his daily routine.

Dalle Vedove says exercise enriches the quality of life. "The healthier you are the more fruitful your life is," he said. When you're healthier, you feel and look better and your self-confidence and self-esteem rise.

Henwood adds exercise also boosts your energy levels and increases the supply of oxygen to your body - you'll be more alert and productive in your studies.

Another excellent reason to exercise, she says, is stress relief. Exercise produces endorphins, the 'feel good hormones,' which help you feel better.

"An individual who's healthier always performs better," says Dalle Vedove. "Fitness is a lifestyle, something you always want to do because it promotes having a full life."

Brian Bell, a CICE student and Special Olympics athlete, is trying the 'lifestyle resolution.' His goal this year - to get fit and healthy as he recovers from a sports injury.

Bell says working out with others not only keeps him motivated, but also makes the workout more enjoyable.

But fitness does not have to be in the gym environment. "You need to look at healthy active living," Henwood says.

Did you know?

Humber's athletic department offers full-time students a free session with a certified personal trainer.

The basic session is a pre-designed total body workout, great for beginners and those who want to improve their technique.

For \$20, a personal trainer will design a workout program specific to your fitness goals. For more information contact Leanne Henwood at the Athletics department.

She says if you can't accommodate a regular exercise program, change habits in your daily life. Take the stairs, park your car further away, or get off the bus a stop early. "Anything that gets you active and moving is going to be good and beneficial," says Henwood.

Dalle Vedove says it's unfortunate that the beginning of the year, is the most popular time for people to start a new fitness program. "Fitness is a lifestyle, something you can do all year round and something you can always start. You don't always have to wait for a new year."

There is help for those suffering from jaw pain

BY TANYA VERRELLI

A painful jaw could be caused by a thousand things, but if temporomandibular joints (TMJ) are the problem, then braces, physiotherapy or even surgery may be needed.

"Seventy per cent of the population has something wrong with their jaw and so it's common. The issue is, is it normal or abnormal?" said Ford Moore, an oral and maxillofacial surgeon for 20 years who said he sees about 200 TMJ sufferers a year.

The temporomandibular joints are what make the jaw move. Like other joints in the body, they are held in a socket and surrounded by muscles and ligaments.

Moore said that the most common facial pain is caused by muscle tension or imbalance in the muscles that work the jaw. He said that joints consist of bones, muscles and ligaments that, if not working properly, can cause tightness, restrict movements, and cause clicking.

"The root of these problems is a combination of stress, bad bite, bad habits [clenching, grinding, use of chewing gum] injuries, and the last thing is the neck," said Moore.

Once the cause of the pain is determined, solutions can be tried and only if the pain still persists will Moore operate. In fact, Moore operates on only three or four TMJ patients a year.

"If you operate for the right reasons, surgery is usually successful," he said.

According to dentist Tony Kang in Newmarket, there are several causes of TMJ pain, including being female. Kang said this disorder is seen far more in women than men due to estrogen. "[Estrogen] can accelerate the breakdown of ligaments. It can aggravate the joints."

Kang added that stress is a big contributor and can build up for 10 to 15 years before the TMJ is affected and people with emotional problems are at risk.

When the effects start to show it's due to two conditions, said

Kang. "Initially it starts as an inflammation of the joints." The second is when the ligaments become worn down, which could result in a broken disc that will perforate. "Then you have bone against bone and that's when it really hurts." "The joints can only go where the teeth go," said Kang. "If the joint is exactly in the socket, then everything works out fine."

Another cause of TMJ pain is a misaligned jaw for which an orthodontist will provide a retainer or

mouth guard to hold the jaw in the neutral position.

David Michelberger is an orthodontist who said that the first thing to do is diagnose what is causing the pain. "First we establish why somebody has the TMJ problem because it can be multi-factorial, then we see if we can use a bite plate."

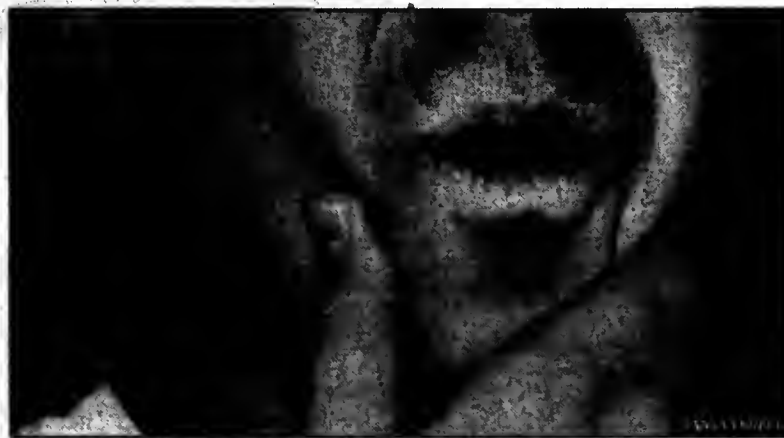
According to Michelberger, bite plates can help relax the muscles and make the TMJ more comfortable if the problem is a misaligned jaw.

"If we get an improvement...then at that point we look to see if braces can be used to improve the bite," he said. "Sometimes you need braces with other forms of dental treatment to make [sufferers] comfortable and improve the health of the TM joint...braces alone cannot always help."

When an orthodontist can't help, Michelberger recommends a physiotherapist. Kate McCormick is a physiotherapist in Aurora who said that it's important to look at the neck muscles as well as the jaw area.

"The muscles of the neck attach on to the head and some attach up in behind the jaw. If they're tight chronically, it can affect the jaw or it can alter the alignment of the jaw and that will bring out TMJ pain," she said.

To soothe TMJ pain, McCormick said she stretches the muscles in the neck and face to mobilize the joints. She also uses ultrasound therapy which is a sound wave that speeds up the healing of tissue, and laser therapy which is a light beam that heals tissue.



Stress along with other bad habits could be what is causing you jaw pain

etc. etc.



Stress may cause you to play with your hair—but if you're pulling it out, you may suffer from an anxiety disorder



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Pulling out your hair? You're not alone

By NIKKI CARSWELL

In stressful times do you pull pieces of hair from your body and sometimes even eat it? You may have a hair pulling disorder.

Trichotillomania (TTM) is defined by the Diagnostic and Statistical Manual of Mental Health as a "recurrent pulling of one's hair resulting in noticeable hair loss. It is also classified as an Impulse Control Disorder like gambling, kleptomania and pyromania."

Angie Goncalves, the secretary for the Anxiety Disorder Clinic at the Clarke Institute of Psychiatry,

"I can't sit and read at home for a long period of time without wanting to pull my hair out"

said an increased sense of tension comes immediately before pulling out the hair in most cases. After pulling the strands of hair out, the person will then feel gratification or a sense of relief.

The majority of hair pullers pull from their scalp, eyebrows and or eyelashes. In severe cases hair is also pulled from their legs, arms, pubic area or any spot where hair is visible.

Goncalves compares what TTM sufferers feel to the same feeling as when a person bites or clips their nails too short and until they are filed it bothers them.

"It's the same as hair pulling, you keep pulling and pulling until you get the right spot and then right when you get the right spot you stop, but at that point when you've done it over and over so many times you end up with these (bald) patches."

Like most people diagnosed with TTM Julie Ingles recalls the hair-pulling starting around 13. Ingles who used to run a TTM support group in Toronto, said the majority of the 120 members in her group started hair pulling around puberty.

Hair pulling is also usually triggered by a traumatic event.

"The most damaging part I think is the embarrassment attached to this," said Ingles. The greatest psychological damage was just in the amount of shame I had."

In the beginning Ingles didn't have a chronic case of TTM, so she said she didn't identify it as a problem for a long time. "When I got to

university and the work load was much greater than I started (pulling hair) a lot more. I was so frustrated I finally shaved my head," she said. "I thought that taking it away completely was going to stop it."

"If somebody wasn't neurologically vulnerable I don't believe it would happen."

Not only do people diagnosed with this disorder pull hair by the dozen for moments to hours, Ingles says, "hair pullers have a fascination for hair and the root of the hair."

Goncalves said some of the people might have a habit of playing with the hair after pulling it out. They may touch the root of the hair to their lips or hand or a few might eat the hair.

TTM sufferers also do most of the hair pulling when they are alone doing activities such as reading or watching TV.

"I can't sit and read at home for a long period of time without wanting to pull my hair out," said Ingles. She goes to public places to help stop the desire. "Chapters is open until midnight, so that gives me a couple of good hours."

Although a specific study hasn't been done to research the cause of TTM many people have their own beliefs. Maryanne Seanor, a social worker at the York County Hospital's Child and Family Clinic believes it has something to do with the brain's chemistry.

"If somebody wasn't neurologically vulnerable I don't believe it would happen," says Seanor who works with obsessive compulsive disorder (OCD) and TTM patients.

Seanor believes the medical world is having a hard time trying to define TTM. "It was thought to be a part of OCD and now they're looking at it as a separate (disorder)."

Dan Prodonick, a victim of OCD who leads a support group for OCD sufferers in Toronto, said that TTM is a symptom of OCD. Like Seanor, he believes that it is also "a screw up in a person's brain chemistry."

Seanor feels the disorder is more environment mixed with habit. "Part of it is a need to do it. (The other) part is habit."

Goncalves says that while TTM is "not as common as regular OCD it's still pretty common, common enough that it would be helpful if there were more people at least who

had an interest in the particular problem to provide some kind of study.

"In our society there's a stigma attached to mental illness in general. It's not something that gets a lot of focus. Nobody wants to talk about it," said Prodenick.

Ingles said she would like to see more education on TTM. "We haven't educated people on hair-pulling and normalized it. People are grossed out and don't want to hear about it."

Both Seanor and Ingles say that many people don't come forward with TTM. They hide it by wearing hats, wigs or shaving their heads. Seanor says "people don't come forward because they feel like they're crazy and they should stop it."

Ingles tells people that by talking about her disorder there has been an enormous reduction with the hair-pulling.

Another unknown factor on TTM is why it seems to effect women more than men. Ingles said it is untrue. "(Women) are way more willing to admit they have a problem." She also says baldness is easier to hide with men than women.

While there is no cure for TTM, Seanor said with medications and cognitive behavioral therapy it can help. "They learn how to take control and fight back."

Even though Ingles says this disorder is going to be a lifelong problem she hasn't and won't take medications. She said she has spoken to too many people who aren't getting any better and the medications make them tired.

Ingles says most TTM sufferers obsess about it too much and make it the dominant issue in their life. "People need to know it's not the end of the world. There's more to life than hair pulling in terms of solving your problems and living."

Where do TTM sufferers pull hair from?

Scalp	75%
Eyelashes	53%
Eyebrows	42%
Pubic Area	17%
Beard/Face	10%
Mustache	7%
Arm	10%
Leg	7%
Chest	3%
Abdomen	2%

American Journal of Psychiatry

etc. etc.

ACTRA: Behind the scenes of acting careers

A look into the organization whose job is to protect Toronto actor's rights

BY FLORA BENDO

As an actor working in Toronto, you're the only one who really gives a damn if you're forced to walk through fire in some dramatic scene. But if you don't have anyone looking out for you, you could really get hurt.

Acronym for Alliance of Canada Cinema Television and Radio Artist, ACTRA, is a member run organization that monitors people working in front of a camera or microphone in Canada.

It sets industry standards regarding health and safety, nudity, meal and rest periods, as well as specifies guidelines to protect children working on a set.

ACTRA also outlines a performer's pay rate, the number of work hours in a day and provides benefits such as retirement plans for its members. This just scratches the surface of its contract agreement.

"All we have as a professional tool is ourselves," said Diana Belshaw, a teacher in the theatre department at Humber's Lakeshore Campus.



FLORA BENDO

In character: ACTRA members in action

Belshaw, a 30-year acting veteran, has been an ACTRA member for about 25 years. She has worked on various major and minor acting roles throughout Canada.

She recalled one time when an ACTRA steward had to intervene to protect an eight-year-old's rights from being disregarded.

As filming progressed, on a production she was working on, everyone was falling behind schedule. Pressure was being put on the child to work more than his eight-hour shift. If an ACTRA steward had not intervened to protect his rights, the boy may have worked overtime to complete the shoot, said Belshaw.

"At eight (years old), to work an eight-hour day is really hard," he said.

In such situations, ACTRA can step in to advocate better working conditions to prevent mistreatment.

According to Alex Gill, communications director of ACTRA Toronto Performers, actors are affiliated with ACTRA because all other actors are a part of it.

"Ninety-five per cent of people, almost all the people who want to be professional performers in Canada, and appear on TV or film, belong to ACTRA," Gill said.

Actors also don't deal with financial concerns such as negotiating better wages or worry about receiving payment if a production runs into cash problems.

"The average member of ACTRA Toronto Performers makes about \$14,000 a year performing. So nobody is really getting rich off it," Gill said.

Even though ACTRA has a collective agreement in place, problems still arise — in particular with low budget productions.

Rick Warden, an independent producer working in Toronto, said, "You're always just trying to squeeze everything you can out of every single dollar."

He is currently working on two low budget projects that he hopes will be completed for September's Toronto Film Festival. One production is budgeted at \$400,000 and the other is at \$750,000.

Warden said the final budget is accumulated by calling in favours and finding donations of goods and services.



FLORA BENDO

Lights, camera, action: ACTRA members rehearsing and preparing with goals of fame

But there maybe a solution for independent films and ACTRA workers: ACTRA is now moving towards improving its low-budget clause.

RIPPED OFF

Warden said that because of this incentive, his film crew was asked to defer part of their salary on both productions.

Where payment is concerned, he said, "If you want to go with ACTRA, you eat up a lot of your budget to pay the actors as opposed to spreading it out evenly between the cast and the crew."

"I would love to go ACTRA full rate on everything I do, I'd love to be in that position, but I'm trying to make this happen. I'm trying to make films that will help actors that I'm casting get ahead as well," Warden said.

Warden said hiring actors depends on economics. He has balanced their pay with that of his crew.

"They shouldn't get ripped off, but it would be wonderful if there was some kind of formula (to split up a budget between actors and crew)."

Warden is encouraged to hear that ACTRA is working on a new low budget incentive. Gill said this new initiative "will go a long

ways to accommodating low-budget filmmakers even more than now."

ACTRA is currently dealing with other concerns. Toronto is faced with huge production volume because so many international productions are coming here. The biggest foreign market is the United States.

More commercials, music and training videos, and TV series are being filmed in Toronto.

Most of these features rely on American stars for their success, Gill said.

Last year, \$914 million was spent in Ontario on this type of media. ACTRA is trying to get more work for Canadians in these productions.

"From a performer point of view, we want to make sure that Canadian performers factor very prominently." He added, "That's our goal, to get more Canadians working, say, from, third or fourth billing in the production on down. The entire cast should be Canadian from our standpoint. Is it always that way? No, but it's something we would really like to work towards."

"ACTRA went through many different reincarnations," Gill said. And Belshaw has been in the industry long enough to see some of these changes.

Living in a house without the boob-tube

BY NATALIE DAVIS

Although television tends to be one of the most popular media for people today, some considered it a complete waste of time.

Doug Hayo, a former educator and curriculum co-ordinator for the Toronto District school board, said that he has lived without television for more than 30 years since being married to his wife Maurita.

"She had a television when she was younger, but when we got married we decided that we weren't going to get one," said Hayo.

Hayo said that he enjoys reading during his spare time, adding that he has "thousands" of books and magazines in his home.

"I usually go to the movies or walks with friends," he said. "I also spend a lot of time on my computer."

According to Lola Grey, a Toronto second-

ary school teacher and former psychologist, excessive viewing of television by children could negatively affect their academic performance.

"I have noticed that the large majority of my students that have a poor academic success rate, spend most of their free time watching television," said Grey who teaches English to children in Grade 9.

NOT NEGATIVE

"Although they can't form a proper sentence, if you ask them what 90210 was about the night before, they could tell you verbatim," she said.

Although Grey points out that television is not all negative, she said parents should monitor how many hours per day their children are "in front of the tube."

"I believe it is very much the responsibility of the parents to ensure that their children

are completing their homework assignments, and if possible reading on a frequent basis while at home," she said.

Doug Tynan, a 20-year-old computer technician, said for most of his childhood his family did not have a television.

"One day, when we had a TV, my dad showed us a horror show, which really upset my mom," said Tynan. "This in turn upset my dad, and he dropped the television, breaking it."

A household without a television has proven to be a positive environment. Hayo said he's even encouraged his children to continue living without a TV in their adult years.

"If people would spend a little more time away from the TV screen, they would expand their horizons," said Grey. "There are some wonderful books to be read, many lovely sunsets to be seen, and so many fascinating people to meet," she added.



KEVIN MASTERMAN

FACT: People can live without TV

etc. etc.

Men's volleyball team tames Grizzlies

Sluggish start for team coming off their first loss of the season

By PAUL FERGUSON

Humber's men's volleyball team was hoping to bounce back at home Thursday night against the lowly 2-6 Georgian College Grizzlies after suffering their first loss of the season against Redeemer College last week.

The Hawk's performance was inconsistent and did not reflect the effort of a team that is currently ranked eighth in the country, although it was still good enough to beat the Grizzlies in three straight sets 25-18, 25-23 and 25-22.

According to Assistant Coach Dean Wylie, the team's confidence may be a little shaken right at the moment.

"We had a loss earlier in the week and I think this game was a reflection that the guys were a little scared and a little timid at points, and at other times there were

moments of greatness. So it's just a matter of finding that balance and keep going from there," said Wylie.

The Hawks were led by a strong offensive performance by Dan Salomons who totalled 14 offensive

points including 11 kills.

Dylan McCue also had a strong game and led the team with four blocks and one ace. He admits the team has been struggling but believes things are going to turn

around once all-star Matt Tim returns from injury.

"We need our star back Matt Tim of course, he is our all Canadian, our all-star and it will be nice to have him back. We really need him because we need a spark, we need something to bring this team back to Humber volleyball, back to number one."

Starting outside hitter, Matt Tim, rolled his ankle last Thursday and thinks he is almost ready to return to action.

"Next game I will be back. I was thinking today if they really needed me then I would tape up and come in but Georgian is a weaker team," explained Tim.

The Grizzlies were soundly beaten in the first set due to a combination of strong hitting by the Hawks and numerous unforced errors made by Georgian.

The Grizzlies put out a stronger effort in the second set, which included numerous time outs called by both teams in the late stages. However, Humber's strong blocking led by Carter Walls and Alpha Conteh solidified a narrow set vic-

tory.

The late substitution of Alpha Conteh in the third set by Coach Wilkins served as the definite sparkplug for the Hawks. Conteh made an immediate impact, continuing his impressive blocking from the previous set. He also made a crushing spike for a decisive point late in the set leading to a 25-22 victory.

BUSY WEEK

Georgian Coach John Moore was pleased with his team's effort but realized his team was up against a determined Hawk team.

"We had a few tough breaks but nothing really to complain about. We had a couple bad spurts of passing and Humber is a quality team, we can't do anything against Humber."

The Hawks are going to be busy next week with back to back tilts against a pair of Sudbury based colleges. The Boréal Viperes slither into Humber on Friday night at 8 p.m., followed by the Cambrian Golden Shield Saturday afternoon at 4 p.m.



PAUL FERGUSON

Slam: Jeff Young sets up Dan Salomons for the kill against Georgian

Hawks whip the Colts in three straight

Perfect record still intact after road win at Centennial

By FRANK MONACO

Humber's women's volleyball team returned to league action after capturing the tournament championship at Durham College on Jan. 8, winning both matches against the Georgian Grizzlies and Centennial Colts.

Humber earned their seventh regular season win in a match at home against the Grizzlies 25-17, 25-21 and 25-23, Jan. 13.

Although the Hawks prevailed in a quick three games, the scores were close and the Grizzlies were competitive in each game. This prompted a pep-talk from head coach Dave Hood and assistant Chris Wilkins after the match.

"We have to focus at playing at our level. We sometimes forget that," Perkins explained. "We have to play more inspired and can't coast. We also have to reduce the unforced errors."

The Georgian Grizzlies, 3-4 and fourth in the Central Region, came to Humber with a game plan.

"We work hard on our defence.

Humber is fast and strong. From the warm-up we try play slowly and try to build up throughout the game," Brad Graham, head coach of the Grizzlies said.

The match also marked the return to the lineup for six-foot Technique, Perfection Powell.

"I played O.K. It's a little hard to come back and fit in right away. I have never played with the girls before. My role is a little different than last year."

Assistant coach Wilkins believes that the return of Powell will have a positive impact during the later half of the season.

"She adds more experience and even more depth than we already have. She's a OCAA all-star and a tremendous leader."

Powell had three kills and one ace for four offensive points. Meanwhile, Middle, Nio Perkins outscored her teammates with eight kills, one stuff block and one ace equaling ten total points.

The Hawks improved their record to 8-0 with a victory in a road game against Centennial 25-14, 25-15 and 25-16, on Tuesday. They headed to the Scarborough College in poor weather conditions and arrived in time for only a half-hour warm up.

Humber handed the last place

Colts its seventh loss in a row. After the Hawks began the third game by going on a 5-0 run, a frustrated Centennial fan shook his head in disbelief.

"How can we have such a bad team with a College our size?"

Meanwhile, the Hawks

remained focused and finished the entire match in a quick 52 minutes.

"We got here late and didn't have much of a warm-up. We usually warm up for an hour. It helps us keep focus and play at our level. We kept our spirits up and got lots of support from the bench," Power/

Setter Krista Schaff said.

Perfection Powell improved on her first game attaining nine kills, two stuff blocks and one ace for 12 points. Veteran Setter, Caroline Fletcher followed closely with nine points in the form of two kills, two stuff blocks and five aces.



FRANK MONACO

Hands up: Perfection Powell goes for the block during Humber's drubbing of the Centennial Colts

etc. etc.

Hockey Hawks win two in the U.S.

By Scott Van Slyke

A popular theme now-a-days among the so-called hockey experts is that Canadian hockey players are no longer superior to their international counterparts.

Well the Hawks hockey team put that theory to rest when they traveled to New York State over the weekend and defeated two American community college teams by a combined score of 16-6.

The first stop for the Hawks was Rochester, NY where they played Monroe Community College. Humber coach Joe Washkurak was excited about the game.

"We have been off for a while and I'm not sure about the quality of the league down here so this is a good test for us," Washkurak said.

The game started slowly as both teams tried to get a feel for each other. The Hawks scored early in the first but the goal was called back because Humber had a player in the crease. The game was physical right from the start with Monroe College trying to intimidate the Hawks, but Humber's discipline paid off and resulted in four power play opportunities during the game.

Humber's top line of Rich Wand, Eric Hobor and Chris McFadyen, known as the R.E.C. line, scored in what became a re-occurring theme all weekend to put Humber up 1-0 with only six seconds left in the first period.

The Hawks defencemen were the difference as the game wore on. Time and time again the Hawks defense, led by the outstanding two-way play of Cory Kennedy,

Ryan Duke and Marc Hobor kept Monroe hemmed in their own zone with offensive rushes and solid play in their own zone.

Goaltender Brent DeNure did not see a lot of work but was solid when he did and kept his composure throughout the game as the Monroe forwards repeatedly tried to crash into him.

McFadyen and Aaron Lutes scored to make it 3-1 Humber after two periods. For McFadyen this was the first game action he had seen

"They intimidated us with their size and didn't let us move the puck"

since fracturing his arm on November 12 in Sault Ste. Marie. The Hawks have missed his scoring dearly since his injury.

"It's still sore, I took a couple of nice hacks," McFadyen said of his wrist. "It feels a lot better to be able to go (test it) in an exhibition game but my wrist is still only about 85 percent."

The Hawks did not let up in the third as McFadyen and Lutes scored again and Monroe College was able to add a pair. Hobor injured his knee late in the game when he was tripped and went into the boards heavily.

With a minute left and the score 5-3 Monroe pulled their goalie and Luc Warburton scored an empty net goal to earn a 6-3 win for Humber. After the game a fight broke out between two Monroe players in their dressing room.

Such was the emotional impact of this international exhibition game.

"We didn't have our game legs and there wasn't a lot of heart", assistant coach Tim Shortsleeve said rather dejectedly after the game. "That team's (Humber) from Canada and they play a different style than we do. They intimidated us with their size and they didn't let us move the puck at all," Shortsleeve added.

The Hawks continued their dominant play on Sunday when they arrived in Utica to take on Mohawk Valley Community College. Mohawk Valley who are ranked fourth in the NJCAA northeast division, came out on fire and got out to an early 2-0 lead and it looked as though Humber was in danger of being blown out. However goaltender Terry Gilmer who has not seen a lot of action this season kept Humber in the game with several great saves until his teammates woke-up.

The Hawks worked their plan to perfection as they scored eight unanswered goals between the end of the first period and the midway point of the third.

The R.E.C. line was unbelievable. Captain Rich Wand had one goal and four assists, left wing Chris McFadyen fired four goals and added two assists and right wing Eric Hobor, connected for seven

points with two goals and five assists. Over the two exhibition games, the line combined for an incredible 10 goals and 26 points.

Defenseman Nathan Vanderbarren endured a scary moment late in the first when he and two Mohawk forwards went after the puck in Humber's zone and as they neared the boards one of them carelessly raised his stick catching Vanderbarren in the

defenseman Cory Kennedy added one a piece. Hawk defenseman Kevin Tully finished the scoring with 17 seconds left to make the final score 10-3 Humber. Coach Washkurak was pleased with team's effort during the game and throughout the weekend, but was guarded in his assessment of the team's performance.

"Everything worked for us tonight and a game like this is great for our



SCOTT VAN SLIKE

Goal: Hawk captain Rich Wand gets a good look at the puck hits pay dirt

throat. He was able to leave the ice under his own power after several minutes but didn't return.

Mohawk Valley looked to be very tired as the third period started and they could not stop the Humber forwards from attacking their net. Lutes was a dominant force with two assists in the third while rookie forward Jamie Charlton and

confidence," Washkurak said.

"We've only scored 29 goals in eight league games and we scored 16 in two games here. But we need to play better in our own end and work hard from start to finish. The majority of our schedule is at home and we need to play well and not let anybody push us around," Washkurak said.

By JOHN MAIDA
SPORTS COLUMN

The inevitable has happened. Toronto's adopted son, Wendel Clark, is back for his third stint in a Maple Leafs uniform, and Wendelmania has Hogtown and the media in an uproar.

The shy, quiet, kid who grew up in the small farm town of Kelvington, Sask, and donned the #17 for years as a warrior in the blue and white, returned to the place where it all began in the fall of 1985.

The name says it all. Wendel. This was a man who struck fear into the hearts of not only the goal-tenders around the league with his wicked wristshot, and blazing slapshot, but also to all of the enforcers who dared to challenge his 5'11 frame and fists of steel. He wore the "C" on his sweater for four seasons with pride and integrity, and lived up to every expectation a team captain should. He was the ideal leader. Case closed.

Most of his team records still stand. Most playoff goals, most goals by a rookie, and even best win percentage in fights won to fights lost.

Which leads me to my next



JOHN MAIDA

point. Why? Why did Toronto management go out and sign Clark again. The same player who only a season and a half ago was released by the same team. The Leafs brass, coaching staff, and media had all written off the 33-year-old.

The answer is simple. This transaction was made, not to give a boost to Leafs offence, like they really need it, but to instill something that may have been lacking in the Leafs dressing room, character and heart.

Clark's heydays of scoring a ton of goals, laying out bone-crunching checks, and dropping the gloves are far behind him. The veteran can still put the puck in the net, but his role now is to add char-

acter and heart. This gives the younger and up-and-coming players a sense of direction, and teaches them other aspects of the game. There was a column in the Toronto Sun last week by Steve Simmons stating that the signing of Wendel Clark had no significance whatsoever, and that the move was made so that poor ol' Wendel could retire on a high note. I disagree.

Not only was the acquisition of Clark a brilliant move to improve the roster, but it also was a pure act of class and respect. Clark, in his prime was arguably the most popular player to ever put on a Maple Leafs jersey, and the Leafs execs have come to realize that Toronto is Clark's home sweet home. How can they just sit back and watch Clark's career wither away in Chicago, where he had been released by the Blackhawks last November.

It would be a fair judgement on my behalf to say that Clark still has plenty of gas in his tank and will come through yet again for this classy organization.

When playoff time comes around, all the critics who doubted Clark and the Leafs' brass will be writhing in pain, suffered from biting their own tongues.

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Men's basketball team sails past the Vikings and storms by top-ranked Thunder Squad

BY SHARON ASCHAIK

Humber's men's basketball team soared to another victory Friday night in an exhibition game when they trounced the St. Lawrence College Vikings 85-72.

With a handful of Humber fans watching, the Hawks experienced a powerful first half. Their starting line up of, James Ashbaugh, Adrian Clarke, Jason Francis, Cornell Brown and Dexter Miller, dictated the play from the tip off and held the lead for the entire game.

The Hawks were strong on both the offensive and defensive boards, capitalizing on the Kingston team's errant shots.

"We got a lot of their missed shots and we were practising a lot of rebounds recently, and it pays off, we got a lot of good defence," said Hawk forward Marcel Lawrence.

In a surprise move, Humber Head coach Mike Katz called for a wholesale lineup change, bringing in David Phillips, Marcel

Lawrence, Jeremy Walters, Kingsley Hudson and Rupert Thomas, the Hawks didn't miss a beat.

In the first half saw both squads struggling for possession, as the two teams kept trading steals.

With 30 seconds left in the first half Dexter Miller bumped the score to 41-23 for Humber

"They played very physical tonight. We got the job done"

with an impressive three point shot, the Hawks led 41-25 at the half.

In the second half the Vikings burst onto the court with a much stronger offensive effort, going on a 6-0 run, narrowing Humber's lead to nine points.

St. Lawrence forward Trevor Burgess, playing in his first game for the Vikings, felt his team began to gel as the game went on.

"The first half, when it came to the half-court defence, I thought

we were letting them get the shots off too easy, and they're really hard on their shots. But in the second half, I thought we played really well," said Burgess.

With their teammates chanting "Defence" and coach Katz asking for more intensity, the Hawks stepped up their defensive effort. Miller hit a couple more treys, increasing Humber's lead to a game high 20 points.

Despite the Viking's best efforts, the game and especially the last five minutes belonged to the Hawks, as they managed to make all of their foul shots and squeezed in two more from beyond the arc.

Humber prevailed by a final score of 85-72. The players wearing number 33 for both teams were the game's high scorers, Jason Francis for the Hawks had 22 points, while Kevin Smart poured in 23 for St. Lawrence.

Katz was pleased with the team's performance, despite the weaker second half.

"I liked the first half, the sec-

ond half, I don't know...they outscored us. But I think they played very physical tonight. We got the job done," said Katz.

MISSING PLAYERS

Viking's head coach Barry Smith said missing players contributed to his team's loss.

"We probably do better when we can get into a running type game, and we didn't until the second half. I didn't do it (earlier) because we've got a couple of players hurt, and we've got a couple players that are missing," said Smith. "We seemed to pick up the tempo in the second half and had a little more success," he said.

Humber continued their strong play in another exhibition game on Sunday, defeating the top ranked Algonquin Thunder by a score of 85-66.

Although the win doesn't count in the standings it will have an important impact on the seedings for the Provincial and National championships in March.



Swish: Mark Damon lays one in vs. Vikings

Three girls, two guys, and an all-star game

BY SUSAN WILSON

As all-star fever begins to heat up players from both the men's and women's basketball team will be making the trip down the QEW to this year's game.

Three players from the women's basketball team and one player from the men's team were selected to join the cream of the crop at this year's OCAA all-star game hosted by Niagara College in Welland.

Beth Latendresse, Brenda Chambers, and Lindsay Higgs will all be going to the big game this weekend thanks to the strong first half of the season they've all enjoyed.

Latendresse, the fourth leading scorer in the OCAA averaging 17.8 points per game has made her presence felt around the league. The first year guard is happy to be playing in the all-star game this Saturday.

"I feel good about being chosen. It should be interesting and fun and there'll probably be a lot of competition at the game," she said.

Both Higgs and Chambers are second-year forwards who are having terrific seasons. Chambers is averaging 14.6 points per game, (sixth in the league), while Higgs is the ninth leading scorer averag-

ing 13.2 points per game.

Head coach Jim Henderson feels his team is well represented and he's happy his players have been given this opportunity to showcase their talents.

"The game gives them some acknowledgment that they're respected for what they've con-



SUSAN WILSON

B-ball stars: Off to the showcase tributed in the first half of the season," he said.

On the men's side, guard Jason Francis is Humber's representative, he will be joined by teammate Dexter Miller who will be competing in the three point competition.

Francis has had a great first half of the season and he kicks off the second half as the second leading scorer in the Central Region averag-

ing 17 points per game. Francis is looking forward to this weekend but he wishes that more of his teammates would be joining him on the court for this year's game.

"I'm happy that I'm going and getting the opportunity to represent Humber but I wanted more of my players on the team," he said.

Head coach Mike Katz is pleased with the selection of Francis to the all-star roster and he thinks that Francis was a logical choice for the all-star team.

"He's been our leading scorer and he's been pretty consistent all season in terms of scoring so he was a good choice," he said.

Athletic Director Doug Fox was also glad that four players were invited to this year's game's, and explains why only one player was chosen for the men's team.

"With the men we probably have three or four players that could be possibilities for this year but you only get one choice with the men. With the women because there are only nine teams (so) you get two or three choices," he said.

All four players are looking forward to representing Humber in Welland on Saturday, allowing them to showcase their talents, playing with the best players in the province.

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T.O. PRO SPORTS DIGEST



The Leafs are enjoying a rare four-day break after returning from a road trip where they went 3-1. They were fortunate to return home with a winning record, thanks to two O.T. victories. The Buds host Washington on Saturday Night.



The Raptors return from a three-game road trip to take on the high flying Seattle SuperSonics on Sunday. They finish off their three-game home stand with games against the Washington Wizards on Wednesday and Miami on Friday.

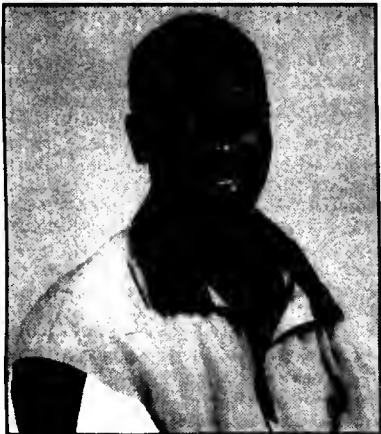


The Toronto Blue Jays will play five spring training games at the SkyDome. The Cleveland Indians come into play three games on March 4 and 5 and Shawn Green's Los Angeles Dodgers are the opposition on March 31 and April 1.



The Toronto Rock play their home opener on Saturday night against the New York Saints at Maple Leaf Gardens. Game time is 7:30 p.m. Toronto will be tough to beat at home. The Rock went undefeated at home last year.

**HUMBER HAWKS
ATHLETES OF THE WEEK**



Dexter Miller

The 6'1 guard from Toronto had the hot hand for the Hawks last week. Miller scored 26 points against Sheridan College on Jan. 12. Dexter continued his outstanding play in two exhibition games as the Hawks went 3-0 for the week. This weekend he will take part in the three-point contest at the OCAA all-star game in Welland.



Filomena Aprile

Filomena made an immediate impact upon her return to the Hawks lineup. The 6'0 forward from Vaughn had a game high 26 points in Humber's 83-55 win over the Redeemer Royals on Jan. 11. Aprile was also named OCAA Athlete of the Week for her accomplishments.

**NFL Playoffs
AFC & NFC
Championship**

Preview

**AFC Championship
Tennessee @ Jacksonville**

One of these teams will be making its first Superbowl appearance ever in Atlanta next week. The Jaguars are currently favoured by seven points over the Titans. But how can you count the team from Nashville out after what they have accomplished in this year's playoffs.

Every win gives this young team and its players that much more confidence. And they are playing a team that they beat twice during the regular season, Jacksonville's only two losses of the year.

The key matchup could well be at the running back position as Eddie George and Fred Taylor will look to spark their respective squads. George was the only runner to gain over 100 yards against the Jags this year.

Another intriguing matchup will be between the Jaguars wide receiver Jimmy Smith and Titans cornerback Samari Rolle whose four interceptions all came against Jacksonville.

**NFC Championship
Tampa Bay @ St. Louis**

This game is a rematch of the 1979 NFC Championship game won by the then Los Angeles Rams 9-0.

St. Louis quarterback Kurt Warner did a masterful job directing the Rams to within one win of the Superbowl. Maybe his performance will also shut up all those skeptics who have doubted his ability since the beginning of the season.

This game features the league's top ranked offense in St. Louis against the Buccaneers third ranked defense.

The Bucs will again rely on rookie quarterback Shaun King who last week became the first rookie QB to win a playoff game in 23 years. If he does guide his team to Atlanta King will become the first rookie in history to start a Superbowl game at quarterback.

While the respective QBs are important to their teams' success, the winner of this game must be able to run the football.

Backs Mike Alstott and Warrick Dunn for the Bucs and the Rams Marshall Faulk will have an enormous influence on the outcome of this game.

**OCAA VARSITY
SCOREBOARD**

MEN'S BASKETBALL-CENTRAL REGION

TEAM STANDING	GP	W	L
Humber	8	6	2
George Brown	6	4	2
Sheridan	5	3	2
Centennial	6	3	3
Seneca	5	2	3
Durham	8	1	7

Hawks Next Game: Wednesday January 26th @ George Brown

WOMEN'S BASKETBALL

TEAM STANDINGS	GP	W	L
Humber	10	9	1
Fanshawe	8	7	1
Seneca	9	6	3
Durham	9	5	4
Mohawk	5	4	1
George Brown	9	4	5
Redeemer	7	1	6
Georgian	10	1	9
Niagara	7	0	7

Hawks' Next Game: Wednesday January 26th @ George Brown

MEN'S HOCKEY

TEAM STANDINGS	GP	W	L	T
Seneca	9	5	2	2
S.S. Fleming	9	5	2	2
Humber	7	4	1	2
Conestoga	9	3	5	1
Sault	9	2	6	1
Cambrian	7	2	5	0

Hawks' Next Game: Sunday January 23rd vs. Sault

MEN'S VOLLEYBALL-WEST REGION

TEAM STANDINGS	MP	MW	ML
Humber	10	9	1
Niagara	10	9	1
Cambrian	10	7	3
Seneca	10	7	3
Redeemer	10	5	5
Sheridan	11	4	7
Georgian	9	2	7
Mohawk	10	2	8
Boréal	10	0	10

Hawks' Next Game: Friday January 21st vs. Boréal

WOMEN'S VOLLEYBALL-CENTRAL REGION

TEAM STANDINGS	MP	MW	ML
Humber	8	8	0
Cambrian	7	6	1
Sheridan	8	5	3
Georgian	7	3	4
Seneca	7	3	4
Boréal	6	0	6
Centennial	7	0	7

Hawks' Next Game: Friday January 21st vs. Boréal

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C117 (416) 675-6622 ext. 4184
 Dean: Judy Harvey

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- > Career Fairs
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