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Take a hike!

Rez rates rise another \$200, BOG-ing students down

BY LUKE MCCANN
News Reporter

A proposal to hike residence fees for the 1998/99 school year was unanimously passed at Humber last Monday by the Board of Governors (BOG).

Residence rent rates will increase \$200 for two semesters because of operational and maintenance needs, said John Mason, Director, Ancillary/Customer Relations.

The extra money will provide for the position of a Resident Assistant Co-ordinator, the upgrade of residences (lounges, corridors, student rooms and washrooms) and the installment of mini refrigerators in all student rooms.

"These are all items that students have identified they want through surveys over the past year," said Mason. "The mini refrigerators alleviate the expense of \$80 that approximately 60 per cent of students pay when they

rent refrigerators for their rooms."

Kevin Stover, Student Representative to the BOG, agrees that the extra money is necessary.

"After working there [in residence at Humber] and living there for two years these are all things that people will see as valuable to them," said Stover.

Mason said that with the benefits of telephone service, voice mail and refrigerators in each room the 1998 residence fees at Humber will still be less than fees charged by other institutions in the GTA.

"I think it's a good idea, although \$200 is a lot. I don't know about the co-ordinator position, but I'd feel comfortable paying for upgrades," said Scott Mannen, Mechanical Engineering and Design student.

"Stuff needs to be fixed and upgrades are necessary all the time, so, it's a good idea," said Adam Thackerey, a first-year Computer Information Systems student.

"If they go through with it, then it's good. But, if they just raise the prices without making any changes, then it's not good," said Lisa Bonneau, a Radio Broadcasting student.



PHOTO BY VICTORIA PATTISON


Lisa Bonneau checks in a new resident at Humber residence, an expensive proposition.

There will be two possible ways for students to pay their new fees, by prepaid plan or instalment. However, the install-

ment plan comes with a \$300 extra price tag.

"This is to encourage students to pay on time," said Mason.

Tantra **Losing My Religion** •ECKANKAR

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On Campus



PHOTO BY JULIA KUZELJEVICH

The new Seneca building located at York University campus will have a variety of programs and symbolizes the closer ties between the two institutions.

Best of both worlds for GAS students?

York University and Seneca college sign an Articulation Agreement

BY JULIA KUZELJEVICH
News Reporter

Students indecisive about whether to head to college or university will soon have the best of both worlds without spending years in school.

York University and Seneca College have signed a deal which will permit students beginning studies in the General Arts and Science (GAS) Program at Seneca to complete their third year at York University, giving them both a diploma and an ordinary (three-year) Bachelor of Arts.

The deal, called an Articulation Agreement, was signed January 7th at Seneca's Don Mills campus and responds to a demand long felt by students and administrators for change at the tertiary level of education.

"Students are demanding flexibility and choice in outstanding academic programs, and that's what this program offers," said York President, Lorna Marsden.

Henry DeCock, chair of General Education at Seneca College, notes "there's always been an informal relationship between Seneca and York, but intense negotiations to formalize this relationship began just over a year-and-a-half ago."

Seneca College and York University already have some joint-venture programs, but they benefit students flowing from university to college and not the other way around.

These programs include the joint Communication Arts program, the early Childhood Education program, the Law and Society program and the Tribunal Administration program.

"Students are demanding flexibility and choice in outstanding academic programs, and that's what this program offers."

**— Lorna Marsden
York President**

The York-Seneca program would see successful students complete one year of college, do a University summer course at York, another year of college and then, if their marks permit them to remain in the joint program, another summer course at York followed by a full year at the University.

Ian Greene, Associate Dean of Arts at York University, believes that previous agreements between York and Humber paved the way to the York-Seneca Articulation Agreement.

"I think the road to this agreement was opened up by negotiations between York and Humber a few years ago, in which the concept of a college course where the course outline and instructor were approved by York was developed."

As articulation agreements go however, the York-Seneca one is not a first. Humber College has a number of agreements, both formal and informal, under which students can combine degree and diploma credits.

For example, Humber students can earn credits through Humber for one-quarter of their course load at Laurier University's Executive MBA program.

Humber also runs a three-year intensive technology diploma after which students are given advanced standing to complete an Applied Technology degree at an American University.

Humber College's Vice President of Instruction, Richard Hook, wonders if the York-Seneca General Arts and Science set-up may be an overkill.

"Why would you want both a General Arts diploma and degree?" he said.

"What we're after is programs which will facilitate moving to and from all levels of education, recognizing the value of both academic and vocational studies," Hook said.

"We don't want a quick marketing hit, but an enduring commitment - you have to meet sets of expectations with clear criteria."

Megacity may axe local fire stations

Fire stations may be closed as a cost-effective measure

BY IVAN LANGRISH
News Reporter

A number of Toronto's fire stations may be axed as a cost-cutting measure in the new megacity.

Fire protection services for the city of Toronto are undergoing an extensive review by the fresh faces of the megacity council.

The review spearheaded by Fire Chief, Al Speed, will look at the possibility of cutting certain firehalls to ensure services are provided in a cost-effective manner.

However, Irene Jones, Ward 2 councillor of the Etobicoke area, stressed not to jump to conclusions on which stations may get the chop.

"Just because you have two firehalls close together does not necessarily mean one or the other will close," said Jones. "It all depends upon the barriers of delivery and areas certain stations are responsible for covering."

Jones highlighted that the review will focus upon maintaining a high level of service concerning medical emergencies and

fire prevention.

Prior to the formation of the megacity, bordering municipalities had reciprocal agreements in place, which allowed stations to respond to emergencies outside their service range.

Currently, 27 stations serve the former municipality of Toronto, North York 19, Scarborough 15, Etobicoke 12, York 4 and East York 3.

While this review is only in its early stages, it is difficult to assess how the quality of service will be affected by this rationalization of fire protection services.

According to Chief of Communications at the Toronto Fire Department, Rick Galway, "We have Mayor Mel's assurance that service will not suffer."



PHOTO BY IVAN LANGRISH

Several Fire stations in Etobicoke may get the chop.

Humber's Grad Fair connects students with jobs

College grads will learn to browse future options

BY LAURA SCRIVER
News Reporter

College grads will get a chance to browse some future options at the end of this month when Humber hosts its first Grad Fair.

The Grad Fair is aimed at connecting students with continuing education contacts and possible job opportunities.

The idea is to inform students of post-diploma programs available to them upon graduation.

"Some Humber students can get two years of university experience with Humber credits. For some, this means they can get a university degree in one year," explained Karen Fast, who is organizing the event.

The importance of these events is significant.

"A quarter of all students want to go to university after they graduate college, so we have to

meet their needs," said Susan Thomas in the Student Development department at Seneca College.

The fair is a relatively new concept, modelled after the University Fair held at Seneca College back in October, somewhat like the ones held in high schools to recruit new students.

"The University Fair was enormously successful," said Thomas in the Student Development department at Seneca College. "Somewhere between 500 and 1000 students showed up-many from other campuses."

More than 20 universities, including a few from the United States, participated in the event.

Humber's Grad Fair will be similar, but with a few bonuses. "We have a couple of companies coming to talk about internships and possible jobs at their company," said Fast.

The Grad Fair will be held in the concourse North Campus, on January 28 from 11 a.m. until 2 p.m. The event is open to all students.

South Asian students anticipate cultural competition

The seventh annual competition presents South Asian culture through dance and song

BY ANU GROVER
News Reporter

South Asians at Humber are eagerly anticipating the seventh annual Indian cultural competition to be held in London, Ontario, later this month. Humber is the first and the only college ever to participate in this cultural show.

The competition presents the South Asian culture through dance and song.

The Indian Student Associations from all over Canada are participating in this occasion. With expected attendance of 3,000 spectators and 250 participants, this cultural show presented by Western Indo-Canadian Student Association (WICSA) has, so far, been a hit among students of universities and colleges.

"It's a very big event for us," said Kaush Nanubhai, third year Business Administration student and president of Humber Indian Student Association (HISA).

"Participation in this event will give us recognition as well as confidence. We may or may not win, but we will surely leave an impression."

And this is the goal HISA is working towards for this premier event presented by WICSA. The event has been named "Sitaron Ki Mehfil" or Stars' Meet.

The theme of the dance competition, as HISA Vice President, Kerwin Bachoo, puts it, is "Regardless of where

we [Indians] are, we all belong to the same drum."

SAC Vice President, Nikki Dhaliwal, also said that she is excited about this show.

"This is a challenge for us as we are the first and the only college to participate," she said.

Dhaliwal will also compete in the show as one of the group dancers.

Humber student, Raza Aziz, first year Business Administration, said Humber students are putting in a lot of effort and they want to put their best foot forward.

Aziz, who has a passion for dance, is helping them out with choreography and staging. He said that the representation the club will get really matters to him.

"This is a challenge for us as we are the first and the only college to participate."

— Nikki Dhaliwal
SAC Vice President

The total expenditure on this event is around \$500, including costumes, transportation and participation costs.

"SAC is not helping us financially, but they are really encouraging us," Nanubhai said.

"This is going to be very interesting and we encourage students to come and attend it."



Photo by Anu Grover

Humber Indian Students Association: (From L to R) Kerwin Bachoo, Gurpreet Basra, Vijay Kumar, Kaush Nanubhai & Nabeel Dar.

The program is scheduled for Saturday, January 31. The venue is 550 Wellington St., London, Ontario.

Time: 12 p.m. to 6 p.m.

Ticket Price: \$10 - Adults; \$5 - Children under 12

For any questions about transportation, directions or anything else? Please leave a message for Kaush at (416)675-5051.

OSAP scams can cause problems

Cheating on OSAP can land many students in hot water

BY ANDIE WADSWORTH
News Reporter

Many Humber students may find themselves in hot water later in life. Cheating on your OSAP may seem like fun, a little extra money, but it can all catch up on you.

"Students have to realize that OSAP is a serious legal and financial engagement. If they don't let us know about their changes, we'll notice a discrepancy when income tax time comes around," said Daniele Gauvin, a representative from the Ministry of Education and Training.

Steve*, a recent Graphic Design graduate, is scared that he will never get another loan. After graduating he was unable to pay back his loan and had to file for a default loan.

"Last year, I didn't have the money to pay back my loan, I couldn't even afford to feed myself. The bank told me that I had to default, even though it messes up my chance of ever getting another loan - like when I want to buy a house," said Steve.

In the 1996/97 academic year, 55 per cent of college students and 46 per cent of university students received OSAP.

"Last year, the Ministry paid \$62.5 million in default loans. That's a lot of money," said Gauvin.

If a student can't or refuses to pay back their loan, then the bank submits a default claim to the Ministry. The Ministry then pays the bank and sends the default information to a collection agency.

"If the collection agency is unsuccessful then we have to pay it. It becomes a bad debt and gets calculated into our annual budget. But before we do that, we send all the information to the Ministry of the Attorney General and they have the option to take court action," said Gauvin.

You wonder how and why it happens. People living the better life, more toys, more money, get more OSAP than you. How can this happen? Simple, they lie.

"Students have to realize that OSAP is a serious legal and financial engagement. If they don't let us know about their changes, we'll notice a discrepancy when income tax time comes around."

— Daniele Gauvin,
Representative from the Ministry
of Education & Training

Although lying on OSAP applications is a criminal offence, some students don't mind taking the risk.

"I don't really see it as a risk. If I forget to write down one or two bits of info and they don't check it out, then it's their fault," said Sara* a second year Fashion Arts student.

Many OSAP recipients share this point of view. They believe that OSAP is easy to get and the Ministry rarely checks up on people. If that was ever

the case, it isn't now.

"Every student must read a declaration on their loan documents. Once they sign their name, they release the right to be checked out. Every application is checked out and a personal assessment is made," said Gauvin.

Although OSAP says it looks into every student's record, it's still easy for them to access to their loan documents.

"I dropped out of school two months into my first semester. I didn't report it and I still got my OSAP. They obviously didn't check out my information because all I had to do was show them my student ID and tell them I was a full-time student. A few days later I went to the bank. It was so easy," said Samantha*, a former Business Administration student.

According to the Ministry, students don't realize that if they 'forget' to fill in certain information or neglect to tell them about changes, such as new jobs and moving home, the Ministry can easily find out.

"We have access to everyone's financial files. If there's a discrepancy, then we do an assessment of your account. You may be required to pay back the difference right away," said Gauvin.

The Ministry stresses the point that no matter how much OSAP you get, you are required to pay it back. If you end up getting more money than you should, it just means that you must pay back more money and accumulated interest in the end.

"If students honestly need all the money that they receive, then that's fine. But it makes no sense to take more money than what you need. You have to pay back all the money plus the added interest that you acquire over the 'off' periods," said Gauvin.

* Names have been changed.

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Et Cetera Editorial

Residence fees up again

In order not to be left out when it comes to raising the price of education, Humber College's Board of Governors (BOG) passed a proposal to raise the price of residence by \$200 next year.

This rent increase is supposed to benefit students living in residence, by upgrading the buildings and improving the facilities. Still, residence rates have gone up little by little every year and the benefits are less noticeable than the money leaving residents' pockets.

Those very small rooms already cost at least \$4,588 for the year, with the smallest meal plan. It would be nice to know where all that money is already going. Last year fees went up \$200 as well. The only visible changes, from that increase, seem to be a renovated S1 hallway and some additional features in a phone system that is often down. They did not add a security door as promised. Last year's increase brought the cost to \$573.50 per month; when accommodations off campus, including food, can cost as little as \$375 a month.

Contrary to popular belief, students in residence aren't always outraged when it comes to parting with cash. But, they need to know the money isn't used to inflate the administrators' salary. They need to know what benefits they can expect from any increase in these monthly expenditures.

Maybe if the BOG could show them exactly what their hard earned cash is paying for and why more cash is necessary to improve life in residence, they wouldn't be so leery about emptying their wallets once again.

As it stands, residents sigh a collective sigh and grudgingly hand over the loot while hoping for the best.

Canadian talent on ice

The Canadian Olympic Association (COA) embittered and embarrassed Canadians by preventing skating star, Emanuel Sandhu, from competing in the Nagano Olympics.

This 17-year-old skating wonderkid from Richmond Hill performed mightily at the Canadian championships a fortnight back. He even received kudos from skating champions Elvis Stojko and Toller Cranston.

Sandhu's performance was also mighty at the news conference where he refused to pit himself against the stubborn attitude of the COA and withdrew from the arbitration process with grace, dignity and aplomb.

Technically, Sandhu did not meet the selection standards set up by the COA. Unfortunately, in one of these skating competitions, Sandhu had a knee injury and did not place well. Two weeks ago, Sandhu skated brilliantly in the Canadian Figure Skating Championships, taking second place to Elvis Stojko.

The COA's regulations suffocate fresh talent.

The president of the COA said it would not be "fair to everyone" to send Sandhu to Nagano.

But, who is "everyone"?

Canada has three berths on its men's skating team. No harm would be done to anyone or "everyone," if Sandhu joins.

The talented teen displayed a rare sportsmanship by refusing to be dragged into the nerve-racking political game, with profound regret but pertinent reason.

"It would have been nice to go to the Winter Games in Nagano, but I can't do anything about that because I can't change a bureaucracy's mind," Sandhu said.

By preventing the skating prodigy from participating in the Olympic games, the COA has kept up the letter of their rules, but has broken the spirit behind them.



Keep your religion to yourself

BY VICTORIA PATTISON

It's a lazy, hazy summer day and I am enjoying one of my few days off. As I sit in front of the air conditioner, wolfing down some watermelon, my lethargic bliss is interrupted by a pounding on the door.

There, on my door step, is an eager-faced man in a Value Village suit carrying a bunch of tattered pamphlets. He introduces himself as "a disciple of God" and asks me if I have any children. When I say no, he asks if I have any nieces or nephews, younger brothers or sisters. Unfortunately, I reply "yes."

He hands me a pamphlet and explains how his church is collecting money for God. People who don't support God may find their loved ones, especially the young, will suffer. He says that because adults are not supporting him, God is punishing children by

putting pedophiles and rapists and drug dealers on the earth. I tell him I'm an atheist and slam the door.

In truth, I am not an atheist. People can worship God, the devil, or their family goldfish for all I care, but don't invade my private life in an attempt to "save" me because I don't believe in organized religion.

Here are some examples why. Catholics don't believe in divorce, but they will let you get an annulment. Exhibit A; Joe Kennedy, can not divorce his wife Sheila. If he gets an annulment, it means they were never married his two children were bastards and both he and his wife sinned because they had sex without marriage and she has to repent for having children out of wedlock? Yeah, that makes sense!

Then you've got all the different rules and beliefs that contra-

dict each other. If there really is a God do you think he's going to welcome a Catholic murdering Irish-Protestant radical into heaven with open arms? (Or vice-versa). Isn't murder one of those really big sins?

And wouldn't it really suck if you spent your whole life as a completely active Mormon - followed all the rules and gave money, blood, sweat and tears to it, only to find out that God's really Catholic and you've been blackballed by St. Peter.

Believe what you want to believe, no matter how hypocritical I think it is, but don't force your religion down my, or anybody else's, throat. How would you like it if a pentagram-tattooed Satanist showed up on your steps with a pamphlet?

In the end, we should all be hoping God is non-denominational or else I'll be seeing ya in hell..

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Suicide is no escape

BY ANDREA FRIEDLI

Suicide – it happens all the time. But it will never be a fact of life.

Life can be complicated, even shitty at times. But when does it get so bad that you just can't go on anymore? When do you forget about all your hopes and aspirations? When do you stop dreaming?

Last week, as I was going about my morning routine I looked out my apartment window. Hanging by his neck from a ventilation pipe, was the body of a young man, 18 years old. He took his own life. I didn't know his name, where he was from, or why he did it. But I still felt pain and sadness.

I remember the police that morning. It was their first call of the day. I remember watching them taking statements, doing their job.

I remember overhearing them on the phone, saying how this boy had been in counselling the night before, that he had

been depressed and had not wanted to go home. I remember officers saying that each time a call like this came in, it was hard. It never became routine.

Teen depression is a common thing, and it often has nothing to do with poverty, or family problems. It's not always easily detectable either.

Unfortunately, I've been through it all before. A number of people close to me have decided they had enough.

These people had good homes, support and friends. But something inside wasn't right. Life didn't add up to what they had expected. So they beat themselves at their own game.

Each time, a friend died by his own hand, it hurt a lot. Each time, frustration and confusion welled, kept me awake at night as I asked myself again and again – "Why?"

The questions go unanswered. It could be desperation or fear. Sometimes it's a cry for help gone terri-

bly wrong.

Whatever the cause, it's always painful for those left behind. Often, one blames oneself, and guilt finds an easy target. It's not easy to deal with the situation. "Where did we go wrong?", the family asks, "Why didn't I prevent that?"

Blame and guilt are not always ours to take.

I do believe, however, that by trying a little harder to reach out to one another we can help a little. Think about what a simple smile, a bit of eye-contact or even a "hi" can do. Show someone you know they're there, show someone you care.

You can't make the person you lost come back. You can't fill the void left in your heart. All you can do is respect and honor the person, and hope and pray that, wherever they are, they finally found the peace of mind they were looking for.



PHOTOS BY ANDREA FRIEDLI - MANIPULATION BY DARREN LEROUX

Student helps out in Brockville

BY GREGORY LEE

I knew the call would come. And when it did I would be ready.

As a member of the Army Reserve I expected to be called to go to the aid of the victims of the ice storm that hit Eastern Ontario and Quebec. Only last May troops were sent to dam the flooding and help citizens in the area ravaged by mother nature, in the Red River Valley in Manitoba.

Several things surprised me when I arrived in the Brockville area.

It's a rare sight to see full-grown trees lying down or bent over in a full arch. It is even rarer to see a line of hydro poles hanging from their wires because their bottoms were broken off. Hydro connectors were ripped off, cottages and patios were crushed by fallen trees. One cottage I saw had its lake side entirely iced over.

Another surprise was the courage and grace with which people accepted this storm.

Despite many houses being cut off from hydro, a lot of people stayed in their homes, using gasoline generators and camping equipment to keep warm. Many people invited friends, family and neighbors into their homes when they needed a place to stay. Donations from the community and from across the country were plentiful. Even though they were suffering, victims of the ice storm constantly offered me coffee and biscuits as I patrolled their townships.

Our company spent eight days in the area, where we patrolled to check on people and see what utilities were working. We also marked and reported hydro lines that littered the roads. During this time we worked in extremely cold weather, usually nine hours a day, in a different place every day.

The experience was tiring and seemingly endless, but I'm glad I was able to help people, using the skills I'd been trained for during the past seven years.

The whole operation (called



PHOTO BY GREGORY LEE

OP RECUPERATION) illustrated the value of a ready military and the people of eastern Ontario learned they could overcome anything Mother Nature threw at them. Both soldiers and citizens have reason to feel proud of the efforts they made to weather the storm.

wire

University of Chicago

College graduates and PhD recipients are not having as much sex as those with less education said a study conducted by the University of Chicago's National Opinion Research Center.

In addition people who work long hours, watch a lot of TV, own guns, have low self-esteem or lack confidence in the President, have intercourse more frequently.

University of Waterloo

The number of cheating cases, grade appeals, grievances and other such proceedings were down in the 1996-97 school year at Waterloo. Of the 93 cases (down from 107 in 1995-1996) 42 students were accused of cheating, 19 of plagiarism, 6 of harassment or intimidation and 7 of misuse of resources.

Edited versions of the reports on the individual cases, with names removed, are available on the university website to serve as a deterrent to potential offenders.

(www.uwaterloo.ca)

campus

Good Canadian



James Cameron



So far Titanic appears to be the film to beat this year and surprise, surprise, a Canadian wrote the screenplay and directed the movie. James Cameron walked away from this year's Golden Globe Awards with a Golden Globe for best director. On top of that, the movie also took home three other awards.

The Niagara Falls Ontario native is one of many who have joined the Canuck invasion into Hollywood.

It's nice to see a Canadian taking home a coveted world prize that Americans frequently win.

It really is amazing to see what a person can do with a \$200 million (U.S.) budget. It's even more amazing that for such an immense budget the movie can have no sequel and in which Cameron himself says, "nothing much happens in the first two hours."

So when the first Canadians take the Oscars by storm, the awards speech will probably go something like, "I'd like to thank the Academy, eh? ..."

Bad Canadian



Bryan Adams



Oh, Canada ... Now what are the rest of those damn words? Whatever you do, don't ask Bryan Adams to tell you what the words to the Canadian national anthem are.

Adams, our so called "ambassador," sang the anthem at the NHL All-Star game in Vancouver and yup, you guessed it, messed up the words.

Now, how hard can it be to sing the national anthem especially when it's your own? It would seem that taking up residence in England has dulled his memory.

Odds are, he probably remembers the U.S. national anthem, but not ours.

What makes this incident even worse is the fact that he did it at the All Star game to kick off one of Canada's favorite pastimes.

One thing is for sure, he probably won't be invited to sing at the opening of a hockey game for a while.

Good Canadian, Bad Canadian is brought to you by Darren Leroux

Et Cetera

January 22 - 28, 1998

On Campus

Humber's loss is Ryerson's gain

BY KRISTI SMITH
Campus Reporter

Humber's loss is Ryerson's gain. At least as far as the Human Resources department is concerned.

After 20 years at Humber Sandra DiCresce, Consultant, Human Resources; accepted the position of Manager, Employee Development at Ryerson Polytechnic University.

A farewell reception was held in her honor on January 13 in the president's boardroom.

"I've worked closely with Sandra for many years, and the office is not going to be the same without her," said Sharon Baker, Manager, Telecommunications. "She is one of the kindest people I know, and she possesses so much integrity."

DiCresce requested the reception be simple, and guests not bring her gifts. Instead, she asked that any collection towards a gift be donated to a staff development bursary fund to help Humber employees access higher education opportunities; as she herself has done.

"This is but one example of Sandra's generosity," said Nancy Hood, director

of Human Resources. "She is always thinking of others before herself. And she has agreed to match the total collection up to \$500."

In her position at Humber, DiCresce provided human resource services to the administrative division. She was also responsible for support staff training.

But the contributions she made went beyond her job title. DiCresce is perhaps best known for being an employee advocate, and for her work on Humber's human rights policy, which includes measures against sexual harassment.

DiCresce's daughter and SAC's business manager, Cindy Owtrim, said her mother's connection to SAC will be greatly missed.

"My mother got her start at Humber in student services, and served as Associate Director of Student Life [the body that administers activities paid for by student activity fees]," Owtrim said. "She has been a great resource for us [SAC] because she understands student government, while adding an HR expertise. We often sent student reps, with problems, to talk to her."

At the reception, Physical Resources director Bruce Bridgeford, vice-president

of Administration Rod Rork, and Hood spoke of DiCresce's professionalism, and her "wicked" sense of humor, which spawned a trademark laugh few will forget.

"People have been leaving messages on her voice mail all week saying [her leaving] is taking the human out of resources," said Hood.

DiCresce choked back tears near the end of her speech.

"The support of my family, and many wonderful friends and co-workers has been very important to me along the way," DiCresce said.

DiCresce said the decision to leave Humber wasn't easy, but was one that had to be made.

"It is the time in my life to move on," she said "My new job is the right one for me, and it is a much more positive one ... But I will always have many good memories of Humber."

DiCresce began her new job on January 19.

Contributions to the staff development bursary fund can be made through Beth MacNeill in the Human Resources Department.



PHOTO BY KRISTI SMITH

Sandra DiCresce is going to be missed by the Human Resources Department as well as SAC.

CKHC fights crime

BY JENNIFER MCLAUGHLIN
Campus reporter

Helping to fight crime is part of what the Radio Broadcasting program is all about.

Last week, Humber College's radio station received an award for their efforts to help Crime Stoppers.

Joe Andrews, program co-ordinator of Radio Broadcasting and Jerry Chomyn, station manager of CKHC, accepted the award.

"From an educational point of view, we use it [Crime Stoppers] as a discussion piece. It teaches students how broadcasting can help the police solve crime," Andrews said.

CKHC broadcasts the "crime of the week" five times daily. It also provides five public service announcements for Crime Stoppers per day.

Chomyn said deciding to help Crime Stoppers was an easy decision to make.

"I'm glad we can help out. It also adds a touch of reality to what we do," he said. "It's easy for students to get the idea 'it's just school'. Here we have the opportunity to serve the community and it benefits the students as much as it benefits Crime Stoppers ... we don't like to think that crime is out there on campus but it is. We are the vehicle that communicates to the public. It's a good cause; we thought we'd support it."



PHOTO BY JENNIFER MCLAUGHLIN

Jerry Chomyn, Station Manager of CKHC and Joe Andrews, Program Coordinator of Radio Broadcasting (center) are on hand to receive the Crime Stoppers award from Gary Jaynes, Director of Physical Resources and Services and Chair of Toronto Crime Stoppers and Deputy Chief Loyall Cann.

What's up?

Women's Basketball

The Women's Basketball team plays away at Seneca on January 28, 6 p.m.

Men's Basketball

The Men's Basketball team challenges Seneca on January 28, 8 p.m.

Extramural Ice Hockey

The Humber Men's Ice Hockey team is playing at Seneca on January 22 and 23.

Extramural Co-ed Volleyball

Humber's Co-ed Volleyball team plays at the North Campus January 30.

Sub Eating Contest

Boost your school spirit on January 22, as SAC North sponsors a sub eating contest in the Student Centre at noon. It's free!

Comedy Pub

Johnny Toronto will keep you laughing at Caps' Lakeshore Campus pub starting at 2 p.m. on January 21.

Muslim Club

Members of the Muslim club at Lakeshore will celebrate Ramadan with two prayer sessions on January 23, Kutba at 12:40 p.m., and Jumma at 1 p.m. Meetings will take place in the Seventh Semester, North Campus.

Grad Fair

You've got your diploma. Now what? Learn about post diploma programs available at the Grad Fair, held in the concourse North Campus on January 28, from 11 a.m. until 2 p.m.

Sweet Sensations

The Sweet Sensations band is playing at Caps North on February 4 from 9:30 p.m. Admittance is free, but you must be at least 19 years old.

Humber grad takes on American baseball

BY TAMMY SEDORE
Campus Reporter

Each year, baseball teams, mainly minor league teams, offer internships in marketing sales, media relations, public relations, or play by play commentating for the summer season.

Last December, John Bryden, a graduate of Humber College's Journalism Program, headed to the baseball winter meeting in New Orleans, to make a documentary. The resulting story, about a young Canadian going to the heart of America to find a job in an American dominated sport, will be aired on CBC Newsworld January 24 at 6:30 p.m.

Bryden, 27, attended Humber College in 1994 after graduating from Mount Allison University in New Brunswick. During his second year at Humber, in the two-year Journalism Program, Bryden landed two jobs, through his internships, in both the CFTO and the CBC radio sports departments.

He is still working two jobs; one at a local radio station doing play by play sportscasting and another at CBC Newsworld.

"It gets a little bit tiresome and weary," said Bryden.

Bryden became interested in sports broadcasting, particularly play by play broadcasting, in

high school. He grew up on a farm and, while tending cattle, he listened to the radio. Bryden was more interested in the "chatter" than the music.

"I became fascinated with the people on the radio," said Bryden, "and I became particularly interested in the Inside Track, which is sports journalism ... When I went to the Inside Track in September '94, it was a dream come true. For so many years I'd just been the person listening, and now I'm a part of it."

Over the past few years, Bryden has met sports celebrities Donovan Bailey, Magic Johnson and Ken Griffey Jr. He's talked to a lot of people in the Canadian sporting scene. But, he said, journalists shouldn't look up to these people.

"You have to go into each interview with respect of the person. However you can't go into the interview looking up to them. They'll sense that and act on it," he said.

Even with two jobs, times are tough. Often he thinks about whether he chose the right path.

"[I] have second thoughts all the time - Every time the bills come due," he said.

But, he said, once he's in the rink, ball diamond or at the game, it's all worth it.

Humber goes to Japan

BY KRISTI SMITH
Campus Reporter

Humber diners were treated to an evening of authentic Japanese cuisine when Chef's Table made its debut January 19.

Put on by second year culinary students Lucio Costantino, Mark Florence, Jan Spray, and Abbas Traore, "Taste of the Orient" was the first in a series of five events that will take place over the next five Mondays.

"We decided on our theme last year when we took part in the exchange program to Japan," said Constantino. "We weren't sure people would like authentic Japanese food, but the response has been great."



PHOTO BY KRISTI SMITH

Students work on international cuisine.

The response was so good they oversold by three seats. Space was limited due to the traditional style of seating, which involves kneeling, shoeless, at a low set table.

This project is a big undertaking for each group of students, who decide on a theme, a menu and its design, plus food preparation, style of service, marketing of the event and budget.

"This group has done a fabulous job," said Culinary Instructor David Jones. "Being the first group, they have had less than two weeks to prepare for this evening."

Guests of "Taste of the Orient" dined in candlelight, surrounded by soft music. They enjoyed first a Miso soup, followed by a traditional Japanese appetizer, then grilled octopus, chicken and cucumber salad. Red ginseng ice cream, and an array of traditional sweets, and teas completed the gourmet feast.

Guests were also treated to a vegetarian sushi demonstration and spoke with the chefs as each course was being prepared. When the evening was over, guests seemed pleased with their dining experience.

"It was true to form, and the food was outstanding," said guest David Pampe. "This is as good as it gets."

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Sixth Annual Humber College Union Fair

NORTH CAMPUS
FEBRUARY 5
1998



THERE'S A UNION IN YOUR FUTURE

LAKESHORE CAMPUS
FEBRUARY 6
1998

9:30 a.m.

Fair opens in the Concourse

12:00 p.m.

Play "Right or Wrong" for great prizes

1:00 p.m. - In the Community Room

Linda Torney speaks on the "Role of Unions."

2:00p.m. -In the Community Room

Debora DeAngelis speaks on "The New Unionism."

2:30 p.m.

Fair Closes

9:30 a.m.

Fair opens in the Cafeteria Foyer

1:00 p.m.

Debora DeAngelis speaks on "The New Unionism."

Student Lounge

2:30 p.m.

Fair Closes

Get the facts on your future at the Humber College Union Fair. Representatives of local unions and community organizations will be on campus to answer your questions, give you the facts and introduce you to the unions that you may become involved with in the future.

Don't Miss It!

Et Cetera Biz/Tech

Unemployment down, worries up

Falling unemployment rate greeted with mixed reaction

BY PAUL BILLINGTON AND PATRICK BIRIKORANG
News Reporters

It wasn't all high-fives last Friday when Statistics Canada announced that the official unemployment rate fell below nine per cent for the first time since 1990.

Officially, the rate dipped to 8.6 per cent for the month of November beating the Reuters consensus estimate, an average of four economists' predictions, by a full one per cent.

"These are significant numbers," said Michael Gregory, an economist from Lehman Brothers. "It shows how strong consumer spending is. We've seen improved Christmas retail sales numbers in the U.S. and our numbers will be very similar, all adding up to more growth for the Canadian economy."

As good as the numbers were not everyone was ready to make bold predictions for the new year. The unemployment rate is always two months backdated because it takes time to calculate the thousands of items

included in the rate.

Last Friday's unemployment rate announcement was only November's actual rate. Market-watchers however, are more worried about this June and July's unemployment rate and the effects the Asian financial crisis will have on them.

"The numbers [November's] are good, but they're pre-Asian meltdown," said Doug Porter of Nesbitt Burns. "The Asian contagion will have a negative impact on growth and employment in the near future. How much,

"The Asian contagion will have a negative impact on growth and employment in the near future."

—Doug Porter

nobody knows right now."

Porter said that western provinces, particularly B.C. will be hardest hit since it exports more to that region than any other



PHOTO BY PATRICK BIRIKORANG

Employment Advisor Karen Fast counsels C.I.S. student Tanya Groom about internships.

province.

"With less demand for pulp and paper in Asia, prices will fall making some mills uneconomical, which could mean unemployment may rise significantly in B.C.," added Porter.

B.C. is heavily dependent on commodity prices which have been dropping in the last couple of months. A symptom of the Asian contagion, Porter said, is the dramatic fall of the Vancouver Stock Exchange which lost 48 per cent in 1997 while the TSE went up 13 per cent.

Erik Nilsson, a senior International Economist at the

Bank of Nova Scotia agrees.

"We've already seen cutbacks and layoffs at companies that sell into these economies."

Another person who isn't happy with the numbers is Brad Lavigne, National Chairperson of the Canadian Federation of Students.

"These numbers, though a good sign for the economy in general, had little effect on the youth unemployment rate [those unemployed between the ages of 18-24]," said Porter.

The youth unemployment rate is nearly double the rate for adults over 25 years old, stand-

ing at 16.1 per cent before last Friday's announcement.

After the new rate, the youth figure has come down slightly to 15.8 per cent. Lavigne says that student debt loads compound the problems faced by Canada's young people and need to be addressed by all levels of government.

So far at Humber, internship and employment opportunities remain unchanged, said Karen Fast, Employment Advisor at Humber College.

"So far my impression is that the crisis in Asia will have no impact on students."

Credit cards can cripple

Careful of credit cards advises consumer advocate

BY CATHERINE MATHEWSON
News Reporter

It's so easy and yet there's nothing easy about it.

Credit cards are one of the quickest ways to be saddled with an enormous ever-rising debt.

The 'perilous plastic' has become second nature to most people. Nathan Loepky of the Canadian Bankers Association

estimates that as of 1997, there were a total of 31.9 million Visa and MasterCard in circulation - a number that has been growing since the early 1980s. "It's definitely on the rise," says Loepky.

On the plus side, credit cards are great for establishing a credit history, that students need to get a bank loan in the future. However, a student could have a black mark put in his credit file if he fails to make the minimum monthly payments on his card(s).

Many credit card plans are specifically geared to students, offering anything from interest-free grace periods, no annual fees, no transaction fees, points towards buying a car or a combination of deals.

David Waite of the Office of Consumer Affairs cautioned students to be wary of 'student specific' programs.

"Most cards don't have annual or transaction fees anymore," he said. In other words, students aren't going to miss out on a great deal if they don't get a card.

Waite added that students should make sure that they read the fine print on whatever card they're applying for. Just because the card has no annual

fee doesn't mean that there are no fees attached - there may be transaction fees that can add up quickly.

Check out the interest rate the card is charging and what the payment period is (how long you have to pay back the money without interest charges, e.g., 20 or 30 days).

"Students aren't going to miss out on a great deal if they don't get a card."

—David Waite

"There is really a range of interest rates and fees out there - it pays to shop around. Beware of cards issued by retail stores - the interest rate is 28.8 per cent. If you carry a balance, you're going to pay a lot of interest," said Waite.

Students, Waite advised, don't have to stay away from credit cards - but they should be aware of what they're getting themselves into.

Computers drive cars

Navigation system practically does the driving

BY DAVID ACETO
News Reporter

It's only minutes before class begins and suddenly you notice a mile-long traffic jam ahead. Of all days for this to happen, you say to yourself!

In the old days you would have pounded your steering and cursed the world for making you late. But you don't have to any longer.

Now, a new computerized navigation system, called the Auto PC, displays alternate routes and provides directions, making driving stress free - or so they tell us.

The Auto PC is a car-radio-sized computer developed by Microsoft and fits into the space where your radio normally goes.

It is voice activated and responds to simple commands, so the driver never has to take her eyes off the road. The computer also allows drivers to check their e-mail and answering machines.

Reaction however, was

mixed to the Auto PC.

"I don't think I would, or other students would have much use for it right now, but possibly in the future," said Susana Contente Early Childhood Education student.

"If you think about it, for what it can do, it sounds worth it in the future."

—Nick Donato

Currently, the market for the Auto PC is taxi and bus fleet operators as well as travelling sales representatives. For business people, it means easy access to phone numbers and addresses so they can stay in touch.

"If you think about it, for what it can do, it sounds worth it in the future," said Donato.

For students, Auto PC could be out of their price range, but in the future, you too could have a dashboard computer.



PHOTO BY PAUL BILLINGTON

Debt: The necessary evil

Et Cetera Lifestyles

Cocaine: the alcohol of the '90s

New injectable cocaine creating more worry about HIV in Toronto

BY KATHERINE PARSONS

Lifestyles Reporter

*Due to the sensitive nature of the story some names have been changed.

The walls closed in as Ann* crouched on her bed. Beads of perspiration fell unnoticed off her skin as she rocked back and forth. There was nothing to live for. She was completely alone. She took another sleeping pill. The pain had to disappear.

Three days later Ann, a 25-year-old university graduate living in Toronto, was able to face the world again. The suicidal state of mind that was the result of 24 hours of continuous cocaine use, had finally come to an end.

"I went on a coke binge with some girlfriends that started at 7 p.m. and ended at 11 a.m. the next

day. It got to the point where I couldn't do anymore.

"I can't even describe how you feel the next day. It's suicidal. You can't sleep because your mind is racing," she said.

After university, Ann used cocaine occasionally in a social setting. But this "moderate" use eventually led to all night cocaine binges and serious withdrawal symptoms. And so she stopped. But the white powder continues to line the streets of Toronto.

In exclusive interviews conducted for the Et Cetera, four occasional cocaine users, all 20-somethings and university or college graduates, made it apparent that cocaine is accessible to young adults in Toronto. Kristine* and Julie* use cocaine casually at parties, and Ann and Pat* have binged on cocaine on numerous occasions.

When asked why they chose to try cocaine the answers were similar - curiosity, acceptability and accessibility.

"The reason why I do it now,"

explained Pat, who has recently entered the workforce, "is because there is an accessibility to it now. More of my friends are trying it. When it's in front of you, people are curious. Even people who have said they'll never do it, try it under accessible circumstances. Because of our age. And people have more control over their money. So you see it more. It's definitely more prominent now."

Kristine believes, "it's the alcohol of the '90s. People are bored, there's not much to do."

Julie, a 23-year-old interior designer explained that "it was around me and I hadn't tried it before, I had heard it was good, so when I was offered I said 'sure'."

All of those interviewed said that cocaine was a fun drug. But the cost of that fun can be deadly.

The 1997 Canadian Profile of Alcohol, Tobacco & Other Drugs showed that in 1992 there were 732 deaths in Canada attributed to illicit drugs. This includes 68 cocaine poisonings, 308 suicides, and 61 AIDS deaths due to intravenous drug use.

"There is a new trend of injectable cocaine. It isn't quite as popular in Toronto yet. It is the new thing that's hit the west coast. It has people in Toronto worried because it is an extremely efficient way of transmitting HIV," explained Nate Hendley from the Addiction Research Foundation in Toronto.

Reasons for cocaine use include improved sexual performance, weight control, and increased self-confidence.

But the primary motivation for cocaine use for these young adults is the euphoric state that is induced by the drug. This euphoria, however, is countered by negative withdrawal symptoms.

"It brings you up one centime-



PHOTO BY KATHERINE PARSONS

Occasionally doing cocaine in a social setting can lead to more frequent use or even all night binges.

ter and drops you off below eight centimeters," explained Kristine.

Julie had a similar experience. "The first time I did it I crashed pretty hard," she said. But in most cases, the immediate withdrawal is not enough of a deterrent.

Kristine said that cocaine provides people with confidence. "It's a security thing. Shy people become the life of the party on cocaine."

Ann agreed, "Some people do it before they go out to socialize. Obviously they have insecurity problems."

Julie explained that "there is a more relaxed attitude toward coke. It's very easy to get."

Counsellors agree. "At one time cocaine was only for the rich professionals like doctors and lawyers, but as time has passed it has become more and more accessible," said Debbie Bow-McCallen, a counselor at the Renascant Centre for Drug Addiction in Toronto.

"It's like rock climbing, you think that because everyone does

it, it's fine. Then you hit a crevasse and you die. People underestimate the risk. It's a creeper drug. Before you know it - you can't say no to it. People think they are in control of it and before you know it they're hooked," said Kristine.

Pat agreed, "first you say I will only do it on special occasions - but then it becomes more than that. It becomes like drinking and smoking pot."

Kristine recognizes the risks of cocaine but said she will probably do it again.

"I have felt pressure when I have said no. But each time I say 'no' I am more happy I did. Yes, sure it cures a boring night, but at what cost," she said.

Ann did not try cocaine with the intention of becoming addicted, she intended to use it in moderation. But she became carried away. Now she has decided to give it up for good. "I am too scared to fall back into that shell. Now I feel much better about myself."



PHOTO BY KATHERINE PARSONS

In 1992 there were 732 deaths in Canada attributed to illicit drugs, including 68 cocaine poisonings, 308 suicides and 61 AIDS deaths due to intravenous drug use.

Ice storm leaves skiers nowhere to turn

Travel agents have stopped booking ski trips to the Quebec area

BY CARLY BAILLIE

Lifestyles Reporter

Students hoping to go skiing in Quebec over spring break may have to put their plans on the back burner or more appropriately in the deep freeze.

The annual week long vacation in February for university students and in March for college students has always been an opportunity many take to hit the slopes. The most popular hills,

Mont Ste. Anne and Stoneham, near Quebec City, and Mont Tremblant, just north of Montreal are the cheapest and the most accessible ski destinations for Ontario students.

But freak ice storms that have blanketed much of Quebec and parts of eastern Ontario have put a halt to tourism in the area for the immediate future.

In past years, Humber's SAC has organized ski trips to Quebec for the spring break. SAC President, Shirley Forde, said the idea was thrown around this year before Christmas, but upon returning from the break news of the ice storms quickly put an end to any further proposals.

Julie Williams of Modern

Travel and Tours said there are no flights whatsoever going into Quebec at the moment, so as for ski packages they simply aren't a possibility, even though most of the resorts aren't in the areas hit hardest by the storm. Tremblant is the closest resort located 90 minutes north of Montreal.

"It's not necessarily the ski hills themselves that are damaged. It's the whole Quebec area that matters. People don't just go to ski. They also want to have a good time and at the moment they can't," said Williams.

However, ski enthusiasts need not despair. While Modern Travel and Tours aren't selling ski packages to Quebec for the present they are optimistic about condi-

tions improving for the upcoming school breaks. In the mean time Modern Travel and Tours is encouraging clients to look at other areas for skiing vacations like B.C.'s Whistler.

Students can expect to spend at least \$350 to \$600 more for skiing packages in western Canada.

Booking trips to Quebec to be taken in late February and early March are expected to be on the rise in the next couple weeks as things start to get under control in the devastated province.

In the event that weather conditions don't improve or get worse, most travel agents are guaranteeing full refunds.

Alternative Ski Destinations

For those with cash:

- Whistler/Blackcomb, B.C.
- Banff, Alberta
- Fernie, Alberta
- Vermont and the U.S.
- Austria
- The Swiss/French border
- Northern Italy

For those on a budget

- Snow Valley, Barrie
- Horseshoe Valley, Barrie
- Mount St. Louis/Moonstone, Barrie Area
- Blue Mountain, Collingwood

Rose colored world

Hollywood's influence makes funky tinted shades all the craze

BY CHRISTINE BOSKOVSKI
Lifestyles Reporter

Has anyone ever accused you of looking at life through "rose colored glasses"?

You can do it now and do it in style since tinted specs have become the new craze in eyewear this season.

"The tinted glasses are really popular with the younger people in their teens and a lot are asking us about them," said Tonia Vlahakis, an employee at the Sunglasses Hut, located in Yorkdale Mall.

The non-prescription funky shades come in any type of frame from square to round, plastic to metal and can be worn in many different shades like rose, yellow, blue and purple.

"Our most popular tints are definitely yellow, blue and rose.

They are the coolest we have," said Vlahakis.

Celebrities, models and music stars, like hip hop artist Foxy Brown, Wyclef Jean and Janet Jackson, are the ones to blame for the popularity of these outrageous specs.

"I think the glasses are really stylish and different. I saw Nas wearing them on a music video and I thought they looked really good," said Ron Shakespeare, a second year Humber Electronics Engineering student, who owns a pair of yellow tinted Stuccis.

"People spend tons of money on glasses that aren't prescription. It's a big fashion thing."

—Dr. Linda Tse

Second-year Humber Advertising student, Barbara Singfield, owns a pair of rose Stuccis and said the tinted shades are "really

neat".

"I saw some models wearing them at a fashion show I was at and they looked totally funky and stylish. I think they are really different and I love mine."

Dr. Linda Tse, an optometrist at Woodbine Centre, in Etobicoke, said that glasses are a fashion thing these days and many people wear them when they don't have to.

"There are so many frames to choose from, and a lot more styles available. People spend tons of money on glasses that aren't prescription. It's a big fashion thing," said Tse.

Dr. Tse said tinted glasses aren't harmful to the eye as long as the tint is light and the lens is a good quality.

"Some tints like the yellow will even enhance vision in the dark," she said.

The tinted specs range from \$80 for the Stuccis line to \$125 for the Moss line. Cheaper lines run for about \$15 and can be bought at various sidewalk shops in downtown Toronto.



Barbara Singfield and Jermaine Minors model the hottest eyewear for the season.

PHOTO BY CHRISTINE BOSKOVSKI

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NOTES
Applications close for C.R.O. & D.R.O. on Friday, February 1, 1998
These positions receive an honorarium

1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18
19	20	21
22	23	24
25	26	27
28	29	30

Applications open for C.R.O. and D.R.O. (Jan 6-15)
Applications close for C.R.O. and D.R.O. (Jan 25-30)

These positions receive an honorarium.

SAC Notice of Co-options

Make the most of your time at Humber! Get involved in the Students' Association Council by planning events, voting on important student issues, meeting new friends and having lots of fun. Co-option is a process that entitles members of the student body to join SAC. You must have and maintain a 65 per cent grade point average and be nominated by classmates. For more information, please visit the SAC office.

North Campus

Reps Required

School of Liberal Arts & Sciences	0
School of Business	2
School of Horticulture, Fashion & Design	0
School of Architecture & Construction	1
School of Health Sciences	2
School of Media Studies	0
School of Manufacturing	0
School of Information, Technology, Accounting & Electronics	4
School of Hospitality, Recreation & Tourism	2

Lakeshore Campus

Reps Required

School of Liberal Arts & Sciences	1
School of Business	1
School of Performing Arts	3
School of Social & Community Services	3

Ramadan month celebrated by Humber HCMSA

Muslim students want to clear myths about their religion

BY ANU GROVER
Lifestyles Reporter

News coverage of horrendous incidents in countries where Islamic fundamentalism has spread its big, black wings, gives readers a distorted image of the religion, according to many Muslims.

"People think that we [Muslims] are terrorists," said Imran Ahmed, president, Humber College Muslim Student Association, (HCMSA).

HCMSA is a Muslim association in the college which wants to reach more people and dispell the myths about their religion.

"I want to tell people that Muslims are good too. They believe in God just as everybody does," Ahmed said. "Not every Muslim is violent. We practice our faith peacefully."

HCMSA will participate in the Humber club fair in the Concourse on February 19. He has arranged prayer sessions for the month of Ramadan, the Muslim fasting month, speeches and get-togethers, for the Muslim community.

"I am planning a display about the Muslim faith for the bulletin board at the registration office," Ahmed said.

Humber student, Safa Kaler, is a Muslim sister who also wants to donate her time and worth to the club.

"We want to create more awareness to tell people that there is a club for them," she said.

Kaler, also associated with the University of Toronto MSA and the York University MSA, says that it is her duty to work for her religion.

The MSA is planning an Iftari dinner in the beginning of February, which will also include speeches and prayers.

"We are hoping for very good responses," said Ahmed. "Last year did not go very well and I was disappointed. I hope this year we will surely reach our goals and I will try to change the style of MSA."

Ahmed is connected to MSAs all over Canada via the Internet and they exchange views and suggestions about the functioning of the organization.

"I keep getting messages from all over the place helping me solve the problems and [everything]

else. We are in constant touch with each other," he said.

Friday prayers are held in the Seventh Semester room, beside the Cafeteria, at 1 p.m. every week.

If you have any questions about the club - Email: msa@humberc.on.ca.

HCMSA Upcoming Events

Month of Ramadan

Friday Prayer held in Seventh Semester

IFTARI KX101 5pm to 6pm

-EID February 6- dinner and guest speaker

Bake Sale - held later in the semester

Web Page-
<http://moe.acad.humberc.on.ca/~dymond/kypri/master.htm>

Ramadan Web Sites

www.islamchannel.com/HappyRamadan/faq.html

www.holidays.net/ramadan/

www.islsoftware.com/cgi-bin/PrayerMinder/salat.cgi

www.cyberplanet.net/ains/rsoc.htm

www.ummah.net/ramadan/

wings.buffalo.edu/sa/muslims/isl/ramadan.html

www.albany.edu/~ha4934/ramadan.html

www.arabia.com/Ramadan/

www.ramadhan.org

www.qss.org/articles/ramadan/toc.html

www.islamcity.org/CIE/hajj.htm



<http://etcetera.humberc.on.ca>

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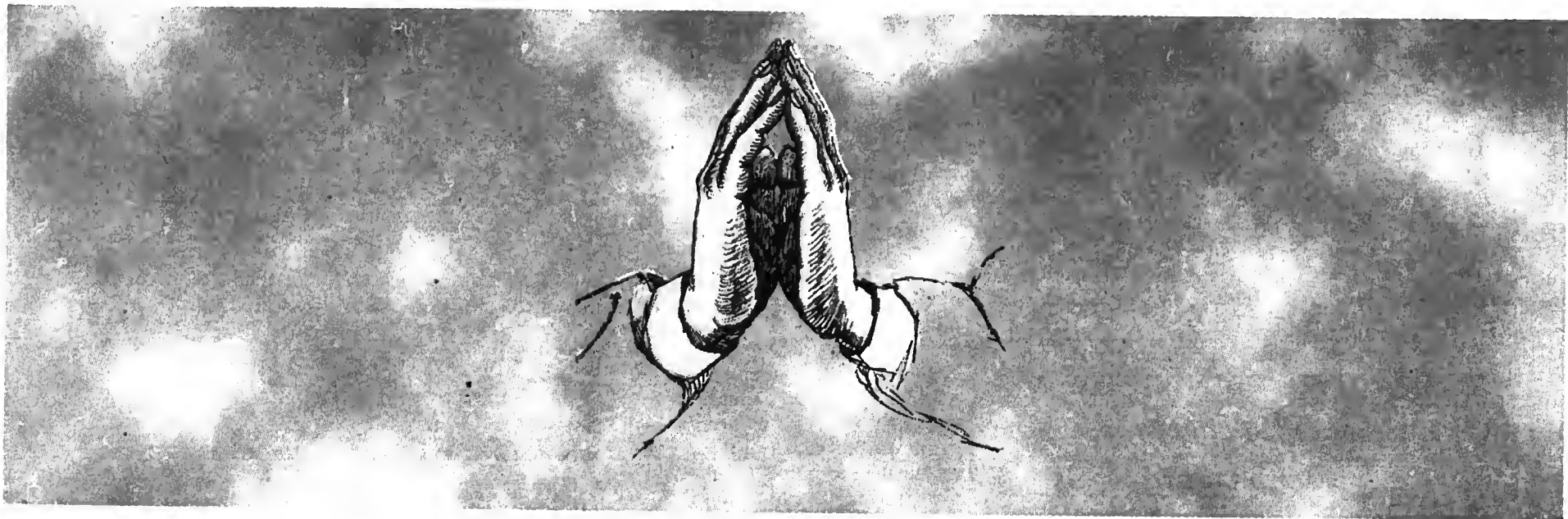
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Losing My Religion



Religion's Reformation

BY ANDREW MCKAY

Christianity isn't dead, but it's not at all well.

There are approximately 938 million people without any religious leanings, according to a 1996 UN report. Smaller, lifestyle-specific religions are taking a firmer hold of the general population. Others, such as Islam, are experiencing an upswing in popularity, while Sikhs and Hindus retain their heritage.

What is making Canadians look to alternate forms of religion? Why is Christianity losing its religiosity?

"I don't think you can expect any religion to perpetually increase its popularity," said Donald Murphy, professor of Theology at Atlanta's Emory University.

The cyclical nature of history affects religion as well, he said.

"Immigration, family structures; many things change how people express their faith. Right now, it seems Christianity is on an ebb," Murphy said.

Quebec has long been known as Canada's religious heart. With almost six million inhabitants, most of them Catholic, the province has taken a good deal of guidance from the Vatican for close to a century. But a recent Canadian Press poll reveals that only one in ten Quebecers attend mass regularly. That number represents an 80 per cent drop since 1977. Perhaps more indicative of the general mood in Quebec, the provincial legislature voted last year to switch the public school system from a religion-based division (Catholic/Protestant) to one divided by language.

Statistics say a similar mood prevails in the United States. An all-time low of 60 per cent of Americans believe religion to be a high priority in their personal lives, according to a 1997 Gallup poll. Only four in 10 Americans regularly attend church.

Even the religious side to Christmas seems to have lost its lustre. A 1996 Angus Reid poll said only one out of five Canadians use the Christmas holiday to reflect on the life and death of Jesus Christ, down from 27 per cent in 1987.

Chris Tanner, a 24-year-old Toronto web

designer, grew up a Catholic. He now professes to have no belief in a deity, but reserves judgement on the existence of an afterlife.

"I think, if you go through life as a decent human being, then at the end, you're basically guaranteed to get in [to heaven]," Tanner said. Tanner thinks religion has tried to claim a monopoly on living piously, but said the end result is a type of brainwashing.

"I don't see much difference between the Branch Davidians and the Catholic Church," Tanner said. "There are different attitudes, but the crux of it is some kind of construct, 'If you follow us, you must do this.'"

Kevin Balmer, a 26-year-old Canadian who

"I don't see much difference between the Branch Davidians and the Catholic Church."

-Chris Tanner

has lived in Atlanta for most of his life, said religion is still a matter of concern, but not as much as it used to be in the historically devout American South.

"This is where the rednecks come from, and where the Baptists live," said Balmer. "It's weird to see here, but I haven't heard anybody in a while mention the Bible, or something religious."

However, the Southern Baptists' Association has, among other things, denounced Disney for producing the TV show *Ellen*, and generally describes the U.S. as becoming a secular nation.

Donald Murphy said the decline of religion in everyday life can be attributed to sociological and historical reasons.

"Religious beliefs are the types of things that get passed down through families," Murphy said. "We're seeing now that with the fracturing of family, with divorces and single parents, that the base for religious teaching is slipping."

Murphy also said the proliferation of culture-related stories in the media has led to a general

distrust of religious ideals and events.

"You see something like Heaven's Gate [the mass suicide in San Diego last year] or the Waco incident [the Branch Davidians], and people hear that most of it is based on their beliefs," Murphy said. "It puts all the religions in a bad light for a while, but when it keeps happening, it's hard to get over that from our side."

Murphy said the use of religion as a morality-determining factor has shifted. Where once, a person's faith dictated how their life would be led, a religion is now often chosen to suit a person's ideology or temperament.

"I've noticed, myself, a lot more students who are converting in some sort," Murphy said. "Even in a program where all the students express a deep faith, newer questions are coming up about 'do we have to believe this?'"

Such a situation has recently erupted in Canada. The moderator of the United Church, Rev. Bill Phipps, has recently come under fire for telling the *Ottawa Citizen* editorial board he had questions about the divinity of Christ, resurrection, and even the existence of heaven and hell. The remarks sparked a lively debate on religious matters, and it is hard to hide the rift that has been forged between the two sides. If there is disagreement on the basic tenets of Christianity, aren't those who find themselves in the middle likely to choose alternate routes?

Nelson Bujlio grew up in a Portuguese family with heavy Catholic influence for the first 14 years of his life. After that age, he said his family let church attendance and ceremonial observances slide a bit.

"It was different for my parents," said Bujlio, a first year Centennial College student. "They lived in a small town in Portugal, so everyone would talk if you didn't go to church. It's not the same in Toronto, so I really only went when I wanted to."

Bujlio still attends church on major occasions, such as Christmas or Easter, but said he doesn't feel the same attachment to religion his parents and grandparents grew up with.

"It's something I believe in, but I don't share that with other people. Who cares if you're religious anymore?"

"What role does religion play in your life?"

"Zero, because I believe in evolution. I don't believe in the Bible. I believe in treating people well and that has nothing to do with Jesus or God."

Susan Polson, 34, Radio Broadcasting

"It helps to fill the gaps of science, things that can't be explained through science."

Ryan Meade, 19, Industrial Design

"It's a very important part. When I'm in difficulty, I find if I pray I feel at ease. It's a therapy."

Salimah Shamsuddin, 20, Early Childhood Education

"Nothing, really, just when it comes to things like funerals. I believe in baptism, but I don't go to church."

Andrea VanWieringen, 19, Chemical Engineering

"It plays a role in certain times. It depends on what I'm doing. If it's serious, it does come up, about morals."

Aneesa Haniff, 20, General Arts & Sciences

"I see it as education, or anything else I do, like sports. It's all a matter of interpretation. It's kind of like a guideline when your parents aren't around."

Kerwin Bachoo, 23, Marketing

"Very little. I'm Catholic, but don't have time to go to church. I do believe in God. I go to church on my birthday and at Christmas."

Elaine Dandan, 22, Nursing

"None. I'm too busy."

Troy Dingwall, 22, Energy Management

Humber Muslims find strength in community

BY LOUISE SHERIDAN

Mohammad Rizvi chose the back of an E-building door in Humber College to hang his flyer inviting Muslim students to participate in weekly prayers.

A few hours later, Rizvi discovered someone had written "terror action" at the bottom of the flyer in large, black letters.

"I was hurt. It doesn't make sense to me. Friday prayers are special and a lot of people come out for it. We do the prayers every week as a group. It's a time for people to talk and discuss problems and everyday life," said Rizvi, vice president of the Humber College Muslim Student Association (HCMSA) and a fourth year student in the Electrical Engineering Technician program at Humber College.

Rizvi came to Canada from Pakistan when he was 19-years-old and says he considers this defacing to be a misunderstanding and not a personal attack.

"I just tore it off and put it in the garbage," said Rizvi. "There are a lot of stereotypes with Islam like terrorism and violence. The HCMSA is trying to show we're not about those things. Muslims are really just peace loving people."

The HCMSA promotes Islam in Humber College and provides a forum for prayer and acceptance for Muslim students. For Rizvi, the club has opened up a new

avenue of friends and opportunity in his life.

"The club has helped a lot for praying and helps us to cooperate with each other and to celebrate our culture and festivals. We encourage other Muslims in Humber College to pray more," said Rizvi.

Societal pressures make it difficult for some Muslims to practice their faith. Drinking alcohol is forbidden and finding a place to pray five times a day is awkward at times.

Imran Ahmad, president of the HCMSA, moved from Pakistan to Canada when he was five-years-old and says following his faith was hard when he was young.

"I realized that people accept you because of the person you are."

-Imran Ahmad

"I wanted to fit in. I concentrated on being like everyone else. As I grew up, I realized that people accept you because of the person you are. When I realized that, I became closer to my religion. There is a huge pressure though, going out on a Friday night with friends who are drinking. I know it's not right to drink and I guess it's really just willpower," Ahmad said.

With more than 500 students in the HCMSA, the club aims to

spread Islam and to help people in the community understand the religion better.

"We have to create more awareness in the Humber community about Islam," said Ahmad.

Nadyia Abbas, a fourth year Psychology student at York University, is quite aware of several religions since she lives in a family with a Muslim father and Christian Orthodox mother. Abbas converted to Christianity when she was in high school and her brother to Islam at age 15.

"The bottom line is that both religions underline being the best person you can be. Both religions stress the recognition of God or Allah, but you go about it differently," said Abbas.

Despite a few fundamental similarities between Christianity and Islam, Abbas said Muslims emigrating from east to west face an unfamiliar society that is often unwilling to embrace Islam.

"In the west, our culture is not religion based. In Muslim countries, religion is easier to practice and tends to form the society. You are expected to follow the ways of Mohammed and abide by the Koran. In the west, it's more individualism and you're taught to question things," said Abbas.

One of the most controversial aspects of Islam surrounds the role of women and the traditional dress of Muslim women.

"In Islam, the women have to cover their body including the face. Sometimes it is difficult for them to go out and work. They are not allowed to just go and talk



PHOTO BY LOUISE SHERIDAN

Humber student, Nadyia Abbas, is a Christian, but wears the Koran on a necklace to remind her of her father's faith.

to a man. Their main responsibility is to take care of their kids. Men don't recommend women to work, but if they need the money, they go and work. It's all written in the Koran," said Rizvi.

Abbas said women's clothes should not be the prime reason to reject Islam and says Westerners should appreciate that Islam is entrenched within a culture filled with traditions dating back thousands of years.

"We think we have it great here. We wear pants and go to work,"

Abbas said.

"Muslim women do not agree with this in many cases. Often they see a woman's pledge to work as being a burden. Women who wear the veil often see it as an honor to wear it, as being closer to Allah. It's like a cross we wear in the west to protect us.

"It's natural for people to question religion, especially in the west where questioning yourself is part of the culture. But we need to be clear and understand the religion before we condemn it," said

ECKANKAR: a dreamer's religion

BY JANE DIORRETTA P. TAGLICANA

Suzanne Young, in her mid-20s, sits at the edge of her bed and indulges herself in the serenity of her bedroom. She closes her eyes and starts singing hu...hu...hu... (pronounced as the word hue). She then invites the Living ECK Master to appear in her dream. She lays down to sleep.

And there he is, Sri Harold Klemp, appearing with a bright light behind him; he's almost like an angel in Suzanne's dream. Sri Harold Klemp is from Wisconsin: the third Living ECK Master of ECKANKAR.

Young's meditation is one of the many spiritual exercises of ECKANKAR, a religion of light and sound. A follower for a couple of years, Young admits it was a gradual process for her. She is a Catholic, turned Baptist, turned Anglican, turned ECKist.

Sri Harold Klemp has been the religion's spiritual leader, known as the Mahanta or Inner Master, since 1981. Sri is a term of respect, but followers don't worship him. Followers believe in Sugmad or God, ECK or the Holy Spirit. The Mahanta is the representative of God here on earth.

Young was drawn to Eckankar because the religion is based on your own experience of God.

"We [ECKists], in no way push our thoughts on to people. If it [ECKANKAR] works for you, it works for you," said Young.

Dreams are where the Mahanta or the Living ECK Master (in this case Sri Harold Klemp) appears. Young explains that Klemp's inner form works whenever he appears in her dreams.

"It is the same dream like when you dream of your mother, brother, or loved one," Young said.

ECKists believe dreams are visits to heaven.

"The Inner Master, is someone who's very real and takes care of us. He's with us," Young said.

"I just need to ask for the Inner Master to appear in my dream if I need him. I am able to link to him at any point in time," said Young, "and when I dream, he is present and so real."

"Dreams are a wonderful way of getting into life. I receive healing, understanding, and guidance through my dreams," said Young.

Followers believe that the light and sound are twin aspects of the Holy Spirit.

"Light is where you can experience God's love," Young said. "Sound is higher vibrations from above."

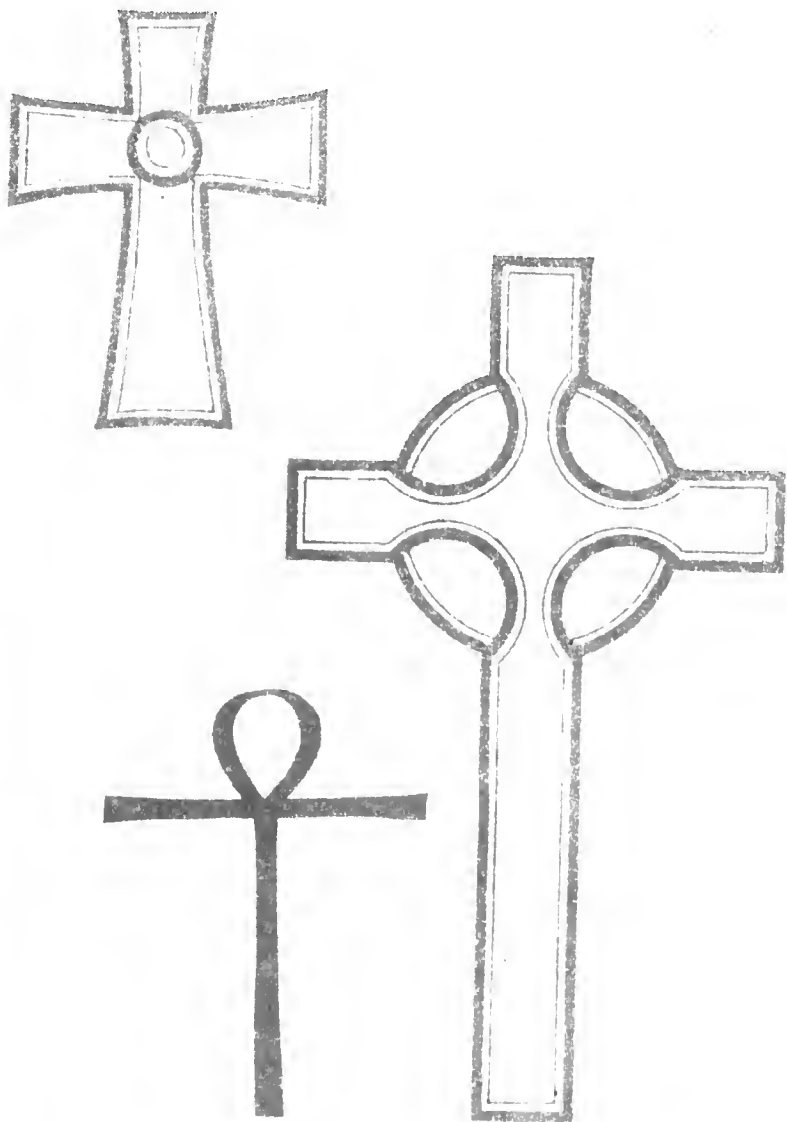
Followers get contact with both the light and sound through spiritual exercises, such as dreams and soul travel. Young reminds people to gain better knowledge by learning how to do the spiritual exercises properly and practice them.

Shariyat-Ki-Sugmad, the sacred scriptures of ECKANKAR, explains soul travel, one of the many spiritual practices of ECKANKAR.

"Soul travel is the expansion of consciousness. The ability of Soul to transcend the physical body and travel into the spiritual worlds of God. It is an inner experience through which comes beauty and love of all life," Young said.

Soul is what each person is in ECKANKAR. Followers believe that soul is essential and permanent centre of one's being.

"ECKANKAR is a wonderful way of getting into life," Young said with a smile. She invites anyone who's interested to visit their worship services at the Haloconian Centre in Yorkville or visit their website at www.eckankar.org.



Tantra practice calls on the gods of sexuality

BY PHILIP HAIN

Question: "I get that Tantra is supposed to be a spiritual thing, but it's also about sex, right?"

Answer: "Yeah, but the two are connected in Tantra."

Question: "OK. But, um . . . What I'm asking is, can Tantra improve my performance in bed? I mean, without me having to get all mystical and stuff?"

Tantra does not entail worship of a specific god, but during meditation and chants, Tantrikas call upon the ancient Indian gods and goddesses of sexuality. Tantrikas work with the sexual energies that come from within them allowing for a freeflow of energy throughout their bodies. This results in a transcendent, blissful state of peace and total awareness.

Spiritual growth is the ultimate goal of Tantra. And although Tantrikas insist that sex is a crucial aspect of Tantra, it is simply a means to a higher end.

Many Tantra instructors, however, claim the fringe benefits that can be picked up along the spiritual path include an enhanced sex life using specific sexual techniques that make sex more enjoyable.

"The techniques for becoming multi-orgasmic are straight out of Tantra," said Lucy Becker, a Tantra instructor who holds workshops in Toronto. "A big benefit if [men] were to . . . learn to hold ejaculate, would be that they could have that release, and then have another one, and then have another one. Most men have to have [a] refractory period."

"The techniques for becoming multi-orgasmic are straight out of Tantra."

- Lucy Becker

After reaching an advanced level, Tantrikas claim to have the ability to achieve orgasm simply through breathing and meditation. Teja, a Tantra instructor in Montreal, says he reached a blissful state from a Tantric orgasm that lasted for three weeks.

"I couldn't even walk or talk," said Teja. "My wife had to guide me everywhere. It's incredible because there was no [actual] sex involved. All I did was laugh and cry and [I] felt so great. I felt like I was on drugs."

Becker describes this state as "a beautiful oceanic feeling of oneness" where you tune in to the deepest part of yourself and become fully present in the now, forgetting about past and future.

For women, Becker said that one powerful technique Tantra offers them is the "Super Orgasm".

"We call it the root chakra orgasm because it works by stimulating the root chakra," she said, which is "normally hidden underneath the uterus in the vagina. And we do exercises to help the woman's body learn how to expose it during

intercourse."

According to Becker, the Super Orgasm, when achieved, can be felt throughout a woman's entire body, from head to toe and beyond, giving her a profoundly spiritual experience.

But to Becker, the physical and the spiritual are connected anyway.

"Because of our biological wiring, people are going to have very profound spiritual experiences [during sex] no matter what they think . . . It's something to do with the way our brains and bodies are wired."



PHOTO BY PHILIP HAIN

Tantrikas attain spiritual oneness through meditation and working with sexual energy.

Jehovah's Witness loses her faith

BY LAURA SCRIVER

Jehovah's Witnesses. They canvass door to door. They don't celebrate Christmas. Is everything that's heard about them true?

"We're seen as doomsday criers, but we're not," said Blane, a Jehovah's Witness who did not want his last name used.

They believe that God's name is Jehovah and that one day he will return the earth to paradise.

"It was Adam and Eve who messed it up for us. They were the original dent in the cookie pan. Since then every cookie has a dent in it," said Andrew Ashburn, a minister at the Cedarvale Congregation of the Jehovah's Witnesses.

They don't get involved in politics or go to war, Blane said, "that would be killing our brothers." Every man, no matter what their religion, is a brother.

Jehovah's Witnesses live by the Bible's scriptures. Jesus sent his disciples out in twos. That's why canvassing is done in pairs. They don't celebrate birthdays or Christmas because, they say, Jesus didn't celebrate his.

"Christmas was created for the Christianizing of Pagans. No one knows when Jesus was born, yet his birth is celebrated every December 25, near Pagan holidays," he said.

Blood is valued and sacred, therefore, Jehovah's Witnesses will not engage in blood transfusions. Ministers are not paid and no plate is passed around at meetings.

"I volunteer 1000 hours a year to preaching and don't get paid," said Ashburn.

Jehovah's Witnesses understand that everyone sins, but a lack of remorse could lead to losing their fellowship.

According to Ashburn, deciding to no longer be a Jehovah's Witness is up to an individual, no one is forced.

But Cara Ferguson, a second-year Public Relations student at Humber, said she lost her fellowship at age 15 for that very reason. She decided that she no longer wanted to attend meetings or canvass. Then just before she turned 16 she came home one day to find all her possessions out on the lawn.

"I was cut off from everyone in my life - my friends and family - everyone I grew up with," Ferguson said.

She had to quit school in order to support herself. She tried to keep in touch with her five brothers and sisters, to no avail. At age 17 her father told her that she was dead to them and that she was no longer allowed contact with her family.

Ferguson's sister, who also lost her fellowship at the age of 16, invited their mother to her wedding last year. Her mother expressed interest in rekindling a relationship, but six weeks later, after speaking to some elders of the religion, decided that there would be no relationship.

Just last month, Ferguson started speaking to her 21-year-old brother whom she had not spoken to since he was six years old.

"He just thought that I had deserted the family. No one told him that I was the one who was deserted. No one ever gave him the letters I sent," she explained.

Ashburn, however, believes there might be more to the

situation.

"I've never known someone to be cut off like that," he said. "True, we may limit our association with them, but we don't cut them off and throw their things on the lawn. My mother and sister are no longer Jehovah's Witnesses, but I still talk to them."

Blane agrees. He said that whether a child decides to leave the order should have no bearing on a parent's responsibility to raise and teach their child.

"I have a brother and sister who were disfellowshipped," he said. "They had bad attitudes, but when they apologized they were reinstated. My brother still lived at home after his disfellowship. Parents are still required to care for their children's needs. If they didn't that would mean they are worse than someone without faith."

But the whole experience turned Ferguson off religion.

"I would say I'm a Pagan now. I like natural things. I have two children. They can expose themselves to whatever they want and they'll decide what [religion] they want to be."

Although authorities at the Jehovah's Witnesses maintain that this shouldn't happen, there are many website support groups for former Jehovah's Witnesses, many with similar stories to Ferguson's. One such site is alpha.wcoil.com.

"I was cut off from everyone in my life—my friends and family"

- Cara Ferguson, Humber student

Witches: everyday people

BY JOHNA WARE

It's a warm summer night at Toronto's Serena Gundy Park. The priest, priestess and handmaiden set up the altar, take out the wine and bread and light the six candles: two on the altar, four in each direction representing the north, east, south and west ends of the park.

Participants are welcomed and anointed with oil by the priest or priestess. Everyone is blessed and assembled in a circle. The priest and priestess create a sacred space by drawing a clock-wise circle in the air.

Gathered at this ritual known as "circle" is a group of ordinary people who simply want to worship. They are also witches.

Stephanie Angus, a mother and day care owner, is one of them.

"Witches are just normal people who just happen to follow a different religion," said Angus.

Although Angus has not attended the Wiccan Church of Canada (WCC) lately, Wiccans have the option to practice their way of life in solitude. They can also attend weekly meetings at the WCC in downtown Toronto where about

45 to 50 Wiccans meet regularly.

According to Amy McNaughton, a practicing witch in her early 20s, Wiccans have a greater appreciation for the world.

"Most of our families consider us to be nature freaks. We tend to take a large part in saving the trees and water foundations and we tend to know our bodies and be healthier because many of us are more familiar with herbalism," McNaughton said.

"...I had people stopping me in the halls asking if I ate babies!"

—Stephanie Angus

But despite this purist attitude, Wiccans feel they have been long unjustifiably misunderstood.

"It got around my high school that I was a witch," said Angus. "After that I had people stopping me in the halls asking if I ate babies! The truth of Wicca wasn't as interesting as the lies."

Many assumptions about

Wiccans, including Satan worship, evil spells and sex orgies, are nothing more than myths that Angus attributes to Christian propaganda.

Like Angus, McNaughton also feels the brunt of such myths at times.

"I'm not evil, I believe in the embodiment of nature, we definitely have some persecution and discrimination to face."

Ironically, several Christian holidays, have incorporated Pagan celebrations.

Both Angus and McNaughton believe Christian holidays were placed around Pagan ones to make it easier to convert the Pagans.

"They incorporated Pagan [Yule] traditions [at Christmas] like decorating the tree. Also at Halloween it is a Pagan tradition that the children go out and ask for soul cakes to feed the wandering spirits. Some wore masks to scare away the evil spirits," McNaughton said.

When it comes down to it, McNaughton said, Wiccans are no different than anyone else.

"There is good and bad in every one regardless of their religion. We are just normal, decent law-abiding citizens, like everyone else."

Eisenstein's list a slap in the face

BY KRIS SCHEUER

As we speak, Orthodox Rabbi Nachum Eisenstein is checking his list to see who the good Jewish boys and girls of the world are. The ones who qualify will be part of a new computerized master list that the Committee for Jewish Lineage is compiling to ensure the "purity of the Jewish community."

To be on this list you have to be born a Jew and convert to Orthodox Judaism which adheres to strict Jewish law. Plain and simple. This list is exclusionary, insulting and causing controversy and strife within the Jewish community. This list rubs me the wrong way and I'm not even a practicing Jew, so you can just imagine how practicing non-Orthodox Jews feel.

The problem is that Orthodox Jews are only one movement in the Jewish faith, and they're not even the majority in Israel, but they want to make the rules for all the Jews. They are saying that unless you are an Orthodox Jew, you aren't a Jew.

There are also Reform and Conservative Jews. Some of the main differences are that Orthodox Jews don't accept marriages outside the faith, gay marriages, ordination of women, or anybody whose mother is not Jewish.

Your mother has to be Jewish because the identity of your father can be brought into question, but the person who gave birth to you is a sure bet.

However, there are many practicing Jews who won't be counted on the master list. My grandfather, if he were alive, would be among them. He was a Conservative Jew born in Germany who escaped being persecuted by the Nazis. He went to temple twice a week and both his parents were Jews. But he wasn't Orthodox so he's not a Jew in the eyes of Rabbi Eisenstein. This is a slap in the face.

What do Jews who aren't recognized have to lose? Access to burial plots, rights to adopt Jewish newborns, and to have their marriages recognized is partly what's at stake. I feel it goes deeper. A person's religion is a personal thing, so why does Rabbi Eisenstein have the privilege of determining who is a Jew. It is not written down that you must be Orthodox to be recognized.

I feel that Rabbi Eisenstein and others who claim that Orthodox Judaism is the only way to go are doing so out of fear. They fear that Judaism will be diluted if interfaith marriages are allowed. This fear is not exclusive to Jews. Anyone who has been persecuted because of their culture, race or religion would want to protect it from being destroyed or dying out.

However, haven't we seen enough division because of differences? Do we really need to divide people further into who qualifies as a real Jew instead of "the wannabes" as Eisenstein puts it.

Enough is enough.

Check out the next Et Cetera special section for what's hot at the **1998 Winter Olympics**

ARMY INFORMATION DAY

On Wednesday, February 4, the Canadian Armed Forces will be visiting the college for an information day. There will be vehicles and equipment used by the army on display. Other events include lectures by veterans and recruiters offering full time summer employment. Drop by the Concourse and meet with the Peacekeepers and soldiers from the Canadian Armed Forces.



Humber Et Cetera

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A crash course in contact lens care

Ignoring cleaning tasks can be a painful lesson

BY DINA PUGLIESE

Health Reporter

Every year, thousands of contact lens wearers are inconvenienced by preventable eye infections that spring from improper cleaning habits.

Sam Merulla, an optician who has treated many eye infections in his 21 years of fitting lenses, equates the sloppy cleaning habits of veteran lens wearers, with careless habits of veteran car drivers.

"Initially, new drivers are all gung-ho, doing everything as instructed. They adjust the rear-view, never run an amber and check their oil regularly. With time, they get sloppy and, before you know it, they're stuck on a street in a careless fender bender," Merulla said. "The same applies for lens wearers. They no longer clean the lens as instructed, so an infection sneaks up on them."

When performed on a daily basis, simple preventative measures can reduce your chances of developing irritating eye infections by 70 per cent.

One cleaning task that is commonly neglected is the lens case itself. Remove dirt that builds on the lens case by rinsing it in warm water and leave it to air dry.



To prevent eye infections: clean your lens case as well as your hands. PHOTO BY DINA PUGLIESE

Replace it at least once every two months to avoid case contamination, which can then spread onto the lenses.

Merulla recounted a tale of a woman who was baffled by infections that reoccurred despite thorough cleansing.

"She came in with supposedly clean lenses, but they were stored in a filthy case. I see it all the time, some containers have enough bacterial colonies on them to start a science fair project."

According to Optometrist Rita Taricani, the most common and easily corrected

cause of eye infection stems from poor health habits.

Clean hands and face are key. Wash hands with a pure liquid soap, no aggravating oils, perfumes, deodorants or wax should be applied. Dry hands with a lint-free cloth or paper towel to prevent lint from getting on the lenses. Use the solutions exactly as directed.

Dr. Taricani warned that cutting out steps to save on cash will only make the cleaning agents less effective and may cause problems later.

When cleaning lenses, rub each side with a finger for a minimum of 10 seconds. This crucial step ensures efficient sterilization by loosening the protein, mucous and dirt deposits that accumulate on the lenses throughout the day and breed infectious bacteria onto the cornea.

Women should be extra cautious when wearing make-up. It is important that the cosmetics are not old and are applied after the lenses are inserted into the eyes. This prevents contaminants from crystallizing onto the lens.

"Take water proof mascara for instance," Dr. Taricani explained. "If it comes in contact with the lens, it will coat it and aggravate the eye. The lens is drawn to water. Liquid absorption becomes difficult if a foreign residue coats the lens. This prevents the lens from being soft and supple."

The price to pay for neglecting lens care is high. Carlo Sampogna, a 21-year-old musician failed to remove his lenses for three months.

"I was too tired to remove them by the end of the day and then I got used to them being in my eye all the time. When a friend found out, she forced me to finally take them out. They literally molded to the oval shape of my eye. I've been wearing glasses ever since," Carlo said.



Enter To Win!!

Bell Canada in conjunction with Humber College & CAPS have joined forces to offer Humber students prizes to be won during Humber College Thursday Night Pub.

To enter, fill out the ballot & drop it off at The Ballot Box located in the Food Emporium North Campus. Attend Pub Night to see if you have won any of the following prizes:

- 3 Bell Canada jackets (\$300 value per jacket)
- 50 \$10 Phone Cards
- 100 \$1 Phone Cards

3 Nightly Draws

1 Ballot Per Person

Name: _____

Address: _____ City: _____

Province: _____ Postal Code: _____

Program: _____



Clean hands are key when inserting your contact lens- PHOTO BY DINA PUGLIESE

Bacteria - bound places

HOTTUBS:

The warm temperatures in the water are filled with bacteria that can cause ACANTHAMOEBA, the strongest infectious strain to infect the contact lens and cause serious eye damage, even vision loss if left untreated for 24 hours. Never wear your lenses in a hot tub.

SWIMMING POOLS:

If poorly maintained, the bacteria can also impregnate the lens and serve as a host to breed microbes on the lens.

EYELIDS:

Overwearing, especially sleeping in your lenses, creates the ultimate breeding environment as the eye is denied oxygen, lending itself to be a bacteria producing factory.

Et Cetera Health

Influenza-A attacks young and old

Bird flu is hitting humans hard this season

BY KIM MARTIN
Health Reporter

While Kitchener-Waterloo residents continue to worry about the recent meningitis outbreak in their area, Toronto families are worrying about this season's strain of influenza.

Public Affairs for the Hospital for Sick Children claim that two dozen patients have already fallen ill due to the Influenza-A virus. *The Toronto Star* reported last week that 16 elderly residents at a Toronto nursing home died with flu-like symptoms.

Tina Proctor, nurse for the Etobicoke Health Department, said the virus is affecting children and the elderly because of their frailty.

"These people are not as immune efficient and therefore contract the virus easily," she said.

This year's strain of flu, as others in the past, is derived from

birds and also known as the bird-flu virus. Viruses that infect aquatic birds have been the indirect cause of deadly influenza outbreaks among humans in the past.

A flu virus usually travels first from birds to pigs, and then from pigs to humans. The Influenza-A virus is transmitted from human to human.

"Parents should be careful not to overdose their children..."
—Tina Proctor

Proctor said the reason that this flu can become fatal is that the patients probably had pre-existing characteristics such as respiratory problems or asthma.

Since many types of flu have similar symptoms it can be hard to tell between a fatal virus and a common cold.

Proctor said that signs of Influenza-A presence are distressing fever and lethargic breathing.

She suggested getting a regular flu shot which wards off both A and B types of influenza.

Even with a flu shot, there is still a 10 per cent chance of becoming ill.

Proctor said that antibiotics will not work on influenza because it is a virus.

"Parents should be careful not to overdose their children on medication because they will build up a resistance," Proctor said.

Suggested preventive measures are strict hand washing and always using a tissue. Tissues act as a filter for sneezes and coughs.

Proctor said that treatments for the flu vary depending on the case.

"If someone does get the flu, they should drink a lot of liquids to flush the virus from the body and get plenty of rest. It is also a good idea to sleep in a room with a humidifier. The virus cannot survive in humid air," she said. If anyone in the household does get the flu they should be isolated from small children.

Proctor said that parents should not worry about everyday contact.

"There is a breakout every month, but few die," said Proctor.

Seeing double in the U.S.

BY ANDY GEORGIANES
Health Reporter

If an American doctor has his way, the expression "like father, like son" will take on a whole new meaning.

Last week, Dr. Richard Seed revealed plans to produce the first human clone within two years. Cloning is the process of making a genetically identical "copy" of a living organism. Scientists in Scotland made headlines last year when they cloned a sheep.

All that stands in Seed's way is the \$2 million (U.S.) in funding needed to set up his laboratory. But he has to act quickly in order to beat President Clinton's anti-cloning legislation currently before Congress.

A Harvard University graduate and freelance physicist, Seed is one of the few outspoken champions of human cloning technology. He believes cloning will solve problems related to infertility and organ transplants, and that those who oppose him are small-minded.

At Humber College, news of Seed's plan was greeted with skepticism. Henry Ruschin, coordinator of the Bioscience Department at the School of Health Sciences, said that infertile couples already have options available to them besides cloning, such as in vitro fertilization.



PHOTO BY VICTORIA PATTISON

Bill Magill, a professor of bioscience at the college, blamed the fascination with cloning on human vanity. He believes people may be attracted to it because they can have a child identical to themselves, and hence, achieve eternal life.

Nevertheless, Magill said he would "question the motives" of any man who would rush to do something before government legislation could forbid him to do so. At the same time, he acknowledged that, if legislation is to have any effect, it must come before the first human is cloned, and not after.

Unlike the United States, the Canadian government has not given any indication it will prohibit cloning.

Bill C-47, the Canadian Human Reproductive and Genetic Technologies Act, which would ban cloning and other related

procedures, never made it past the second reading in the House of Commons. Whether or not the bill will be reintroduced is still unclear. Not everyone is happy about this.

James Roche, chief of Research and Special Projects for a Catholic health organization, said his association has urged the government to pass Bill C-47 immediately as

it is, and not weaken its provisions.

Dr. Jim Jones, a former scientist and now head of Biology at Riverdale Collegiate said: "I could not take what any Catholic organization said seriously. They have archaic views on abortion and homosexuality."

On the other hand, Jones added that he certainly approves of limits. He just questions the credibility of the people who would set those limits.

"Politicians make all sorts of rules about education and know nothing about education," said Jones.

The key word for Jones is caution. He believes there are people who think that anything is okay as long as it benefits humans.

"It was one of Hitler's arguments," he said. But it's been proven time and again that "the end does

Zinc helps fight colds

BY CINDY STEINMAN
Health Reporter

Most people would associate zinc with construction materials such as beams or pipes. But the metal is now receiving a lot of attention as a cold remedy, and in the U.S., they can't keep it on the shelves.

That's right. Zinc.

The remedy is actually called zinc acetate. It comes in the form of a lozenge and is hydrated. Although that may not sound too appetizing, people with colds can't seem to get enough of its healing power.

"Zinc is used to relieve sore throats and other cold symptoms," said Elena Feyginberg, a pharmacist at Noah's Natural Foods in Thornhill. "It's basically an immune booster."

Men have been taking zinc for years to help with prostate problems, but it's only recently it's become popular for cold relief. A study was done as far back as 1983, demonstrating its healing qualities.

"There's definitely been an increase [in popularity]," said Feyginberg, who believes the sudden popularity can be attributed to a number of things.

"Alternative health has become more popular, and zinc lozenges are available more now because more companies are producing it."

There are other natural medicines that can be taken to help ease cold symptoms and boost



PHOTO BY VICTORIA PATTISON

the immune system. Vitamin C is a favorite, as well as Echinacea. Cat's Claw is an immune booster that isn't as popular, but can work just as effectively. All of these remedies, including zinc, are fairly comparable in price. One bottle will cost you roughly \$10.

But remember, any mineral or vitamin may become toxic if too much is taken. It is not advised or necessary for a healthy person to take zinc. Women who think that they might be pregnant shouldn't take zinc as it has been linked to embryonic problems. A doctor should be consulted if any adverse reactions occur.

Of course you should always try to get plenty of rest if you are sick, and don't be afraid to talk to your pharmacist and doctor if you have any questions. Their answers could save you from getting sicker, or even make your illness a little more bearable.

Yeast: A rising concern

Yeast infections are a problem for many women

BY LISA RAINFORD
Health Reporter

We've all seen the coy TV commercials about yeast infection, but most of the time, we just flip the channel.

The fact is, three out of four Canadian women have had or will have a yeast infection during their childbearing years.

Yeast infections are a vaginal infection caused by an overgrowth of 'candida albicans', otherwise known as yeast. Yeast is always present in the body, but an infection develops when an imbalance occurs. Among other things, an imbalance can be caused by certain antibiotics because they create conditions for yeast overgrowth. Ruth Greer, a public health nurse at Etobicoke's Health Centre said that yeast thrives in dark, moist places.

"It is not considered to be sexually transmitted," Greer said.

Yeast infection symptoms include burning, itching, redness

and a discharge that resembles cottage cheese.

A person's lifestyle plays an important role in preventing yeast infections.

"Doctors will recommend that you wear cotton lined panties and that you don't wear underwear to bed," said Greer.

Tight pants and pantyhose will also aggravate a yeast infection. It is important to dry off completely after a shower or swim and not to sit around in a wet bathing suit.

There are several treatments, some relieve the symptoms and others cure the infection. It is more important to select a treatment that cures the infection so you have the best chance to eliminate it.

There are over the counter medications like Monistat that come in the form of suppositories, or creams. Most women are familiar with the three day treatments advertised on television but Greer said that according to researchers they don't always work.

"If the infection is reoccurring go to your doctor for a prescription," said Greer.

Entertainment

Dickens given a novel twist

New rock music adaptation of *Oliver Twist* leaves the viewers twisting in their seats

BY MICHAEL STAFFORD
Entertainment reporter

If Charles Dickens turned over in his grave when the musical movie *Oliver* was made then, surely, after last night's premiere of *Twist*, he has flipped onto his back again.

Twist, being performed by the Young Actors Performance Group of Toronto, is a rock musical adaptation of Dickens' novel, *Oliver Twist*. The updated *Twist* includes a female lead, prostitution and lots and lots of drugs. The story is updated to a near future of the post-apocalyptic sort that leaves North America in a shambles of crime and possible totalitarian rule.

From the beginning, the dialogue, music and acting in *Twist* create an atmosphere not unlike a mistargeted anti-drug commercial—a feeling which grows exponentially as the play plods on.

Twist follows Emily Twist (Dena Chiarocci) through her escape from a state-run orphanage in search of her mother. Once on the streets, she takes shelter in a whorehouse full of the happiest hookers since, well ...*The Happy Hooker*.

During her stay, Emily manages to get into a fight worthy of the Jerry Springer Show with one of the hookers over their charming assistant pimp, Jack the Cat (Adrian Gorrissen). She eventually uses one of the tragedies befalling on the clan to get next to him, and duly bed him.

The chance for any real drama is passed over because the problems of the hookers are scripted without giving any context. The Madame, Nancy (Monika Schurmann) is a heroin addict. At one point in the play she sings a song, shoots up, goes to sleep, and then her addiction is barely even hinted at again.

The pacing of *Twist* is also a problem. By the time intermission came around — approximately 10 minutes after my friend leaned over and said: "At least it has been going too long for there to be an intermission" — I was fervently hoping that it was actually some kind of bizarre cliffhanger ending — but no. And as the second half started, I heard the almost imperceptible click of the exit doors being locked.

The second half of the play just dragged on. It seemed for hours that there was just one more song to sing.

Vision (three-quarters through second half): A renegade performer makes a mad dash for the curtain rope, putting a sudden, happy ending to it all.

On the upside, almost everyone had a fairly strong voice. And Chiarocci's voice was excellent. Also, everyone's acting, though

rough around the edges, was surely passable. Indeed, the blame lay squarely on the playwright's shoulders.

The strongest aspect of the show was the live music. Although the soundtrack itself was a pastiche of '80s metal, Debbie Gibson pop, and modern showtunes, it was excellently played. The band consists of

bassist, Andrei Zagorevskii, and drummer, Todd Gibbons, along with two Humber students, guitarist, Croyden DeMello, and keyboardist, Sean Bellaviti.

DeMello and Bellaviti even played well enough to fool the audience into thinking the music was pre-recorded. I wonder if anyone knew who they were clapping for when the band took

their bow at curtain call. The boys said they got involved in *Twist* by answering an ad in the back of *Now* magazine

Twist continues to run at the Bickford Centre, 777 Bloor St. W, Wednesdays to Saturdays until January 31. Adult tickets, \$20. Students/seniors, \$17. For ticket reservations call 534-5919 or 863-3959 for more information.



COURTESY PHOTO

Charles Dickens' *Oliver Twist* is given the '90s treatment in an updated rock music adaptation.

Canadian stars twitching channels

Canuck talents come out for new comedy series, *Twitch City*

BY ANDREA HOUSTON
Entertainment Reporter

Attention all Jerry Springer, Montel, and Oprah watchers ... this one's for you.

The six-part comedy series *Twitch City* which premiered Monday, January 19 on CBC, is the spawn of Canadian filmmaker Don McKellar and features some of the most talented offspring in television today.

McKellar not only writes and directs *Twitch*, but also stars as Curtis, the ultimate couch potato whose life is ruled by the TV

Guide. To support his television habit, he rents out rooms in his Kensington market flat.

"We thought it would be interesting to make a show about someone who watches television for television," said the 34-year-old McKellar.

"*Twitch City* is essentially a love story about a man and woman and the television viewing habits that come between them. This comic look at '90s urban angst of twenty-somethings is funny, touching and ironic. *Twitch City* is my generation," said McKellar.

Essentially, *Twitch* is like any other Gen-X movie, but this one really hits the nail on the head with its introduction of the Rex Reilly Show.

Reilly, played by Bruce McCulloch (*Kids in the Hall*, *Brain Candy*), is a photocopy of the sideshow ringmaster we all know

as Jerry Springer.

Reilly is a sign of our times, a daytime talk show host capitalizing on the misery of others. He's charming and sympathetic and has a loyal audience.

"It's actually about the Twitching and angst of the urban environment."

- Susan Cavan, executive producer

Occupying the pad where all the action happens there is Hope, played by Molly Parker (*Kissed*), and Nathan played by Daniel MacIvor (*House*).

Callum Keith Rennie (*Hard Core Logo*, *Due South*), plays the

recurring character of Newbie, a convenience store guru and fellow television devotee.

Al Waxman shows up as a homeless man who gets beaten to a pulp by Curtis.

"I know so many people who are smart but basically unemployed or under employed," said McKellar. "Although it's a comedy it's not gaggy. The situation in *Twitch City* is funny, not the characters."

McKellar said the show is about "somebody who loves TV too much. The TV in this [show] is like another character in the house." The conflict arises when Curtis has to deal with reality and move away from the tube.

"Curtis has become so used to being one on one with the television set, when it comes to one on one with other people, it's a little bit more of a challenge to him," McKellar said.

There is even further conflict when a crazy kind of twisted love triangle develops over Hope. She begins as Nathan's girlfriend but is drawn to Curtis, meanwhile Newbie is constantly wooing her.

The only sane one seems to be Lucky the cat, who plays herself in her national screen debut.

There are also guest appearances made by Tracy Wright (*Highway 61*) and Joyce Dewitt (*Three's Company*).

The actual title of the series has raised a lot of confusion.

Executive Producer Susan Cavan sums it up a bit differently: "It's actually about the twitching and angst of the urban environment. It's also, I think, a Steely Dan or Lou Reed lyric?"

According to MacIvor, "It's like a twitch from channel to channel, and it's the space between the channels where life happens, that little twitch."

Instant record deal

Indie bands cut out middleman by starting their own record companies

BY BRIAN PASCUAL
Entertainment Reporter

Musician Jay Ferguson knows a good situation when he sees it.

And right now, he couldn't be any happier with the one his Halifax/Toronto-based band is in. But really, who could blame him?

As one-fourth of the pop-rock outfit, *Sloan*, Ferguson is fortunate to be in a band with its very own record label. The guitarist and his fellow band members, bassist, Chris Murphy, guitarist, Patrick Pentland, and drummer, Andrew Scott, co-founded the Halifax-based, murderrecords, and can take comfort in the fact that they're their own bosses.

Sloan is fortunate to find themselves in a situation where they don't have to deal with the pressure and nuisance of a major record company looking over their shoulder.

"I guess we have the best of both worlds," Ferguson said. "We have major distribution, but on our own label."

Sloan is just one of a growing number of Canadian bands to start their own record label to promote themselves. They are in complete control of their destiny, and have no one to answer to but themselves (although they were once signed to Geffen Records in the United States, a deal that eventually went sour when Geffen didn't like the direction *Sloan's* sound was headed).

The do-it-yourself approach is an ideal situation for any young band, especially since the knowledge they acquire becomes invaluable in the long run.

"Learn to do things on your own before someone shows you," said Ferguson. "Learn how everything works, press your own singles, do your own artwork."

Ferguson stresses the learning aspect of the process. The more you know, the better off you are in the event, somewhere down the road, a major label develops an interest in your music.

Mark Milne of *Tristan Psionic* knows a thing or two about running a label. After all, he and his bandmates work up to 12 hours a day, seven days a week at the Hamilton office of Sonic Unyon Records — the indie label they initially formed as a means of releasing their own material.

"Yeah, we know way more," said Milne. "We know every aspect of the business — press, accounting, advertising, booking ... besides, initially bands don't have the bargaining power. They're just ripe for the picking."

Colin Mackenzie, who runs the day-to-day operations of murderrecords, now that three quarters of *Sloan* are based in Toronto, completely agrees.



COURTESY PHOTO

Sloan have the best of both worlds with murderrecords.

"Arm yourself," he said. "You can ask the questions that need to be asked. When a problem arises, for example, a label will say, 'Well, that's just the way it is,' but an artist can say, 'Actually, it's not.'"

Dave Quilico from Sony Music Canada is able to keep a perspective on both sides of the fence.

"I think it's a good thing that bands have the opportunity to get out there and build a fan base if they don't get signed immediately," he said. "But, a major label generally appeals to larger masses of people. We try to break a band internationally. I think that's the biggest feature."

But still, starting and running your own record label can be invaluable.

"It shows great entrepreneurial skills," said Quilico. "Plus, the band is much closer to the reality of going out there and trying to make a living."

Are there bands, then, that aren't grounded?

"I think so," said Milne. "It's a myth of how much money you can make on a major label. It's a pipe dream that you can make a lot of money."

Milne knows that for every mega-band, there are thousands and thousands still struggling to be heard.

"I don't think it's the ultimate goal to get signed," said Ferguson. "But some bands like to be pampered like rock stars. I think we're a lot more well off than some bands on major labels."

We can live quite comfortably."

"Business and money-wise, you make more money if you do it yourself," he said. "There's fewer people for the money to be spread out to. Bands make more money off each CD."

Whether it's the future of music in Canada or not, one thing is clear: there are appealing features for young bands to form their own record labels. The industry knowledge and business savvy they acquire is impossible to put a price tag on. But perhaps the greatest aspect is a band's ability to hold onto its musical integrity. With this intact, the band members know they're in it for all the right reasons. No one can tell them otherwise.

And so you can't fault *Sloan* for being happy right where they are. They've survived a disastrous relationship with a major record label, and are eager to add new chapters to the *Sloan* history on their own terms. That's where it all started to come together, and murderrecords is where it will continue.

"It's not like we make oodles of money," said Ferguson, "but it's always just something fun to do."

Sloan is content to make a killing with murderrecords.

Howie turns up the heat

BY BERNICE BARTH
Entertainment Reporter

After all the movies we've endured with bad ex-jock actors, who would've thought ex-football player, Howie Long, could act?

Known for his career as a defensive lineman, his sports commentary on TV and his small part next to madman terrorist, John Travolta, in *Broken Arrow*, Long's comfort in front of the camera serves him well. The football hero, cum actor, literally blazes his way onto the big screen in his first lead hero role, proving there sometimes is brain as well as brawn in power-house jocks.

Long's character, Jesse Graves, is one of the "smoke jumpers" in a close-knit team of fire fighters, headed up by Scott Glenn's character, the veteran smoke jumper, Wynt. These men and women are specially trained fire persons who parachute into the molten hearts of forest fires, trying to put them out by felling trees and coordinating drops of chemically treated water.

The nature of their job is clearly laid out in the opening scene, where Graves and Wynt with the rest of their team make a jump to rescue some campers trapped on all sides by burning trees.

After the harrowing first scene the audience learns that nearby in the huge expanse of forest is a high-maximum prison. Enter the wonderfully villainous actor, William Forsythe, playing multi-murderer, Randy Earle Shaye.



C. PHOTOS - COMPOSITE BY DARREN LEROUX

Long is smoke-jumper Jesse Graves in *Firestorm*.

Shaye breaks out of prison by impersonating a prisoner fire fighter.

Shaye reads up on being a fire fighter and manages to join the team of inmates going out to fight Mother Nature. Except, in this case, Mother Nature has nothing to do with it — Shaye pays someone to start the fire.

When Jesse Graves learns of the forest fire, he flies out via helicopter, even though it's against the rules, to start a fire line mov-

ing toward the main fire in an attempt to stop it. As he's doing his job, he spots Shaye and his escaped gang. Thinking they're real fire fighters, he jumps out of the helicopter to warn them of his approaching fire line. The main action of the film begins.

Thrown into the mix of good guys and bad guys and all their testosterone is Jennifer, played by Suzy Amis. Jennifer is a wildlife photographer who, unable to save all the little critters in the forest from the approaching fire, stashes two eggs in her fanny pack. What a woman.

There's good chemistry between Long and Amis on the screen as they flirt and banter back and forth. Amis's character even shows up Long's character a few times as they run from Shaye.

Screenwriter, Chris Soth, and Director, Dean Semler, keep the action tight and moving quickly. Several action sequences lead up to the finale, a phenomenon known as a firestorm. A firestorm is an oxygen-sucking, nature-made nuclear blast that occurs when two sets of fires meet in the middle of a cold front.

Although it's apparent not a lot of money was spent on making this film, *Firestorm* holds its own in the world of big budget action movies.

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Sports

Hawks slay mighty Bruins

Men's b-ball pull off big upset against powerhouse Sheridan College

BY MARK SUBRYAN
Men's Basketball Reporter

Revenge is a dish that is best served cold. Ask any member of Humber's Men's Basketball team and he'll agree.

On January 14, the Hawks hosted Shane Bascoe and his team the Sheridan Bruins.

Bascoe is the leading scorer in the OCAA and the Bruins are ranked among the top 10 in Canada.

The last time that these two teams met was in the Colts Classic Tournament during the Christmas break. Sheridan destroyed Humber 92-58.

This time though, Humber pulled off an 87-70 upset of the Bruins.

"This was a huge win for us," said Coach Mike Katz. "We need

to win against good teams like them [Sheridan] and Durham. By beating good teams, we establish ourselves as a good team."

Although the Hawks came out flat in the first half, they managed to turn their game around in the second.

"We were sluggish at the beginning," said veteran Hawk Guard, Jeremy Murray. "Coach let us have it at the half and we came out for the second and stepped up the defence."

And step it up they did. With the exception of a free throw in the dying seconds of the game,

"By beating good teams we establish ourselves as a good team."

— Mike Katz

the Hawks shut out the Bruins over the last three minutes to secure the win. The foundation of this team came through in the clutch.

The three key players,

Murray, Al St. Louis, and Rowan Beckford, scored 21, 25, and 20 points respectively.

This marked the first time the Hawks had three players with 20 or more points in a game this season.

"When those guys [Murray, St.



PHOTO BY MARK SUBRYAN

A Humber Hawks player lays in the ball during their 87-70 upset of the Sheridan Bruins last week.

Louis, and Beckford] score like that, we'll always do well," Katz said.

Along with his 21 points,

Murray was named player-of-the game.

Rookie three-point sniper, Silvio Carta, pumped in 17 points

of his own.

"Our rookies played well," Katz said. "Silvio had a big night and Marcel [Lawrence] had a great defensive game."

Another rookie, Keffrin Dunson, had a strong defensive game as he aggressively went after rebounds, while rejecting many of the Bruins' shots.

The largest crowd of the season was on hand for this heated game between the rivals. About 200 people attended the game and left satisfied with the result.

"We're very, very, very happy with this win," Murray said. "These games are always like playoff games. Ever since back in the day Humber has had a huge rivalry with Sheridan and Durham so we had to represent against those guys. We had to win and it was sweet after what they did to us at Centennial."

With the win, the Hawks improve to 4-1 and move into a second place tie with Sheridan, behind the powerhouse Durham Lords.

"This is where we want to be," Murray said. "We want to finish in the top two in our division so that we get a bye through the first round of the OC's [OCAA playoffs]."

The all-star game will be held on January 24 at Durham College and after that, the Seneca Scouts will play the Hawks at Humber on January 28.



PHOTO BY MARK SUBRYAN

The Humber Hawks and Sheridan Bruins battle under the net for a rebound last week here at Humber College. Humber won 87-70.

Hawks survive slight scare

Women's v-ball overcome harmful miscues to beat tough Seneca College squad

BY ALDO PETRONE
Women's Volleyball Reporter

The Women's Volleyball team flexed their muscles once more last week, starting their second half of the season and the run to the playoffs.

The team held off the tough Seneca squad winning 15-8, 15-5, 12-15, and 15-10, increasing their overall record to 8-0.

The Hawks cruised through the first two games, but had a battle to hold off a resilient Seneca team in game three.

The Hawks easily took game one as they exploded to a quick 8-0 lead. The team forced their opposition to take four timeouts in the game. Cindy Ross ended the game with a wicked kill to the corner.

The Humber Hawks started slow in game two, trailing 4-2 at one point. But after a smart timeout by Coach David Hood to calm

the team down, the Hawks scored seven unanswered points.

They eventually took game two with a kill down the middle by Christine Rudics.

Then things got interesting.

A series of mishaps by the Hawks and questionable officiating allowed Seneca to take the third game 15-12.

During one Seneca possession, a player spiked the ball in the corner but out of bounds. The referee, however, awarded the point.

"We've played our toughest part of the season, and now we have to work on playing as a tighter package."

- David Hood, coach

A number of defensive miscues also plagued the Hawks.

"We took things for granted in that game," said Dyan Layne. "We missed out on a lot of little dumps. But a little more talking and we'll be fine."

She also added the team had too many unforced errors.

Game four was also hard fought as both teams exchanged points. The Hawks finally pulled away when leading 8-7 and eventually won the game 15-10. Christine Rudics ended the match with a little dump over the net.

Despite the close match, Layne didn't seem concerned.

"We would never let it go to a game five," she said.

While Coach Hood did admit the team had an average game and could play much better, he did place credit where credit was due.

"A lot of credit to that coaching staff (Seneca), they've been so dominant in the OCAA for the past seven years. They were able to adjust to our game plan and force us to make errors."

Coach Hood also outlined his goal for the team in the closing weeks. They will not work on the already potent offence, but put more concentration on defence and serving.

"We've played our toughest part of the season, and now we have to work on playing as a tighter package," he said.

Some of the game errors, though, could be attributed to team injuries. Dyan Layne sat out with a sore shoulder and Richelle Elder was playing with a strained



PHOTO BY ALDO PETRONE

Strong defence helped the Hawks to a four set victory vs. Seneca.

abdominal muscle.

Rudics led team scoring with 19 kills, a block and a service ace.

Cindy Ross also had a strong performance with 16 kills, a block

and five aces.

The Hawks will have a week off, then square off against Confederation College on January 30 at Humber.

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Lakeshore Campus

Men's v-ball scalp scouts

Hawks need only an hour to make short work out of outmatched squad from Seneca.

BY KRISITI SMITH
Men's Volleyball Reporter

Humber's Men's Volleyball team needed just over an hour to dispatch Seneca College in three straight sets (15-10, 15-3, 15-8) last Thursday.

"It was our first game back from the Christmas break and we handled it very professionally," said Hawks standout, Tim Pennefather. "We didn't let it go to our heads when things were going well, but we played with confidence."

The Hawks got off to an explosive start. In minutes they'd built a 9-0 lead. They established a blistering tempo of play, overwhelming Seneca with power hitting.

But determined to put some points on the board, Seneca began to chip away at Humber's lead until the score stood at 9-8.

Hawks Head Coach Wayne Wilkins decided to call a time out. The Hawks had become passive

and Seneca had taken advantage.

The Hawks, however, returned to the court like they had never faltered. Pennefather served up the ace for match point, and a 15-10 victory in the first set.

It was Seneca who took the quick 3-0 lead in the second set, but that was all the points that they would be able to muster. They would not prove to be much of a factor in this set.

Humber promptly evened the score and never looked back, winning the set in convincing fashion by a score of 15-3.

Pennefather was particularly impressive, adding two more aces to his tally.

Humber's offence was relentless in its attack, sending a disorganized Seneca squad all over the court in front of their home crowd.

"When we're playing so consistently, it's tough for any team to beat us," said

"When we're playing so consistently, it's tough for any team to beat us."

- Chris Wilkins, Hawks captain

Hawks Captain, Chris Wilkins. "We didn't really have to run our defence much, but sometimes your best defence is your offence." Nevertheless, both Matt Cunliffe and Joe Fortnum turned in solid defensive

performances.

The third set was nearly an exact duplicate of the first. The Hawks had taken a commanding

10-0 lead when Seneca began to fight back. But when they got within eight points, Humber pulled away for good, finishing the game off with impressive serving, and a 15-8 win.

If player-of-the-game honors were handed out to a visiting team member, Humber's coach-

ing staff said Fortnum would have been the recipient. He performed well on both offence and defence.

"Joe played his best game ever tonight," said Coach Wilkins. "He just came ready to play."

This year's Hawks squad may be young, but they played like an

experienced team against Seneca and won on the strength of consistent play.

"We executed very well today," said Assistant Coach Hank Ma. "Things are really starting to come along for us."

The Hawks host Mohawk College January 22 at 8 p.m.

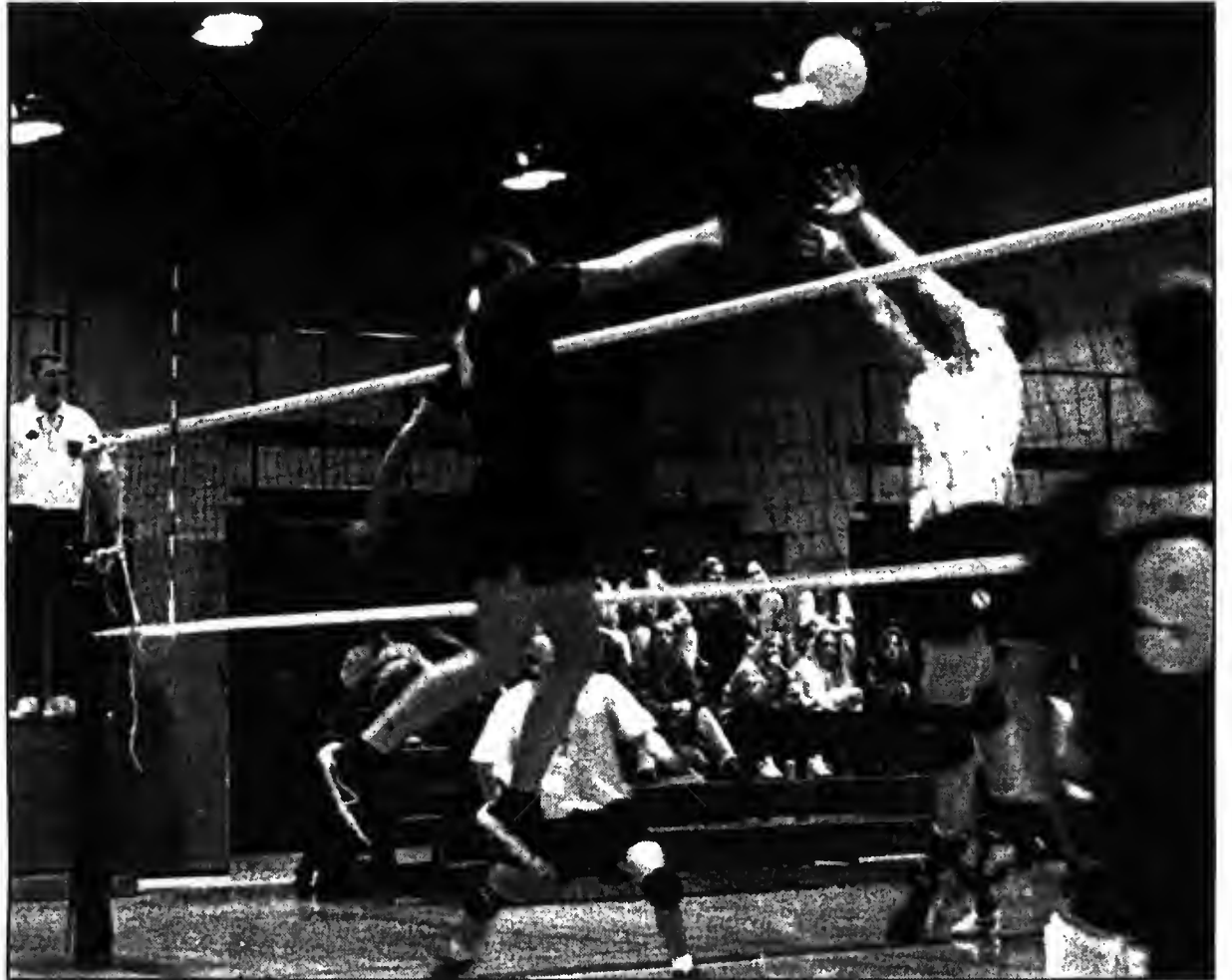


PHOTO BY KRISITI SMITH

Matt Cunliffe hammers a smash off the Seneca block as the Hawks rolled to another victory.

Ice warriors make their point

Late goal gives Humber a tie in fight-filled contest

BY NEIL BECKER
Men's Hockey Reporter

The Men's Hockey team was involved in a physical, hard fought 4-4 game with the first place Metro Huskies, last Thursday night at the Ice Sports Arena.

The game began with Humber dominating the play, only to be stoned close up by the red hot

Eagles goalie.

Finally at 6:31 of the first period, the Eagles drew first blood, scoring on a weak shot that squeaked between goalkeeper Duane Crocker's legs.

The rough stuff began towards the end of the first period, when a frustrated Iliia Martinovich took exception to an Eagles player who had taken an extra swipe at the puck which was frozen by the Hawks goaltender. Minutes later, tempers began to flare again for the Hawks, as Blake Mitchell took a run at an Eagles' player. Then, in the next face-off, an Eagles forward got the gate for roughing the Hawks centreman at the drop of the puck. This was only a small sign of things to come.

According to Humber Coach, Paul Massoti, the players could not be intimidated by the rough play of the Eagles.

"We had to react.

I didn't want to portray in-your-face hockey, but we had to get respect and go from there. However, it is better than stick work," said Massoti.

On a two man powerplay, Hawks Defenceman, Mike Collins, threaded a perfect pass right onto the stick of Mike Goff, who put it home to tie the game at 1 - 1. According to Collins, the goal was a set play.

"My partner and I work well together as a team. I saw him out of the corner of my eye when I made that pass. We practice passing back and forth," said Collins.

With the Hawks shorthanded at the beginning of the second period, Forward Chris McFadyen stripped the disk from an Eagles defenceman at the blue line then sped into the opposition's zone, and wristed the puck into the bottom corner to put Humber ahead 2-1.

Roughly half way through the second, the Eagles showed some undisciplined play, their goalie getting a penalty for venturing from his crease to rough a Humber player. On a two man advantage, Humber was applying

pressure, but didn't score until Tim Corput blasted a shot into the twine, putting the Hawks up 3-1.

With the score 3-2, for Humber, towards the end of the second, tempers begin to heat up, as Blake Mitchell was forced to take an early shower after being kicked out of the game for making body contact. After the game, Mitchell commented on the physical play and the officials.

"They [the Eagles] like to use a lot of stickwork. I just wish that the refs were consistent behind the play," Mitchell said. "The refs want to make sure that if they're going to let things go, they keep it that way. Still I have to hand it to the veterans fighting back."

With the Hawks forced to play defensive hockey while trying to kill off a four minute powerplay, the Eagles tied the game in the final minute of the period.

The Eagles took the momentum back half way through the third, as they scored the go ahead goal while on a two man powerplay. Rookie Steve Morris was given a game misconduct after a spirited one-sided fight. This old time hockey is nothing new for

the former U of T player.

"At U of T, there were a few rough ones. This is nothing new. You want to make a good impression [on your new teammates]. You want to cause a spark," said Morris.

Later on in the period, Hawks Defenceman, Mike Collins, dropped his gloves in anticipation of a fight with an Eagles player after getting hit in the face. According to Collins the fight was not premeditated.

"I kind of reacted on my own. I'm not going to back down from anyone," said Collins.

He went on to say that one of the Eagles players was out there looking to mix it up.

"That was one of the scrappiest games. Number 66 [Dave Scottson] was just out there to fight someone," said Collins.

Trailing by one, coach Masotti called a 30 second time-out. McFadyen scored the fourth and tying goal, his second of the game, with a little under 30 seconds remaining.

The Hawks see action next on Thursday January 22 at Ice Sports Arena. Game time is 9:15 p.m.



PHOTO BY NEIL BECKER

Rich McKenzie (#23) gets set to fly off the draw.

And the beat goes on

Results becoming old hat as women's b-ball team rack up another big win

BY ERIKA FORD
Women's Basketball Reporter

How many ways can it be said? Plain and simple, the Women's Basketball team won in a landslide again.

This time it was the Niagara Knights, who were trampled, 84-38. The win not only moved the

Humber Hawks 7-0 on the season, but it also moved Tanya Sadler into second place for individual scoring.

"We shut down their leading scorer, holding her to six points, and that means she drops to third place [in scoring] and Tanya moves up to second," Coach, Jim Henderson, said.

Sadler scored 22 points and grabbed 15 rebounds in the game.

Now at the midway point of

the season, the Hawks have beaten their opponents by an average of 50 points proving no one in the league can compete with them. But how do they fair against their predecessors?

"This is definitely the best team we've ever had," Henderson said. "From the sixth player to the twelfth, we've never had the depth this team has."

Henderson said he knew the team would be strong once he knew his five starters were returning.

"When you're seven points from winning the championship

last year, and you have returning players, you know [the team] is going to be strong," he said.

Forward Amy Lewis said it's the players' attitudes that make the team better.

"This year we have more skills, players can play multiple positions and they don't mind playing those positions. Last year, players only wanted to learn and play

one position," she said. "We don't have any attitudes and if there is attitude, it stays on the court."

But the strength of any team is determined by its unity, and this Humber Women's Basketball

team is definitely tight. Off the court players can be seen hanging around the gym, making social plans.

"We're really close," rookie Filomena Aprile said. "It's been

easy because we have the same goals, playing ball, competing and succeeding."

The team plays January 22 at Fanshawe College against the Falcons.

"This is definitely the best team we've ever had."

-Jim Henderson



Humber's Heather Curran (41) works the boards in Humber's 84-38 win against the Niagara Knights.

Soccer squad seeks title

Coaches have high hopes for the upcoming indoor soccer season

BY JOE SILVA
Women's Soccer Reporter

The quest for a women's indoor soccer title began last Tuesday when the team held its first tryout at Humber's North Campus gymnasium.

Twenty-four hopefuls were on hand to try out, including some familiar faces from the outdoor team this past season. The players left looking relieved because

cuts to the squad were not made.

Coach Mauro Ongaro, was pleased with the turnout, but had a hard time dealing with the number of players.

"There are a lot of players and scrimmaging, so it was a little bit chaotic, but I think when we [Ongaro and Vince Pileggi, the team's co-coach] start lowering the numbers, it will be easier to determine who has the ability and who doesn't," Ongaro said.

In the team's first year on the indoor circuit, team expectations are high. Pileggi and Ongaro expect nothing short of making it all the way to the OCAA finals, which will be held in late March at Conestoga College.

"We have proven that we are one of the better teams in Ontario; we went to the final fours in outdoor and nothing less than going to the OCAA finals would be satisfactory," Ongaro said.

However, if the team doesn't have the success that the coaches are hoping for, the indoor season still won't be a total loss.

The season is being looked upon as early training for the outdoor season which would allow the women on the team to build their skills and keep in shape for early September.

Humber, which will compete with Conestoga, Niagara and Redeemer the West Division, begins play next month.

Men's indoor soccer season gets under way

Opening tourney bumped up

BY JEFF ALLEN
Sports Editor

The Men's Indoor soccer season is set to get under way a week earlier than expected. The Men's team will travel to Richmond Hill on January 17 to play in the York University Invitational Tournament on Saturday. The team will start the

tournament by playing the host team from York at 10:30 a.m. That game will be followed by



games against Trent University and the University of Waterloo

at 1:30 p.m. and 3:30 p.m. All games will be played at Richmond Greens.

Humber, the 1994-95 champions, will be competing out of the Western Division, against Conestoga, Confederation, Niagara and Redeemer.

Led by Coach Germain Sanchez, who also coaches the Men's Outdoor soccer team, the team will be looking to capture another title in March when they travel to the OCAA Championships in Kitchener.

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The Last Word

Oops, we goofed!

We mistakenly called Bryan Adams "ambassador" last week. However, after his pitiful singing of the Canadian national anthem at the NHL All-Star game, we realized our error.



Apparently living in England has fogged his memory as to the correct words to our national anthem.

We apologize for any misconceptions this may have caused.

Silly Little Lightbulbs

Q. How many Queen's University students does it take to change a lightbulb?

A. One, he holds the bulb and the world revolves around him.

Q. How many U of T students does it take to change a lightbulb?

A. Two, one to change the lightbulb and one to crack under the pressure.

Q. How many Western students does it take to change a lightbulb?

A. Five, one to change the lightbulb and four to find the perfect J. Crew outfit to wear for the occasion.

Q. How many Carleton students does it take to change a lightbulb?

A. Two, one to change the lightbulb and one to complain about how if they were at a better school the lightbulb wouldn't go out.

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tales of brilliance from south of the border

Unhappily ever after

GAINESVILLE, Fla., - Forget the conventional wisdom that good communication and truthful, open relationships are keys to a happy marriage.

A University of Florida study on wedded couples released in early January shows that self-delusion may actually be a more accurate indicator of nuptial success.

Benjamin Karney, a psychology professor at the University of Florida, studied several hundred husbands and wives. He found that satisfied couples often remember the past as worse than it was to make the present seem better by comparison.

"The advice to husbands and wives to communicate better puts a lot of pressure and blame on couples," he said in a statement describing the research.

"It says, 'If only you communicated better, you'd be happy.' I don't think that's true, nor does the research show it to be true."

Karney's team found that people most likely to say they were happy in their marriages over time were those who used their memory selectively.

He said his team interviewed couples who said their marriages were growing stronger. Comments from those couples revealed their marriages were actually getting worse.

"When it comes to marital happiness, it's good to be able to tell yourself a story you'd like to believe," he said. The researchers also interviewed newlyweds every six months for four years.

There was no difference between the initial happiness of people who eventually divorced and those who stayed together, the researchers said.

Karney said most marriages become less happy over time.

"That's probably not surprising considering how happy newlyweds are. The most anyone might hope for is to stay at that level."

FILE FROM REUTERS

MARKETING MISHAPS

The Ford Pinto - In Brazil "pinto" translates to a slang term for *under-endowed male*.

Chevrolet Nova - The Latin word "nova" means *new star*. In Spanish, "no va" means *it doesn't go*.

Clairol Mist Stick - In German, "mist" is a slang for *manure*.

Kellogg Bran Buds - In Swedish, the name loosely translates into *burnt farmer*.

Puffs Tissues - Another German translation mistake. "Puff" is a vulgar German term for a *brothel*.

TAKEN FROM MACLEAN'S MAGAZINE JANUARY 12, 1998

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