

Technology
U of T scientists
helped in
Apollo 13 rescue
Page 17

Special
Section
Your Health
Pages 9-11

Humber staff and students honored

by Cara Graham

The 13th Annual Student Appreciation Banquet was held this past Tuesday to recognize students, staff, and/or faculty who have contributed above and beyond their duties.

Held at the Seventh Semester, the awards were not given for marks, but rather for something the recipients did that stood out in the minds of the people who nominated them.

"The awards are given to students and faculty who truly deserve it," said Maggie Hobbs, director of student activities and one of the organizers of the banquet. "It's not enough that these teachers are being paid for their jobs. They also need to be appreciated and recognized and it's also nice to see that these students have hidden talents."

Colleen Gray was another organizer of the banquet and Andrew Salamon entertained the crowd as Master of Ceremonies.

"The whole event is very good, it caps off the year and brings together people of all walks of life," said President Robert Gordon. "These awards highlight something people did besides just going to

school. I like the idea of the Student Appreciation Awards because anyone is eligible and it comes from the students."

The first award of the night was The Joe Suzor Award, given in honour of the late Joe Suzor, who was a sports reporter and editor for Humber College during 1990 and 1991. The award is given to a student who shows excellence in Sports Journalism.

"Jim Bialek and myself decided to initiate this award in honor of Joe Suzor for his excellence as a journalism student and as a person," said Doug Fox, director of athletics. "Joe was a persistent individual who gave the sports of Humber tremendous coverage. He was always on my doorstep wanting to know what was going on. This is an award that was really needed in his honor."

The winner of this award was third-year journalism student Tania Evangelista.

"I think sports deserves to get a lot of coverage. The teams go out there and play their hardest, so it's our job to go out and cover the games," said Evangelista. "We

have to let everyone know what great athletes we have here."

An award also given for the first time was the Beauchamp Memorial Award. The award was created in memory of Kevin Beauchamp, a former member of SAC at the Lakeshore campus, who passed away in 1994. SAC director, Carla Anastacio, who received the honor, has been active on Lakeshore's SAC and has made the most outstanding

contribution to student life over the past three years.

Anastacio said she's surprised she won.

"I think everyone on SAC worked very hard, so everyone of them deserves this award," she said.

Among the winners of the Student Appreciation Awards were Mike Clamp, Christine Connelly, Julie Couturier, Rose Cunha (Chair, Basic Nursing), Tony Decotiis, Sue

DeSousa, Sheila Dougall, Gary Gellert (Staff Photographer), Al Palin, Kris Popp, Kim Showers, Phil Sidsworth and Anna Tsui.

Sports reporters from *Humber Et Cetera* who received a Certificate of Achievement for their outstanding coverage were: Robert Amoroso, Pam Fawcett, Derek Lacroix, Joe Mercer, Eric Smith, Nicole Nightingale and Evangelista.

Aside from the awards presentations, there was entertainment provided by singer Nicole Lindsay, a Fashion Arts student at Humber College who sang two songs between the speeches and awards. Music was provided by the Tritones and Magician Daryl Hall, a Community Service Worker who had some good tricks up his sleeve.



PHOTOS BY CARA GRAHAM
Winners proudly display their awards (above) as do some of *Et Cetera's* sports reporters and editors (right).



Meal card options to change next year for all students

by Tim Duboyce

Humber College is close to finalizing a deal which would have a dramatic effect on meal card service at Humber College, *Et Cetera* has learned.

Two changes to the existing format are in the works: the card will be useable at all on-campus food outlets at both the North and Lakeshore campuses and non-residence students will have the option

of purchasing the card.

"We're very, very close to having an agreement with a supplier who can equip us to give off-campus privileges," Director of Ancillary Services and Customer Relations John Mason said.

Chances are good this service will be available. But he did say "there haven't been discussions with private, off-campus vendors at this time."

Off-campus outlets could include such places as franchises in the food court at Woodbine Centre, J.J. Muggs, and McDonald's on Highway 27 near Finch Avenue.

At present, only three services on-campus accept the plan: Jo's Diner (in rez), The Pipe, and Pizza Pizza. Students in rez who attend classes at Lakeshore must buy coupons for the cafeteria there.

Changes would be effective as of the Fall semester 1996, Mason said.

Full card service at Lakeshore would "definitely be the intention. Coupons are definitely inconvenient. They're just a make-do

solution," Mason said.

"At the moment, there's a strong 60 per cent possibility we'll be able to offer the card to non-residence students by the fall of 1996."

Currently, prepaid, tax-free meal plans are only offered to students living in residence. According to brochures for the 1996-97 academic year, the price ranges from \$1,500, to \$2,640, depending on the size of the plan.

Expanded service "definitely will not affect prices of food in the cafeterias," Mason said.

New and returning students will be told of any important changes to the meal card system one of two ways: "Students will either receive mail in the summer, or will receive information when they arrive (in the fall)," said Mason.

Some students are skeptical about the interest the changes will generate.

First-year Business student Corrina Bick questioned just how convenient the card would be.

"It would depend what your schedule is like, because sometimes

you're only here in the morning," she said. A "plus," she said, would be "if you could choose the amount (of credit)."

Connie Lafrance, a Pre-health student said: "I probably wouldn't use it. I don't eat that often at school."

She said she believed a card with a limited amount of credit might be feasible. "If it was smaller (in cost), I'd probably use it."

But there are legal hurdles facing the plan. In order to qualify for tax exemption, the card must have a minimum amount of credit over a minimum length of time.

Quoting government guidelines, John Mason explained: "For students not living on campus, the minimum is \$480 per semester. In addition, there are requirements whereby it must be spent over (at least) a four-week period," he said.

Returning students who now have access to the card say the changes make a big difference on whether they will buy one next year.

Daryl Pickard, a first-year student in rez, said he wouldn't buy

the card under its current format because "it's confined to certain areas."

But if the changes take place, Pickard felt somewhat differently.

"Yeah, I probably would buy it, (but) I couldn't see spending more than \$700 to \$800."

"I sometimes go (to Java Jazz) and pay for a coffee now. But if I could put that on a meal card, I'd be there every day," Pickard said.

Another on-campus resident who will attend Humber next year, thinks widening use is a good move.

"I think if there were more restaurants involved in the meal plan, more people would use it," Nadia Nosella said.

Under the new changes, outlets would be responsible for equipping themselves to provide the service, he said. But the college is "working out a financing plan to allow the outlets on campus to afford the technology."

Mason said the college has been studying off-campus food networks at other institutions, including the University of Western Ontario.



PHOTO BY BOB SALVERDA
Eat elsewhere and use the card.

News
OSAP applications
on the rise
Page 5



Entertainment
Interview with Bill Duke
Page 12
APR 11 1996

NEWS

EDITORS: Chris Fell • Colin Purser

675-6622 Ext. 4514

Metro teachers rally against government cuts

Coalition for Education fears public education will be destroyed by funding decreases

by Deborah Churchill

A diverse group of Metro teachers is fighting to protect public education from the Ontario government's axe.

The Coalition for Education, made up of teachers from all across the education spectrum, launched its first media conference at Metro Hall on Tuesday.

The purpose of the conference was to discuss the impact of funding cuts on schools, colleges and universities. Their message was loud and clear.

"There is no longer anything left to be cut . . . there is no room in the education system," said Frances Gladstone, president of the Toronto Teachers' Federation. "The government is going to have to look elsewhere," she said. "I'm not sure where cuts should be taken . . . perhaps we need to look at the entire tax system and see how it could be more fairly divided."

According to Maureen Wall, Humber's Faculty Union president, the proposed cuts to education could seriously damage the college's ability to continue to

provide access to quality education in the community.

"The 15 per cent tuition increase puts education out of reach of those just scraping by right now," she said. "Enrolment reductions and program cancella-



PHOTO BY DEBORAH CHURCHILL

Members of the Coalition for education address the media.

tions will mean that many qualified students will be denied admission, and at a time when the need for a highly-trained work force is increasing, it makes no sense to cut education and training."

John Shields, professor of politics and public administration at Ryerson Polytechnic University, agreed.

"All the leading studies inform

us that the jobs of the future will require higher levels of education than in the past," said Shields. "The negative ripples of these cuts will be felt for many years to come, both within the university sector, and society as a whole."

Every other sector is affected if educators are unable to provide children with the skills needed to work, earn money and look after themselves and eventually their families, said Gladstone, who has taught for almost 24 years.

"We'll see an increase in juvenile delinquency, an increase in crime, a higher drop-out rate . . . there will be a higher percentage of people ill-prepared for the job market," she said.

Members of the coalition are concerned about the high number of young, enthusiastic teachers the education system has lost and will continue to lose as a result of the cuts.

"A flattened system lacks the creativity and excitement of a system where teachers of varying ages, philosophies and

methodologies are employed," said Gladstone.

President of the Ontario English Catholic Teachers Association, Don Schmidt, said for the government to "insinuate that the system will not be affected by the cuts is ludicrous.

"Last week 107 of our youngest members were laid off," he said. "You don't have to be a rocket scientist to see this will affect students . . . young teachers are the lifeblood, the way the system renews itself."

Shields said he's confident the coalition's work is not in vain and the government will listen.

"I think the government was quite startled by the sheer number of people at the Hamilton day of protest, and many of those protesting were from the education sector," said Shields. "The tool kit was not as harsh as Harris had originally intended and this was no doubt due to these voices. However, we need to keep speaking and with an even louder voice."

Looking for something?

Humber's Lost and Found may have picked it up

by Tanya Duggan

Humber's 'lost and found' is making a call to students who have lost something at the college this year, because the item may have been found.

The 'lost and found' is located in room E105 (next to Kites) and collects dozens of items every year that are never claimed by students, said Nancy Pinson of Public Safety at Humber.

"Last year we had a lot of stuff left over so we try to give everything that hasn't been claimed to different charities," she said.

Jackets, gloves, shirts and other clothing are collected and sent to Third World countries, while glasses are picked up for use by World Vision.

Other valuables such as jewellery, watches, cameras, wallets and purses that are not claimed are taken to 23 Division of the Metro Police on Kipling Avenue.

"The most valuable item we get turned in is usually someone's wallet and it surprisingly comes in fully intact (with money and credit cards still in it) . . . we try to contact the owner but a lot of the time we

can't reach them," said Pinson.

There are also many other items turned into the 'lost and found,' such as books and disks.

All unclaimed disks are turned over to H205 where they are either placed in their holding area for unclaimed disks, or they are cleared and used for practice.

Textbooks are bought back at cost by the campus bookstore, or they go to the library to be used as reference books. All money collected from the books and money not claimed in the 'lost and found' are deposited into a special student loan fund.

Pinson agreed the reason so many items are not claimed is because Humber students don't even know there is a lost and found.

Second-year marketing student, Terry Mironchuk said he had no idea there was a 'lost and found' at Humber.

"I didn't even know there was one . . . I've never lost anything here but in case I do, at least I know where I can go to see if it's been found," he said.

Council of Student Affairs - Annual General Meeting

Monday, April 15th 1996 - Lakeshore campus, Quiet Lounge - 1.30 p.m.

NOTICE OF MOTIONS to be ratified by the members

Motion

THAT the Letters Patent and By-laws as established for the Council of Student Affairs in July 1995 be incorporated into the official documentation of the Council of Student Affairs and its components, subject to amendments made in Motion #2, as presented.

Motion

THAT the Board of Directors of the Council of Student Affairs has resolved to restructure the membership of the Board of Directors for the Council of Student Affairs to consist of voting members as follows:

Students' Association Council North President
Students' Association Council North Vice President
Students' Association Council North Vice President, Finance

Students' Association Council Lakeshore President
Students' Association Council Lakeshore Vice President
Students' Association Council Lakeshore Vice President, Finance

Students' Athletic Association President

and

four (4) administrative representatives to be selected by the College President from a list of eight staff proposed by the outgoing and incoming Students' Association Council executives, North and Lakeshore, and the President of the Student Athletic Association;

AND THAT the student representative to the College's Board of Governors be a non-voting member of the Board of the Council of Student Affairs;

AND THAT the Executive of the Council of Student Affairs will be selected through the existing selection process of the Council of Student Affairs;

AND THAT the Letters Patent of the Council of Student Affairs be amended accordingly.

THAT the Students' Association Council Lakeshore adds one member to its Council to represent the academic program "Access For Success".

THAT the position of Vice President, Students' Association Council Lakeshore, be converted to a twelve month paid position.

THAT the Office Manager, Students' Association Council Lakeshore, be converted to a full time, twelve month paid position.

VOTE YES!!!

VOTE YES

AT THE AGM

(ANNUAL GENERAL MEETING!!!)

FREE RIDE!!!

THE BUS LEAVES NORTH CAMPUS FOR THE LAKESHORE CAMPUS

WHEN & WHERE

ON TUESDAY APRIL 15 AT 12:30 PM

FIRST 100 STUDENTS REGISTERING TO VOTE AT THE SAC OFFICE WILL EAT FREE

IN THE HUMBER ROOM AT 7 PM THAT EVENING

EAT FREE!!!

VOTE YES!!!

Massive banner visits Humber

by Deborah Churchill

The enormous Education is Common Sense banner, containing more than 12,000 signatures, made a pit stop at Humber College yesterday as part of an Ontario-wide "Sign the Sign" campaign.

The bright yellow, 200-foot long, 15-foot wide banner is "perhaps the largest petition in Ontario's legislative history," said Liane McLarty, the campaign coordinator.

Since its debut at the November 8th rally at Queen's Park, the petitioners have been touring the province collecting signatures and support from student organizations, employee groups, faculty and staff associations, teaching assistants and student instructors, according to Brian Robinson, staff representative for CUPE 3902.

Maureen Wall, Humber's faculty union president, explained the purpose for bringing the banner to Humber College. "I saw it as a good way to raise awareness at Humber, a good way to focus on what is happening to education as a result of this government."

"It is important to impress upon the party you're going to give the petition to how many people are concerned about the future of education in this province," said Wall.

The banner is going to be presented to the House of Commons on April 17, following a parade up University Ave.

"It will be a heck of a visual..."

the petition will be the full 200-feet," said McLarty.

Although this upcoming event may not stop the cuts, organizers are hoping the massive petition, in conjunction with "a lot of other things that are going on, will create a province-wide revulsion," said Robinson.

According to McLarty, when the government says they're not listening, they're lying.

"They (the government) recognize a voting block," she said. "One person who is impassioned



PHOTO BY DEBORAH CHURCHILL
The Education is Common Sense Banner visits Humber.

and intelligent can affect the votes of 10 people. Every time you open your mouth you're not one person, you're 10 people," said McLarty.

However, the "Sign the Sign" campaign is not cheap. "With taxes, each giant plastic page costs \$2,800 and we're already up to page four," she said.

As a result, McLarty said she's been hired to raise money for any additional pages. "I've been doing a lot of fundraising," she said. "I've been talking to teachers, unions, and parents... some have given \$50, some have given \$1,000."

Students may dominate council of student affairs

by Jason Hopps & Joe Oppedisano

A proposal to increase the number of students on the board of directors of the Council of Student Affairs is meeting with little opposition.

Humber President Robert Gordon said he's open to change and is in favor of the motion that would seat seven student and four administration representatives on the CSA's board of directors. "The students have been cooperative, flexible and they've done some pretty interesting things," said Gordon. "In principle, how can you be against this?"

SAC president-elect Steve Virtue said more power in the hands of students can only benefit the college. "The college has lost some of the focus of its mandate," he said. "The focus has switched from generating an educated student body, to generating profits. This is what we're trying to change."

The CSA, which Gordon describes as "a body that pulls the whole college together," controls the student activity fees collected by the college. Students will have a greater say in how the money is spent if they gain control of the board.

"This is, after all, a student activity fee," said Virtue. "I feel students should have a greater voice in giving direction on how the money is spent."

Approximately \$1.2 million in student activity fees is collected annually. Although Gordon approves of student control of the fund in principle, he said the board of governors would still "keep a close eye on it."



"Let's say someone wanted to take all the money and blow it on pubs. That just isn't a great idea."

Robert Gordon

"The administration's biggest problem is that they felt students were given too much rope to hang themselves with."

Steve Virtue



"If it works well, great, we'll just leave it. If it doesn't, and some of the worst fears are realized, then we might want to revisit it. We're talking about a million dollars or so here."

Gordon is also wary of the possibility of abuse of the fund. "Let's say someone wanted to take all the money and blow it on pubs. That just isn't a great idea," he said.

But Virtue said students should be given a fair chance. "The administration's biggest problem is that they felt students were given too much rope to hang themselves with," he said. "They view us as children, but that just isn't the case. If we're given the opportunity to fail, should we also not be given the opportunity to succeed?"

Gordon said the college is prepared to give the students the opportunity. "I think it's worth a try," he said. "It is the student's money. It's their activity fee."

Although students are likely to gain majority control of the CSA, the real power still rests with the administration. "Even though the administration has given up some

equality on the CSA, the board of governors is the college, and they will monitor this," said Gordon. "Our job is to make it run smoothly."

Virtue said any student representation gives more power to the possibility for change. "I want to make sure that students are getting their money's worth," he said. "You either spend the money for students, or you don't help them at all."

"Let's hope it works well," said Gordon. "There's a lot at stake here."

On April 15, students are invited to vote to ratify the motion in the CSA's annual general meeting at Lakeshore campus.

Correction

In last week's story, *Film and Television students angry* (pg8), Program Co-ordinator, Rory Cummings said he was unaware of student complaints. He was referring to student access to room LB 122 and not to overall equipment problems. Also, there is one technician on call, not many.

Safety a major concern for residents

Task Force holds public meeting for citizens to express their concerns

by Leeanne Lavls

Residents of Etobicoke had the opportunity to express their concerns about the safety of the city last Thursday at the Humberwood Centre.

The Mayor's Task Force On Community Safety held a public meeting to conduct a community audit on safety in the area. The Task Force has representatives from the Etobicoke Safety Council, Community Police Liaison Committees and the City of Etobicoke and Metro Police.

John Hastings, the MPP for Etobicoke and Rexdale, said he was concerned there was no specific law for lock-smithing and as a result a lot of theft. Hastings said he planned to present a private members bill last Friday.

"People in the business who have no licenses can get into your home and people in prisons are taking locksmith training," said

Hastings. "When they are charged they are not reported as lock-smiths."

Doug Poirier, a student and resident of John Garland Boulevard, said he is almost sure hard drugs were being sold in the area. He said on any given night, drugs are being distributed quite openly and the area is 'disintegrating to nothing'.

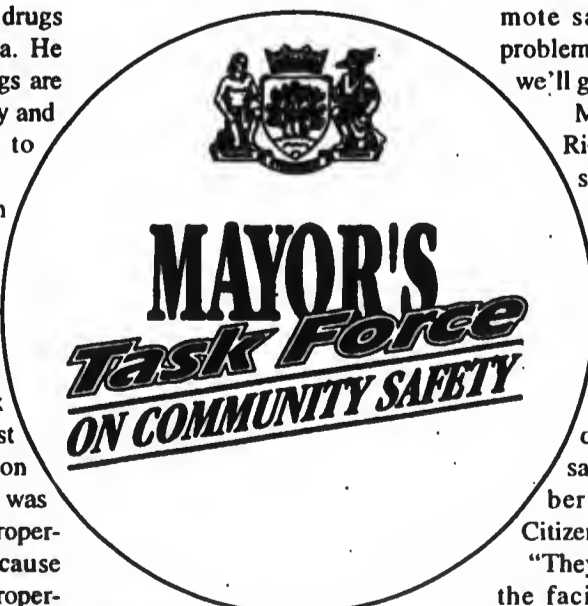
"If you went and stood in this area, within 24 hours you would know which buildings have the problems," said Poirier.

Vince Cianfarani is the Property Manager of six highrise buildings. He has just been served almost a million dollar lawsuit after a person was stabbed with a knife on the property. He is being charged because there were no signs on the property warning people could be in danger on the premises.

"The City of Etobicoke repre-

sentatives need to put pressure on the other two levels of government (about zoning)," said Cianfarani.

"(The buildings were)



designed to accommodate 4,500 people and there are now over 9,000."

Vito Pastore, a member of the Etobicoke Safety Council, agreed the population has grown and this growth presents problems.

"We are doing our best to promote safety awareness. If the problem doesn't come to us than we'll go to it," said Pastore.

Mark Anthony Cooke and Richard Morgan presented a skit about the need for leadership and recreational programs for Etobicoke's youth. The two young men told the task force "we are inviting you to meet with us."

"A lot of our youth don't know where to turn," said Wally Connon, a member of the United Senior Citizens.

"They (the youth) don't have the facilities they need," said Karen Wilson. "They need to know they can be the mayor or a councillor...that they can be

important people in our community."

Many residents said they wished there was more policing in their area and that language barriers needed to be overcome.

Others addressed the issue of the lack of block parents (only 1,522 in Etobicoke) and the safety of Shopper's World Albion.

"We're very, very interested in hearing from you in the community," said Deputy Chief Loyall Cann (North York and Etobicoke).

Another public meeting will be held on Thursday, May 2, at 7:30 p.m. It will take place at Fairfield Seniors' Centre located on 80 Lothian Road (East of Islington, south of Bloor).

"It's going to take a bit of time but we want to do things right," said Chairperson of the Mayor's Task Force, Connie Micallef. "We're here to listen."

Humber writers needed

Steep cost of famous creative writing program limits number of Humber students who enrol

by Lauren Serlo

Though the Humber School for Writers is internationally known and recognized, Humber students rarely attend.

The program is a stand alone, which means it receives no government funding. The one week workshop in August costs approximately \$700.

"That's a huge sum for a student to come up with," said Elizabeth Duncan, a public relations spokesperson. "In the past one or two (Humber) students have been able to attend at a hugely discounted rate. But we can't afford that loss any longer."

Duncan approached the Students' Association Council and asked that scholarships be set up so at least five students can attend. SAC told Duncan they will set up a scholarship, but they have not revealed the amount.

"It would be lovely to have Humber students attend the program," said Joe Kertes, director of the Humber School for Writers. "It is a chance for students to rub noses with the greatest writers working today."

This year's instructors are: Humber's Wayson Choy, Timothy Findley, Paul Quarrington, Nino Ricci, Olive Senior and D. M. Thomas.

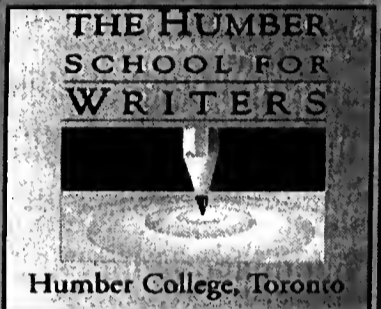
"It's generally regarded as one of the best, if not the best, pro-

grams for literary fiction and poetry," said Duncan.

Several graduates of the school have had their work published. Donna McFarlane's novel *Division of Surgery*, Sandra Gulland's novel *The Many Lives & Secret Sorrows of Josephine B.* and Diana Atkinson's novel *Highways and Dancehalls* are works from writers who have attended the school.

Each year approximately 80 students attend the school.

People come from as far away



as Japan to take the course. This year a graduate from the program will have a short story published in *Modern Woman* magazine and will win a \$2,000 computer system.

Information regarding the school will be put on the Internet this June. The address will be www.humberc.on.ca/~writers/.

A greater response to the course is expected because of the Internet.

Cuts to Arboretum reduced by council

by Scott Middleton

Etobicoke City Council rolled back Parks and Recreation cut-backs to the Arboretum's funding on April 2.

In an effort to deal with cut-backs in federal transfer payments to Etobicoke, a Parks and Recreation sub-committee cut funding to the Arboretum by \$22,500 two months ago. City councillor Elizabeth Brown introduced a proposal to reduce the cuts to the Arboretum.

The Arboretum receives \$199,600 in funding each year. Half of that amount comes from Etobicoke. Metro Toronto matches that amount. If Etobicoke cuts \$22,500 from its contribution, the Arboretum loses \$45,000.

"We didn't cut parks maintenance anywhere across the city to that extent," said Brown.

"I think it's patently unfair that the people of the north end who use the Arboretum have to take such a large hit."

Brown proposed to replace

\$12,570 of the cut from the city's contingency fund to match Metro's decrease of 10 per cent.

"This is one of the few places that Metro contributes anything to this city in the lines of cultural or recreational facilities," said Brown.

"There's a park on the lakeshore, we have James Gardens and almost nothing else. If we lose our funding here at the city we also lose it from Metro to a matching extent."

In defense of the sub-committee imposing the cuts, Councillor Brian Flynn explained the council was under "considerable cash flow problems" and had to look closely at where they could cut. He agreed Brown had come up with an amicable solution.

As Student Council President 21 years ago, Flynn helped Humber College along with Metro Toronto and Region Conservation Authority, the Municipality of Metro Toronto

and the City of Etobicoke to build the Arboretum.

Flynn was on the committee that decided to make cuts to the Arboretum.

"I don't feel the committee was being unduly nasty to one particular situation. We were under the gun and we had to come up with cuts, we did our best," said Flynn.

"At the end we might have been a little lead-crazy in chopping but we were doing it with the best notions."

Many of the councillors have admittedly never been to the Arboretum, which they described as being renowned worldwide.

Council voted unanimously to roll-back cuts, adding they might want to look for more private sector donations to boost funding.

"There have been some cuts in our funding, but they weren't as significant as we were initially lead to believe, but a cuts a cut all the same," said Arboretum Director, Stephen Bodsworth.

Literary competition winners honored in the Humber Room

by Heather Goode

The winners of the third annual Student Literary Competition were honored in the Humber Room last Thursday.

Joe Aversa, chair of Communications, and Pam Hanft, dean of Liberal Arts, presented the awards to six students. There were two categories in the competition: personal essay and short story.

In the personal essay category, Shannon Hancock's "Saturday, After Noon", won first-place honors. "Writer's Block" by Laura Wedemire and "The Chemical People" by John Wright placed second and third respectively.

In the short story category, Scott Middleton's work "Toadie" won first-place. "Bus Ride" by Nely Pereira won second and "At the Foot of an Oak Tree" by Chris Attard placed third.

Of the six winners, five are journalism students. The exception was Nely Pereira a computer programming student.

The competition is sponsored by the communications faculty. Any student enrolled in a communications course can enter.

Aversa said the competition is important because it defines what the department is about.

"It allows communication teachers an opportunity to use the competition for better writing in their students."

This year about 30 entries were submitted. Aversa said the faculty

were hoping for more, but because of cutbacks, it was difficult to get the competition organized sooner. He said he was still pleased with the interest.

All entries were judged by communication faculty members. Judges were looking for stories with originality, sensitivity and a very strong voice.

Organization, sentence structure and a consistent theme were also requirements. Judges would

came from a combination of my cousin, a kid I knew at school and a friend of mine who was brain damaged in an accident," said Middleton.

"And a guy I picked up hitchhiking also inspired me to write the story."

Chris Attard, also in first-year journalism, said he got his idea from a story he read in his communications course about two black friends.

He then took the basis of the story and wrote it on a different angle.

Shannon Hancock had mixed feelings about her first-place win.

"I was happy to win but it was also bittersweet because of what had to happen for me to write it."

She wrote about the day her brother died in a car accident.

The lunch was held to not only honor the students, but also the faculty sponsors, judges and instructors, who included Wayson Choy, author of

"The Jade Peony."

The first place winners in both categories will now have their work submitted to the international level competition.

It will take place at North Lake College in the Dallas County Community College District. They will compete against 19 other colleges, mostly from the United States. The results will be published May 1.



PHOTO BY HEATHER GOODE

Award winners: back L to R, John Wright, Chris Attard, Scott Middleton. Back L to R, Laura Wedemira, Shannon Hancock, Nely Pereira.

list their selections in order of most preferred and then come to a consensus on the winners.

First-year journalism student Scott Middleton's story is about a brain damaged boy who meets a kid in the schoolyard and begins to tell him his life story.

Middleton said the idea for his story came from a number of sources.

"The character of the narrator

Appearing April 25

HOTEL
California
EAGLES TRIBUTE BAND



Every Saturday Night...

with
3 Men a Drum Machine.



FOX
AND
Fiddle
PARTY PUB

171 Carlingview Drive • 798-3203

OSAP rush

Applications flooding in for student loans

by Patti Enright

With the school year almost over, it's time again to think about OSAP applications for the winter session.

"We expect applications to become available sometime between mid-April and the end of the month," said Holsee Sahid, a Financial Aid and Awards Officer at Humber. "Government officials say that the OPSEU strike didn't affect them, but in reality it held up (applications) by a week or two."

For anyone in their first year applying for a loan, Sahid said you have to be a Canadian citizen or have a certificate of citizenship to apply, and they also must be an Ontario resident (having lived in Ontario for at least 12 months.) The amount of money that a student can expect depends on the individual's status.

"For example, if you've been out of high school four years, or away from school for two years, you're categorized as Group B (where you don't need parental information on the application)," said Sahid. "It also takes into consideration each student's expenses and earnings from a summer job."

Completed applications should be dropped off at the Financial Aid Office (H107) no later than mid-June.

A financial aid officer will

look over the application with the student to make sure it's filled out correctly. Processing time usually takes between four and six weeks, Sahid said.

"The application is pretty self explanatory," said Judy McLean, a first-year Retail Management student. "Right now, I'm not that sure how much (money) I'm going to get."

McLean's program has a paid internship which she said helps her out in addition to OSAP money.

"Last year I went to university and it was harder (financially). But this year with co-op, it makes it a lot easier," said McLean. "Without OSAP though, I'd be working a lot more."

While the new applications for 1996 and 1997 haven't arrived yet, a preview of the changes to the forms have been sent to the school's financial aid office.

"On this year's application, the ministry is asking students to list their assets," said Sahid. "If you have bonds, GICs or if you own a car, this will all be taken into consideration."

"Also the section that asks for parents income (the ministry) has added a place to report taxes paid as well as UI and CPP. This is good because it acts as a deduction on the form."



PHOTO BY PATTI ENRIGHT
Holsee Sahid, preparing for the OSAP application rush.

Metro cops retire

by Karen Elsworth

Metro Police in Etobicoke lost 18 police on March 30, due to voluntary early retirement and incentive packages.

"The provincial cutting of the budget by \$57 million called for some change, and because most of our budget is salary, this was one way to do it," says sergeant Roger Dodson of staff services, who is responsible for the retirement packages.

In all of Metro, 427 police took the early retirement and incentive packages, including those who were ready to retire this year.

Sergeant Glen Paprowski, Staff Inspector for 23 Division, says the reduction of officers at this point in time has resulted in budget savings, because their positions will not be replaced until early next year.

"The whole idea is to save money, and we have certainly done that," says sergeant Nigel Fontaine, a media relations officer for Metro Police.

Although 23 Division has lost 18 people, already 12 officer from another division have transferred to Etobicoke. "It's all part of restructuring," says Paprowski. "A large number of senior officers who had a large degree of experi-

ence will be hard to replace, but there are 93 people coming out of training which will help."

Sergeant Stuart Eley says the restructuring of the department is more behind the scenes and the public will not recognize any changes in their services. Support groups have closed down and officers have been put back into uniform. Those who do specialized investigations and community services have also been affected, but the police have put more manpower out on the streets.

"In a case like Humber, if they call, we'll still be there. It is more behind the scenes that have been affected," says Eley.

Fontaine stressed no one has been laid off and Metro is hiring 300 new officers in the next year. There are now promotions available to existing officers, making more room for constables.

Dodson says the window to this package was only open from January to March and it upheld a 75 factor. This means the minimum age to retire is 45 years. Added with their years of service it totals 75 years. However, this window is now closed and has reverted to the original retirement mandate

Humber faculty go overseas

by Tim Duboyce

Several Humber faculty members are part of a four year, \$379,715 business and technology development project in Guyana.

"We knew that Guyana was going through a lot of development with their technical education system. We knew that a lot of changes were going on," said Humber's Chair of International Projects Frank Franklin, responsible for Humber's participation in the project.

Chair of Media Studies Michael Hatton, who wrote the proposal for the undertaking, identified the problem as a "brain drain".

"Probably the biggest problem facing Guyana is net emigration. Educated people are leaving Guyana in large numbers," said Hatton. "What happens is that it's difficult to set up infrastructures when all your educated citizens leave."

Lakeshore Business Administration Coordinator Patricia Meek, Marketing Instructor Jim Skinner, and Registrar Martha Casson are three members of Humber's staff who

have flown to Guyana as workshop instructors in the last year.

Meek said the workshop participants were principals and teachers from Guyanese Technical Vocational Institutes.

Hatton said activities such as this are a natural extension of Humber's mandate as an educational institution.

"We are a global college, there is no question," he said. "We develop and deliver training programs around the world."

The payback to the college, according to Hatton, is an enhanced educational experience for those who attend.

"Humber College has a mission statement. One of our roles is to deliver the best education possible, and part of that is to develop links nationally and internationally," he said.

As well as conducting instructional workshops, Franklin said Humber has played host to a Guyanese delegation of four principals who came to Toronto to study the processes implemented at Humber College.

These processes, Franklin said, include "interviewing techniques

in selecting instructors to go down (to Guyana)," and setting up local "partnerships between technical institutes and industry."

Hatton said the project is funded through reimbursements from the Canadian International Development Agency.

He added the cost of the project is probably less than CIDA's claim of over \$379,000, since funding was reduced in the project's first year due to federal government cutbacks.

While Humber contributes to the plan by non-monetary means, like providing personnel, money is administered by the Association of Canadian Community Colleges based in Ottawa.

CIDA co-ordinator Lise Groleau said the project is paid for by CIDA and is executed by the ACCC.

"When we deal with colleges, we ask for cost-sharing agreements. Normally, CIDA pays 80 per cent of the estimated costs, and the remainder comes from the college through (non-cash), in-kind contributions," she said.

Food services turns a profit

by Jen Wilson and Jackie Christie

The Humber Food Services department, which oversees the operation of on-campus eateries, made a profit of more than \$300,000 last year.

Director of Ancillary Services John Mason, said some students and staff believe the excess revenue during 1995 was high.

Mason said "the larger profit margin for 1995 is due to the fact that very little capital was spent."

Food services made \$313,469 for the 1995 fiscal year.

Mason said the profits are being saved to redesign the Pipe and Kites, to meet the customers' changing needs.

"To renovate these areas, will cost well over \$1 million... a sum of money that large must be accumulated over a number of years," said Mason.

Food Services administrators are still working on bringing a burger chain to Humber, Mason said, but the initial cost of the franchise would require years of burger sales to reach the break even point, he added.

Mason said many students at Humber's North campus who participated in a recent Food Services survey are in favor of an on-campus burger and fries outlet.

"The want is high (for a burger restaurant), but we simply cannot afford a \$.5 million franchise right now," said General Manager of Food Services, David Griffin.

The key to getting a burger chain at Humber may lie in renovating the existing Pipe and Kites. "We need the physical redesign to provide the funding for these types of services. If we are providing what the customers want now, the sales will finance the renovations," he said.

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EDITORIALS

EDITOR: Deborah Rowe

675-6622 Ext. 4514

HUMBER ET CETERA

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Saying goodbye to Humber

"It was the best of times. It was the worst of times..." Who would have thought Charles Dickens could so aptly describe the feelings at Humber College. As this year's graduating class prepares for the chaos of the "real" world, we should be grateful that we are escaping in the calm before the storm.

In hindsight, complaints we may have had over the years seem petty now compared to what those who are following in our footsteps will have to face.

Take parking fees for example. The \$25 increase this year left students red in the face. But the proposed increase for next year could cost students an additional \$140, bringing the total to \$320 for one year. It makes the \$25 increase look like pocket change.

And what about those who are still in high school? Their post-secondary education is looking more and more grim each day.

Fewer faculty, loss of funding for extra-curricular activities, increased tuition fees, the collapse of financial assistance - all are staring tomorrow's Humber students in the face.

With these inevitable changes coming to Ontario's education system, we at Humber have been very lucky. Tuition has remained relatively low, parking fees are reasonable and we have benefitted from excellent teaching staff who could focus on teaching rather than whether or not they would have a job in September.

So as we leave to start a new chapter in our lives, it is important to realize and appreciate just how good the best times really were.

Grade 10s to make big decisions

Remember grade 10? What kind of decisions did you have to make?

At age 14, the biggest decision most of us made was what to wear the next day or with whom we were going to go to the dance.

Soon, it appears, 14-year-olds will be asked to make a commitment to a career choice.

In an effort to streamline education, it has been proposed that students make a decision on their post secondary plans by Grade 10. At that time, students are supposed to know if they want to go to college, university or work when they are finished high school.

After several years of high school and university, some people still don't know what they want to do in life.

Pigeon-holing young people into a pathway that early defeats the purpose of lifelong learning.

We're told not to limit our options, we're told we'll have several careers in our lives, but this plan would force students to focus on a goal that may not even be there when they are finished.

This idea would make things easier for administrators but not for students.

Do a good deed - deposit pop can tabs

Please help us provide wheelchairs for the needy.

An organization I belong to collects pop can tabs which are eventually sold to buy wheelchairs which are given to needy individuals.

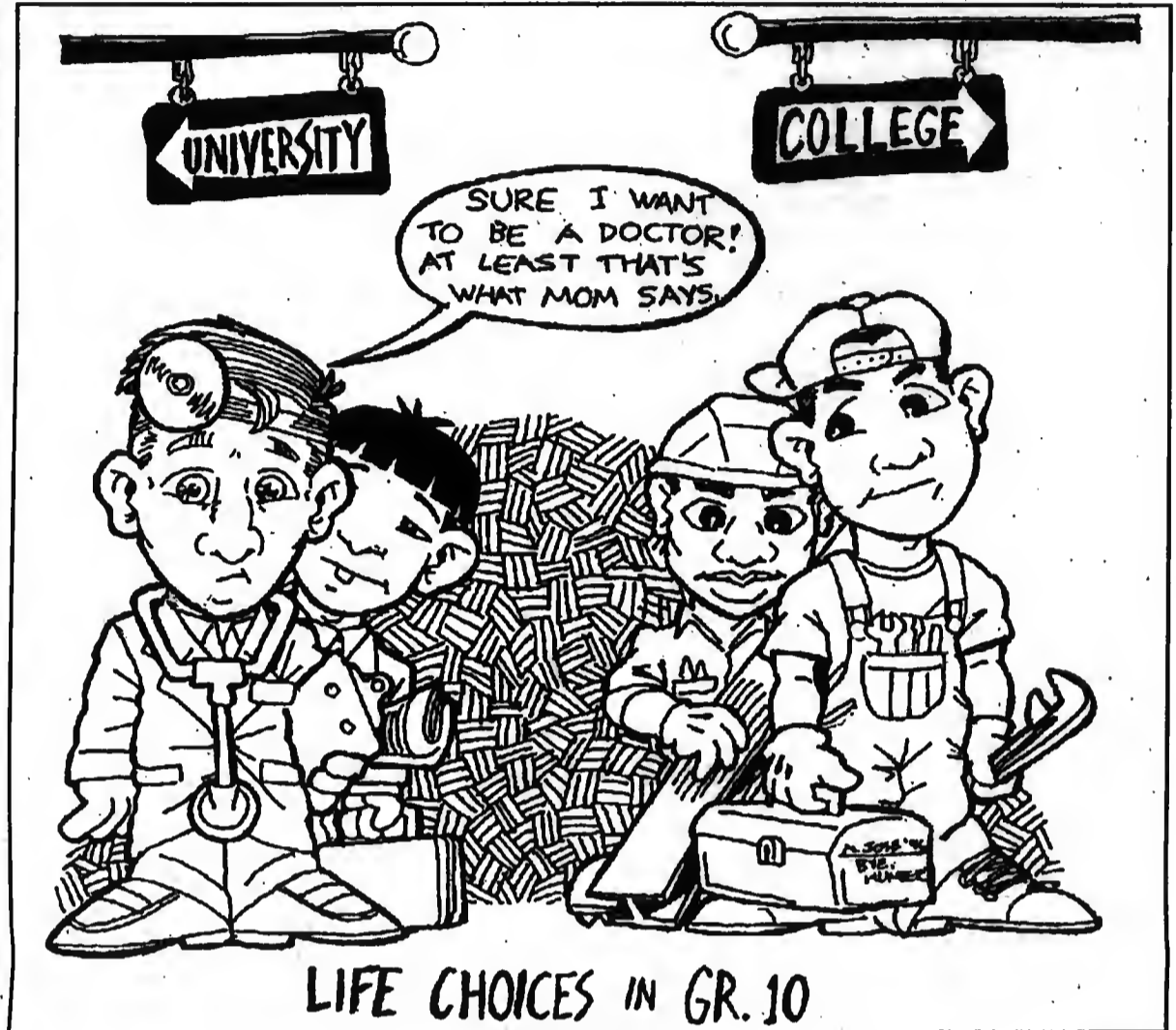
Please deposit your pop can tabs in containers located in the Pipe, at Mr. Sub and by the pop

machines, the second floor cafeteria, and beside a number of blue recycling containers in various hallways.

The more pop can tabs, the more wheelchairs.

Thanks for your support.

Harvey Freedman
Accounting Faculty



Letters

Program cuts reflect changes in job market

Re: College funding penalizes popular programs, April 4.

John Huot pointed out that two of the most popular programs at Humber College are in the School of Community and Social Services. He also expressed the concern that the enrollment in two of these programs has been reduced.

The college employs a number of criteria in any change in enrollment. Student demand, graduate placement, cost and quality of the program are all taken into consideration. But the critical criteria driving the decisions to reduce enrollment in Social Service Worker and Law and Security was our concern for graduate job placement.

Graduate placement statistics and sectoral job demand projections show that by reducing the enrollment in both of these programs, more graduates can expect work that relates to their studies and pays well. Certainly the unique relevance of both programs and the skills of the graduates are well recognized among employers.

Noise complaints at rez could be avoided

Re: Tales from residence hell, April 4:

I realize residence can be loud, and some students can be inconsiderate at times, but I feel this story was totally one-sided.

Mr. Mealing states Humber students have no respect for anyone or any policies that affect the residence. I find this statement to be unfair and untrue. I personally know students who are here for more than just a party.

When the student had trouble with quiet hours, he should have called security at the front desk when he could not contact his resident advisor.

I am sure that he has a loud floor, but he could have applied for a room transfer at anytime throughout the year.

I think calling the students at Humber residence,

The college community also needs to know that there was a two month consultation on Humber's enrollment plan for 1996/97. The program includes the reduction of enrollment in a number of programs, the suspension of a number of programs and the introduction of at least six new ones.

These decisions are based upon the recommendations of advisory and sectoral committees, market analysis, graduate placement and student application data, an analysis of the enrollment plans of other colleges and/or Human Resource Canada job market projections.

Each enrollment decision will benefit new and current students by ensuring, to the best of our ability, that there is a strong relationship between the number and quality of graduates and the opportunities available in the workplace.

Richard Hook
Vice President, Academic

"inconsiderate, rude, disrespectful, shortsighted, slackjawed losers," will not improve the situation he is in.

I am sorry we are not all at his level, but quite a few students have toughed the year out. I can only hope Mr. Mealing goes through the proper channels before writing such an article.

I believe there are more people at residence who have enjoyed their year and I can only hope that next year is as fun as this year has been.

There are over 700 students in residence. We cannot please everyone, but we try.

Lawrence Saindon
Resident Advisor

OPINION

EDITOR: Deborah Rowe

675-6622 Ext. 4514

Cigarette butts destroy beauty of Lakeshore campus grounds

by Kelly Tallon

Have you ever felt like you are the only one on campus who notices things?

Do you ever wonder if anyone else sees or even cares about the same things that bother you?

Well, at the risk of making a mountain out of a mole hill, I want to write about the disgusting conditions at the front of the Lakeshore campus cottages.

The first day of school was wonderful. Clean asphalt, new wooden stairways, hey, even new students.

But this was not to last.

Welcome to the cottages of Lakeshore campus, better known as the new ashtray on the old Lakeshore Psychiatric hospital grounds.

Has anyone else noticed the butt strewn gravel and grass on both sides of the stairs? They serve to remind us just how irre-

sponsible we are when it comes to disposing of our cigarette butts.

In addition to the fact that it is a poor reflection on us as responsible students and yes, even teachers, let's try to remember just how long it takes a cigarette filter to decompose. *If it decomposes!*

We're not talking about a piece of rice paper here. (Well only if you smoke rice paper cigarettes.) We are talking about what could be a piece of fibreglass.

Yes folks, the very same material we wear special clothing and insulated gloves to touch is literally landscaping Lakeshore campus park land.

Please don't misunderstand me. It is the right of each individual as to whether they wish to smoke. We all have our different vices.

But if we all followed the butthead example, we would have a hard time climbing the stairs with all the empty beer bottles,

condoms, Twinkie wrappers etc...

It amazes me that with all of the time, hard work and deliberation put in by the powers-that-be and a ton of environmentalists, there is this abuse.

The Lakeshore residential community must abhor the fact when all is said and done, students and teachers, who should be concerned about the state of their community, are defiling this beautiful waterfront park and school site out of sheer indifference and laziness.

In closing, I would like to suggest that students and staff accessing the cottages take note of the giant ashtrays as they enter and exit the buildings. They're on the right.

Kelly Tallon is a first-year Social Services student and Lakeshore resident

Affirmative action a positive step

by Sophia Thompson

Despite the argument affirmative action is in itself discriminatory, such programs will continue to be fundamental until everyone realizes the evident role race plays in our society.

It is understandable to see why people believe education and employment opportunities should be determined by merit alone. Unfortunately in the real world, this perception is not convincing to those denied access to education or employment due to the color of their skin.

Former Ku Klux Klan Grand Wizard David Duke made this very clear when he said, "What we want in this country is equal opportunity for everyone, not affirmative action for a few."

What he's really saying is, 'it's time to stop them before they take our jobs, cheat our children out of a place in college, and try to move next door.'

And though these statements are inflammatory, they continue to be felt by many, but said aloud by few.

Therefore, affirmative action programs, both in Canada and the U.S., would not be necessary if these racist opinions didn't exist in the first place.

For example, if blacks received equal treatment in the job market and education system, there really would not be any need for such programs. Unfortunately, blacks do not fare well in government institutions either, so our progress in these areas will remain inconsistent.

Perhaps if those sitting on the outside looking in were in our position, equitable opportunities would come at a faster pace. If those empowered took time to assess the situation, I'm sure they would realize the significance of affirmative action.

I'm not saying that such programs should be the sole means by which blacks and other minorities progress. But it would be an assurance.

Sophia Thompson is a second-year Journalism student

What can students do to clean up Humber campuses?

word on the street



Omar Abdi
Computer Info.
Systems

"Hire more people to clean all around the school."



Michelle Williams
Computer Info.
System

"It's not bad, but the bathrooms could use some cleaning."



Melanie Bradley
Fashion
Management

"The washrooms need to be cleaned. Everywhere around the school except the library."



Rolando Cruz
Electrical Control
Systems

"Make people aware that in a cleaner school, students learn better."



Marlene Pereira
Accounting

"Outside at the smoking area, there is a place to throw your cigarette butts, but people still throw them on the ground. They should put them in the bin provided."

Alzheimer's casts long shadow over families



by Terra Crowley

I remember the days when I watched my grandmother make her apple pies.

"There isn't a recipe," she would tell me. "I just remember to put in a dab of this and a dab of that."

Today she doesn't even recognize a pie. My grandmother has Alzheimer's disease.

More than 300,000 Canadians suffer from Alzheimer's disease and this number is expected to triple by the year 2030. According to the Alzheimer's Society it is the fourth leading cause of death in Canada.

As the number of victims increases, the government will have to offer assistance by way of more subsidized nursing homes and more counseling for caregivers. But most

importantly the government will have to review laws which refuse patients the right to die with dignity.

Before you disagree, you must consider that Alzheimer's disease doesn't have any predispositions. Alzheimer's will strike any gender, class or ethnic group. Anyone can be a victim. The Alzheimer's Society reports the youngest known age to develop the disease is 28.

But now that researchers have discovered a way to detect the early stages of Alzheimer's disease, the results must be used constructively. When a person is told he or she is in the early stages of the disease, there should be an educational program for the victim and their family. Upon completion of the program, the person will be aware of how life is about to drastically change.

Although Alzheimer's disease eventually strips away the self-respect of victims, in the early stages, they would be competent to decide if they would die with dignity or would fight every stage of the disease.

The beginning stages of the disease

include loss of short-term memory, difficulties controlling emotions and managing routine tasks. I noticed changes in my grandmother's behavior but assumed it was old age. Gradually things worsened and she became easily agitated and depressed.

I didn't want to admit that my grandmother had Alzheimer's. My visits with her became infrequent. I found it difficult to watch the transformation of a normal woman into, at times, the equivalent of a three-year-old.

The final stages of Alzheimer's disease are difficult to describe because each case is different. For my grandmother, it will result in living in a nursing home, separated from my grandfather after 50 years of marriage. She spends her days crying because she does not know where she is, who she is, or what is happening to her. For her, every day is a nightmare.

I've learned over the past few months that understanding the disease eases some of the pain. It is difficult to accept, because I know the disease is only going to get worse. But by educating myself, I know that what I

feel and what my grandmother is expressing is normal.

Those dealing with victims of Alzheimer's should try to learn as much about the disease as they can.

Although two cases are never the same, the local Alzheimer's Society can provide information and counseling services to help people understand the process of the disease.

At the onset of the disease, my grandmother knew something was wrong. She couldn't understand why she couldn't remember things. She found things slipping away from her memory and became extremely frustrated.

I tried to help her by writing out instructions or leaving important phone numbers by the telephone. It didn't matter. She didn't recognize the phone.

Today she cannot recognize my face or my name. To her, I'm just a stranger that has come to visit.

Terra Crowley is a second-year Journalism student

Literacy at Humber College improves

by Leanne Lavis

Employers require college graduates to be skilled in their language abilities: reading, writing and speaking. At Humber, the level of literacy has improved, but it still has a way to go.

"We've seen an overall increase in the level of literacy (at Humber) this year," said Chair of the Communication Department Joe Aversa. "We've seen a two per cent drop in the amount of those students needing remedial English," he said, adding that the drop is significantly high in some programs.

"In the '80s, about one-third (about 35 percent) of the students needed remedial English," said Student Development Coordinator Sheila Susini.

"Overall, I would say sentence structure, spelling, grammar and expressing their ideas coherently are all areas students have difficulties in," said Aversa.

Once students are admitted to a program, they are required to take a Computerized Placement Test. Some programs such as Office

Administration and Public Relations take a customized communications course.

According to a communications overview, students who score between 0-80 are asked to complete a one-hour writing sample. If the writing confirms the need for remediation, the student is placed in Communications 100; if it is between 81-109, they are placed in Communication 200 and if it is between 110-120, they are put in Communications 300, a business writing course.

"If the scores are really low and the writing is quite poor, we suggest the students take an intensive course before trying to enter into college," said Aversa.

Humber also has a growing population of second language learners.

"These students are learning the language for the first time and they're struggling to learn it," said Aversa.

The ESL (English as a second language) courses are now offered. Once a student successfully completes four courses they have met

their communication requirements.

If students want to increase their level of literacy the following three programs could help:

- English for Academic Purposes Program. This is for non-native English speakers. It is a full-time, intensive program (for one to three semesters) prior to entry into college.

- Teachers of English As A Second Language Program. This is a full-time program. It is designed to teach students how to teach adults English as a second language.

- Summer English Language Program. This is a five or 10 week program for beginner, intermediate and advanced levels. It is offered from late May to mid August.

Susini and Aversa agree improvement still needs to be made to ensure higher levels of literacy.

"Teachers need to rethink how they teach because the way we're writing is so different from the old days," said Susini.

"(The education system) must

refocus so students coming out of high school can read, write and count," said Aversa. "Everyone out there realizes that there's a problem. Now, we

have to look for solutions."

For more information contact Humber Colleges' Communications Department or talk to a Communication Professor.

Renters worried

Rent Control abolishment has students concerned

by Susannah Dudley

Many Humber College students are worried they will not be able to afford their rent next year if the provincial government decides to abolish rent control.

"It would become impossible to rent my apartment," said Renata Pascal, a first-year Medical Office Administration student. Her landlord has "raised the rent each year by \$25 to \$30. We couldn't afford any more."

"There's no way I could afford paying out more rent without getting another job," said first-year Accounting student Darren Housden who attends school full-time and has two part-time jobs.

Premier Mike Harris is planning to overhaul Ontario's rent control system this fall.

"We're thinking of amending the Landlord and Tenant Act, the Rent Control Act and the Rental Agreement Act," says Vince Brescia, the Ministry of Housing's Special Advisor.

The Tories say rent controls are hurting Ontario's economy by hindering the development of new rental buildings.

"We're concerned about how the rent control system works ... that no new supply is being generated," says Brescia.

However, the government has not announced what the changes will be or when they will occur. Minister of Housing Al Leach could not be reached for comment.

Metro councillors and tenants are afraid the changes will leave renters vulnerable against rising rent, unfair evictions and substandard housing. In an effort to protect tenants, many Metro Councillors have formed a special Save Rent Control committee. At a February committee meeting, East York Mayor Michael Prue told a group of more than 1,200 concerned residents the changes will create "slums."

The removal of rent control "affects everyone but tends to have a more damaging effect on

the people who are struggling to get by," said Executive Director of the Daily Bread Food Bank, Gerard ...

"If you lift rent controls in an environment where people have lost 50 per cent ... of the ability to already buy food, you're giving a recipe for disaster ... five per cent of the ... of ... more ... you ... land ...

"The class will be ... off. They ... they live off ... rent ... 100 ... the ... won't ... in ... of the ... Rent Control Program office.

Those who oppose the ... say the ... control ... worked to ...

... control ... allowed tenants ... have rents frozen if there is ... to be ... Prue. An economic incentive for frozen rents ... done more good for them ... than taking landlords to court. Good landlords have ... they can live within the guidelines, bad landlords, as always, can't," he said.

"Ending rent control will not give landlords the incentive to build new buildings, nor will it give them the incentive to make necessary repairs," said Ray Gallagher, treasurer of the Federation of Metro Tenants Association.

Rent Control was introduced in 1975 under Bill Davis' Conservative party in response to rapid inflation, rent gouging and unwarranted evictions. And Ontario's previous NDP government made co-op housing and rent geared to income a priority. In 1991, they limited the amount rent control could increase each year.

Students against crime

Humber College hosting first ever Crime Stoppers Conference

by Karen Elsworth

On May 31, Humber College will host the first Student Crime Stoppers Conference in Canada.

"I would even venture to say, it's the first in North America," said Gary Jeynes, director of physical resources.

The conference will allow students to learn more about topics relating to crime, and to assist other schools who are interested in joining. Metro Police approached Humber to host the conference because the school is active in the program and has a good relationship with the police.

"Humber is the first college in Canada to adopt the program, and it would appear that other colleges are now following our lead," said Jeynes. "We feel it is quite successful here at the college and are quite proud to host it."

Approximately 300 students from elementary and secondary schools will attend the event and discuss various topics, including how to start and maintain a stu-

dent Crime Stoppers program, violence against women, gang behavior, the Young Offenders Act and other high school issues. There will also be expert speakers on these subjects leading the discussion.

Robert Gordon, president of Humber and a supporter of the program said, "We get involved in all kinds of community services. The idea is to encourage an integration of what we are trying to do as an education institution with activities externally."

Student Crime Stoppers offers students and staff a means of reporting crime on campus without being identified and Jeynes encourages any student who is aware of, or has seen any criminal activity on campus to call 222-TIPS.

"I think it's an excellent idea," said Mike Love, a first-year electronic engineering student, "There is so much crime with software, computers, lab equipment, and things get damaged and vandal-

ized. That costs the school, which in turn costs us."

Andrea Nagy, a first-year fashion arts student said, "I think it's a good program because it keeps our school safe."

Last semester, the police received a tip concerning some stolen property from the college, which was instrumental in making an arrest.

Jeynes said Crime Stoppers also acts as a deterrent to crime.

"Someone who is thinking of stealing something from the college should know that people may be watching, and possibly reporting them to the police, and to me, that's a deterrent," said Jeynes.

On Wednesday, March 27, a hard drive was stolen from a computer located in room N211. If anyone has seen anything, or knows the individual involved, please call Crime Stoppers. All callers will remain anonymous, and will not have to testify in court. The tip could earn the caller a cash reward.

HUMBER COLLEGE Department of Music PIANO SALE

Humber College is replacing most of its stock pianos. Through agreement with Kawai Canada Music Ltd. the College is hosting a sale of pianos on campus. More than 50 pianos will be available, including grands, uprights and digitals in many sizes and finishes.

Brand names include: **KAWAI, YAMAHA, YOUNG CHANG** and **HEINTZMAN** as well as many others.

Some are new, some are less than one year old and others have been professionally refurbished.

Special discounts for staff & students May 3rd, 1996 9:00am - 12:00 noon

FOR FURTHER INFORMATION OR TO SCHEDULE AN APPOINTMENT CALL: (416) 236-8661

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12:00pm - 8:00 pm

Saturday

May 4th

10:00am - 5:00pm

Sunday

May 5th

10:00am - 5:00pm



Humber College, Lakeshore Campus, 3199 Lakeshore Blvd. West, Toronto, Ontario
 Visa, Master Card, C.I.B.C. Financing Available. Delivery arranged through **Y.C. Chau & Sons Piano Inc.**

Melatonin – drug banned but still available

by Aaron Adamson

A hormone supplement that may be the fountain of youth, according to supporters, is being sold in health food stores in Metro, even though sales were suspended in Canada last October.

Melatonin, which is derived from animals or produced synthetically, may supplement the body's own supply, helping to extend life, ease insomnia, combat jet lag, boost the immune system, treat osteoporosis and prevent pregnancy (in large doses), according to an article in *Newsweek*.

Melatonin is produced naturally by the pineal gland of the human brain. The amount released decreases with age (see graph) which is why supplementation might help with age related disorders, according to A.S. Gissen in the journal *Vitamin Research Products*.

According to a Health Canada Report, "No manufacturer has submitted an application with acceptable scientific evidence of safety and effectiveness, to market any drug preparation containing melatonin."

The report goes on to say it is illegal to import the drug for marketing and sale, but since it is not a banned substance, Canadians can purchase it (from outside Canada) for personal use.

Despite the suspension, melatonin is still being sold over the counter at seven out of eight health food stores checked randomly in Metro by an *Et Cetera* reporter.

These include Nutrition House in Sherway Mall, Health Service Centre at Jane and Lawrence, and Golden Harvest, between Yonge and Bathurst on Sheppard Avenue.

One store owner in the Etobicoke area, who asked not to

be identified said, "We have to keep selling it to compete with the others ... we sell a lot. We have people coming in and buying 15 to 20 bottles at a time to sell to family members all over the world."

One employee of a Toronto health food chain, who also requested anonymity, said they sell roughly 580 bottles in a month at an average cost of \$18 a bottle.

Another store owner said it was okay to sell melatonin since it is popular as a natural sleep aid and doesn't have short term side effects.

Sales of the hormone were suspended because "the purity of the product sold in health food stores and the adverse affects of taking the hormone are unknown," said Dr. Brian Gillespie, chief of drug evaluation of the health protection branch of Health Canada.

Gillespie said most of the studies have been on animals rather than humans, but concedes he knows of no studies that show melatonin as having an adverse effect in humans.

Donna Kerr, a medical doctor at Yonge and St. Clair in Toronto said their office has a positive view on melatonin.

"One of our lab technicians takes it and orders it through the States since it's banned here," said Kerr. She said she took it when she felt she needed it for a sleep aid and it "knocked me right out."

According to Gillespie, "Melatonin might turn out to be an effective hypnotic and could have some beneficial effect on jetlag, but large controlled trials in jet travellers and patients with insomnia have not been done."

Gillespie wonders about melatonin's effect on women who are

taking the hormone as a sleep aid and are also trying to get pregnant.

As far as the anti-aging effects of the hormone, Gillespie said no one has proven antioxidants like melatonin are beneficial to health.

Melatonin is considered a drug by Health Canada and thus falls under the Food and Drug Act. It must meet all of the Act's regulations before it can be sold legally in Canada over the counter.

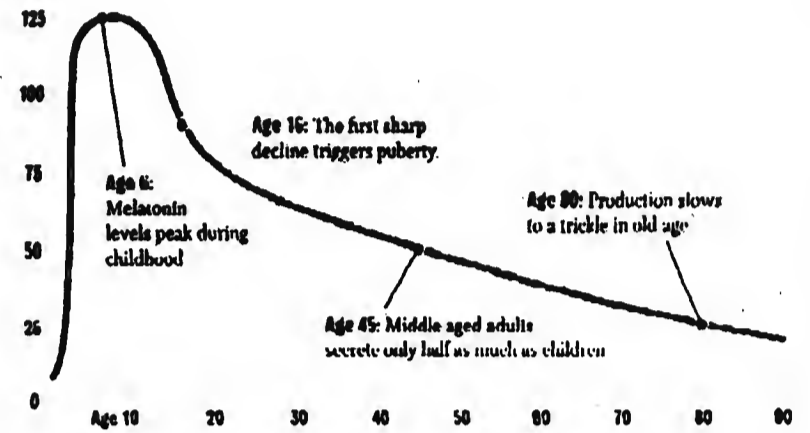
One Etobicoke health food store owner said, "The government banned it [melatonin] in October after the *Toronto Star*, 60 Minutes and other media attention, caused sales to go through the roof."

Some people in the health food business feel the government takes popular products off the market to make more money. The expensive testing requirements following a suspension pushes up the price of the drug and more tax dollars are

made when the product goes back on the shelves.

"Absolute nonsense," said Gillespie "We treat all new drugs the same. And we require the same

degree of evidence, regardless of who is selling it. We look at the safety and effectiveness of the drug before it can go on the market."



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Average nighttime melatonin peaks, in picograms per milliliter of blood

Melatonin – the natural drug of the future

Life extension properties

One very important way melatonin may help to extend life is by protecting cells from free radical damage, according to an article by Stephen Brewer in *Longevity* in 1993.

Free radicals are highly reactive particles created when we metabolize oxygen. These particles are involved in the process known as oxidation; the same process that causes metal to rust, breaks down, or ages our tissue.

In the human body, oxidation contributes to the weakening of the muscles, the mind, and to at least 60 degenerative diseases including cancer, heart disease and Alzheimer's.

Melatonin as sleep aid

Melatonin is synthesized and secreted by the pineal gland deep

within the brain. This structure helps to control our sleep cycle by increasing the output of melatonin at night, in response to the lack of light.

As people age, the gland produces less and less of the hormone and we have shorter and progressively less restorative sleep periods (see graph).

Treatment and prevention of osteoporosis

Another attribute of melatonin is that it may be effective at preventing and treating osteoporosis, according to a 1992 study. Osteoporosis is a disease in which the bones become brittle as a person ages. It affects 20 million people in the U.S.

It mainly affects postmenopausal women, likely because melatonin levels drop off

dramatically after menopause, according to animal studies cited by Gissen in *Vitamin Research Products*. Melatonin is involved in processing calcium, which builds and sustains bones.

Natural contraceptive

Dr. Michael Cohen who's from Fairfax Va., said melatonin dampens the release of estrogen. If the level is high enough, it can temporarily shut down a woman's reproductive system.

Cohen has come up with a new oral contraceptive called B-Oval which uses a 75 mg dose of melatonin. This is more than 20 times the dose taken to aid sleep.

European studies involving 1,000 women have shown that B-Oval is as effective as regular birth control pills and has shown no toxicity.

Reduce the risk of pregnancy and HIV with Protectaid

by Patti Enright

Protectaid sponges, a new brand of Canadian-made contraceptives on the market, are not only being seen as a form of birth control; they may also reduce the risk of HIV.

"(The company making the sponges) found that it reduces the virulence of the virus, meaning it's not as lively," said Gabriela Pittock, a public health nurse with the Etobicoke Health Department.

The sponges use spermicides in lower quantities, which Pittock said decreases the irritation of the vaginal area, and in turn, decreases the risk of disease.

"By no means does it kill the virus, but it does act a bit as a protective mechanism."

According to Pittock, the sponge created by Canadian doctors contains spermicidal foam that's released during intercourse.

The sponge acts as a barrier. It blocks sperm from entering the cervix and the spermicidal gel activates when it gets wet.

But is it effective?

"It all depends on the individual," said Pittock. "A lot of women are not comfortable with their bodies and don't place the

sponge in correctly."

Old sponges were less than 80 percent effective. Good news for



women this new sponge is 80 percent to 90 percent effective on its own.

Combined with condoms, the rate of effectiveness jumps to 98 percent. When compared to other forms of contraception, the new sponge stands out.

"In terms of pregnancy, the pill has a one per cent failure rate, IUDs two to three per cent, diaphragms and condoms 10-15 per cent," said Dr. Susan Parker, a family physician. "(The pill) and IUDs don't work against the prevention of STDs because

there's no barrier. Condoms have been the most effective for this purpose."

With the rise in STD cases, Parker recommends people take the initiative and practice safe sex.

"In this day and age, with so many diseases out there, if you really don't know your partner, you should make sure you protect yourself."

Protectaid sponges were approved by Health Canada earlier this year and launched in the Canadian market. They're available in a box of four at most Shopper's Drug Mart outlets and retail for around \$10.

94 96 81 100 2 4 6

Fun in the sun could cost you your life

by Linda Farr

Skin cancer is getting more serious and people of all ages, especially young adults, should be avoiding the sun because it could cost them their life.

More than 60,000 new cases of skin cancer will be detected this year in Canada. Of that, about 600 people are expected to die from the disease.

"Skin cancers are definitely more prevalent now than they ever were," says Marg Ann Jones, a registered nurse at Humber

Why should this concern young adults today? According to recent statistics from the Canadian Cancer Society, as well as the University of Toronto's "Health News Bulletin", one type of skin cancer called malignant melanoma is most common in young adults.

Women aged 15-29 are the most frequently diagnosed. For men aged 15-29, malignant melanoma ranks fifth after other serious diseases. According to a pamphlet from the Canadian Cancer Society, skin cancer is expected to spread to an even greater number of young adults by the year 2000 because many don't properly protect themselves from the sun.

Medical research has proven both UVA and UVB rays from the sun are a definite factor contributing to skin cancer, as is the depletion of the ozone layer.

"This change in the atmosphere produces changes in the skin that in turn produce skin cancer," says Dr. Stephen Colen, a plastic surgeon in Manhattan and associate professor of plastic surgery at New York University Medical Centre, in an article by Paul Alexander.

UV exposure to young people before the age of 18 is the most damaging. These signs can go

unnoticed for many years. The Canadian Cancer Society says that one or more harsh sunburns as a child may cause skin cancer as an adult.

"There won't be any downturn in the cancer statistics for at least 10 years," says Dr. Robin Marks of the Australian Cancer Society in a Maclean's article.

There are three different types of skin cancer. Malignant melanoma, the rarest and most dangerous, is the most frequent in young adults. It can appear suddenly without warning and may spread to other organs. This skin cancer can result in death if left too long.

The other two types are basal cell melanoma and squamous cell melanoma. More than 93 per cent of all skin cancers are of these two types.

Basal cell melanoma occurs most frequently, grows slowly and rarely spreads. If left untreated it could spread to underlying bone or adjacent skin tissue and may cause serious problems.

Squamous cell melanoma occurs less often but is known to spread more rapidly. Both types of cancer are easily cured as long as



PHOTO BY LINDA FARR

Protection from the sun is a growing concern, with people of all ages. The Canadian Cancer Society strongly recommends wearing a hat, protective clothing and sunblock at all times.

they are promptly diagnosed and treated.

The Canadian Cancer Society explains skin cancer usually develops in moles, freckles or birthmarks. If there is any discharge or change in shape, colour or size they recommend to have it checked by a doctor.

"The fairer the skin, the higher the risk, but people with dark skin should also be aware and train their children," says Jones.

There are a number of ways to protect yourself from the sun. The Canadian Dermatology Association recommends always

using sunscreen whether in or out of the sun. An SPF of 15 or higher is the best and they remind people not to forget to re-apply after two hours or being in water. It's not only the sun that's dangerous but the reflection off of water, grass and concrete can also burn skin.

Staying out of the sun between 11 a.m. and 3 p.m. is also helpful as well as wearing long sleeve shirts and hats explains the Dermatology Association.

With all of the proof researchers have obtained about the dangers of the sun, it is crucial that people, especially young

adults, take proper precautions when in the sun. The consequences could end up forcing people out of the sun forever.

Free stuff for those who give blood in concourse

UV rays from the sun are causing more damage than we think, so the Health Centre is having a Sun Sense awareness day to remind people just how dangerous the sun really is.

On April 18 in the Concourse, the Health Centre, along with Humber nursing students and some other participants, will have displays offering pamphlets about the dangers of the sun, how to protect yourself from the sun, as well as some other information about skin cancers from the Canadian Cancer Society and the Canadian Dermatology Association.

Several companies have donated sunscreen samples, such as Ombrelle, PreSun and Lubriderm.

Popular eyewear companies such as Bolle and Vuarnet are donating posters and pamphlets.

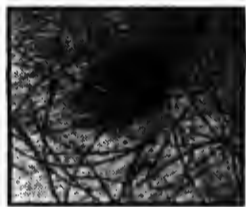
Centennial Optical Ltd. has donated a pair of Sergengetti sunglasses, and Bausch and Lomb have also donated a pair for a draw that takes place at the end of Sun Sense Day.

People will have to fill out a ballot and answer a skill testing question to qualify to win a pair of sunglasses.

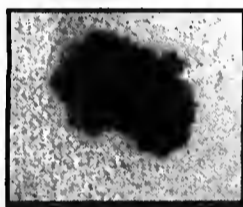
Humber nursing students will be answering questions about sun safety and any other inquiries people may have.

Activities will take place between 11 a.m. and 2 p.m.

Learn to look for the danger signs of melanoma



Asymmetry
one half unlike the other half



Border Irregularities
scalloped or poorly circumscribed border



Color varied
from one area to another; shades of tan & brown, black sometimes white red, white or blue



Diameter larger
than 6mm as a rule (diameter of a pencil eraser)

Awareness key to increase blood donations

by Sarah Jones

Humber Public Relation students want your blood.

A second-year diploma class is in charge of hosting the next Humber Red Cross Blood Donor Clinic on Tuesday, April 16.

Shelley Ravelle, chair of the Blood Donor Clinic Committee, said it is important to increase people's awareness.

"The Red Cross must collect 800 donations each day to meet the demand in Central Ontario," said Ravelle.

In an attempt to heighten awareness, the PR class created a survey that was given to 116 people from about 25 different classrooms. About five people from each class filled out the 12 questions.

In total, 105 full-time students, four part-time students and seven faculty members participated.

The survey showed 66 per cent of students and faculty questioned, said they have not donated blood in the past. Of those who haven't donated, 35 per cent, say it is because of a fear of needles.

Melissa Koski, a second-year fashion arts student, is not in that 66 per cent. She has donated in the past and plans to be there on the 16th.

"It is just like when you go in for a checkup and they want to do some tests on you. It is just like taking some blood except they take a little more," said Koski.

Fifty-seven per cent of people who did donate said the main reason was they felt it was the right thing to do.

The class was divided into three different committees to prepare for the clinic. Students signed up for either the promotions (which is

also in charge of donations), survey (also in charge of evaluation) or the logistics committees.

Other than the Red Cross nurses, the PR class is responsible for running the clinic.

"We are in charge of the entire clinic starting with registration, to walking students through it, to conducting evaluations to handing out hotdogs," said Ravelle.

The committee wanted to try to find a way to get more people out to donate.

"Our main objective is to make it fun. If it is fun, people will be more willing to donate," said Ravelle.

The class is running a Blood Donor Awareness Pub on Monday April 8.

Ravelle said to give more information there will be contests.

"Through out the night we'll

ask the audience questions about donating blood and they will be rewarded with prizes."

Ravelle said they would ask questions like; how many pints of blood are needed in Central Ontario each day and can you get AIDS from donating blood?

Only four out of the 116 surveyed said they definitely plan on donating blood at the upcoming clinic.

A national blood shortage crisis might improve the willingness of 44 people

to donate.

Ravelle said they are hoping to receive 200 pints on April 16.

"Our ultimate goal is to reach the 200 pints. Even if we don't reach that the day will still be a success because we are giving more blood than they have."



PHOTO COURTESY OF THE CANADIAN RED CROSS SOCIETY

April 16 is the day to give in the concourse. The Red Cross wants you. Besides, giving blood is painless and it helps so much!



New drug may stop diabetes

by Ronla Kourzom

A breakthrough has been made in discovering the onset of Type One diabetes.

Close relatives of individuals with insulin dependent diabetes have an increased risk of developing the disease says diabetic specialist for the Hospital for Sick Children, Dr. Robert Ehrlich.

Ehrlich and a group of physicians in Canada, England, and Europe have designed a research study that in the next three to five years might possibly answer whether a drug called Nicotinamide will prevent the onset of diabetes in those people who have high levels of islet cell antibodies in their blood.

"It is now possible to measure

these antibodies but only in a laboratory," said Ehrlich. If islet cell antibodies are present in large amounts, the risk of developing diabetes is increased and can be predicted with reasonable accuracy.

Ehrlich said that the possibility "now exists to detect diabetes before it develops." This opens new prospects of preventing or delaying the onset of diabetes.

"We now know that the disease may develop slowly over many years," said Ehrlich. In some people who develop diabetes, an antibody is present in the blood before the symptoms of the disease occur. "The Islet cell antibody may be present eight to 10 years before the person becomes ill," said Ehrlich.

This antibody is present more

commonly in closer relatives of people with diabetes. If it is present, that individual has a much greater risk of developing diabetes.

Research nurse Pam McCulloch of Sick Children's Hospital said, the purpose of the study is to determine if the "development of diabetes can be prevented or delayed by Nicotinamide."

Nicotinamide is a vitamin. There is no relation between "this drug and nicotine," she said.

Preliminary studies have been conducted and may have had an effect on delaying the onset of diabetes. Nicotinamide is present in a variety of foods said McCulloch but only in small amounts. "Nicotinamide is considered safe even in large amounts," said

McCulloch.

"We would like to study close relatives of people with insulin-dependent diabetes who are between the ages of five and 39 years for the presence of the islet cell antibody in their blood." She said the procedures are very simple. "You will be asked to have a blood sample taken for the antibody and a blood sugar test to make sure you don't have diabetes."

When the results of the test have been established and if the first antibody test is positive "we will ask you for a second blood test, so we can determine how strong the antibody is in your blood. If you have a high level in your blood you will be asked to participate in the study," said

McCulloch.

The study will randomly assign subjects to one of two treatment groups. One group will be given Nicotinamide and the other will receive a placebo. This is known as a "double blind study"

"We can determine if it is the drug that is having an effect," said McCulloch.

If successful, this study - the first of its kind to be carried out in Canada, will "hopefully have a way of delaying and preventing diabetes," said Ehrlich.

Anyone who has a close family member with diabetes mellitus are urged to take part in this international study. Contact Pam McCulloch at the Hospital For Sick Children. (416)813-7238

Chronic fatigue puzzling scientists

by Heather Goode

Chronic fatigue syndrome, or myalgic encephalomyelitis as it's known in medical circles, is one of the most puzzling diseases of the 20th century.

It can cause muscle pain, inflammation of the brain and spinal cord, extreme fatigue, depression, headaches, and lymph-node swelling. Although the illness sometimes lifts after a few months, it can linger for years - or recede only to return.

Chronic fatigue syndrome arrived on the medical scene in the mid-1980's. Since then the medical community has been wrestling with this mysterious ailment, trying to understand it.

Sauna Schiff a University of Toronto graduate, came down with chronic fatigue syndrome in 1989. She was weak, constantly tired and plagued by muscle aches. Over a year she went to eight different experts but doctors could not diagnose exactly what was wrong with her. Her family became frustrated and many of her friends turned away, observing that she looked perfectly healthy.

"I don't know which was worse, the physical pain of my symptoms or the emotional pain of not being believed," said Schiff.

The problem for Schiff and other CFS sufferers is that no one is quite sure what CFS is. Whether it's one disease or several; one cause or more. And diagnosis is largely a matter of ruling out other diseases such as AIDS, cancer, and multiple sclerosis. Treatment proceeds by trial and error.

"You feel really abandoned by the medical community," said Schiff. "There is nowhere to go to get better."

Dr. Susan Abbey, a CFS specialist at the Toronto Hospital said debate in the medical community about what causes CFS and how it



PHOTO BY KENNETH COLLISON

CFS was discovered in the early 1980s. There is still no cure.

is treated is so political.

"Until more is known about this disease, CFS patients are caught in the middle," said Abbey.

Over the years, doctors have advanced conflicting theories about the causes of the disease.

During the 1980s, some doctors contended that the Epstein-Barr virus, which causes infectious mononucleosis, also caused CFS. But Dr. Byron Hyde, chairman of the Ottawa-based Nightingale Research Foundation, a privately funded organization that promotes research into CFS said it was not necessarily the problem. Many of his patients tested negative for the Epstein-Barr virus.

Hyde believes the illness begins as a viral infection and results in a low-grade inflammation of the brain.

"What is unusual is that it can be triggered by any virus that affects the nerves, brain or spinal cord," said Hyde.

Other specialists maintain that additional factors are present when people develop the condition. Dr. Irving Shalit, head of the division

of infectious diseases at the University of Toronto and the Toronto Hospital, said he does not believe the condition is primarily a psychiatric problem, but victims have experienced major stress

before the illness.

Hyde said mounting evidence suggests that CFS is an immune-system disorder in which the body works frantically but inefficiently to control common viral infections which in turn causes the body to start churning out chemicals causing many unpleasant symptoms. And, people with CFS perform poorly on certain cognitive tests.

"CFS patients show abnormally low blood flow to one of the two temporal lobes and the hippocampus," said Hyde. "This region of the brain plays a central role in the formation of memories."

One of the most frustrating aspects for CFS patients has been that there is no known cure.

But Hyde said two medications may help. An over-the-counter nutritional supplement called Efamol, is the seed oil from evening primrose plants. For some patients, Efamol gives more energy and enables them to think more clearly.

And according to Hyde, the experimental drug Ampligen, which interrupts the reproduction of viruses in the body, could prove even more effective.

Meanwhile, specialists seem to be winning the battle to make other doctors treat CFS as a genuine illness said Hyde. Researchers can now demonstrate visually through brain-mapping techniques what happens to the nervous system in sufferers as viruses slow the flow of blood to the brain.

In 1994, Hyde said the Canadian government gave the Nightingale Foundation \$10,000 for a one-day workshop University of British Columbia. The workshop drew up guidelines for government action on the disease.

"These are positive signs for CFS sufferers because researchers may develop a better understanding of what causes the condition," said Hyde. "And find ways to help victims recapture their lost lives."

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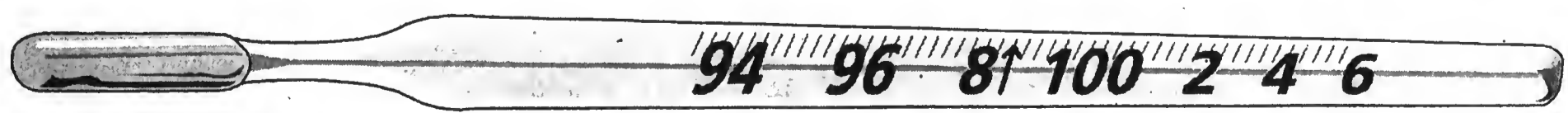
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Chat up with the Duke of Hollywood



COURTESY PHOTO

Actor/director takes time out to mix with 'common folk.'

by Gwyn Chapman-Matthew

Bill Duke, one of Hollywood's best known actors, who directed such films as *Cemetery Club*, *Sister Act 2*, *A Rage in Harlem* and *Deep Cover*, participated in the fourth annual Black Book Fair at the University of Toronto.

I casually met up with Duke at the fair and introduced myself. We clicked.

Both Duke and I realized we shared similar thoughts and feelings regarding work, success and community volunteering. We enthusiastically exchanged ideas and spoke about experiences.

I developed a sense of respect and admiration for Duke. Impressed with his accomplishments and outlook on life, I asked him for an interview. Without any hesitation, the interview was granted.

The six foot six Duke was dressed in black shiny leather from his hat, down to his heels. His serious demeanor fools many, but the moment Duke opens up and starts talking, all sense of intimidation is gone and replaced by a feeling of ease.

Duke talks about the source of

his strength and peaceful nature.

"I meditate everyday, that's helpful. But a great sense of my strength comes from my family. We were taught to be proud of ourselves — as a people," he said.

Living the life of a Hollywood celebrity can easily rob one of their humility. Duke maintains a genuine sense of sincerity and integrity. He is continuously getting involved in community projects such as co-ordinating an active non-profit organization, Artists Against Homelessness.

"I see myself in the context of having a generational type of responsibility," he said. "This keeps me in check. It gives me a clear perspective on life."

Many are inspired by Duke's success and wonder what steps he took in achieving prosperity. Duke said, "Education is very, very important. It provides you with the necessary tools for success. Anything is possible! Be prepared! Learn the skills of your trade and learn them well."

Duke has had to fight the prejudices against blacks that exist in the Hollywood film community.

His role as a leading film and television director has earned him influence over his films and has

led to the creation of more accurate portrayals of African-Americans.

Duke said, "It's not that I'm all powerful, but I have a bit more power as a director than an actor in terms of shaping the final film."

To have yourself judged by your ethnicity rather than by your ability is frustrating explained Duke.

"If you want to get out of that box, if you feel that you want to change things, work on things you believe in, tell about your experiences, it's a very difficult fight."

Coming from a man who has 'made it', this last message offers a renewed sense of hope.

"It's not always a coincidence when certain people enter your life at specific times," he says.

"Life has many pathways. Keep on the right track, the straight path. It may be the most challenging, but be sure that people will come into your life to help you along your journey. Keep hopeful and positive."

He added, "God takes care of his children."

Duke is currently working on a film entitled *The Boy that Painted Christ Black* with Wesley Snipes and Jasmine Guy.

Booze-cans creep through Toronto the not-so-good

by Shannon Fitzgerald

Illegal drinking establishments are springing up all over Toronto much to the dismay of police and the Ontario Liquor Licensing Board.

"There's an after-hours club or booze-can supplying every kind of market in every area," said Det. Sgt. Bruce Crawford of 51 Division. "It's not difficult to go to one that's quite peaceful, but if you're going to one with a hard-rocking band there's probably going to be trouble. It depends on the crowd."

Booze-cans or after-hours clubs, as they are known, are illegal in Ontario because they operate without a liquor license and serve alcohol past the legal drinking hour of 1 a.m.

In the past year there have been two shootings at Metro Toronto's after-hours clubs, giving them a reputation for being dangerous.

Crawford said booze-cans are alluring to younger patrons in particular, because patrons want to stay out late.

"Today you've got a large, young market. It's not like it used to be," said Crawford. "They don't want to go home at 1 a.m. so they go to these places and stay until 3 or 4."

Sheila, a first-year Humber stu-

dent, who asked not to be identified, admits to going to booze-cans regularly.

"There's nothing wrong with them. If a bar closes and I don't feel like going home I go to an after-hours place," said Sheila. "I don't see them as dangerous. I've never had a bad experience at one of them. They're just somewhere to go when everything else is closed."

After-hours clubs not only violate liquor laws, Crawford said they also play host to a multitude of other illegal activities like gambling, the drug trade and prostitution.

"We have plain clothes officers who do nothing but police these places," said Crawford. "The police buy liquor that's illegally kept and sold then they get a warrant and seize the alcohol."

"We charge the people who run these places with unlawfully keeping and selling alcohol and we can also charge anyone found in the place with purchasing liquor from someone unauthorized to sell it," he said.

"They're clearly operating outside the law," said Barry Tocher, executive director of the Ontario Liquor Licensing Board.

Tocher said since booze-cans bypass the regular procedures



PHOTO BY SHANNON FITZGERALD

An illegal after-hours club at Harbord and Bathurst Street was boarded up and closed down last week.

needed to obtain a liquor license, they've become a huge concern for the board.

"Under the Liquor Licensing

Act, after-hours clubs are illegal. These places have no license to serve alcohol. But since they have no license, we have no jurisdiction

to inspect these places," said Tocher. "They have to be identified and shut down and the police have the power to do that."

Tocher said the Licensing Board will make it tougher for clubs who have a history of serving alcohol illegally to obtain a legal liquor license.

"Obviously if they apply for a liquor license and we know that they've operated illegally in the past, we won't easily give them one."

Joe Crisdi, manager of Catch 22, a legal establishment, said after hours clubs aren't a threat to his Adelaide Street West bar.

"They don't really have a big effect on us. If we served until 2 or 3 a.m. then it might cut into our business," said Crisdi. "But most booze-cans don't start until after one, after we close, so it really doesn't hurt us."

He said he'd like to remain open past 1 a.m. but he obeys the law while illegal drinking holes continue to make money after hours.

By summer legal bars could give booze-cans more of a run for their money. The Ontario government has proposed extending legal drinking hours. If passed, patrons could be drinking in Ontario bars until 2 a.m.

Carving a niche for the talented and tortured

'Starving' artists are fuelled by love of work and a strong sense of community

by Joe Oppedisano

It's an artist's utopia.

In one room, a painter quietly mixes paints as he prepares to give life to his barren canvas. In another room, a sculptor stares at the block of clay before her and then cautiously begins to mould it. Down the hall, a fashion designer falls asleep at her sewing machine, oblivious to the sound of crashing cymbals and crunching guitars as the band next door rehearses for an upcoming gig.

Although their talents vary, they all share the monicker 'starving artist' and they all share the same roof.

Thirty of Toronto's artists have created homes and studios within the two floors of studio space at 347 Sorauren Ave. in the Dundas and Lansdowne area.

While the inhabitants of this building may not be 'starving artists' in the romantic sense of the term (they all pay the rent and eat with a certain regularity), they still struggle to make a living and garner appreciation for their work.

Studio 207 is home to 28-year-old Bruno Dell'Unto, an industrial designer. Dell'Unto left York University after his third year of working towards an economics degree to enrol in the Ontario College of Art.

Since leaving OCA, Dell'Unto has worked as an industrial designer at the firm IDMD and has designed moulds at a precast company. Currently he is doing mostly freelance work and is in the process of starting up a small business designing and producing children's toys.

"My ultimate dream is to estab-



PHOTO BY JOE OPEDISANO

Michael Severin has set up a musician's den at an artists' complex in downtown Toronto.

lish myself as a designer based on my reputation," Dell'Unto said. "I would eventually like to reach a point where my work could speak for itself."

For Dell'Unto, living at 347 Sorauren has definitely been a step in the right direction.

"Living in the building encourages my work," he said. "You often get good feedback on your work and there's a great exchange of ideas and talents."

Dell'Unto said the notion of the

starving artist has become somewhat romanticized and many artists have embraced this ideal. "You have to compromise," he said. "There's loving your craft and your art and you never want to sell out, but there's also eating and paying rent. There's the practicality that says 'I don't want to be a starving artist'."

If, at any given time, visitors don't hear any noise coming from studio 118, it's a good bet that Michael Severin isn't home.

Severin, 36, moved to Toronto more than 20 years ago to pursue his dream of making it in the music business.

In the early 1980s, Severin formed Tulpa, at the time a popular Toronto band. Currently he is doing odd jobs while looking for work in the music industry.

"My biggest problem playing music is that I've never had a label of classification," said Severin. "In Canada, they need to label or classify you before you can be sold

or put on a shelf."

Severin said the building is a great atmosphere for him to work and to live.

"It's a nice feeling to know that I can go down the hall and get a cup of sugar from someone," he said. "I can't express the closeness in here."

One of Severin's main gripes about the music industry is that Canada does not do enough as a country to support its artists, a belief that is shared by many in the building.

"Canada's number one export is Canadian art and the average Canadian artist makes about \$8,000 a year," Severin said. "I think that's where some people get the term starving artist."

Inside studio 109 lives Tracey Jacque, a 26-year-old fashion designer.

After she finished school, Jacque wandered through a series of sewing and pattern-making jobs before realizing she needed a change.

Jacque said her creativity soared when she moved into the building and became part of its strong community.

"Artist situations are so alike that you can't help but get along," she said. "In this building, you're around people who give you great feedback and you can also make good contacts."

Like many of her artist colleagues and neighbors, Jacque said she doesn't necessarily mind being referred to as a starving artist.

"With art, it takes a lot more money to put in than you can get out."



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EVERY THURSDAY NIGHT

Ancient China vital and alive at the ROM

by Lori De Angellis

Showcasing more than 2,000 artifacts, the ROM's new Chinese Exhibit is ranked among the top ten in the world.

The new Chinese Gallery at the ROM, now called the T.T. Tsui Galleries of Chinese Art, opened just two days before the Chinese New Year in February 1996.

With the help of Mr. Tsui, a world renowned art collector and Hong Kong businessman the ROM was able to construct the new Chinese gallery explained Patty Proctor, a curatorial assistant for the new Chinese gallery.

"The ROM already has over 2,000 Chinese artifacts. We just didn't have a place show them all. Mr. Tsui donated money to the ROM to build the space needed for a new gallery," she said.

The T.T. Tsui Gallery of Chinese Art is presented in three sections: The new galleries of Ancient China, the Early Empire to the Chinese Tombs and Late Empire.

By displaying more than 2,000 artifacts, the ROM's goal was to

express the vitality of China's heritage and history.

Along with precious stones, bronzes, sculptures and tombs, the ROM incorporated videos and poems to manifest ancient Chinese history.

"We have poems, artifacts, videos and books everyone could enjoy. We've displayed these objects not only as fascinating relics from the past, but to illustrate the ways of life and thinking of the people who made and used them," said Proctor.

Fang-Pin Lee, the ROM's 3D Exhibit Designer, constructed the gallery so that it looks like typical Chinese architecture.

"These were volatile times. The art was strong, there were wars and dynasties being created. The design reflects power and energy and sets the mood for these new galleries," said Lee.

Yasuo Iwasaki, a Japanese entrepreneur visiting Toronto, is impressed with the exhibit and said it meets his approval.

"I think it's a good representation of Chinese heritage," said



ROM assistant curator Patty Proctor before a Chinese tomb dating back to the Tang Dynasty

Iwasaki. "I consider this Chinese gallery to be better than in other south east Asian countries. I am very happy with what I see."

Visitors such as New Yorker Sandy Fogel, said she felt the ROM has done a superb job.

"I feel like I am actually in ancient China," she said. "Here I am reading not only facts, but also

poems and seeing videos. The ROM's Chinese exhibit is more complete, extensive and more focused than the Metropolitan Chinese Exhibit in New York."

Art Students from Midway High school in London, Ontario were among those visiting the new gallery.

Student Lindy Moses says,

"Everything is so beautiful and fun. I thought it was going to be boring."

Admission to visit the Royal Ontario Museum's T.T. Tsui Galleries of Chinese Art is \$8 for adults and \$4 for students, children and seniors. For more information call 416-586-8000.

Network making kids smarter TV viewers

by Terra Crowley

When Pope John Paul II was spotted wearing Dr. Martens shoes the story didn't make the line-up on CTV News, but YTV News jumped all over it.

While this type of story would be regarded as fluff to the more traditional news shows, it's an item of interest to young teenagers tuned into Canada's number one specialty network YTV, said one of its news anchors Honey Khan.

"Every YTV News program is packed with stories on everything from global issues to hot new bands," she said.

Launched in 1993, it is the only national, youth oriented television news magazine. According to Nielsen Marketing Research, YTV News, televised four times a week, has the highest average weekly audience of two to 11-year-olds in Canada. This adds up to two million children, not including other family members who may be watching.

"Our ratings indicate the viewer's feelings," said co-anchor Mark McAllister. "We're definitely hitting our demographics."

Produced in co-operation with CTV News, the half-hour news magazine doesn't back away from hard-hitting current events. The show filmed in Quebec prior to the Oct. 30 referendum, and the crew recently returned from filming in

Ireland, where they did a segment on car bombings.

"Things like that affect kids too," Khan said. "It's important that our viewers get a young person's perspective on things."

It is a team effort with Khan, McAllister, and entertainment reporter Exan Auyoung, videographer Cory Atkins, investigative reporter Wilf Dinnick and editorialist David Moyal.

"We enjoy what we do and I think it shows on camera," said Khan. "It just happens to be a relaxed atmosphere."

McAllister and Khan, both in their early 20s, agree their age helps with the show's success.

"You've got to be able to relate to your viewers," McAllister said.

The show has become interactive with classrooms across the country.

YTV News producer James Murdoch said instructors can contact the show and ask for lesson plans for YTV In Class. Condensed versions of two YTV lesson plans can be found on the Internet through SchoolNet (schoolnet.carleton.ca). The plans are designed to help teachers improve their students' media literacy.

The network also provides YTV In Class: A Video, which takes students for a 15-minute tour behind the scenes in the CTV studios where YTV is produced.



The YTV news crew bring current events to the kids.

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Your submissions must be received no later than 12:00 noon, Friday, May 3rd, 1996. For more information, call 324-2046.



REVIEWS

Music

AUTECHRE
Tri Repetea
Wax Trax/Cargo

Autachre recently DJ'd at a Transcendence rave, and rumor has it they were amazing.

But their sound doesn't translate well onto CD. When played at home this music just sounds like lame techno/ambient music.

This double CD is repetitive and has an annoying sound. Autachre's live music is very powerful, so cut your losses and go to the rave, but don't buy the CD.

—Rosalee Buonpensiero

MARILYN MANSON
Smells Like Children
MCA

This frightening group has come out with a CD which has some great songs meshed with ghostly sounds and lyrics. Good songs on the album are "Kiddie Grinder (Remix)", the remake of the Eurythmics song "Sweet Dreams (are made of this)", and "Dance of the Dope Hats (Remix)". The scariest of the bunch is "The Hands of Small Children", which features the distorted sound of a child crying.

This album has a circus carnival sound to it, and if you've ever seen the band, they look like they belong in a freak show.

Any fans of Marilyn Manson will know what they're getting themselves into when they buy this CD. But to everyone else, beware.

—Rosalee Buonpensiero

BAHAMADIA
Kollage

This female MC has been featured on the Roots album and Guru's Jazzmatazz album. Now she's the star of her own show. Her debut singles "Uknowhowedo" and "True Honey Bums" are smooth, jazzy numbers that have already marked her place as a serious entry in the hip-hop game.

The album features production from DJ Premier, Guru and The Roots. The album sounds like a smoky, late-night jazz club, with a female MC whose lyrics flow like poetry and are pleasing to hear.

She is in the same league as Lauryn from the Fugees and Lil' Kim from Junior Mafia.

The ladies are showing hip-hop music is not a man's world.

If you like the hip-hop/jazz sound of groups like Gangstaar or The Roots then this album will not disappoint you.

—Carl Williams

ELYSIAN FIELDS
Elysian Fields
Radioactive Records

Elysian Fields debut EP has fun liner notes and a neat cover and about 25 minutes of mid-grade ambient music.

Lead singer Jennifer Charles has been compared to Tori Amos but her flat, less than urgent warblings are more reminiscent of a low-rent Jane Siberry or Mary Margaret O'Hara than the "Cornflake Girl". The band's real influences seem to come mostly from the Mazzy Star/Spiritualized school of aural wallpaperers.

Elysian Fields' moody psychedelic sound suffers because of the EP format. It requires a full-length LP for this kind of psychic symphonics to beat a listener into mental submission and an altered state of semi-consciousness.

—Marc St. Germain

Cinema

THE CELLULOID CLOSET

★★★★★

In the opening scene, a well-dressed chap approaches a dancing couple and interjects, "May I cut in?" The woman replies, "Why, certainly," only to see the two men embrace and begin a two-step. Based on Vito Russo's 1986 book *The Celluloid Closet*, this wonderful, two-hour documentary puts Hollywood's gay depictions in perspective.

Narrator Lily Tomlin takes the audience on a film-clip journey detailing depictions varying from the ridiculous (*Pillowtalk*) to the suicidally depressed (*The Children's Hour*) to the menacing (*Basic Instinct*, *Silence of the Lambs*).

Sadly, Hollywood rarely allowed gay and lesbian characters to survive the final reel.

One of the film's hilarious highlights includes gay screenwriter Gore Vidal detailing the subtle, gay subtext he injected into *Ben Hur*, unbeknownst to star Charlton Heston.

This film is guaranteed to entertain and enlighten all audiences. If you see one documentary this year, let this be the one.

—Matt Guerin

SGT. BILKO

★★★

Steve Martin takes the place of the late Phil Silvers as the lazy Sgt. Bilko in command of a group of motor pool misfits.

The movie revolves around an inspection by Major John Thorn played by Phil Hartman, of *Saturday Night Live*. An old enemy of Bilko, Thorn intends to exact revenge by closing down Fort Baxter and Bilko's motor pool full of zany miscreants.

Martin's Bilko is a more lovable and funnier character than the 1950s Bilko — an underhanded, fast-talker played by Phil Silvers.

Martin has his occasional moments of hilarity, but the plot is too thin to stretch over two hours.

—Brandon Grigg

A FAMILY THING

★★★★★

James Earl Jones and Robert Duvall are brothers separated by birth and race in *A Family Thing*.

Duvall plays Earl Pilcher, who, after the death of a woman he thought was his mother, discovers he is really the son of a black woman who died during childbirth.

This motivates him to begin a search for the rest of his family in Chicago. There he finds his brother Ray, played by James Earl Jones and his aunt.

A Family Thing is not so much about race as it is about family ideals and understanding.

The film is full of great acting and a meaningful message.

—Brandon Grigg

concert reviews



From left to right the Foo Fighters are Pat Smear, Nate Mendel, William Goldsmith and the toothy Dave Grohl. At the Concert Hall April 3 the Foo Fighters were flippin' fantastic.

Foo Fighters blast the Concert Hall

Obscure solo project turns into big time music act

by John Williams

They started out as a subdued group of musicians, and have evolved into one of the hottest bands in the grunge scene, never lacking attention from fans and critics.

What began last year as an obscure solo project of ex-Nirvana guitarist Dave Grohl, the Foo Fighters have turned into a solid four-piece band, comprised of ex-Sunny Day Real Estate members William Goldsmith and Nate Mendel, along with ex-Germs guitarist Pat Smear.

The Foes brought their high energy rock-and-roll to the Concert Hall last April 3, marking the third time in a year the band

has passed through Toronto.

If they were the least bit road weary, it didn't show. The band blasted through a two hour set that had the crowd moshing and surfing all the way back to the Hall doors.

Mostly songs were played from their debut album, but they also treated the Toronto fans to new songs that will be featured on a release planned for later this year. Songs such as "Chicken Derby", "Enough Space" and "Down in the Park" (from the *X-files* soundtrack) went over well with the 2,000 sweaty fans — a solid indication of the future success of the band.

They ended the night with their

standard encore "Exhausted", which was exactly what the people packed at the front of the stage looked like.

Opening for the Foo Fighters were The Amps, a side project of Breeders front woman Kim Deal. Unlike the Foes, they engaged themselves in a lot of onstage bantering and seemingly endless minutes of guitar tuning.

The crowd got into the opening act's 45 minute set only after they started playing old Breeders material.

Toward the end of The Amps performance, fans chanted "Foo! Foo! Foo!" which appeared to throw the band off, they were never able to recover.



Radiohead were at Varsity Arena Saturday with a surprise.

And Treble Charger too

Toronto band a surprise at Radiohead show

by Sara Paine

Local Toronto band TrebleCharger played a surprise show at Varsity Arena on Saturday night, opening for Radiohead.

TrebleCharger wasn't mentioned on the tickets or in any of the entertainment magazines, but the first clue was the TrebleCharger T-shirts on sale beside the Radiohead ones.

TrebleCharger always puts on a great show and it was good to see a local Toronto band getting the recognition they deserve.

Since they released NC17, their first full length album, TrebleCharger has built a steady following. With fluid guitar riffs that seem to float and loud distortion, this is a band that mixes intelligent lyrics and harmony with and power.

The band beamed through the entire set, with more energy than the infamous Energizer bunny. They must have thrown two garbage bags full of T-shirts into

the sweaty pit.

The first opening band, David Grey put on a great show as well. They seemed really happy to be there. The drummer, in a groovy hawaiian T-shirt, took pictures of the audience between songs. When the drummer needed a towel to wipe his hands on, the lead singer grabbed a floating balloon from the pit, gave it to his drummer and jokingly said, "Here's your damn towel!"

At about 10 p.m., Radiohead came on stage before a screaming crowd. They ripped through "Fake Plastic Trees", "Iron Lung", "High and Dry", "Anyone Can Play Guitar", "Just", and their breakthrough hit, "Creep".

They also played a few new songs and did a two-song encore. They repeatedly thanked the audience for coming and said that they were "really happy to be there."

Opening bands included, this was one concert that was a great value for the money.

Reporter has brush with a real live punk band

by Sara Paine

After breaking in the back door of Lee's Palace to see The New Bomb Turks on Friday night, I can tell you that this band kicked butt harder than the bouncer kicked mine.

The Turks exploded on stage at Lee's Palace to a packed house. Lead singer Eric Davidson was something to watch. His hyperactive stage antics included giving the mic to people in the pit to scream into. This band makes mainstream acts like the Offspring and Green Day sound like Barry Manilow.

After the show, standing amid the broken bottles and lakes of beer on what had been a frenzied mosh pit minutes before, I had the opportunity to talk to Davidson. The topic of where the band was going to stay came up.

"Well, we have a pad," I said pointing to my friends nearby.

"Cool," Davidson said. "There's like, five of us, is that O.K.?"

"Sure," I said shrugging with indifference while trying to hide my delight. Finally, I would have something interesting to tell my grandchildren.

Unfortunately, the drummer had already made arrangements. Davidson said maybe next time. Anytime, Eric.

Policing cyberspace: a cop's job?

by Steve Mahoney

The Internet has created a breeding ground for objectionable material which is proving difficult to regulate.

Among the vast resources of educational information in cyberspace, police point to a growing supply of material on subjects such as hard core pornography, violence, hate literature, cult information, and drug lore.

The emergence of Internet technology has opened up numerous avenues to access the world, but it has also made accessible objectionable information. This, in turn, has caused a controversy over whether to censor material on the Net or just have parents supervise their own children's usage.

Jane Minett, who works in strategic marketing for Sympatico, a provider of on-line service, said Sympatico provides guidelines on how to protect children.

A password account is given to all new subscribers, and children are not able to access the Internet without their parents first entering the password. Included with this service is software packages such as "CYBERSitter" and "Net Nanny", which have a database of words linked to objectionable material that are blocked out.

In effect, children cannot access forbidden sites and parents are alerted to the fact their children have attempted to access these sites. But, Sympatico also

urges parents to pay attention to what children are doing on the Net.

"We encourage people to surf with their children and we stress that the software packages are no substitute for parental supervision," said Minett.

Detective Staff Sergeant Bob Matthews of the Ontario Provincial Police, agreed parents should be aware of what their children are doing on the Internet.

"The supervision has to be there. Parents should become computer literate and educated in terms of the different sites, because kids can find out anything — how to make bombs, use weapons," said Matthews.

Minett said just relying on the software packages to deter children from unwanted material, gives a false sense of security, because there are ways of circumventing the devices that block out certain web sites.

For instance, web browsers can be added to seek out new sites, and some software packages such as "Surfwatch", only allow users to update lists of censored

sites if they pay an \$8 a month fee.

Surfwatch Software Inc. customer service representative, Fritz Gustafson explained, "With a subscription, customers get monthly updates to the more than 2,000 sites which have a sexually explicit nature."

Despite the availability of software packages to protect children, and the member advisories to new subscribers, Minett said most par-

makes a lot out of this."

Both Minett and Matthews agreed Net surfers really have to look to find pornography or other explicit material in cyberspace.

"It doesn't just jump out at you, it's not like watching television when you flip through the channels. You really have to hunt for it," said Minett.

Another topic of controversy surrounds the methods of policing crime on the Internet and World Wide Web.

Should legislation be put in place to broaden laws for search and seizure of computer equipment of those suspected of committing on-line crimes?

Minett said legislation will not work in policing cyberspace. "The legislators don't understand the medium. It cannot be controlled, it's not a medium that has anything to do with borders or geopolitical laws."

According to Matthews, of the 45 million people who use the Net worldwide, 10 to 15 per cent are involved in criminal activity.

"Criminals are using the Internet now as they would use a telephone. Drug dealers commu-

nicate on-line and "hits" are arranged on-line through chat areas. It's very difficult to trace," said Matthews.

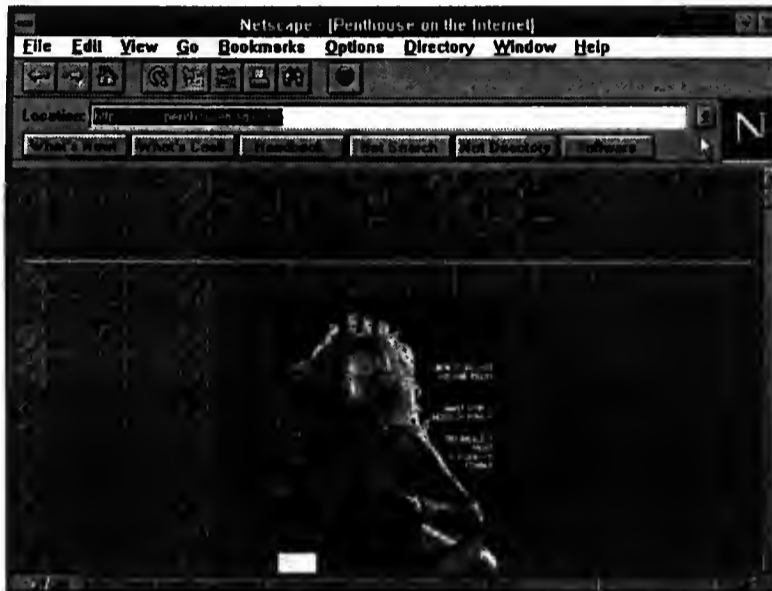
There is also criminal activity on-line in the area of copyright infringement.

Corporal Rick Jenkins of the R.C.M.P. said writers who publish their work on-line are at risk and there have also been instances of copyright infringement of software.

"Usually we are made aware of possible criminal activity by a member of the public who makes a complaint. But, of course, establishing the source of the crime is the hardest part," said Jenkins.

The difficulty of tracing and proving that laws have been broken on the Internet, and the methods the police use to investigate crime in cyberspace, has some people concerned about invasion of privacy. A government Bill (C-17) which has already attained a first reading, has a section related to the information needed for a search warrant. It states, if the authorities obtain a warrant to search a computer system, they will be able to access any information on that particular system.

Critics are saying after the police issue a warrant to search a computer, they then have access to information belonging to another party, for which they do not have a warrant. As a result, innocent people are at risk of having their privacy violated.



ents are not worried about their children being exposed to nasty material.

"I have conducted surveys of people and I have found that they feel the Internet is the way ... to help educate their children. A few (parents) are apprehensive, but the majority are not concerned," said Minett. "I feel the media

Canada Post not yet going e-mail route

by Matthew Blackett

Canada Post is being left behind in the race to get on-line.

The U.S. Postal Service recently committed \$21 million to develop an electronic-mail project that will enable most Americans to access an e-mail account.

At Canada Post, the USPS's e-mail initiative has gone practically unnoticed. Chris Bartch, Canada Post's director of media relations, had not heard of the project until *Humber Et Cetera* contacted him.

Bartch said Canada Post does not see e-mail and the Internet as a threat to the paper mail industry.

"Eighty-five per cent of the mail that passes through Canada Post's hands comes from businesses and institutions like governments, banks and schools," he said. "Those businesses are what keeps us going. I do not feel e-mail is going to put us out of business. We'll adapt when we need to, but that's further into the future."

Reaction from the Internet community has not been favorable to USPS's initiative.

"Can you imagine a large, bureaucratic organization trying to compete with what's happening in the marketplace today?" asked Jim Bidzos, president of RSA Data Security, in an article in *Barron's*, a financial news magazine. "To think (USPS) could provide useful services is a joke."

Robert Setrakian, a former executive at USPS said, "(USPS) shouldn't be competing in areas where they lack knowledge. They certainly won't have e-mail expertise."

Setrakian said the USPS is interested in cornering the Internet market which made \$200 million in 1994 and has the potential to generate \$300 million in 1996.

Ken Fisico, sales manager of Toronto Internet provider Passport On-Line, sees a weakness in Bartch's argument, Fisico points out, a majority of new accounts coming their way are from businesses.

"Businesses are signing up every day here just for the use of e-mail," Fisico said. "It's a lot more efficient for someone in a head office in Toronto to correspond with an employee via e-mail in Taiwan than to fax them or mail them. You know it's going to end up in their mailbox

and 1995. They predict those numbers may reach an 80 per cent decline by the year 2000.

But the common feeling among e-mail servers is that shutting down a billion dollar agency like Canada Post is still far off, because the mailing industry has been delivering mail for over 100 years, while e-mail is still in its infancy.

Currently, Canada Post delivers 46 million pieces of mail each working day, whereas

Passport On-Line, one of many Canadian servers, delivers only about 10,000 messages a day.

Annually, Canada Post delivers 11.6 billion messages and parcels a year. Passport would send roughly 2.6 million a year, or .044 per cent of what Canada Post delivers.

If you combined all Canadian servers, their e-mail transmissions would still only deliver a

fraction of what Canada Post does.

But the proof is in the numbers. According to Fisico, e-mail servers have already started to challenge Canada Post and the USPS. In the last five years, revenue from e-mail has tripled from \$5 million to \$15 million and its market place share has doubled from 18 per cent to 36 per cent.

Fisico is surprised Canada Post has not ventured into the e-mail business.

"Canada Post is a government run agency, so it's going to be a little behind because of their bureaucracy," he said. "But (Canada Post shouldn't) be as far behind as they are now."

"I think Canada Post will get their butt in gear eventually," Fisico said. "But if they're not in the game within a year or so they are going to be left behind."

"What Canada Post says about e-mail servers not being a threat to them is quite ignorant," Fisico said. "(Servers) are a threat. And they are going to have to wake up to that reality."



University of Toronto scientists aided in risky Apollo 13 mission

by Mike Trus

April 11 is the 26th anniversary of the Apollo 13 moon launch.

Many Canadians have seen the film Apollo 13, but few know the team of six Canadian scientists who played a small-but-crucial role in returning the crippled spaceship to Earth.

"The movie was accurate, but they did forget to mention our contribution," said Dr. Phil Sullivan, a 58-year-old professor of Fluid Mechanics at the University of Toronto's Institute for Aerospace Studies.

Sullivan, who has been on U of T's Aerospace Studies' faculty since 1965, was a junior member on the engineering team's mathematical rescue mission April 16, 1970 — the day before Apollo 13 touched down in the South Pacific.

The other five scientists were Dr. Barry French; Dr. Bernard Etkin, author of the definitive text on Flight Dynamics; Dr. Peter Hughes, one of the Canada Space Arm's designers; Dr. Rod Tennyson, the former director of the Institute for Aerospace

Studies; and the late Dr. Irvine Glass, Canada's internationally renowned expert on shockwaves.

"We were in the middle of a faculty meeting when we got a phone call from Grumman — the company which designed Apollo 13's lunar excursion module (Aquarius) — saying there was a problem with the shuttle," Sullivan said. "The next thing we knew, there was a three-way phone link set up between the Institute in Toronto, Grumman in New York, and NASA in Houston."

NASA later discovered a damaged coil in the service module's oxygen tank sparked during a routine stirring of the tanks, causing the explosion which damaged the command module, Odyssey. Sullivan said he and the others were asked to help separate Aquarius from Odyssey, which was to be used for re-entry. Odyssey could not enter the Earth's atmosphere with Aquarius still attached.

"That would have been it," he said. Both modules and their passengers would have burned up in the 5,000 degree Fahrenheit heat



PHOTO BY MIKE TRUS

Dr. Phil Sullivan played a role in returning the crippled Apollo 13 to Earth.

caused by the friction of re-entry.

According to Sullivan, Aquarius was to have been jettisoned around the moon but, because life-support systems were damaged on board Odyssey, Aquarius had to be used as a temporary lifeboat to return astronauts Jim Lovell, Jack Swigert, and Ron Haise to Earth.

"The separation process involved letting off explosive charges, breaking the metal (tube) joining the modules," Sullivan explained. "The air pressure in that tube needed to be high enough to act as an air-spring to force (the pieces) apart ... but not so high that when the explosive charges went off, shockwaves would be

transmitted through that air and cause more damage to (Odyssey)."

Grumman, NASA and the Institute eventually reached a consensus on two pounds of air pressure per square inch — which turned out to be just right.

"My impression of (the Apollo 13 mission) was that it was a very near thing. It was an amazing achievement that NASA actually got the astronauts back.

"This was in the days before calculators," Sullivan said. "I remember using a slide-rule and a chalkboard to calculate how much air pressure they needed."

According to Sullivan, in 1968, Gus Grissom — one of the three astronauts killed in the infamous launch pad fire of Apollo One in '68 — told Canadian scientists at the Canadian Aeronautics and Space Institute in Toronto the ground crew's only real objective is to bring astronauts back alive.

In the case of Apollo 13, despite seemingly impossible complications, this is exactly what the U.S. managed to do — with a little help from six Canadian scientists.

Canada's cellular industry questions British findings

by Ethylene Villareal

The cellular phone industry in Canada is questioning a British study that says drivers using cellular phones run a higher risk of causing accidents.

According to the study, which appeared in the March issue of the British journal *Accident Analysis and Prevention*, drivers using cellular phones run a 34 per cent higher risk of having an accident. The danger doubles if drivers talk on the phone while lighting cigarettes or drinking coffee and triples if they take both hands off the wheel.

"A story (run a year ago), continues to quote this particular study out of context," said Taanta Gupta, manager of Public Relations at Cantel, Canada's leading cellular phone company. "The initial findings of the study are certainly questionable."

In a telephone interview Gupta said, "Stating drivers with cellular phones in their cars are more likely to have (an) accident is simply untrue." The study found "no direct evidence that the person was using a cellular phone at the time of the accident."

"If the researchers do not know if the people were on the phone, how do they know that being on the phone caused the accident?" she said.

The study also found, "additional larger studies are needed to

test the reliability and validity of (the) findings," said Gupta. "That would be a clear indication that the statements in this study should not



PHOTO BY KELLY AMBROSE

Talking on a cell phone while driving is becoming routine.

be considered reliable or valid."

However, Karen Leung, customer service representative with Bell Mobility Cellular said, "We can't control people who use cell phones while driving, but we caution that it could cause accidents.

"We remind our customers to practice safety when using cellular phones," said Leung.

Despite promotion of safety tips by the cellular phone industry to their customers, there are some people who are not aware of them.

"I never knew there were safety tips," said Alex Marulanda, a General Arts and Science student. "I drive and speak at the same time but not for long."

Leung said, "Cellular sense is just common sense. Use it in the car and anywhere you use your cellular phone."

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Spring fashions emphasize color

by Joseph Di Fonzo

Stop the presses, or rather stop the pleats, is what designers are saying about what's new in menswear this season.

Spring and summer designer collections marked a notable change in how men will be dressing as the new millennium approaches.

"The message designers like Armani, Calvin Klein, Gucci and Donna Karan are sending is one of relaxed style," said Martin Rose, manager of menswear at Holt Renfrew at Sherway Gardens shopping mall. "Men are now being given the freedom to mix different styles and create new looks."

Rose attributes this new attitude in dressing to the business community and 'dress down Fridays'. Men can now pair that blazer with a casual polo shirt or leave the blazer at home and wear a stylish lightweight sweater.

Color is always essential in piecing together a fresh look.

"Black, charcoal grey and white are very important this season. Navy and dark brown are vital when choosing a blazer or suit. For casual dressing, apple green is the strongest color that designers are showing," said Rose.

Daniel Giles, a buyer for designer menswear at Holt Renfrew, said this is a great season for men's clothing.

"Finally the boredom of men's clothing is disappearing."

Rose suggested this season men should buy "a silk short sleeve

polo shirt for under a blazer, a thick black belt and a denim shirt."

The golf shirt "is a look that has nothing at all to do with being out on the golf course," he said. "This is strictly about creating a look that is relaxed and represents leisure."

Michael McHallen, a General Arts student at Humber, liked the relaxed look of fashions.

"I think the casual look is great," he said. "If I have a tie on I feel I should be in a business meeting. Dressing down does not translate into looking sloppy. Designers have let men finally look respectable without wearing a tie."

by Joseph Di Fonzo

Designers of women's fashions have the answer to end a long and dreary winter and signal the start of spring think citrus.

Designers like Donna Karan, Calvin Klein, Romeo Gigli and Helmut Lang have all put a splash of vibrant color into their latest collections.

"The hottest color this Spring is undeniably lime and variations of green," said Anna Ariganello, manager of ladieswear at Holt Renfrew in Sherway Gardens shopping mall. "If a client is not a person that can wear the lime color, then there is tangerine orange, lemon yellow or raspberry pink."

Ariganello said she thinks designers want

to give women the opportunity to add colorful pieces which can bring new life to their old black blazers and dress pants. The customer will then be able to mix and match with neutrals that already exist within their wardrobe.

Ariganello offered tips for the shopper who wants to update her look: "A must-have is a thin black belt with a silver buckle or a thin pastel color belt with a silver buckle." A further suggestion is for women to buy a small and stylish bright colored hand bag.

"This season the skirt length can be above the knee, at the knee, or right to the ankle," said Barbara Atkin, a buyer for

designer women's wear for Holt Renfrew. "The designers have listened to the consumer and given the buyer choice. It is about the buyer feeling comfortable."

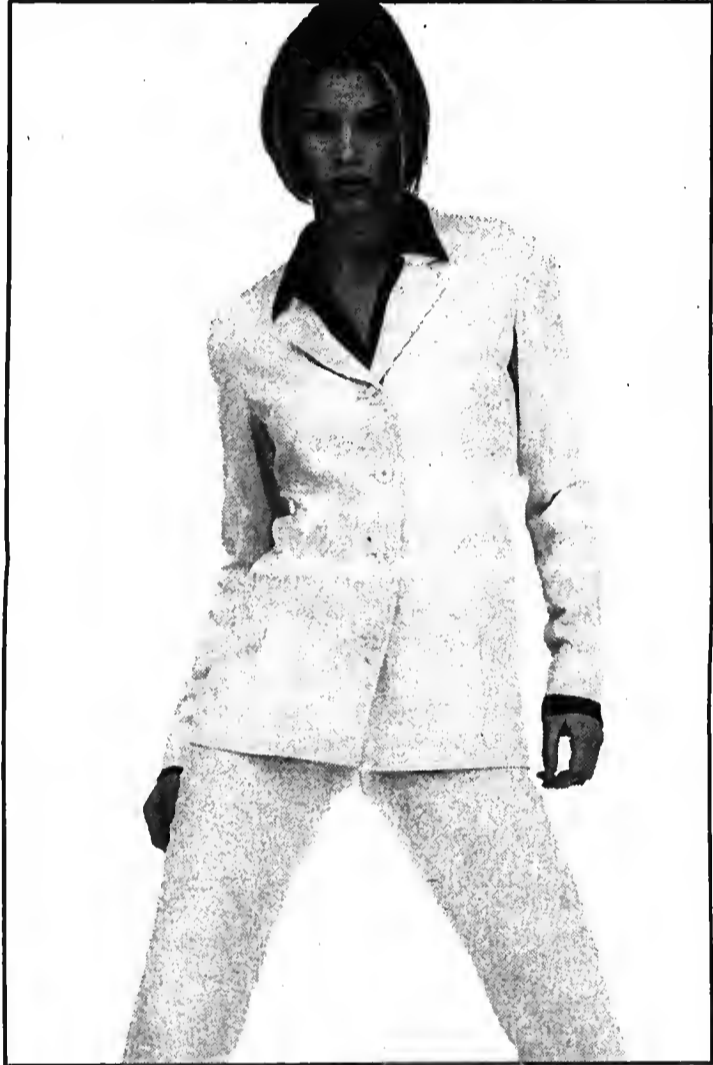
Retailers have responded to the customers' demand for variety. The choices for jacket and pants styles are as wide ranging as skirt lengths.

"Jackets are appearing with shape, boxy, hip length and knee length. Pants are tapered cigarette styles, softer and straighter, as well as a wide premier pant with a cuff," said Ariganello.

Ariganello wants customers to keep in mind fashion is about having fun. "It is about feeling good about yourself, it is a form of expression."

Her final advice to shoppers is simple.

"The season is too short not to enjoy it, even if you add one piece this spring, make it a citrus color that will brighten up your appearance and outlook."



Designer spring and summer collections feature vibrant variations of color in women's wear. The focus for men's fashions is on casual, comfortable, 'dressing down' styles.

PHOTOS COURTESY OF HOLT RENFREW

Labatt helps sponsor summer jobs for students

Funding assistance program allows students to contribute to a charity and develop job skills while earning money

by Sharon James

More than 100 students will get to learn and develop work skills this summer while benefiting charities across Canada, as part of Labatt People in Action (LPIA).

The program, co-sponsored by Labatt Breweries of Canada, is part of the Summer Career Placement component of Student Summer Job Action organized by Human Resources Development Canada.

Canadian students attending a secondary or post-secondary institution can gain work experience, get involved in the community by working with a local registered charity and earn a salary at the same time.

"I think it's a really good idea,"

said Jennifer Green, a third-year business student. "I did some volunteer work for a youth charity organization last summer. It was challenging, but fun at the same time... I think as young people we should get more involved in our communities."

Since 1977, the LPIA community funding assistance program has targeted charitable organizations to support communities across Canada.

The program encourages the student and the registered charity to develop a summer project that will provide the student with work skills as well as develop responsibility, a positive attitude, leadership, creativity and motivation and allow the registered charity a

chance to impact the community.

"Job prospects for students are bleak," said Troy Taylor, manager of public affairs for Labatt Breweries Ontario. "To address their feelings of skepticism and powerlessness, students need to feel they can make a difference. They also need opportunities that focus on developing valuable work skills and broadening their network of contacts."

Through LPIA, the charity will receive funding from Labatt Breweries of Canada and Human Resources Development Canada to hire the student(s). The highest rate of pay students can expect to earn per hour is \$6.85. The hours per week and length of the project depend on the job.

Students and registered charities are asked to develop a proposal relating to community initiatives. Eligible charities include those related to women, homeless and those at risk. Charities which demonstrate their projects could have a positive impact will also be considered.

"We believe this program can be a good start for students to develop those fundamental skills, while at the same time get involved with and contribute to their communities," said Taylor.

To qualify, students must be registered full-time in school, be legally entitled to work in Canada and not have another full-time job.

Students must fill out an application form and include a typed

proposal explaining their interest in the community project.

"I would definitely apply for this kind of job. Anything to beef up my resume," said Matt Donovan, a second-year Chemical Engineering student.

A \$2,000 scholarship will be awarded in September to students who show their project helped to build community involvement through teamwork, individual excellence, personal integrity and a passion to win.

For more information on LPIA call 1-800-618-4725 or (416) 964-6444 ext. 436. Interested students can pick up applications in Humber's Career Service Centre. Applications must be submitted by April 26.

Blindness no barrier to Humber student

by Angela Gilchrist

For some students, it's hard enough leaving home and familiar surroundings to go to college. For many others, being blind would only prove to be an added difficulty, but don't tell that to second-year Radio Broadcasting student, Neena Saloiya.

Saloiya, who has been blind since birth, has made Humber residence her home for the past two years, despite little initial encouragement from family and friends. "Everybody kept telling me, you'll never make it into radio," Saloiya recalled. "So I thought, 'screw you guys, I'm going to prove it!'"

Saloiya said her parents were initially nervous about her plans, but are now very proud of her, especially since she won the Stan Lark award for positive attitude and achievement.

Saloiya has wanted to pursue broadcasting since she was 14 years old and attending W. Ross McDonald School for the Blind in Brantford, Ont.

While there, she started tuning in to a Christian radio program, *Joyful Sounds*, which sparked her interest in Christian broadcasting. It was an old friend who first

directed Saloiya to Humber's Radio Broadcasting program. He himself had attended the same program in the 1970s.

Saloiya doesn't want her disability to make people feel obligated to help her. But when she needs help, as she sometimes does, she asks for it.

"There's just certain things that I can't do without the extra step."

Saloiya has a network of people who are there when she needs assistance. Humber's Special Needs Centre provides services from reading and proofreading tests, to translating her assignments into Braille.

Ollie Leshcuk, a support services officer, has dealt with Saloiya and admires her outlook. "She's a very good student," Leshcuk said. "She has a positive attitude."

Saloiya carries with her a little black box called a Braille and Speak. It allows her to write Braille that she can save on a disk and print out.

Also, a mobility instructor from the Canadian National Institute for the Blind visits once a semester to dictate walking routes to Saloiya, who keys them into her Braille and

Speak. When she is out walking and needs guidance, she can refer to her Braille and Speak, and it will repeat what she has keyed in.

Some of the teachers have taken the time to Braille labels in the radio station. Although they sometimes get removed, this doesn't usually faze Saloiya, as she's "pretty comfortable" with the console. "I just like to rehearse it, usually, before I start," she said.

Radio Broadcasting co-ordinator Joe Andrews said Saloiya has a real passion for the industry.

"We have a very detailed assignment criteria, even for a sighted person. Neena met the criteria and got here on her own merit," Andrews said. "There are, of course, days of hesitation and frustration, but she has persevered and done very well."

Peter Ladekarl, vice-principal of W. Ross McDonald School for the Blind, is proud of his former student.

"We wish Neena all the best," he said. "It is nice to see that more and more blind students are getting the chance from colleges and universities to live up to their goals."

Coming to Humber has made Saloiya realize many things.

"Ever since I was a little kid, to when I first came to Humber, I didn't give a thought to being blind and how it affected me," she said. "I just knew I was blind, and all my blind friends never talked about being blind. It was like a normal existence for us."

Now that Saloiya has had the chance to come to college, she is even more determined to succeed in her field.

She spends a lot of time in her room this year because she is so busy and doesn't know the girls on her floor very well.

"I had a few more friends here last year. I sometimes get that 'silent vibe' — that people only talk to her to be polite.

One bit of advice Saloiya

gives to people who aren't sure what to say is, ask — never assume. "If you meet a disabled person, please just talk to them like they are one of you."



PHOTO BY ANGELA GILCHRIST

Neena Saloiya has not let blindness stop her from achieving her goals.

Nursing student wins prestigious Ontario award

Registered Nurses Association recognizes Humber student's academic and community contributions

by Jenna Johnston

A Humber nursing student has won the Student of Distinction Award from the Registered Nurses Association of Ontario.

Third-year nursing student, Caron Powell, was stunned when she heard the news.

"I leaped up and down. I felt like I was flying or walking on a cloud," she said.

Pat Fors, faculty advisor for Humber's nursing students and Rose Cunha, chair of the program, both nominated Powell for the award. This is the first time a Humber nursing student has won the prestigious award.

The award is presented yearly to a nursing student who has made significant contributions to the profession of nursing in Ontario. A review committee examines the student's academic and extra-curricular achievements. Candidates are nominated from all college and university nursing programs across the province.

Fors, who has known Powell since her first year at Humber, said she is an excellent role model for other nursing students.

"Very few students start out so strongly," she said. "Caron is able to do everything very well and ends up motivating other students."

Powell has been president of the Nursing



PHOTO BY ETHYLENE VILLAREAL

Nursing student Caron Powell made Humber history by being the first student to win this award.

Student Association since her first year at the college. She is the editor of the nursing students' newsletter and an organizer of Humber's Red Cross blood donor clinic.

Powell is also on the executive of the Ontario Nursing Student Interest Group and represents Humber's nursing students on the Nursing Program Advisory Committee.

Fors said she was thrilled to nominate Powell and recognize her contributions to Humber and the community nursing organizations.

Although she was nominated, Powell said she had little hope of winning. "It was a nice feeling to know that these people nominated me and that was enough in itself," she said.

Powell is currently completing her clinical placement at Toronto General Hospital. She plans to attend Ryerson

Polytechnic Institute next fall to acquire a nursing degree.

She is very enthusiastic about the nursing profession. "I'm not that worried about getting a job. I know there's something out there for graduate nurses. We will just have to look a little harder and approach things a little differently; create your own job or take a casual part-time position."

The award presentation will take place at the Registered Nurses Association's annual meeting in Ottawa on April 19.

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Travel show offers a view of Northern Europe

by Patti Enright

For people interested in Northern Europe, the Scandinavian Travel Show is the place to visit.

"Anyone planning a trip or just interested in the area could get information from (participating) travel agencies," said Robert Shechter, the show's organizer and a part-time instructor of engineering at Humber College.

The two-day show, which will be held on April 15 and 16 at the York Woods Library Theatre in North York, will feature slides and exhibits on the sights, architecture, history and language of Northern Europe.

"There'll be different presentations to appeal to people," said

Shechter. "For instance, on Tuesday (April 16) there'll be a presentation on the cities of the Baltic; you can see sights (which include) Tallinn, Helsinki and St. Petersburg."

The event, being sponsored by the Scandinavian tourist board, will have Scandinavian travel representatives on hand to answer visitors' questions on travel planning, preparing for a trip and managing on a budget.

"The public benefits from first hand information from travel agents and tourist boards from Scandinavia, and from seeing the sights of the place they want to visit," said Shechter.

He and his wife have travelled through Alaska, Greenland,

Iceland, Russia and other northern countries, photographing images of each place.

With over 30 years of photography experience, Shechter's work has appeared in a number of publications including *Toronto Life* and the *Chicago Tribune*.

"Last year we held the show at Humber's Lakeshore campus, and it was well received," said Shechter.

The Scandinavian Travel Show runs April 15 and 16 from 1:30 p.m. to 10:30 p.m. at the York Woods Library Theatre located at 1785 Finch Ave. W. (west of Keele Street).

Parking and admission to the show are free and door prizes will be drawn both days.



PHOTO BY ROBERT SHECHTER

The sights of Greenland, as well as other Northern European countries, will be among the highlights of the Scandinavian Travel Show which runs April 15 and 16.

Checking out the merchandise



Shoppers examine the wares on display at last week's craft show put on by Humber's day care centre to help raise funds for new toys and equipment. The event, which raised over \$1,200 last year, ran on April 2 and 3.

Cellular phones popular status symbol for youth

by Lori De Angelis

According to cellular phone companies, the largest consumer types, but the younger generation.

Cantel sales representative, Keif Gray, said the group which buys cellular phones most is 18 to 35 year olds.

"Seventy per cent of our clientele are young adults ranging from late teens to early 30s," said Gray. "It's thanks to our clever marketing strategy. Cantel sells these phones everywhere and makes it look cool. It's like a toy you can constantly play with."

Herbie Elefano, a Legal Assistant student at Humber College, wants to buy a cellular phone.

"I tell everyone it's for safety reasons, but it's not entirely true," she said. "I want to buy one for the same reasons everyone else around my age wants one — because it looks so cool. You have the image that you are financially well off and you look so important and popular because everyone wants to talk to you."

At Bell Mobility, sales representative Christeen Jones, said baby boomers are buying phones for their children.

"Not only can parents keep track of their children, but these kids feel they can use the phone anytime without any interruptions. Both kids and parents are happy," said Jones.

Bell Mobility's customer representative, Mary-Anne Care said, "I bought my daughter a cellular phone right when she turned 16 and got her license. I know she's at school during the daytime,

but I wanted to keep track of where she goes to keep track when she's with her friends. Or, what if her car breaks down? She can quickly call anyone for help without leaving the car."

Cellular phone prices range from \$239 to \$1,499. Cantel and Bell Mobility compete with each other by offering customers different colors, options and special deals for term contracts.

"Young adults don't just want any cellular phone... it has to suit their personality," said Gray.

"We have sporty looking phones, highroller phones, which suit the person who likes to have a lot of gadgets and trinkets on their phone. It's for the person who's technically oriented," said Jones.

The most popular cellular phones among young adults are Bell Mobility's Liberty and Cantel's Amigo. The price for both these phones is \$40 a month with free air time on weekends and after 6 p.m. on weekdays. The catch is that subscribers do not own the phone.

"Our Amigo phone is the most

popular among teenagers and young adults because of its package," said Gray. "Notice the free airtime is on weekends and after six o'clock. This is socializing time, not business. Another reason is because it's trendy looking. We call the Amigo the *Star Trek* phone because of its flip phone, which looks like a transmitter on *Star Trek*."

Gray predicts telephone booths are going to be a thing of the past.

"Having a cellular phone is going to be a necessity, a lifestyle.... Everyone is busy these days and the cellular phone is convenient for friends and family to get in contact with one another."

David Pighin, a first-year Chartered Accountant student, has owned a cellular phone for about two years.

"It's true what they say about convenience and lifestyle. I began to lose contact with my family and friends because our timetables always conflicted. After I bought my phone, everyone knows where to reach me again. All of a sudden I felt like I existed again."



PHOTO BY LORI DE ANGELIS

Cellular phones are becoming more popular with young people. Convenient but expensive, the phones help portray an image of affluence.

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Group strives for end to violence

by Cara Graham

Last weekend's mass murder in British Columbia which claimed the lives of nine people, is just a taste of how violence is escalating and how Canada needs to take charge of permits issued for guns.

CAVEAT (Canadians Against Violence Everywhere Advocating Its Termination) is one organization trying to stop senseless violence and enforce strict gun laws.

The group is trying to "contribute to the creation and maintenance of a just and peaceful Canadian society by advocating changes to the justice system, ensuring the rights of victims, and educating the public."

CAVEAT was founded in 1992 by Priscilla de Villiers, mother of Nina de Villiers who was abducted and murdered while jogging in Burlington in 1991. Nina's killer was a man with a long history of violent behavior and was out on bail when he murdered her.

Nina's death sparked de Villiers to start the organization when she found she wasn't the only person who believed society wasn't being protected by the justice system.

She decided to start a petition to give Canadians a way to voice their concerns and call for changes to the justice system.

The petition, signed by over 2.5 million Canadians led to the founding of CAVEAT.

"A big problem with the system is victims aren't given enough information about their rights, it's not explained to them," said Laura Cheney, a researcher for CAVEAT.

Cheney said when someone commits first degree murder and they get a life sentence, they are eligible for parole after 25 years. In reality, these offenders are being considered for parole after serving only 15 years.

"If a judge gives someone a life sentence, without eligibility for parole until they have served 25 years then it should stay that way," said Cheney. "But it's not that way, because these offenders are looked at for parole after serving only 15 years and that's wrong."

"Bill C-68 which enforces gun control and makes sure people have firearm registration was passed through the Senate and has been given Royal Assent," said Cheney. This puts it into the criminal code.

According to Cheney there is a huge problem with guns coming across the border and being sold illegally in Cornwall.

"Over 40 per cent of women killed by their husbands were

killed with a gun," said Cheney. "Three hundred people who committed suicide last year used a gun. On average, 1,400 Canadians die from gun wounds each year and 1,000 are injured."

The organization advocates making sure the gun law is kept in the criminal code.

"We constantly hound the senate to make sure this Bill is kept in place," said Cheney.

Other goals of CAVEAT are in education, victim's rights and legislative reform. Cheney said, "the education team focuses on raising awareness of the issues of violence and crime prevention through publications, storefront promotions, and at community centres through public speaking and forums on justice issues."

The rights of the offender, CAVEAT says, take precedence over those of the victim and the general public.

"Being victims' rights advocates, we make submissions to the government on behalf of the victims and their families and we push for equality of rights," she said.

The group advocates changes to the justice system and believes the protection of the public must be the overriding goal.

"We really work to encourage judicial and legislative reform," said Cheney. "It says right in our

information pamphlets that the justice system must be held accountable for decisions regarding bail, sentencing, parole and the release of violent offenders."

CAVEAT wants to end the horrific acts of violence being committed by offenders out on early release, who, through their previous crimes, have proven themselves to be of great risk to public safety.

And while they recognize the benefits of rehabilitation and the re-integration of offenders into society, they also recognize that a number of violent offenders are not rehabilitated by the end of their sentences, particularly if they have refused treatment.

Current legislation does not adequately reflect this reality.

"A big achievement for CAVEAT is the Safety net conferences," said Cheney. "CAVEAT members, the Police Association and the justice reform and community safety activists came together and put together 146 recommendations that were produced and presented to Parliament, which provided an agenda for change."

The group recently established a Victim's Assistance Fund in

response to the outpouring of support for the French and Mahaffy families.

The fund helped to cover out of pocket expenses the families incurred during the trial of Paul Bernardo in Toronto.

If you would like more information or would like to help, call 1-800-6-CAVEAT.



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STUDENT

Toronto's Resume Cafe eases stress of job hunt

by Tracy Essex

With graduation and summer vacation around the corner, Humber students may welcome the new Resume Cafe which offers a unique resume service and cappuccino while you wait.

Partners Rocky Fragomeni and Elga Mannik opened the Resume Cafe on College Street in downtown Toronto, to combine customized resume service with the relaxed atmosphere of a coffee bar.

The cafe is a haven where students can get working resumes while they browse the want ads and sip complimentary cappuccinos.

"We wanted to do something a little bit different," said Fragomeni. "We're a basic resume service, we help people put together resumes, but there was also this cafe idea. I've always wanted to own my own cafe, so we put it together and came up with the Resume Cafe."

Fragomeni said people are especially stressed when it comes to dealing with resumes, and a sterile office atmosphere only adds to the anxiety.

"We've tried to make everything here very laid back with the cafe-style environment," said Fragomeni. "We've got bright colors on the wall, art prints, scenes of Paris."

Connie Desjardins, a student looking for work after graduating from Knox Travel Academy in Toronto, said she was anxious about job prospects this year and the Resume Cafe alleviated some of the stress.

"I know it's tough out there," said Desjardins. "Two out of 25 students in my class got jobs. I got a job with the Cruise Ship Centre and I believe it was the quality of

my resume."

The Resume Cafe customizes resumes for various levels of employment, from summer employment, to permanent positions with corporations such as IBM and Bell Canada.

"We've found jobs for people looking for everything from jobs as waiters, or washing dishes to professional executive positions in the big corporations," said Fragomeni. "We give just as much attention and expertise to the waiter's resume as we do the resume that's going to IBM."

Mannik said they are also branching out into new types of resume services such as desktop publishing and the Internet.

"We're also getting into CD Rom-type resumes and video," Fragomeni said. "A lot of the big corporations that pay well and offer relative job security look for video resumes and are now tapped into the Internet. So are we."

The Resume Cafe offers three resume packages, ranging from \$30 for the basic, to \$100 for "the works".

All three packages include copies of the resume on professional-quality bond paper and a 50 per cent discount for additional copies at The Fine Print, a copy shop below the cafe.

Fragomeni said they have a 75 to 80 per cent success rate when it comes to clients satisfaction and they keep in touch to find out how the job search is going.

"We'll have people call us to say 'hey I got the job'," said Fragomeni. "When that happens it's great because we know we helped them out. We also send them a thank-you card and a congrats letter."



Humber prof makes it big

Cecil Foster is more than just a face in the classroom

by Rosalee Buonpensiero

Humber professor Cecil Foster is a busy man both in and out of the classroom.

Foster, a journalism professor at Humber and Ryerson has two books published, *No Man in the House* and *Sleep on Beloved* which are on both display in the campus bookstore.

Along with teaching and writing novels, Foster has a talk show on CFRB on Saturdays at 7 p.m.

Foster has also appeared on television shows on Shaw and Rogers cable stations. Currently Foster is working on a collection of essays that will be published in September.

Foster attended school for busi-

ness at the University of West Indies in Jamaica and York University for degrees in business and economics. He has worked for the Toronto Star, Contrast and the Globe and Mail and is a former Senior Editor of the Financial Post. He also worked at various magazines around Toronto and the United States including Maclean's, Toronto Life and Chatelaine.

From time to time Foster does commentaries for Vision and CBC Television.

Recently Foster attended a conference in New York called the Fourth National Black Writer's Conference. He was the only Canadian writer invited.

"I was mentioned in one of the

keynote addresses as one of the black writers who was doing interesting things," said Foster.

Foster told the *Et Cetera* how he felt about being the only Canadian at the conference.

"It was kind of lonely. It was nice to have other black writers there. By and large many of the things they were talking about, while they had some relevance to blacks here, it wasn't as fine tuned," he said. "But then I recognized it was not that different from being here in Canada. It was refreshing to meet people from all over the States who have read my work or have it on their course list."

Foster said there aren't many black writers in Canada who get published and he feels fortunate that his writing has been published.

Foster's latest novel, *Sleep on Beloved*, has been nominated for a Trillium award.

Foster has also contributed to a book about Caribana, called *Caribana: the greatest Celebration*.

"I am busy and I'm tired most of the time, but I just feel that I have to keep going," said Foster. "Once you stop going, what do you do?"

There is pressure on Foster because he knows he is visible in the black community.

"When mothers come to you and say, 'hey you are a role model for my black kid,' you can't let down anyone, you can't let down yourself."



PHOTO BY ROSALEE BUONPENSIERO

Journalism professor Cecil Foster displays his new novel *Sleep on Beloved* available at the Humber College bookstore.

Ethnic newspapers a necessity

Mainstream press not always reflecting positive aspects of communities

by Alison S. White

Ethnic press is necessary to positively depict blacks in the community, editors of black community newspapers say.

"One of the goals of *Pride* is for the advancement of the Afro-Canadian community," Olembe Wickham, news editor of *Pride* magazine said.

Metro Toronto has seven Afro-Canadian publications with a combined weekly circulation of 279,000 readers. The largest of these publications, *Share* has a weekly readership of 130,000 catering to Metro's large West Indian population.

According to the latest statistics Canada census, there are 135,055 Caribbean people living in Metro Toronto and the surrounding areas.

Wickham said the publication's mandate is to "try to put forward positive images of the Afro-Canadian community to bring forward positive role models."

He acknowledges, however, that some mainstream newspaper's like the *Toronto Star* have tried to provide a more balanced view of minorities.

Ethnic community newspapers, Wickham said, "offer an alternative view" and more in-depth analysis of issues concerning the black community.

He said the mainstream newspaper coverage of conflicts between black people and Metro's Police force "is too surface and not in-depth."

He cites a recent case of a young black man, Andrew Bramwell, who was shot by the police.

"The mainstream press didn't raise a lot of questions," said Wickham.

After the incident, *Pride* magazine received many phone calls from people in the black community who were outraged by the conduct of the police, he said adding a case where a man "is running and has four bullets in his back should raise a lot of questions."

"We have articles that show some of the positive things happening in our community. That's important because a lot of black kids don't believe that they have any role models," Wickham said. "We show that there are many role models in our community

and they're not necessarily celebrities, just ordinary people doing good things."

Jules Elder, managing editor of *Share* newspaper, agreed there is a need for a positive depiction of the black community, especially for young black people.

"Portraying a positive image of our community is important," Elder said.

Caroline Edwards, a Humber student in the Computer Information Systems program said, "most of the time other newspapers focus on the negative things in the black community." She reads *Share* because "it's more positive (of the black community). They have articles focusing on good role models in the black community."

Furthermore, Elder believes the ethnic press, "will always be necessary and play a vital role in the community because there is more in-depth coverage (of ethnic issues)."

Elder hopes in the future that *Share* can continue to grow with articles that reflect the positive people in the black community by having more "editorial letters and opinion pieces."

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Graffiti a habit some haven't outgrown

A York University student is using the ongoing problem of graffiti to her advantage

by Noushig Ghazarian

If you ever want to find out what is bothering your peers, just go into a public washroom stall and see what others have shared with strangers.

About five years ago, Jane Gadsby, a York University graduate student noticed something strange on the walls under construction at the university.

Graffiti on construction walls is certainly nothing new, but Gadsby noticed something different about this graffiti.

She and a friend concluded if the graffiti was aimed at a specific group or had racial implications, it remained on the wall.

If the statement had a feminist or homosexual target, it would be painted over, usually the next day. For example, "No apology, Proud

to be women. Proud to be feminist," was painted over several times, said Gadsby.

In 1994, Gadsby began studying graffiti in washrooms and library cubicles.

"The graffiti in the library cubicles was sexual, while the washrooms had homophobic graffiti," she said.

She noticed a variety of graffiti at York University and decided to keep her study limited to one area. Gadsby who is doing her masters in Interdisciplinary Studies, developed a strong interest in graffiti and has decided to make it her thesis.

"For my thesis I kept the findings only to the York University community. There was enough graffiti in the washroom stalls."

There is a major difference

between men's and women's bathroom habits. Men go to the washroom, do what they have to do and leave. Their graffiti reflects this behavior.

"In general, men write statements and slogans, while women write narratives and their (personal) problems," said Gadsby.

For women, the washroom is a comfortable and secure place to pour their hearts out to complete strangers.

Gadsby said vandalizing the washrooms is a therapy method for some, women write about their personal relationships, political, social and economic views.

"There is dialogue and questions between women. They express their thoughts, feelings and emotions."

She estimates the age group for

graffiti writers at York is between 18 and 22.

"You really can't tell, there is a wide variety of people. You may

get people writing their ages. Other than that it's hard to tell," she said. "I have not caught anyone in action yet.."



PHOTO BY NOUSHIG GHAZARIAN

Jane Gadsby a graduate student from York University is making graffiti her thesis.

University education not always worth the money

Students are finding university as well as college education is needed to compete in today's job market

by Travis Mealing

Imagine you've just spent \$40,000 on a new car, but the damn thing won't start. Are you satisfied with your purchase? Of course not.

Imagine you've spent the same amount on your education — a nicely-framed diploma, maybe some extra letters to put after your name, several years' worth of knowledge crammed into your skull. But you can't find a job. Money well spent?

"It's not really fair," said Rebecca Fox a 22-year-old Fine Arts student at the University of Ottawa. "We have all this education and have spent all this money, and all we're qualified for is the same job we could've gotten before university."

Fox will graduate soon with a bachelor's degree but she, like many other university graduates, has given up hope of finding a career related to her education.

A Statistics Canada survey conducted for Human Resources Development revealed that more than 10 per cent of 1990 graduates were working at a part-time job

two years after completing school. More than half were doing this because they couldn't find full-time employment.

So Fox will take the next year to work, earn a little money and figure out what art college or design school she will attend in Sept. 1997, she said she needs even more education before she will be able to find suitable employment.

Fox believes many students enter university knowing they will emerge with loads of theoretical instruction but with little ability to meet the demands of the job market.

"There's nothing wrong with broadening your mind," she said. "But people are aware that it's not going to get them a job."

More students are turning to community colleges and technical schools. StatsCan reports that from 1992-93 to 1994-95, full-time enrolment at community colleges rose by 7.5 per cent. Over this same period, full-time university enrolment rose by less than 1.5 per cent.

Tuition fees at colleges are

lower and students foresee a greater return on their investment when they learn practical skills that will land them a job. In fact, many college applicants, like Fox, already have university degrees.

Strangely, she doesn't think the university system has dealt her a lousy hand.

"I don't feel ripped off, but I do feel kind of let down," she said. "I don't feel I'm at the point where I thought I would be."

Kathleen Farley took Classical Studies at Queen's University in Kingston for two years before dropping out and entering the workforce.

Now she's back in school as a 23-year-old Film and Video student at York University.

Farley thinks she has the answer to the question 'why do students keep going to university?'

"Society has built it up to be the more elite class of citizens who go to University," she said. "My choice of Queen's was very much a prestige thing."

But can universities deliver the skills necessary for employment or should they focus on broader goals?

"I believe universities have the potential to prepare people for employment, by improving their communication skills, specifically the ability to form logical and coherent arguments," said Farley.

Students who graduate and are unable to find work, however, take little solace in theories of educational practices.

A 1995 study by the Canadian Youth Foundation revealed

that many young people are disillusioned, have low expectations for the future and believe they've been abandoned by government and industry.

Could this be because universities are failing to do their job? Farley admits this may be the case.

"I doubt that universities are meeting the needs of a large percentage of students. I see a lot of people who've been through four years of university and are incapable of forming logical and coherent arguments."

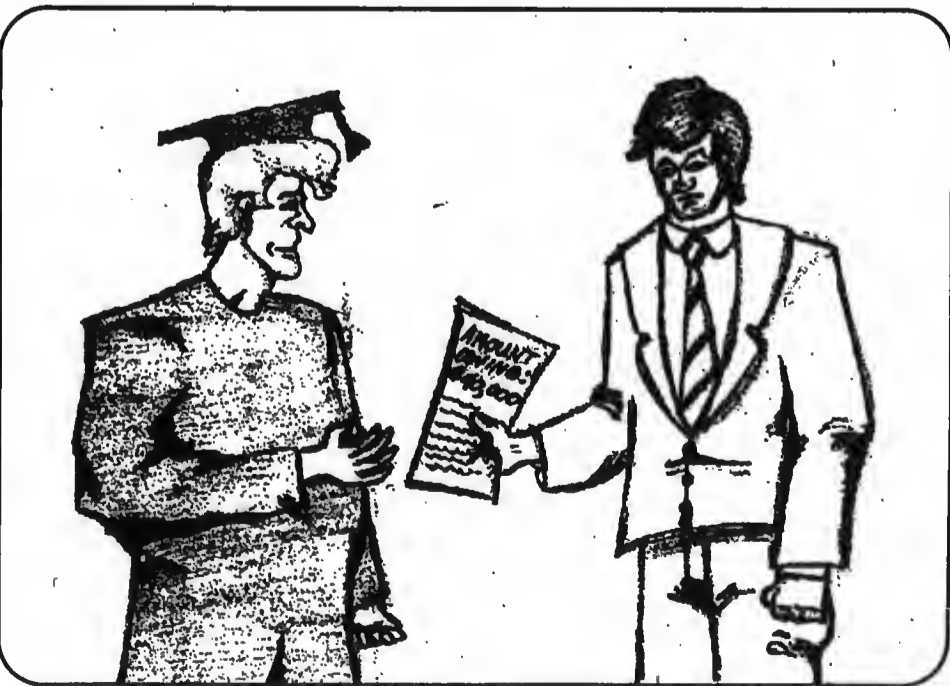
Farley is in a program with a very high job placement rate for graduates and is confident she will

find employment at the end of her university days.

For someone less sure of their future, the current system is frustrating.

Employers like the status of a university degree, but also appreciate the practical nature of a college education. Many students cover all the bases and get both a degree and a diploma.

If attending university alone isn't good enough, is it really worth going? Fox and Farley answer yes, but all have reservations about whether students are getting their money's worth.



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Realignment benefits Humber

by Blair Sanderson

The Ontario College Athletics Association has realigned its divisions placing Humber in a division with teams from Metro Toronto and the surrounding area.

Humber athletics director Doug Fox said the change of divisions will place Humber in more games against teams that fans are familiar with.

"The old schedules didn't give us the rivalries that we needed," said Fox.

Jason Daley, a third year guard on the Humber Hawks basketball team agreed, saying he enjoys playing against the Toronto area teams because they offer a higher level of competition. He added many of his old high school opponents play for Toronto area colleges, creating a bit of a rivalry.

Daley said his toughest rival, George Frompong, happens to

play on Sheridan College's team, Humber's arch-rival.

"He's an offensive threat and I like playing defence, trying to shut my opponent down," said Daley. "You're hardly ever going to shut a player like him down, but that's what I like, the challenge."

Not coincidentally, Humber's largest home crowd of about 900, was for the 'High School Classic' against Sheridan, an Oakville school they later met in the Ontario gold medal game.

Humber fans will get a chance to see many other local college teams like Seneca, George Brown and Centennial under the new schedule which places Humber in the central division.

However, second year women's basketball player, Heather Curran, isn't thrilled about the idea of playing an even heavier concentration of games against local teams.

"Comparing yourself to your own little area isn't enough," said Curran. "I like to try other schools. Only by playing against the very best players can you improve your own game."

Curran said the biggest rival for Humber's women's basketball team was Montreal based John Abbott College. They beat Humber by just five points in a game at a tournament in Montreal, and eventually went on to win this season's national championship.

"We could have beat them," said Curran. "We don't roll over and die against anybody."

Curran said she believes some of the best teams Humber played were from Saskatchewan and Alberta. The Hawks played at a tournament in Calgary earlier this season.

She said there were only a couple of Ontario teams, Seneca and



"Comparing yourself to your own little area isn't enough. I like to try other schools. Only by playing against the very best players can you improve your own game."

Heather Curran, Humber basketball player

Fanshawe, who she really considered rivals, unlike in men's basketball, where there were several strong teams besides Humber like Algonquin, Durham, Fanshawe and Sheridan.

The divisional realignment means a lighter travel schedule and road games closer to Humber.

OCAA athletics director, Loretta McKenzie, attributed past attendance problems to inconsistent scheduling.

"In the past our divisions have

constantly changed, so we haven't been able to maintain rivalries among colleges."

That should change now. McKenzie said one of the goals of the OCAA is to establish a more stable divisional alignment so teams will play each other on an annual basis. With more games against teams from around Metro next season, Humber should have a better measuring stick to measure fan interest in college sports teams.

Competing against university teams in the future unlikely

by Blair Sanderson

Humber College's sports teams have fared well against other Ontario colleges, but how they would measure up against university competition is something of a mystery.

Athletic director Doug Fox said he would like to see Humber's sports teams take on university competition more regularly, particularly against Toronto area schools such as the University of Toronto, York, Ryerson and Guelph.

"In the past, it's been a hard sell for universities to accept playing us," said Fox.

He suggested the reason Humber has been unable to schedule many games against university teams is, "some of them might perceive it as embarrassing to lose to a college team."

Ontario College Athletic Association athletic director, Loretta McKenzie, said some universities are just scared to play college teams.

"There are still some (universities) that just will not play (colleges)," she said. "They have everything to lose. If they ever lost to a college it would reflect badly on them."

The Humber men's basketball team, in particular, has built on its success against college competition and played well against their university counterparts.

In a recent radio interview on "the Fan", Humber's basketball coach Mike Katz said his teams have gone 17-6 against university teams since he came to Humber. The basketball squad has won six consecutive Ontario college championships and four out of the

last six national crowns.

Fox said he figures Humber's soccer and basketball teams could compete on par with the top Ontario universities, and there are two or three other colleges that could compete at a similar level.

Fox attributed Humber's ability to recruit players successfully to the developing profile of the athletics program, as well as the kind of education that colleges in general offer.

"Students aren't guaranteed jobs at universities any more," said Fox. "I think a lot of people

are realizing that college offers a more practical education."

McKenzie said good coaches and a successful past are a draw for players choosing college programs. The other advantage colleges have, she said, is the ability to award scholarships, something universities are prohibited from doing.

Fox said he doesn't foresee college and university teams in the same league in the near future, but does expect an increased number of games against university level competition.



Games against teams like Nipissing University (above) will continue to be rare because university teams say they have nothing to gain by playing a college team.

Balancing school, work, and sports difficult dilemma

by Robert Amoroso

Being equipped with a college education is important when entering the hectic job world.

Athletics and part-time jobs can hinder a heavy school workload. While some student athletes maintain their academics, others tend to get sidetracked and fail in the conquest to achieve both.

"It's not impossible to do both," said Adam Morandini who plays on Humber's soccer team. "People get lazy. As long as you do your work and attend classes, it's not a difficult task."

The struggle to achieve both depends on handling all the challenges that each student athlete must face. The adjustment period is difficult for some to grasp. Time management is very important.

Allotting time to complete all work assignments and athletics with a carefree attitude are realistic goals for all. Possessing qualities such as determination, perseverance, dedication and commitment can make the journey easier to travel.

"I've struggled with both," said Kevin Shand, a Humber basketball player. "I'm learning to adjust to it right now. People have to understand it's hard to manage work, school and athletics all at the same time."

Being a student athlete is like holding down a job. Student athletes must prove to themselves that they can compete, giving 100 per cent on and off the court.

Some student athletes have no problems with this balance, while others make a choice between their studies or sport. Usually they end up putting all their efforts on their sport and forgetting about their schooling. This decision becomes a prescription for failure and a tough pill to swallow.

"You have to choose between the two. Some people have to do both through commitments like children," said Warrick Manners who plays on Humber's basketball team. "It creates a lot of stress. It's a tough situation. It's hard to achieve for most athletes. Usually they scrape by unless they manage their time right."

"Most athletes tend to concentrate on athletics rather than school life. It varies at different times of the year. At the beginning of the year, you work really hard. But come February and March more time is devoted to sports. It's tough, a lot of travelling and time away from family," Manners said.

The prospects of achieving a college level education and participating in athletics are well within the reach of any student athlete. As long as both are important-achieving good grades and winning a championship can be accomplished.

"Think about school and not about sports-focus," said Morandini. "The coaches put enough pressure on us. If grades are not good, they'll suspend you from the team."

Joe Carter destined to play ball

by Gwyn Chapman-Matthew

At the age of six, Joe Carter had a clear sense of what he wanted. His dream was to someday be a professional baseball player.

A preacher prophesied to his mother that one of her children would make it as a professional baseball player.

Carter said, "I always had confidence. When people told me I could not do this or that I never listened to them. That motivated me even more, to reach my goal. Here I am years later, successful, having a great time still being a little kid."

Carter, a native of Oklahoma City, came from a family of 11 children—six girls and five boys.

He attributes his love for sports and competitive nature to his early exposure to sports, outdoor activities and the challenges of growing up in a naturally competitive home atmosphere.

According to Carter there were never any quiet moments at home.

He jokingly talks about the influence of women in his life as a youngster, and how it fostered his development as a respected home-maker.

"I was born at a bad time," he said. "There were five girls before me, so I was raised by six women. They sort of brainwashed me. Taught me how to wash dishes, laundry, cook, all that stuff. But it all came in handy."

Carter, a family man in every sense of the word, adores his wife

of 17 years, Diana, three children, Kia 14, Ebony 12, and son Jordan 5, who was named after the great basketball player, Michael Jordan.

His face lights up as he speaks about some of the pleasures of family life.

"My wife spoils me during the season, so in the off season, I spoil them by cooking seven course meals. Usually the kids don't ask her what we're having for dinner, they ask me."

People show their love for others in different ways. Carter demonstrates his compassion and love for children by visiting sick kids at hospitals around town. His personable and sincere qualities make it extremely easy to warm their little hearts and put smiles on the faces of those who, at times may be in physical pain. In addition to that, Carter willingly gives time to worthwhile causes such as Ronald McDonald House and Cystic Fibrosis Foundation.

Joe Carter takes life in strides. He stresses the importance of staying focused and doing what it takes day by day until you accomplish your dreams.

"Go out there and do it, at any cost," he said. "Put all your effort into it. Don't try to find easy ways around it or a short cut, it never pays off. It may take a while before your goals become a reality, but if you believe in it, it will happen. At times, it's easy to get off track, and once you do, it seems even more difficult to get back on.

However, it's important that you realize, you've got a job to do, and let nothing get in your way. When you get off track, understand and learn from the error, then continue moving on, with a positive attitude."

Carter is a role model for many youths in Canada. He stresses the importance of an education.

"If you don't finish high school, you limit your chances to get ahead. It's a real tough world out there. Many ball players make it to the point of attaining huge success, only to lose it all because they lacked the necessary financial education or background to make proper decisions."

Spirituality plays a major role in his life but this wasn't always the case during his youthful years.

"I attended church for the wrong reasons. It was not something I wanted to do," he recalls.

It was expected of him to go to church every Sunday, where his father was a deacon.

At one point he shied away from the 'church life' until one day his college room mate, a football player, almost became paralyzed. Only then did he realize and appreciate the value of what his parents

were trying to instill in his heart for years. Sometimes you need to experience things for yourself.

"(Christ has) given me an abundance of talent. I have seen many people with great talent, for one reason or another who never make it. I appreciate the opportunity to play. I'm having fun and using the talent that I was given. That's an accomplishment in itself. So I'm very happy about that. The other things that come about as a result are just icing on the cake."

The manner in which Carter's handled tough times is due to his faith

"People say, 'how can you go 0 for 20. Oh you're in a slump, how come you're not doing this or that!' My response is, I can't do anything about what has already happened, but every time I go into the field, I feel like I'm going to get a hit. Once you keep this attitude nothing can get you down."

Carter maintains a strong belief that anything's possible. The idea of being optimistic, believing in one's self and his family has always been an important factor in his life. Particularly at his lowest points.



PHOTO BY GWYN CHAPMAN-MATTHEW

Joe Carter of the Toronto Blue Jays relaxes at home with a book. Carter attributes his success to his supportive family and his upbringing.

Getting ready for spring riding

by Anya Luczak

Spring is here and it's time to ride. It's a mountain biker's paradise; long, warm days and muddy trails.

With the season set to get underway, there is plenty to think about. Most crucial of all is getting fit for the season. This is an undertaking of not-so-small proportion, a task worthy of serious consideration and contemplation.

While most riders are all-round sports enthusiasts, the long, dark, cold winter months often inspire hours of hibernation.

But before you hit those wild trails to conquer that crazy terrain, some helpful fitness tips will transform any mush puppy into hard-core hound.

To start the season off right, rider Glenn Meeuwisse an Ontario mountain bike team coach, suggests recreational riders just get out and ride.

"If you're out there just enjoying it, then to stay in shape, it's best to ride three to four times a week, at least half an hour at a time."

Even those riders who use the bike as an alternate means of transportation should invest the time in a workout routine.

Lisa Piatt, a member of the Ontario Cycling Association, and weekend warrior, prefers to ride

her bike to work in the summer than wrestle with public transportation.

"I work at a day care, so I'm not too worried about what I wear to work and getting too sweaty," Piatt graciously explains.

For her, getting in shape for the summer season is only common sense. "When you're fighting traffic and trying to keep up the pace, you've got to have that endurance, otherwise you'll never make it to work or even back home," she says.

More ambitious riders should begin with at least two visits to the gym per week, advises Meeuwisse. Most importantly, ride 20 minutes on the bike and do two sets on the leg press, leg extension and pull-up machine. At this rate, you'll be in and out in 30 minutes and eager to return the following day. Once you reach a desirable level of physical activity, start to work on a regular routine that requires regular training on the most crucial areas necessary for any strong ride, for both the recreational rider and the die-hard junky.

In a recent Mountain Bike magazine article, Jim Rock, a conditioning specialist who trains sport - and expert-

class racers, advises the following; combined with 45 minutes of aerobic activity, to keep your heart well conditioned, a gym workout is crucial. Work legs with squats, lunges, calf raises, leg extensions and hamstring curls. For the upper body, work your chest, back, lats, biceps and triceps. And don't forget the ab work. Rock believes the key for any rider, is leg endurance and upper body power and control.

"This is a potentially dangerous sport," says hard-core wannabe David Oakley. "If you're really going all out, then you have to be able to bump and grind, to get up and over rocks, and logs and barrel through thick mud. You've gotta be able to handle whatever comes



FILE PHOTO

Bikers should exercise before riding because of inactivity during the winter.

at you, and if you're not in at least half decent shape, then not only are you a hazard to yourself, but to everyone who's riding with you," he explains, wide-eyed, as he browses a local bike shop in London, Ontario.

Meeuwisse, who has been coaching the provincial team for five years, also recommends get-

ting off the trails and doing some road riding. "Pump up your tires, and just go for long, smooth rides. It's great for power and developing a strong pedal stroke, unlike when you're riding the trails, where you're often just jamming."

So, mountain bikers of all persuasion rejoice, spring is in the air. Cheers and happy trails!

Good Mountain Bike buys

- Dean Colenel (titanium, \$2,850), Trek 9900 SHX (carbon fiber, \$3,000), Fabrications G2-B (beryllium metal matrix composite, \$6,995).
- "Your First Dual-Suspension Rig";
- Trek Y-11 (\$1,599), Kona Sex One (\$1,549), AMP B3 LX (\$2,100).
- "The Cheap Escape Rig";
- Kona Fire Mountain (\$529), GT Tequesta (\$589), Marin Palisades Trail (\$599).
- "Bashing Betty Bike";
- Fat Chance Yo Betty (\$725, chromoly frame), Terry Jacaranda S (\$1,440), Mountain Cycle Moho 7.0 (\$2,299).

In each category, keep these Mountain Bike Magazine tips in mind, it'll help:

"Ultimate Machine", they say "hock your girlfriend's engagement ring."
 "Your First Dual-Suspension Rig", they say "it's a new way of riding. Learn to work the bike for max shock absorption."
 "Cheap Escape Rig", they say "when looking to upgrade to suspension, get the best fork you can find. When you graduate from the frame, the fork can travel with you."
 "Bashing Betty Bike", they say "women can buy super-light-weight parts...by focusing on good technique, you can exploit your weight advantage on climbs, making uphill your specialty. Work on handling skills, this can be an advantage, turning you into the kind of finesse rider mountain bikers of both genders aspire to be."



Jacques Villeneuve's Players Ltd. IndyCar depicted above, chases down current teammate Damon Hill's Rothman Renault Formula One Car.

Canadian racers poised for victory

Villeneuve leads contingent of Moore, Tracy, Goodyear and Empringham

by Sarah Jones

Anticipation fills the air with the sound of the roaring engines. The stands are full of fans trying to contain the thrill of what is to come.

The fast paced action, along with the mystery of not knowing what is going to happen at the next turn, are some of the things that attract many people to auto racing.

Even though not many Canadians race, it looks like this year they are going to make an impression.

From IndyLights, to Indy to Formula 1, Canada has produced some very skilled drivers; drivers who will be watched and admired worldwide.

The first few races have indicated this is likely to be an amazing year for Canadians in racing.

Formula 1

He's young, rich and single, and was named Canadian male athlete of the year.

Canadian Formula 1 driver Jacques Villeneuve, 24, from St-Jean-sur-Richelieu, Quebec, dazzled many when he proved he was ready to race in the big leagues.

The first rookie since 1972 to claim pole position in his race debut, Villeneuve raced superbly to a second place finish at the first race of the F1 season, in Melbourne, Australia.

Villeneuve's outstanding racing ability has people wondering if Jacques will follow in the tracks of his illustrious father the late, legendary, Gilles Villeneuve, whose skills made him a top F1 driver.

"Villeneuve is already better than his father and will be world champion," said Jackie Stewart, three time F1 World Champion. (<http://www.jacques.villeneuve.com/english.html>)

In 1982 Villeneuve was only 11 when his father was killed as his Ferrari crashed, while driving in Belgium.

Canadian F1 fans are counting down the days until Villeneuve

competes in the only race held in Canada. On June 16, 1996, Villeneuve will race his first Canadian Grand Prix in Montreal at the track named after his father: Le Circuit Gilles Villeneuve.

Despite his young age, Villeneuve already has a list of accomplishments. Last year he made the Forsythe-Green Ralt Racing Team very happy as he drove his Player's Ltd. car to victory. He was the youngest ever to win the PPG IndyCar Championship. He was also last year's winner of the Indianapolis 500 and placed second in it the year before. In 1994, his first year in IndyCar racing, Villeneuve was named 'Rookie of the Year', finishing sixth overall.

To start his F1 season in Melbourne, Villeneuve qualified higher than his teammate Damon Hill and last year's Formula 1 Champion Michael Schumacher.

Right from the green light Villeneuve led the way, jumping ahead of everyone.

Throughout the race Villeneuve's biggest competition came from his teammate, Hill.

Villeneuve had an outstanding race and proved he could hold onto the lead, making it look as if he would certainly win in his F1 race debut. With five laps to go, the dream was snatched away.

An oil leak caused the pit team to order Villeneuve to slow down and allow teammate Hill to pass. This gave Hill his 14th F1 win, which marks the record of the number of races his father Graham Hill had won.

And Villeneuve had to settle for second place.

Fans and drivers alike were amazed by Villeneuve's performance.

"Jacques has all the required qualities to become a World Champion. It could happen as soon as this year," said Alain Prost, four time F1 World Champion. (<http://www.jacques.villeneuve.com/english.html>)

Villeneuve was doing well at the Brazilian Grand Prix on March 31, considering he had never driven on this track before and it was his first wet weather race. Villeneuve held on to second place for the first 26 laps of the 71 lap race after starting third on the grid.

As Benetton driver Jean Alesi, who was closely following Villeneuve, tried to pass, Villeneuve spun on the wet track and went into the gravel track. He was out of the race. On Sunday at the Argentine Grand Prix, Villeneuve raced to his second podium finish. Villeneuve started third on the grid but fell back to ninth at the start.

"Villeneuve is already better than his father and will be a world champion."

Jackie Stewart, 3-time F1 world champion

"The start went really bad. The clutch slipped a lot and a lot of cars got by me," said Villeneuve on CBC's Sunday night racing coverage.

Villeneuve worked his way up to fifth by lap eight. It was lap 29 when a safety car was sent out that gave Villeneuve the chance to close the 14-second gap between him and fourth place driver Berger.

"Luckily for us, there was the pace car out, so we could catch up on the rest of the field," said Villeneuve.

Villeneuve raced to finish second behind teammate Hill. Jean Alesi finished third.

This is the second time Villeneuve finished in second place in three F1 races. Currently Villeneuve is second in the driver's standings.

The first races have shown Villeneuve has a lot of potential and once he gains a little more experience, he will definitely be someone to watch out for.

IndyCar

There are three Canadian IndyCar drivers in the quest for this year's IndyCar Championship.

Although Greg Moore's favorite foods are pasta and ribs, and he enjoys watching *Seinfeld* and *Home Improvement*, Moore isn't your average 20-year-old.

From Maple Ridge B.C., Moore takes Villeneuve's previous spot in the Players Ltd. IndyCar team.

Moore, whose most memorable racing achievement was winning last year's IndyLights Championship, has done well at the first three races of the IndyCar season.

On March 31, the IndyCar Race in Surfer's Paradise, Australia was a great one for Moore earning him his first podium finish.

After qualifying in eighth position, Moore worked his way up to third place.

In the first race of the season in Homestead Fla., Moore qualified in fifth position.

He received a stop and go penalty for passing the pace car during a caution, which caused him to fall back to the 13th position.

Moore was not going to settle for that. He raced hard and overtook five cars.

Moore ended his first IndyCar race in seventh position.

On March 17 in Brazil, Moore appeared to have the race, but was forced to drop out.

He had a slight brush with Jimmy Vasser, but said the incident was not the cause of him having to leave the race. The problem with the car was thought to be in the electronics.

Moore ended up in 18th place, one position ahead of Toronto's Paul Tracy.

In Australia on March 31, Tracy did not have a good day.

He did well in qualifying which earned him fourth position on the grid. He moved up to third after lap 11 of the 65 lap race. Tracy

was bumped out of the race by Michael Andretti.

"It was textbook Michael," said Tracy on ABC race coverage. "He comes up to you from behind, locks up his wheels and spins you around. It has got to stop. It has got to stop."

It just seemed like another incident in a stream of bad luck.

In the Brazilian race, Tracy had to pull out of the race after 102 laps of the 135 lap race because of a bump.

The other Canadian IndyCar driver was absent from both the Australian and the Brazilian races.

Toronto's Scott Goodyear will be absent from races for two to three months.

He broke a vertebrae while practicing for the Brazilian race.

IndyLights

Canadian David Empringham has shown a lot of potential for the upcoming IndyLights series. Empringham was last year's Formula Atlantic series runner up and was Formula Atlantic Champion for the 1993 and the 1994 seasons.

Empringham, who is sponsored by Players Ltd., won his debut IndyLights race.

On the Homestead Fla. track Empringham pulled away from the rest of the drivers. Empringham was able to remain ahead of everyone else throughout the race.

The race indicates there may be many more wins by rookie Empringham.

For racing fans, the intrigue lies in the mystery of what is to come. A race is never done until the flag waves. There is a lot of time in between the green light and the checkered flag for car troubles, bad pits, crashes or passing.

The first few races indicate even though there are few Canadians involved in racing, it appears they are going to be very competitive and may be dominant.

CLASSIFIEDS

EDITOR Shannon Armstrong

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A	A	D	O			A	W		W	O	N	K	A			
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F	M		S	A	D	I	S	T		L	N	N				
B	A		I	N	D	I	G	O		N	A	B	O	B		
I		Q	U	O		V	H			E	M	U	O			
D	E	A	D	B	E	A	T			C	O	N	A	N		

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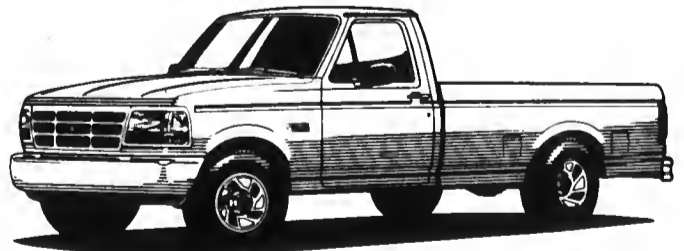


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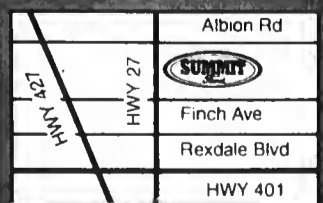
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HUMBER ET CETERA ...

HOT OFF THE WIRE ... Larcenous Law Students

(BN) They're learning the law – and the loopholes. The Dean of Law at the University of Calgary says a glitch in the machines allowed students to run off \$2000 dollars worth of free photocopies. Sheilah Martin says the students' conduct was unacceptable, especially for those going forward into the legal profession. They've been asked to make restitution.

Daft-on-a-raft

(BN) With 20-degree temperatures, why not? Five College-aged party animals pushed a rickety plywood and styrofoam raft into the North Saskatchewan River in Edmonton earlier this week. Then they climbed aboard with snacks, a stereo and lawnchairs to soak up the sun. Despite the balmy weather in the Alberta capital, the river is flowing quick and cold, and the rafters received a stern safety lecture from police.

Surrogate Easter Bunny?

(Reuter) A New Zealand farm dog has taken the Easter Bunny theme to heart by adopting an orphaned litter of baby rabbits. The owner of the 14-year-old spaniel was rather surprised, saying "Tisha" usually eats any rabbits she catches. But after unearthing a litter of five babies she brought them home, and has even started producing milk to feed them. Unfortunately, just three adoptees remain. One died of fright, and the other was snatched by the family cat.

PICK-A-FLICK



Can you name the movie this clip is from?

The first person to come to the new room (L231) on Monday, April 15 at 11 a.m. with the correct answer will win a prize. The prize is exciting, fun and unbelievable! I think we bumped you because we didn't have a winner last week. Last week's answer: Frankie & Johnny

HUMBER ET CETERA

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AND READERS
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