

Humber et cetera

Health:
The sweet smell of relief with aromatherapy pg 12

Marco LaVilla gives Et Cetera the skinny on **Hang the DJ** pg 18



NEWS

Strike narrowly averted as teachers accept contract page 3

You're paying back ORAP, one way or another page 3

Get to school quicker with Go Transit Express page 4

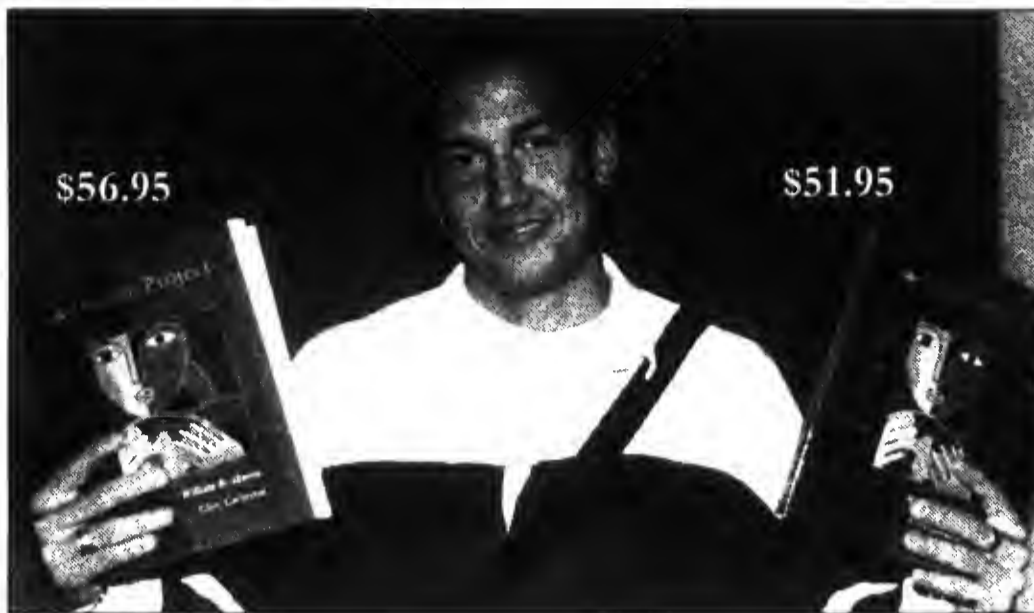
BUSINESS

Real estate trend goes up page 14

Business in T.O. page 13

SPORTS

Humber soccer programs get ready to kick off new year page 22



Christian Vallet, first-year Business Administration student, holds the book *Lakeshore* students were paying more for. Refunds are being offered, but high prices prevail.

Burned by the book

A textbook case of monopoly had Lakeshore students paying more than North Campus

by BRIAN R. SYLVESTER
News Reporter

An investigation into book prices at Humber's bookstore, resulted in a lowered price for a textbook at the Lakeshore campus.

The textbook, *The Human Project* (Prentice-Hall) - written by Humber's own Clive Cockerton and William Hanna - used to retail at the North Campus for \$51.95 and at the Lakeshore Campus for \$56.95. Before being corrected, the discrepancy was not just an error. The difference in price was due to the North Campus being in a "competition situation" says bookstore manager Mitch Walker.

The competition Walker is referring to is Scorpio Books, a small store in the Biway Plaza on Humber College Boulevard across from the college. At Scorpio, the same textbook retails for \$46.95, \$10 or nearly 18 per cent less than the book was retailing for at Lakeshore campus.

"It should have been that way all along... we had to get permission to price (*The Human*

Project) at list (\$51.95)," Walker said. "The college prices the books. Definitely."

When asked if students at Lakeshore could get their \$5 refund if they had paid for the textbook at the original price, regional manager Kim Seifried said, "Absolutely."

Cockerton seemed surprised to learn of the discrepancy between the two campuses.

"I'm quite surprised at such a spread... The price is regrettably high," said Cockerton. "Anytime a text costs more than \$50 that's a lot of money for a student to shell out."

Hanna, now director of Humber's School of Media Studies, was equally shocked.

"It astonishes me. My understanding of the pricing policy [at the bookstore] is that Humber College is Humber College is Humber College, whether it's Lakeshore, Queensway or the North Campus," said Hanna.

About 1,800 students a semester take the humanities course which requires *The Human Project* as a text. ... cont'd on page 5

Rusty nails it down at Caps

by SHAUN HATTON
Entertainment Reporter

Do you like to rock and roll? If yes, then Caps was the place to be this week.

Rusty, arguably one of Canada's most well known rock groups, played a gig at the school pub on Wednesday as part of Welcome Week.

Instead of constantly being on the road, the band generally plays about three shows a week, which leaves them some time to be at home.

"I just like it when I can be at home more than I'm not," lead singer Ken MacNeil said. That doesn't mean, however that Rusty can avoid lengthy road trips and nights in hotels.

"Two weeks ago we were out for 12 days out west. But we generally sort of play all the time," MacNeil said. "Every weekend, we play somewhere in Toronto."

The band was also part of the Canada-wide Edgefest tour this past summer, which gave them a chance to play to more people than usual.

"I would rather be playing to 10,000 people every night, because that would just mean that more people bought our records and liked us," MacNeil said. "We play to 100 people all the time. Sometimes we play to 500, and sometimes we play to 2000."

Playing to a larger crowd has its cons as well. At festivals such as Edgefest, bands must condense their sets to fit a specified time slot so that everyone gets to play.

"You just don't feel like you really connect that much," MacNeil said. "You don't spend a lot of time talking to the crowd."



MacNeil

... cont'd on page 18

Parking pass thief loots the lots of Humber

by CLAUDIA ZOQUE
News Reporter

There is a parking permit thief on the prowl in Humber College lots and you may be the next victim.

Judy Slancik got in her car on last Tuesday afternoon and found that the costly parking pass she had miserably stood in line for, had been stolen.

"I couldn't believe it," said the 21-year-old journalism student. "I had left my window just a little open and someone must have put their arm in and peeled my parking sticker off."

Slancik did not have to pay for a

second parking pass. She went to Campus Services in room K101 where co-ordinator Gary Shaw was more than helpful. He instructed her to file a police report with Division 23.

"We don't know how many students have had their permits stolen," said Shaw. "A formal police report needs to be made and most students just come here, get a temporary pass and don't get around to calling."

Nancy Pinson, manager of Humber College public safety, warns that students who purchase a parking pass from individuals who claim they no longer need it,

can be charged with possession of stolen property.

"Possession is as bad as stealing it," said Pinson. "There is no reason for the resale because there is a full refund upon return. If it's too good a deal, it usually is."

A list is made of all the missing parking permits and is circulated to campus security personnel.

"They'll (security officers) spend a couple of hours doing a blitz of certain lots," said Pinson.

"If we get a match on our list, we trace the plates, find out if they are a student, then send them a letter to appear before the disciplinary committee." Pinson advises

students to follow some important steps to avoid being a theft victim:

- secure your vehicle by locking all doors and closing all windows
 - stick the parking permit to the window, do not simply tape to the windshield
 - keep your gate card separate from your parking pass
 - look at your permit upon entering the vehicle and departing.
- "You should also be aware of your whereabouts and watch for suspicious activity," said Pinson. "You may prevent it from happening to you and from happening to others."

visit us on the web at:

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

Right inside

"Sometimes the pub comes first."

- the kids in the halls -

Do you think your tuition is too high?



Marco Reyes 2nd year Computer Information Services student

"No. I've been to university and it was a lot more expensive than this, so to me this is great."



Debjani Choudhuri 1st year Public Relations student

"I don't think I pay all that much for the courses. It's things like books, computer software, and voicemail... other places I've been to it's been included and it's not here."



Janelle Morgan 1st year Multi Media student

"For the course that I'm taking the tuition is too high because I have to buy materials for my course which add up to about \$1000."



Gagandeep Sekhon 2nd year Mechanical Engineering student

"Yeah it's too much... they increased it like \$200. The machines we work on we don't get much time on because of too many students in one class."

Beadman on campus

by SHAUN HATTON
On Campus Reporter

If you think starting your own business while attending school is next to impossible, think again. Mike Flietas has been juggling work, school, and pleasure for the past two years.

The 22-year-old Business Management and Financial Services student created Flaco Beads, making beads out of raw material bought from a craft store and selling them in his spare time.

"A lot of people think beads are a black thing. They're not a black thing," Flietas said. "A lot of people think beads are a white thing. They're not a white thing, they're a human thing."

Flietas promotes the beads through various means, including business cards, stickers, and even an ad in this year's student

handbook.

With the help of SAC vice president and good friend Kenn Bell, Flietas has marketed his products to an even wider audience, including rock groups.

"Through (Bell's) connections, it allows me to branch out," Flietas said. "Thanks to him, people like Weeping Tile wear my beads."

Aside from promoting, Bell is a key element in what could be considered a team effort.

"Mike was just this guy. He did this on the side," Bell said.

But after noticing that people took a liking to the necklaces Flietas gave away to friends, Bell approached him about turning a hobby into a business.

Flietas chose the name "Flaco" because he was often called that by his soccer teammates. It's Spanish for "skinny."

For Flietas, Flaco Beads is not just a way to make a quick buck. In fact, he hasn't had a decent return on it for 18 months. Instead, it's a labour of love.

"There's never two of the same bead. It's all hand-made," Flietas said. He usually charges \$15 per necklace. When he has a job, most of his income goes into keeping Flaco Beads alive.

"The only thing that affects my ability to do my dream is finance," Flietas said. "Juggling school, work, women, and all these little things you try to fit into one day, something has to give."

Sometimes his grades suffer, sometimes his family life.



Mike Flietas is a Humber student and who started his own business making necklaces.

"Sometimes the pub comes first," Flietas said.

Despite being in a financial lull, Flietas plans stick with Flaco Beads and finish what he began. Through friends at clubs, he plans to reach markets in

Montreal and beyond.

"I'm combining business with art," he said. "So far, it's been a good combination."

If you are interested in Flaco beads contact Michael Flietas at (416) 818-2745

Coming Events

September 17 : Energy 108 will be at the registration entrance in the afternoon

September 17 : First pub at CAPS, doors open at 8p.m., admission is free

September 17 : Crash Week Indoor Soccer (Athletics) 11-2

September 17-23 : Entries open for intramural Floor Hockey, Co-ed Volleyball, Indoor Soccer, and Basketball (Athletics)

September 18 : Crash Week Basketball (Athletics) 11-2

September 19 : Argo bus trip, tickets are \$20 and are on sale in the CAPS office and at the front desk in residence

September 19 : First annual 5km run in support of the Gatehouse

September 21-25 : SAC Vendors Fair (North Campus) in the concourse features jewellery, crafts, books, and more 9-4

September 21-25 : Nominations for SAC Divisional Reps (North and Lakeshore) and SAC Vice President (Lakeshore)

September 21-29 : Entries open for touch football tournament (Athletics)

September 22 : A presentation will be given to explain how a University in Australia is offering programs to Ontario College grads. Call ext 4403 for details.

September 23 : Varsity Men's Soccer vs George Brown at Humber at 4:30

If you have any coming events, story ideas, or know of any Humber students who are doing interesting things contact Kelly Crowe, the On Campus editor of the EtCetera, at ext 4513, ext 4514, or drop by 1-231 and pay us a visit.

News

"I simply can't do everything." -Humber President Robert Gordon

Teacher's union accepts contract

Pay changes included; curriculum control, class size remain issues

by DOUG GLAZEBROOK
News Reporter

Ontario's college teachers have reached a tentative agreement with the Ontario Council of Regents, narrowly averting a province-wide strike.

The seven-member union bargaining team has unanimously recommended that teachers accept the current offer, which is to be ratified on September 24. College teachers have been working without a contract since 1996.

Maureen Wall, president of the Humber Faculty Union, said that she is satisfied with the agreement, but believes it still falls short of what she originally hoped for.

"From the beginning of bargaining," Wall said, "the demands that the union put forward . . . were not addressed at all."

More control over curriculum decisions, stricter limits on non full-time faculty, and limits on use of non-teachers, such as technical support staff, for classroom delivery are some of the objectives Wall hoped this new contract would achieve.

"Ultimately what we managed to do was hold the line and keep what we have, with some salary adjustments," Wall said.

Humber president Robert Gordon said he was happy with the settlement.

"It's a fair settlement," Gordon said, "which allows us to have a very good academic year. Students should be happy because there's no thought of disruption."

However, Gordon admitted that budget cuts have somewhat compromised the quality of education at Humber.

"I'm not totally happy [with the quality of education at Humber], because obviously we would all like to do better, but you have to live within your means," Gordon said.

Peter McKeracher, one of the union's bargaining team members, said the Council of Regents was forced to make concessions.

He said that it was a give-and-take situation, but felt that students came out on top.

McKeracher said that had the union team achieved the concessions that they had originally set out to, the quality of education would have been improved.

However, he also said that the team had refused any concessions that would have damaged it.

As a result of the new agreement, teachers "will get a three per cent increase in pay effective the date of ratification. Another two per cent increase will come as of September 1, 1999.

Also, teachers who have been working for the past year and will still be employed as of September 24 will receive a lump sum of \$600.

Over the next three years, the salary schedule for teacher earnings will be increased by one additional step per year, allowing those teachers at the highest levels to earn more.

Other points within the new contract will see implementation of changes to the dental plan, which were frozen in 1993 as a result of the social contract, and changes to the requirements for maintaining survivor benefits.

The school has seen a 20 per cent decrease in full-time faculty from 1994 to 1997 while enrolment at Humber has increased slightly. This measure will result in cost savings.

"We are getting the job done," Gordon said, "but we probably have a different combination than we used to have."

Without the full-time teachers, Humber must rely on other means such as support staff, part-time, sessional, and partial load hours to fill any gaps. Such maneuvering is more cost-effective for the College.

In the meantime, Colleges are left to do the best they can with limited finances.

At Humber, individual programs are feeling it in different ways.

Joey Noble, a full-time Social Science teacher at Humber, said that there are a number of ways

in which her program has been affected by the money shortage.

One of the most noticeable examples is class size.

"It's up to around 40 (students) in most of my classes now . . . that is at the max," Noble said.

"Often there isn't enough seating in the room."

Noble believes that having such high-class numbers affects the quality of education being delivered: "When the numbers are up that high, it is very difficult to have good class discussions — face to face discussions — where you get a large number of students involved."



PHOTO BY DOUG GLAZEBROOK

SAC vice-president Kenn Bell met Miss Canada International Leanne Baird at the grand opening of Toronto's first Nickels restaurant last Thursday. Also at the opening was Canadian chanteuse Celine Dion, co-owner of the Nickels franchise. Dion had performed at the Molson Amphitheatre the previous night.

OSAP crackdown

Thinking of defaulting on your loan? Don't bother — the government wants its money

by BRIAN R. SYLVESTER
News Reporter

The provincial government is increasing the pressure on students to repay their loans after they graduate.

The provincial average of the default rate on student loans at Ontario colleges is nearly 28 per cent compared to 13.9 per cent for universities. At Humber the rate is almost 25 per cent.

In other words, one in every four students with a loan does not pay it back after they leave the college.

They want you to pay your loans back so much that they are even offering incentives. You can get a 17 per cent tax credit on the interest you pay on your student loan. So if you paid \$1000 interest you would receive a tax credit of \$170.

"It will be a bit of an incentive for students to make the payments," said Margaret Antonides, manager of Financial Aid at Humber College. "Anything is an incentive but I doubt many [students] will read the fine print."

Students who don't repay their student loans could have money from their income tax refunds applied to their outstanding loan. And if you're thinking about declaring bankruptcy to become loan-free, you can't — for at least 10 years. If that wasn't enough, these students will be unable to get any more OSAP and their loans will be assigned to a collection agency, which could result in long-term damage to their credit rating.

The provincial government wants the default rate significantly lowered. Any college with a default rate 10 per cent above the provincial average (currently about 24 per cent) will be partially responsible for those defaulted loans. The government also wants to get the provincial average default rate down to 10 per cent by 2002.

In an effort to educate students about the OSAP changes for 1998, the federal government has assembled an information guide and sent thousands of copies to post-secondary institutions. The guides are free and are available at the Financial Aid and SAC offices. You can also visit the OSAP website at www.osap.gov.on.ca.

Other changes to OSAP of note in the booklet include changes to the Interest Relief Plan.

If you live in Canada, have signed the consolidated loan agreement, have not defaulted on any previous loans and have not received interest relief during the last 30 months, the government could pay the interest portion of your loan.

If you are still having problems with repayment, you might be granted an extension on your loan (to a maximum of 15 years) or have the principal reduced on the money you already owe.

"These measures, taken together, constitute a significant step forward in assisting borrowers when they begin to pay back their student loans," federal minister of Human Resources Pierre Pettigrew said in a press release. "I encourage those who have recently completed their studies to take advantage of these new measures."



PHOTO BY CAMILLA PINTER

Humber students arrive on the new GO Transit express bus which departs from Yorkdale.

GO Transit express gets rave reviews

by CAMILLA PINTER
News Reporter

Humber students can now enjoy shorter bus rides to school by using the new GO Transit express bus departing from Yorkdale.

"It's faster to get to school... and it's not as noisy as the TTC," said Anne Smith, a second-year Architecture student.

Humber College is the first school to receive this special GO service. Grant Turgeon, planning and scheduling officer for bus operations and creator of the experiment, said he will conduct several evaluations to determine whether to offer the system to other schools.

"Humber is a test case," said

Rick Darling, supervisor of plant maintenance for GO Transit.

"The GO Transit system was originally requested by Humber College."

Darling said rates are based on zones, distance and travel. A monthly pass from Oshawa to Humber costs \$141. "Student rates are reduced approximately 40 per cent from adult monthly passes," he said.

"It's awesome because I live in Georgetown, and it only takes me about an hour to get to school," said Susan Lackey, a second-year Tourism and Travel student.

The new system was introduced three and a half weeks ago. "Students benefit if they're going to use GO Transit on a reg-

ular basis," said Turgeon. "It's a new service opportunity for staff and students to get to Humber," said Gary Jaynes, director of physical resources.

Representatives were pleased by the response from students last Wednesday and Thursday. Darling said they are currently averaging about 20 people per trip during rush hours.

"We had a girl do cartwheels this morning. She was so excited about the service," said Darling.

Students are currently required to go to Union Station to purchase tickets or get an application at the college and send it to Union Station.

For more information call GO Transit at (416) 869-3600.

Cameras in residence

by SHERRY LANGEN
News Reporter

Humber Residence eyes are looking to help make a student's home away from home a safer place to live.

Residence Manager Derek Maharaj has increased the number of cameras on the ground floor from four to 16. By the end of September, Maharaj hopes to have keycard access in place.

Students will use their residence meal cards as magnetic keys to enter the building before passing by the front desk staff and proceeding to the living quarters.

"Making sure that the resi-



PHOTO BY SHERRY LANGEN

New cameras, phones and mirrors beef up security.

dence is secure enough, without taking away from the student's privacy," is what Maharaj wants to ensure. Adding cameras and keycard locks was the "next common sense level to get to."

"I think the cameras are a good idea because they prevent vandalism on the ground floor, which is where most of the crime takes place," said Robert Schaus, third-year Electronic Engineering Technology student. "I like how they still respect the student's privacy."

Residence isn't the only place security has been improved. Nancy Pinson, manager of public safety for Humber College, says that security is upgraded annually. Adding more emergency phones, hallway mirrors and lampposts are a few of the changes for the new school year.

"I do think people feel safe around here," says Pinson.

A "Work Alone Program" is in place during after-school hours for students and faculty. People working late in the buildings can inform security of where they will be and when they plan to leave. This will allow security to check in with the person and walk with him/her to the destination.

If you are in need of an escort, go to the library entrance of Humber College and complete an escort request form, or contact Nancy Pinson at ext. 4977.



METROPASS DISCOUNT PLAN

Metropass for less*

For just

\$76

per month,†

getting to class has never been more convenient...

- It's like getting one month free.*
- Free home delivery by mail.
- Unlimited travel.
- Price guaranteed for 12 months.
- Free Parking at TTC Metropass lots.**
- Avoid the hassles of driving and the high cost of parking downtown.

Just pick up an application at a TTC subway collector's booth or in a "Grab-It" envelope at the campus bookstore.

*Based on the purchase of a Metropass for 12 consecutive months. †Based upon regular adult Metropass at \$81. Discount subject to change without notice. **Subject to availability.

Ride the Rocket.



THE BETTER WAY

Getting to know President Gordon

Yes, we actually do have a president

by JENNIFER PECK
News Reporter

Despite Robert Gordon's activities as president of Humber College, the majority of his students do not know who he is.

In an informal poll of 50 Humber students, 94 per cent had no idea when asked what the college president's name is or what he looks like.

Gordon was not surprised by the results.

"The students relate more to their teachers and programs — we (the administration) are just here to facilitate, co-ordinate and create an environment for education and learning," he said.

Gordon is known as "Squee" to his coworkers, including execu-

tive assistant Valerie Hewson. "When he was young he was very short . . . and in England [where Gordon grew up] when you were short you were called pip squeak," Hewson said.

Gordon became president of Humber in 1982, and quickly learned that being in charge of such a large school has both its positive and negative sides.

He said it is rewarding to see how he has contributed to something good, especially when he hears positive feedback about the college. Because Gordon is so actively involved, he said it keeps him young.

"I'm interested in sports and the programs and the students enthusiasm — their energy. You can work in an environment

where you're in touch with the current trends of the young," he said.

Gordon knows there are sometimes downsides to the job as well.

"The demands are excessive and I simply can't do everything . . . you have to learn how to manage your time and choose priorities," he said.

Gordon said one of the best opportunities of his job is to be able to "have influence over where the college is going."

Gordon said he is involved with a five-year plan that will turn the college into a "learning organization as opposed to a teaching organization." Gordon also wants to find new sources of revenue.

"We don't get enough from the government," Gordon said.

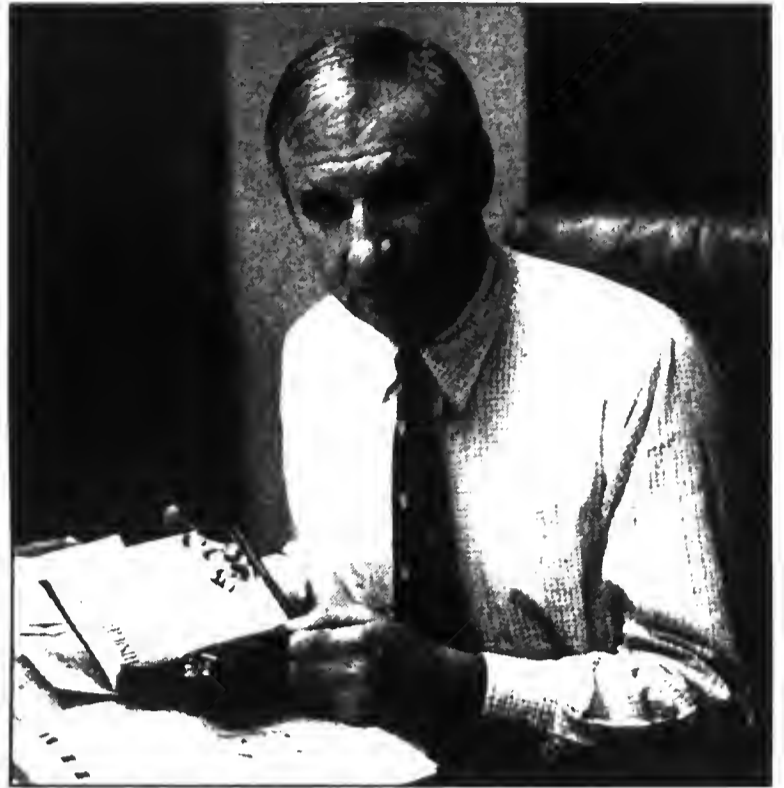


PHOTO BY JENNIFER PECK

A moment's respite: President 'Squee' Gordon hard at work

Changes to diversify the programs in order to reach new students and create better customer services are also included in the plan.

Off campus, Gordon enjoys

reading, music, and sports. In 1998 he was elected to the board of Basketball Canada, and appointed chair of the Elite National Teams Committee.

Hey!
If you know of anything that you feel deserves reporting, or if you just want to comment on what you've seen in these pages, feel free to give the newsroom a call. Phone 675-6622 ext. 4513 or 4514 ask for Steve or Wylie.

The CSA works for you

By TANIA CASTONGUAY
News Reporter

The Humber College Council of Student Affairs (CSA) is planning to put your dollars to work.

The council receives an activity fee of \$62 per semester from every full-time student. This will result in approximately \$700,000 this year for the CSA. This money is made available to certain bodies of the school such as SAC and the Athletic Association (SAA) upon recommendation by the CSA. Requests made by SAC or SAA over \$1000 must go through the CSA for approval.

CSA Project Co-ordinator, Amy Faas, said the council is looking at possible renovations to the Student Centre, which is the space

between the cafeteria and Java Jazz.

"Having something down there may be a revenue generating source so income could come from a source other than students," Faas said.

Faas added renovation projects cost "megabucks" and will take time to get started. However, students shouldn't expect an increase in the activity fee in the near future.

"We like to stay away from increasing student fees. Students feel they pay enough already," Faas said. The CSA has sponsored events such as League of Innovation Art Show, Alcohol Awareness, Weedless Wednesday and the Student Appreciation Awards Banquet.

Textbook inequity

... cont'd from page 1

Even if only half of the students bought the textbook new, it is a significant number in terms of total sales.

Hanna and Cockerton receive a commission on the sales of The Human Project. Authors usually get about a 10 per cent rate of commission but that amount has to be split among the authors no matter how many there are. The cost of permissions or the rights to other people's work included in a text must also be paid out of the commission.

"As an editor you get a commission but you add that as a very small part of the total cost," said Cockerton, General Education Chair of the Liberal Arts and Sciences Division.

The bookstore is managed by Follett Corporation, a large American-based company, with sales of nearly \$1 billion in 1997. Follett's bookstore division is the largest bookstore company in the world and manages more than 500 bookstores in North America. In Ontario they manage bookstores at Ottawa University, Trent University, Sheridan College, Sir Sanford Fleming College and Humber. Humber's current contract with Follett expires in June 1999.

In the contract the price of textbooks is set at

a standard mark-up of 25 per cent above cost. In order for a textbook to be priced any lower, the college must give its permission. Follett asked the college if they could lower the price of The Human Project to be more competitive with Scorpio. The college agreed.

Follett manages the store and pays rent to the college. The rent that the bookstore pays the college is tied directly to the sales of the bookstore. For example, if the bookstore had sales of \$100,000 for the month of September, the rent might be \$10,000. But if the sales were only \$50,000 the rent might be only \$5,000.

Last year, the bookstore generated about \$400,000 in revenue for the college, but after expenses the amount was closer to \$300,000. This money goes right to the operating budget of the college.

John Mason, director of Customer Relations for Humber College, defends the bookstore, saying there is more to a bookstore than just prices.

"We deliver value . . . Unfortunately our prices are not as low as Scorpio, but we provide service from the point of view of being open from 8:30 in the morning until 8:00 at night and on Saturday," Mason said. "The bookstore also provides a \$10,000 annual scholarship to the college."

EARN TWO COLLEGE CREDITS AND A FULL-YEAR UNIVERSITY CREDIT
at the same time!

**"POWER:
AN INTRODUCTORY ANALYSIS"**

PHIL 701 59
Thursdays 7:00-10:00 p.m.
Room H406
North Campus

Take advantage of the opportunity offered by Humber's exciting new university-college courses. For more information about this course, please phone the Liberal Arts and Sciences Division of Humber College at (416) 675-6622, ext. 4313

Editorial

"Our progress as a nation can be no swifter than our progress in education." JFK

Make books cheap

The bookstore at Humber's North Campus is in a self-described "competitive situation", which has resulted in the lowering of the price of at least one textbook.

Just across the highway from the North Campus there is another bookstore which stocks some, but not all, required texts for Humber courses and charges less – thereby forcing prices down at the on-campus store if only slightly.

Lakeshore, unfortunately isn't in a competitive situation, and in one case students were paying more for the same book.

Books cost too much. Nobody can argue otherwise. We cannot blame the bookstore itself – the college sets the prices. The college also makes money in proportion to bookstore profits. And that is where this tale starts to stink.

If the college was concerned at all for our financial situations, they would do the good old free market thing and allow for more competition by making public the lists of textbooks that will be required for the next semester.

Unfortunately that works against the college's interests.

And so we will continue to pay the premium.

Administration maintains the revenues allow the college to do more of what it's supposed to do, namely improve our education.

Rod Rork, vice president administration, sees the real enemy as the publishers.

Yes, publishers are a for-profit operation, and colleges are not. What are we left with? When nobody seems to be offering students any hope of cheaper books Et Cetera would like to suggest a remedy.

Let's put the publishing business to work for us. It knows all about competition, and would surely jump at our idea.

Upon leaving the bookstore you are inevitably ambushed with some sort of advertising for credit cards or the like. Let's take the ads out of the already crowded hallways and put them in the books.

One would be hard-pressed to find an author or academic who would allow full-page ads to be taken out on the pages of text books, but that's exactly our idea.

What could the objection possibly be? We are quite sure the students of Humber aren't interested in any academic argument which offers no practical solution. The ivory tower has a serious plumbing problem, and we'll all be up to our necks in it soon.

Would it not be ideal for Hallmark to buy a full page colour ad for mother's day cards right in the middle of the section on Freud in Cockerton and Hanna's Humanities text. Hell, get some Absolut vodka, and Calvin Klein underwear in there too and the book would only cost \$10.

The Humber Et Cetera wants to hear from you. Please send us your letters to the editor. We reserve the right to edit all letters for length or offensive material. Please make sure that we have your name, and phone number when you submit your letter.

Letters can be submitted in person to Room L 231, by fax to the attention of the Et Cetera at 675-9750, or by e-mail at etceteraeditor@hotmail.com



Humber's Mexican Campus a no-go

General Motors can do it, why can't Humber?

Due to the recent settlement between Humber faculty and the Council of Regents, it appears Et Cetera's hope for a Mexican campus of our college has been dashed.

Et Cetera's wish had been that rather than meet the faculty union's demands, the Council of Regents would fire all the teachers and move this whole operation to Acapulco where cheap labour is plentiful and it never snows.

Well, we can't be too disappointed. Not moving the college to Mexico is the only bad thing about avoiding the strike which had seemed inevitable.

Most, if not all, students have been affected by strikes in the past. And, the debate always sounds the same. Teachers are accused of "using students as pawns"; government is accused of "selling-out the future generation, blah blah blah..."

What is actually at stake is often obscured, as in the current secondary school strikes, by empty rhetoric.

The story always turns into a good guys versus the bad guys tale. Who gets to play the good guy is determined by public opinion – an opinion based on what we see, hear, and read in the imperfect media.

As it stood, Humber faculty would have had a good chance of looking like the good guys being pushed around by an uncaring tightwad government which is currently keeping teenagers out of class.

With a provincial election starting to appear on the horizon, the Conservative government is likely to be taking a few conciliatory steps to the left to shore-up support in the vote-swinging centre.

So much for Margaritas 101.

Mean old Mike Harris may have dusted off the old Democracy book, and realized governing a province isn't quite the same as managing a General Motors factory. But the day will come when the cost of education can be lowered only by sending us all south of the Rio Grande. The teachers have their contract and it's good for two years. Enough time for us all to learn Spanish.

HUMBER ET CETERA

The Humber Et Cetera is a publication of the Humber College School of Media Studies, Office 231, 205 Humber College Blvd., Etobicoke, Ont., M9W 5L9. Phone: (416) 675-3111 ext. 4514; Fax: (416) 675-9730; Please direct advertising inquiries to Mike Brown @ (416) 675-5007

EDITOR-IN-CHIEF
COREY KEEGAN
ONLINE EDITOR
JONATHAN BROOKS
MANAGING EDITOR
JEFER MCLAUGHLIN
**ASSISTANT/
OPINION EDITOR**
MARK SUBRYAN

ART DIRECTOR
BRIAN PASCUAL
PHOTO EDITOR
ANDIE WADSWORTH
**SPECIAL SECTIONS
EDITORS**
JEREMY RELPH
BILLY IKOSIPENTARCHOS
HEALTH EDITOR
LAURA SCRIVER

EDITORIAL BOARD

NEWS & TECHNOLOGY EDITORS

STEVEN PROCEVIAT
WYLIE ROGERS

LIFE EDITORS

NOREEN O'LEARY
NESREEN SARRAS

ON CAMPUS EDITOR

KELLY CROWE

LAKESHORE EDITOR

JANE TAGUICANA

ARTS EDITORS

DUSTIN DINOFF

MICHAEL STAFFORD

SPORTS EDITORS

MIKE RAWN

JOE SILVA

EDITORIAL ADVISOR

TERRI ARNOTT

TECHNICAL ADVISOR

LISA KEMERER

ADVERTISING

MIKE BROWN

PUBLISHER

NANCY BURK

Opinion



"Our progress as a nation can be no swifter than our progress in education." - JFK

The "H" in Humber stands for Higher Learning The chaotic existence known as Back To School has one student fuming

By **BILLY IKOSIPENTARCHOS**
Opinion Writer

My tuition went up by about \$200, and my approved OSAP loan was \$200 less than it was last year.

And that's just one example of the stupidity I've seen over the first two weeks of school. I'm starting to wonder if I am not an extra in a bad Leslie Nielsen movie. I think what I am bitter over is the lack of common sense that exists in this school.

You remember common sense don't you? Don't touch a hot stovetop. Don't place your tongue on a pole in the winter-time. Don't swim right after you eat. Don't buy your girlfriend a Stairmaster for her birthday. You know, stuff like that.

Sometimes I wonder if the administrators of our college remember the recipe for making ice-cubes.

Maybe I can't blame tuition problems on the college. Maybe it is the anti-Christ; maybe it is Mike Harris that I must point the finger of judgement at. But was it Mike Harris who approved all of the office renovations in the school? I don't

think so. I am happy to know, however, that part of my tuition goes to building fancy offices for people I never see anyway. Who sits in these lavish offices? Cancer man from the X-files?

Maybe my tuition went up to pay for the OSAP line-up machine. The first day at the O.S.A.P. office there were two volunteer students handing out numbers to wait in line. The second day the two students were still there but now they didn't hand out numbers. Instead, they directed you over to a "multi-million dollar" machine that dispensed numbered tickets. That machine was a worthwhile investment I'm sure.

How about talking to the smart person who decided to start school before Labor Day. What? Did someone high up get divorced, lose their kids in the divorce, and now hates holidays so he or she insists on ruining the end of my summer.

Speaking of summer, how about the air-conditioning in this school. It is working just as well as it always has. I expect the system will kick in some time in December and then turn off at the end of March.



PHOTO BY MARK SUBRYAN

Billy Ikosipentarchos - He's mad as hell and he's not going to take it anymore.

There are, of course, the bathrooms. I am at this school for many hours a day, and it is inevitable that once in a while I feel the need to perform a number two. One day, as I gingerly trotted into the bathroom to take care of business I was unaware of the tragedy that was about to occur.

You see our school is an energy efficient school. The lights in the bathroom are on timer. Apparently I sat on the toilet longer than the designated time allotted to me and the lights cut out. Before I got a chance to wipe, I was in total darkness. Sheer terror struck me as I waved my hand violently above

my head trying to trigger that life-saving laser. It did not come on. Not until someone else came into the bathroom ten minutes later. Now I had to explain to a perfect stranger why I was sitting on a toilet in the dark. If it is that important to save on the lighting, why is the entire front of the school entrance lit up every night like a beacon for alien ships flying in our solar system.

And how about those wheelchair ramps? If I didn't know any better, I'd say those ramps are at about a 60-degree angle. I can barely walk up and down them without a struggle, never mind access them with a wheelchair. Hey, why don't we challenge the disabled even further, let's make them scale the walls instead.

I could go on about how security only picks on people who obey the rules anyway, or about how the Taco Bell in the cafeteria only sells two items, or about the book store that rips off students. Or how about the fact that it took me three days to get one of the computers in the lab to actually print this story. Maybe it's just me but I think it would make things easier if the

computers in the school were not just used as furniture.

I could go on, but I think you get the point.

Maybe I'm missing something here. Maybe Humber is trying to teach me a greater lesson about life. Maybe common sense isn't all it's cracked up to be.

Great things have been created through not using common sense. Think about how different our lives would have been if Gandhi used common sense and didn't starve himself. If Martin Luther King didn't sacrifice his life to speak out against oppression. If Columbus believed the smart people who said the world was flat. If the lack of common sense leads us to evolve into greater beings then Humber will lead us all into a world state of Utopia.

And if in any way you believe that Humber is a school of higher learning or couldn't tell that I was being sarcastic in the last couple of paragraphs, then you my friend lack the commonsense to know when you are being lied to. The consolation prize, however, is that you might just be the next star pupil here at Humber Cottage.

Here's how the faculty can spend their extra \$600

by **JEREMY RELPH**
Opinion Writer

While the worries of labour negotiations are finally over, the pain and sorrow of the work week and school politricks have only just begun.

Because we care, and share that pain that you must feel, we've devised some ways of turning that \$600 bonus into a method of beating the back-to-school blues.

- 742 bottles of beer (based on per six-pack price of Coor's Light)
- 300 Scratch and Win lottery tickets (play like a student!)
- 100 bottles of Blue Nun wine
- 2 ounces ("o's") of Triple A Grade Premium herb*
- 2 .22 calibre Glock handguns,



PHOTO BY MARK SUBRYAN

Jeremy Relph—innovative thinker and idealist.

- with laser sights*
- 5 hours of therapy with a head shrink.

*Street prices are subject to change.

Moment of Brilliance

It's amazing what our beloved politicians do when they get into power.

After making a shambles of the school system, Natural Resources Minister John Snobelen recently decreed that the hunting licence age should be dropped from 15 to 12 years of age.

Way to go snobbie now that's what we needed. A bunch of 12 year olds trading in their supersuckers for a 12 gauge shotgun.

Moron of the Week will begin soon. If you know of someone who is deserving, e-mail us at etceteraeditor@hotmail.com

Top 10 reasons you know it's time to go back to school

Well, it's that time of year again when students start heading back to the chaos.

Here are the 10 indications that you are in the land of higher education.

10. All the money that you sweated for this summer is gone in the first week.
9. A 100 page text book that you will never use costs \$75.
8. It's faster driving down Blue Jay Way after a concert at the Dome than finding a parking spot.
7. You find yourself lining up out of habit.
6. Your first-year psychology class is larger than your hometown.
5. OSAP
4. You go the whole year without seeing the same person twice.
3. Student cards that won't be of any benefit to you.
2. You found out that the program you enrolled in no longer exists. And the number one indication that you are in the land of higher education is:
1. Where's the NX section?

10¢ a minute

\$20 a month maximum

Small Talkers say...

Small Talkers say... I usually pay by the minute. Big bills... We get the 10¢ a minute... Bell... \$20 a month maximum... Bell... \$20 a month maximum... Bell...

FirstRate. All you can talk long distance for \$20/month. Or less.





PHOTO BY ROBERT STEEVES

President Robert Gordon, at centre, addresses staff at an awards ceremony structured to highlight the many skills and services provided at Humber College.

President's breakfast a kickstart to the year

New technology changing the face of education

by ROBERT STEEVES
News Reporter

For the past 20 years the President's Breakfast has been a chance for staff from both the North and Lakeshore campuses to interact, listen to the President's annual address and recognize one another for their outstanding work.

"It's just a very good celebration of some of the aspects of life here," said Dr. Robert Gordon, Humber College president. "The rewards we give out are for staff and their performance. I think it's a great reward and recognition program which raises morale and hopefully gets us off to a good start."

In his address to the troops, Gordon talked about how technology is changing the face of education. He said that due to the Internet and other educational technologies, people are able to do school work from their home and this is changing traditional education methods.

Humber has adapted to the changes this summer by launching a long-distance learning web site offering 17 courses, with many more to come.

However, Gordon said while the technological advances are important to education, it's essential to recognize that the

"It's a great reward and recognition program which raises morale and hopefully gets us off to a good start."

Robert Gordon, president

faculty remain the heart of the learning process. Most post-secondary students need and want the personal interaction they get by attending classes.

Gordon thanked the staff for their contributions over the past years.

"I hope I can count on your support in helping to keep Humber at the forefront of college education in the province

and beyond."

This year 48 Humber staff members received their 10-year service pins, and 13 received their 25-year pins. A total of 22 other awards were presented.

Doug Fox from the Athletics and Student Services department and Dr. Patricia Spindel from the School of Social and Community Services won the Robert A. Gordon Leadership Award, the highest award given out at the breakfast.

Even though contract talks loomed, the atmosphere was upbeat. Humber's music faculty helped keep spirits high.

The college also invited the Board of Governors, former Humber College employees, people from the Association of Colleges of Applied Arts and Technology of Ontario (ACAA-TO), local and provincial politicians and members of Students' Association Council (SAC).

The breakfast cost around \$10,000-\$15,000 to host, and about 1,000 people attended.

Speakers series gets underway

ET CETERA
staff files

Canadian literary giants Mordecai Richler and Carol Shields are among the authors Humber College has scheduled to speak at the Ford Centre for the Performing Arts in North York.

The Distinguished Speakers Series began Wednesday night with Harper's magazine editor Lewis Lapham and George Plimpton, author of a recent

biography of Truman Capote.

Eddy Yanofsky, associate director of the Humber School for Writers has been at work organizing the series since he was hired by the college at the beginning of 1998.

"The idea came from (Humber president Robert Gordon)," said Yanofsky. "It's a way to show the community at large what we're about. We're peripheral geographically, but scholastically we're on the cutting edge."

Yanofsky said the reputation of the Humber School for Writers helped convince the people on this season's lineup to appear. He said initially the guests will be authors and "idea makers" but will expand to frontrunners from technology and arts.

Carol Shields speaks October 7, 8 p.m. Mordecai Richler speaks November 4, 8 p.m.

Tickets are available at Ticketmaster or at the Ford Centre box office for \$14.

3D program for Humber

Post-grads aim for jobs in 3D modeling and animation fields

by JENNY MAGDER
Technology Reporter

A new 3D program - 3D for Design and Architectural Professionals, is being added to the list of Humber College's post-graduate programs.

Beginning this fall, the one and a half-year program is designed to meet the growing needs of prospective employers working within the 3D modeling and animation fields.

Students will be able to use cutting edge computer software, such as the 3D Studio MAX R2 program.

"It's so unique. [Humber College] is the only college in Ontario offering this particular program," said Carolyn Booth, co-ordinator of the new program.

The new computer software will assist students with the design, modeling, and animation skills, needed for the architectural and design industries.

Until recently, quality animation technology and computer software such as the 3D Studio Max R2 was only available to

businesses such as movie studios.

They were the only ones who could afford the high cost attached to the new technology of 3D modeling and animation.

With more software being developed, and competition between computer software companies rising, prices have dropped.

And with students wondering about their future, Booth said she thinks graduates will find great success in the work force.

"The placement rate for the pilot project was very high. It was over 80 per cent, and we had 16 students in this program. Quite honestly, I would expect that 100 per cent of the graduates will find placements."

The program will include two semesters of technical and theory training, and one semester concentrating on portfolio, specialization and internship.

Booth also said she thinks the new 3D program will be great for Humber College. "I think one of the most exciting things is that [graduates] will be leading the industry into offering this type of technology."

Mice a growing problem

Humber College has numerous mouse traps set up to stop mice from invading the school.

Superintendent of campus services and physical resources Janice Flynn said the mice make their way inside the building seeking shelter.

She said students at Humber have no reason to worry about mice getting into food at Harvey's, the Pipe, or Caps.

A monthly program has been set-up to deal with the problem at the North and Lakeshore campuses. The total budget to battle pest control problems is \$7,000 a year.

Pest Control people come in every month, deal with the pests, and lay traps where necessary.

- Eric McGillivray

mac
doc



New, refurb & used systems to fit your work & budget

School Powerbook
durable 520c 12/240 with 19.2 modem \$699
 add video out and Enet transceiver for \$99
 Comes with a brand new intelligent battery worth \$200

G3 233 DT 64/4gig 24xCD & w 17" Trin & scanner \$2999

7100 40/1g CD with new 15" \$999
 Excellent all round machine with a G3 upgrade path. Enet on board. 144 meg RAM capacity. 3 yr warranty on monitor.

www.macdoc.com
905-608-8588

On campus

"Come on down and get involved."

Funeral Services not all grim

by JENNIFER BOYD
On Campus Reporter

Humber College's Funeral Services Program is the only English-language course of its kind in Ontario.

The general belief is that Funeral Services students are morbid and detached from the rest of society. But in actuality, a student in this program must be the opposite.

"A person who is a loner and likes to work on his or her own will not enjoy working in funeral services," said Don Foster, the program co-ordinator. "Probably 85 per cent of any funeral director's work week is spent working with living people."

The program stresses the importance of working with the grieving families and helping them deal with the loss in their lives.

As a funeral director, one not only arranges the funeral and works with the dead, but also provides support and counseling for the family of the dead.

The students in this course must be compassionate and caring with excellent communication skills.

The students who graduate from this two-year program will write an exam to become fully licensed funeral service directors in Ontario.

The course itself contains classes in human anatomy,

microbiology, embalming, pathology and restorative art. It also contains classes such as moral and ethical issues in health, writing skills for health sciences, humanities, small business management, and psychology of grief.

Second year students work on the field, at a funeral home. While working they must complete monthly assignments. In June, the students are brought back to Humber for a two week period to provide review and give new information in the field. The students then write their licensing exams.

Students may receive the regular funeral director licence but some may wish to do things a lit-

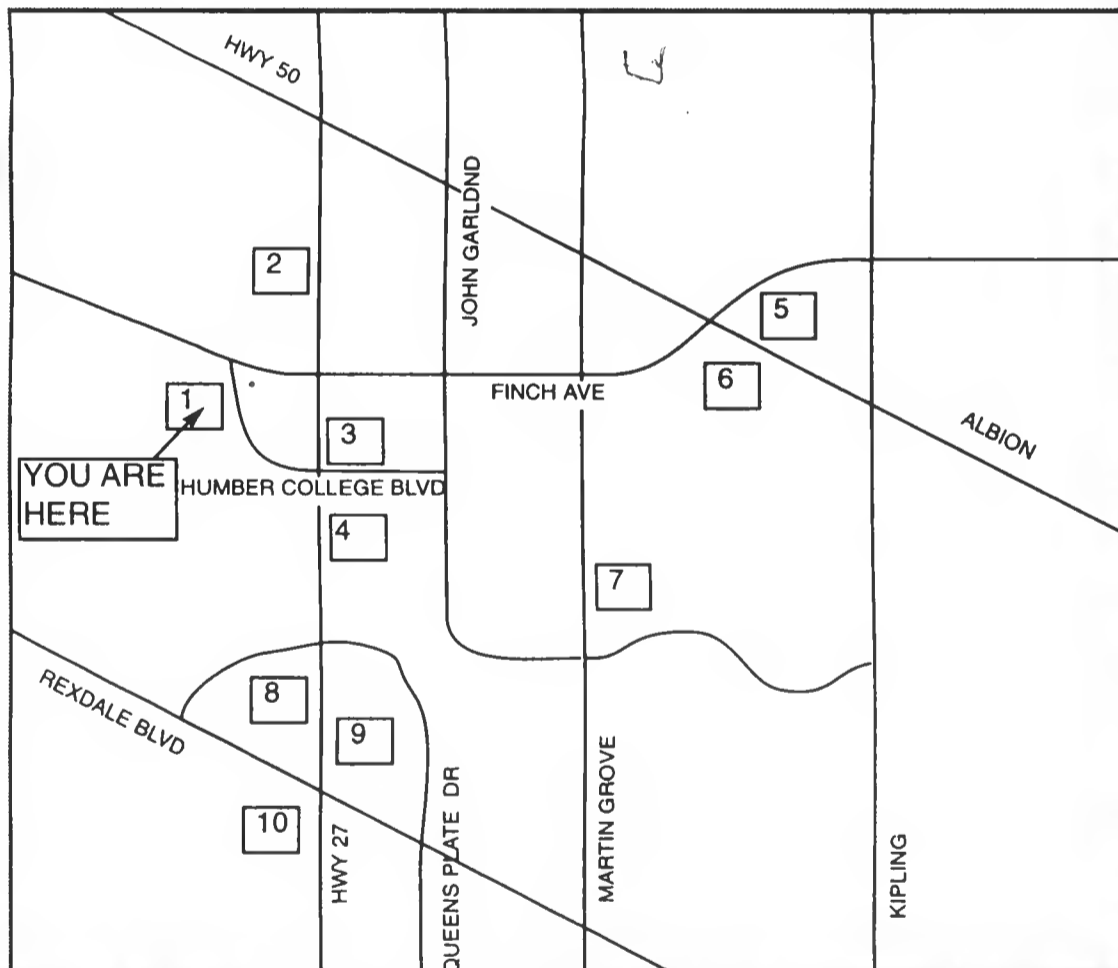
tle bit differently. Some religions believe that embalming of the body is offensive and for this reason the college offers a non-embalming licence. The students who wish to receive this licence take all of the same courses that the other students take with the exception of restorative art and embalming. With this licence, students are restricted to only the funeral homes that follow those beliefs.

Each year the program receives between 550 to 750 applications to the program for only 135 spots. The application process is more lengthy than most other courses in order to weed out the applicants. Students must first apply like

any other college student in Ontario. The school then sends out a package to the students that contains questionnaires. The students must complete a minimum of 40 hours of observation in a funeral home and then questionnaires are filled out by both the student and the funeral director. Students must take a simple science test, have proof of a valid driver's licence, and have a First Aid certificate that must be valid until the end of the second year.

According to the 1997 Graduate Report, 98 percent of the students who graduated from this program were employed and the median salary was \$28,000.

In and around Humber



BY WENDY STEBBINGS
On Campus Reporter

If you're new to Toronto there are people at Humber Residence that can lead you in the right direction. Residence Life Coordinator John Conrad said the front desk and Resident Assistant staff are the best people to ask. The front desk staff is the "immediate, fastest resource," said Conrad.

A lot of information is provided to students at the beginning of the year. During orienta-

tion week at residence a photo scavenger hunt was organized. The hunt was designed to familiarize students with the downtown area and how to get there. The RA's are also encouraged to take students with them if they are going to the mall or other locations. Information packages and phone numbers are also made available to new students.

MAP INDEX

1. Humber College
2. McDonalds, Value Village, Tim Hortons, Nickels Restaurant

3. Biway, Beckers, Scorpio Books
4. Etobicoke General Hospital, CIBC
5. Price Chopper
6. Albion Mall - Fortinos, Beer Store, and Liquor Store
7. Food Basics
8. Woodbine Centre - a movie theatre, clothing stores, Zellers, The Bay, Sears, JJMugs, Shoppers Drug Mart, Toronto Dominion, and National Trust
9. JJQs, Winners, Business Depot, The Mandarin
10. Woodbine Race Track

SAC and SAA working together

by SHANNA RUNDLE
On Campus Reporter

Humber students are having a September to remember.

The Students' Association Council (SAC) and the Students Athletic Association (SAA) have joined forces to sponsor a week of activities.

Kenn Bell, SAC vice-president and co-ordinator of Welcome Week, said, "The goal is to get more students involved and more aware of SAC (and SAA) and what we can do for them."

Carl Dalton, co-ordinator, of the SAA Crash Week events, agreed. "We are letting everyone know that they are getting the most of what they are paying for," said Dalton.

Each student pays approximately \$21 for SAA and \$27 for SAC.

Tina Botterill, co-chair of SAA, said that Athletics main goal is to generate interest in their activities.

"We want (the students) to be more aware of the activities in our facilities," she said.

There will be events until Saturday.

Athletic events include a full week of volleyball, extreme sports, basketball, hockey, and other sports.

SAC's entertainment schedule still includes an afternoon with Energy 108 at the registration entrance on Thursday and the first pub at Caps on Thursday night. On Saturday SAC is hosting a trip to an Argos game. Tickets are \$20 and are on sale at the SAC office and at the front desk in residence.

Bell said, "Come on down and get involved."

The Vendors' Fair and SAC nominations for the divisional schools both happen the week of September 21-25.

Students can view what the vendors have on display between 9 a.m. and 5 p.m. Between 15 and 20 vendors are expected and will include PCS phones, Sears merchandise, Canadian Imperial Bank of Commerce information, jewelry, and much more.

Bell says he hopes there will be a good turnout.

While the Vendors' fair is going on, SAC nominations will be running. Reps are needed for the School of Media Studies, HTR Alliance, Business, Health Sciences, Liberal Arts and Sciences, Information Technology and Accounting, Horticulture Fashion and Design, and Manufacturing Technology and Design.

Interested students can pick up their nomination packages on September 21, but must drop them off by September 25.



"You get what you pay for"

A new scent-sation

Aromatherapists use essential oils to reduce stress, tension, fatigue

by JENNIFER PECK
Health Reporter

Students suffering from stress and finding it hard to study for tests should consider aromatherapy, according to aromatherapist Victoria Goodman.

Goodman, who has been a certified professional aromatherapist for seven years, said that struggling students dealing with tension or having problems remembering what they've been studying can use aromatherapy.

Aromatherapy is the inhalation of oils from plant extracts such as herbs, grasses, shrubs and trees.

"Rosemary and peppermint essential oils can help stimulate

the mind when studying," She said. "If the student pours some into the bathtub, it can really help them relax."

Aromatherapy is often used in holistic therapy, which is becoming a popular practice involving relaxing massage techniques.

Clients often visit the clinics hoping to reduce their discomforts with stress, tension, fatigue or digestion.

According to the website of the Atlantic Institute of Aromatherapy in Tampa Florida, the inhalation of essential oils "helps restore or enhance health, beauty and well being."

The oils "work in harmony with the body to normalize and

balance . . . and are not only less toxic than synthetic antibiotics but also support life by working with the body's own natural healing abilities," said the Atlantic Institute of Aromatherapy's website.

Goodman is also a part of the Canadian Federation of Aromatherapists. She owns the Aroma Spa Aromatherapy Centre in Scarborough. She uses the essential oils on her clients by using a technique called a lymphatic drainage massage.

"It is very different from the massage you would normally receive from a registered massage therapist," said Goodman. "Lymphatic massage is a relaxing type of massage that stimulates, cleanses and (detoxifies) the body." Goodman said this massage is sometimes combined with reflexology for the feet.

The oils can be inhaled by either steaming the oil or try putting it on a tissue. Diluted oil can also be massaged into the body, according to Goodman.

Naturopathic therapist Bryan Timothy from the Dominion Herbal College Clinic in Toronto said the different smells from the oils have a physiological effect on people.

"If a person comes in with high anxiety . . . you would want a herb that has a calming effect such as the essential oil lavender. Other oils could help with digestion or fatigue—there's a wide range of things," he said.

The oil Roman Chamomile has "cell regeneration, antiseptic and wound healing effects as well as anti-fungal and anti-inflammatory properties," according to the Atlantic Institute of Aromatherapy.

Dale McLean is a shiatsu therapist at the Paradise Healing Center in Toronto.

She gives her clients all natural creams (such as jojoba) mixed with aromatherapy oils like rosemary, geranium, lavender and clarysage.

"The creams help with wrinkles, blood circulation and (blood) veins that break on the face," said McLean.

She suggested that students could use the creams as well.

"Some of them are dealing with acne and there are formulas that could be made to help. The creams really stimulate the skin," she said.

McLean also added that a tea tree oil and cedarwood blend could help with "funny skin growths, warts, and itchy skin."

McLean also mixes a cream that helps with muscular tension and arthritis.

The creams are mixed with oils such as ginger, peppermint and eucalyptus. McLean said clients can really "feel the cream penetrate the muscle."

A person who is interested in purchasing some essential oils does not have to go far.

The Body Shop, located in many malls including the



COURTESY PHOTO

Essential oils such as lavender and bergamot can be found in many beauty shops.

Woodbine Centre, has a wide range of selections. Associate for the Body Shop, Marsha Duhaney, said aromatherapy oils are selling very well.

"Neroli, eucalyptus, rose and lavender are our most popular brands," she said.

The Body Shop also offers the oils combined with other skin products such as bath/shower gel, massage oils, soaps and body lotions.

"The bath and shower gel can also be used a bubble bath and has wheat protein in it so it's very moisturizing," said Duhaney.

Aromatherapy products vary in prices. The essential oils are about \$8 for a 10 ml bottle. The other products such as the soap, lotion, bubble bath and massage oil range from \$4 to \$8.

Your guide to choosing the right essential oil

Helps with the following:

- Lavender:** composure and balance and promotes sleep
- Rosemary:** concentration, energy and drive
- Peppermint:** motivation, alertness and clarity
- Camomile:** stability, objectivity and equilibrium
- Sandalwood:** sensitivity, intuition, wisdom and tranquillity
- Patchouli:** sensuality, peace, warmth and vitality
- Eucalyptus:** vision and determination
- Geranium:** equilibrium, optimism and refresh a sluggish body
- Ylang Ylang:** expressiveness, self confidence and ease
- Bergamot:** confidence, vitality and enthusiasm for life
- Neroli:** peace, composure, happiness and calmness
- Jasmine:** adventurousness, sociability and confidence
- Rose:** tenderness, contentment, freedom and joy

Protein shakes popular with athletes

by ELIZABETH TRICKETT
Health Reporter

Protein shakes have become very popular among athletes and body builders over the past few years and health store owners have seen a growing interest and rise in sales. Health store experts consider protein shakes safe, but what do we need to know?

Whey protein is the most popular form of protein supplements being used today.

Mark Fredenburg, manager of the Muscle Mag International store in Mississauga, said whey protein is "the best that you can put into your body."

Fredenburg also said whey protein keeps athletes lean

because it is low in carbohydrates and fat, while still being high in protein.

"Protein is the building block of muscle tissue," he said.

Fredenburg said it's good as a meal replacement and for getting extra protein between meals.

Protein shakes are for replacing meals only when absolutely necessary, and not for missing more than one meal a day. Protein shakes are not considered dangerous because excess protein will be flushed out of the body naturally.

Egg white protein is another product on the market, but it is not as rich in protein as whey. Fredenburg said that he would not recommend it because the egg white protein is not

absorbed as well by your body.

Ameen Ferris, manager of Healthy's in Brampton, said people should keep in mind that



PHOTO BY ELIZABETH TRICKETT

One jug of protein powder supplies a month's shakes.

nothing is patented and companies which make protein shakes don't even manufacture the product's ingredients themselves. This is because whey is made from the foamy layer that is removed from boiling milk. Ferris said companies buy the whey from cheese factories and other dairy producing factories.

The best selling type of protein shake at Healthy's is "Designer Protein." Ferris said it combines whey protein concentrates with other proteins and has the highest rate of absorption into the body.

Since protein cannot be stored in the body, it must be regularly consumed. Fredenburg and Ferris agreed that a body builder should be consuming his or her

weight in grams of protein. This means that a 150-pound person should be consuming 150 grams of protein a day. This includes meals and protein shakes. Someone just starting a weightlifting program should start with smaller amounts of protein and work his or her way up.

Ferris said that with protein shakes "you get what you pay for." The more expensive shakes contain a higher concentration of protein and absorb faster. A two-pound jug of Designer Protein, that will last just over a month, costs about \$45 at Healthy's.

Tuna, chicken, rice and eggs are also high in protein and are considerably cheaper.

Lakeshore

"It restores your faith in the human condition."

Abused victims' home hosts run

The Gatehouse will raise funds through fun

by KEVIN MASTERMAN
Lakeshore reporter

The creation of an oasis for abuse victims across from Lakeshore Campus is owed to the grass-roots volunteers who slaved over renovations and fundraising efforts, Humber College professor Art Lockhart says.

He is referring to The Gatehouse, a drop-in centre for the physically and sexually abused. It has been connecting abuse victims to services since it opened in June, and is now beginning to offer counselling and support for victims both young and old.

"Every once in a while, it leaves me in awe. It just kind of restores your faith in the human condition," said Lockhart while he inspected the pristine state of the house.

The facility depends on the community's help to keep it running year-round. And so, volunteers are reaching out to the community to raise money for the house, which receives no government support.

The Gatehouse will be holding a five-kilometre run on Saturday, Sept. 19. The run will be followed by a lunch, a beer tent, and live entertainment.

The run will cater to serious runners, with awards going to the top competitors, while supporters are promised a day of fun, food, door prizes, not to mention a free T-shirt.

The goal of \$10,000 for this run is not even one-tenth of what is needed to keep The Gatehouse running.

The Gatehouse volunteers see the house as a beacon to all those in the community hurt by abuse. One in five male, and one in three female, children in Canada are victims of abuse, Lockhart said.

Sitting with volunteers in a warmly decorated Gatehouse room, Lockhart said he wished to see more support from the community, and especially from his workplace, Humber College's nearby Lakeshore Campus.

"I would like to see the college more involved, for students to come in and see where they fit," Lockhart said, speaking about the need for more student volunteerism.

Tracy Okolisan, volunteer and ESL teacher, recalls the many long nights and good times she and other volunteers spent together.

"The people I've met (through the house) are the people I now go out with and share emotional and personal thoughts with."

"We have fun times," The Gatehouse handyman John Grogan said, "a little levity is always needed."

The Gatehouse has operated solely on the labour of volunteers, corporate sponsorship, and generosity and support of community members.

All the equipment from audio/visual, computers to furniture, and couches, have been donated by companies solicited by volunteers. Interior decorators gave up their time to help give the house a warm and inviting environment -- something a police interrogation room could never do.

The setting of the house allows the police to have the victim tell their stories in a non-threatening environment.

Volunteers are needed to ease the court process, which can often make a victim feel alone.

The Gatehouse's 24-hour line for abuse victims is 259-5900.



PHOTO BY KEVIN MASTERMAN

Some of the heroes of *The Gatehouse* (from L. to R.): Al Page, Tracy Okolisan and Art Lockhart.

To register for the run/walk, visit *The Runner's Shop* at 180 Bloor St. W., or *The King's Mill Club* at 3300 Bloor St. W. from 3 to 9 p.m. Tickets are \$20 before race day. On the race day, tickets can be purchased at the Lakeshore Campus from 8 to 9:45 a.m. for \$30.

For more information call the Gatehouse at 255-5900.

ED ELECTRONICS
STEREOS V.C.R. AMPLIFIERS TV
NIC TEST EQUIPMENTS SALES & SERVICE



NEED CABLE?

Why go to such extremes.
Call 1-888-ROGERS-1

Now you can get your favourite channels when you have cable installed for only \$9.95, until October 16th. Plus, when you order now, you can enjoy all those specialty channels on MeTV, at half price for four months.

Besides, it's closer to home.

if you have **ROGERS**
you can



Taxes not included. Some restrictions may apply. Call 1-888-764-3771



Homeless and misunderstood

Dirty looks and beatings are harsh realities for Toronto's homeless

by **TREVOR HACHÉ**
Lifestyles Reporter

Labour Day Monday Toronto was buzzing. Thousands of people marched in the parade. Thousands watched the air show. And thousands more were, and still are, homeless.

Early Monday evening John was sitting across the street from MuchMusic panhandling.

He was wearing a black leather jacket with silver spiked studs around the shoulders. His black hooded sweater concealed his long, scrubby, dread-locked hair.

He was willing to talk but didn't want his picture taken and wouldn't give his real name.

John, 26, left home when he was only 16. He's been on the streets, off and on, for 10 years now.

"I lived in a really small town and it just wasn't right. It didn't coincide with the way I was or what I wanted to do," he said.

He'd been living with his grandmother and wanted to travel around and see his family.

"Then I just started getting friends and I just kept travelling and just kept going places," he said.

Along the way he moved in with a girl for two years. They talked about marriage but in the end it didn't work out.

"After that I didn't want to go home. I'd been living outside . . . with my girlfriend. It's not like I wanted to move home with my grandmother," he said.

John said he gets a lot of different reactions from people passing by.

"There's some people that are really cool and they can understand. But then there's some people that are totally apathetic to other people's situations," he said.

A couple of years ago three guys grabbed him by the hair and smashed his head off a dumpster because they didn't like his haircut. They called him a skin-head and said he was worthless.

"There's a lot of people out there that really don't like street people," he said.

"They see you sitting there and they automatically assume that the only reason you want money is so that you can go and drink or you can go sit on 'your fat, lazy ass' as they like to say. And nine times out of 10 that's just not true."

Heather Hillier is the Executive Director of Horizons Housing for Youth, one of the nine youth shelters in Toronto.

She said the main problem is that since these people have been on the streets from such an early age, they tend to have very basic life skills, and often little to no family support.

Those reasons, and the fact that there is little affordable housing in Toronto, makes it hard for homeless people to re-



PHOTO BY TREVOR HACHÉ

John and his friend head to a shelter hoping to get a warm meal.

establish themselves in the community.

"The vacancy rate in Toronto is less than one per cent," she said.

Although there's no accurate way of telling how many people are on the streets at any given time, Hillier said there are currently 5000 youth using the shelters in Toronto.

"I would guess there are another 5000 that aren't," she said.

The homeless problem has been receiving a lot of attention lately thanks to the squeegee kid debate. Hillier said she recognizes this but is not sure it translates

into funding.

In June last year John's mother died. A blood vessel burst on the top of her head while she was sleeping.

He hasn't seen his father for two and half months.

He hopes to make it out to British Columbia for the winter. "It should be a bit warmer there."

"I guess you basically have to be in this situation to understand it," he said.

He walked towards a shelter to get something for dinner, turned down a dark alley, and disappeared into the night.

Humber res: your home away from home

Life in res doesn't have to be a drag, making friends is an easy way to adjust

by **EMMA MAXWELL**
Lifestyles Reporter

Leaving home can be a tough time for some and a party for others, but for many students calling Humber College residence their new home it's just one more step in becoming independent.

Res students seem to be adjusting quite well to their new surroundings. The transition was made easier for most students by meeting new friends.

Matt Vader, a front desk worker in residence, finds most people don't have a hard time adjusting to life on their own.

"Most people are really sociable," he said. "During orientation week we planned trips to Canada's Wonderland, had a scavenger hunt, and organized different activities to help people get to know one another," he said.

Curtis Ruscoe, a first-year Architectural Technology student, enjoyed the week's activities. "The events organized for the people in res have given me the chance to meet a lot of people. It has been fun," he said.

Meeting people also helps tackle problems such as homesickness. Trina Ellis, a first-year Early Childhood Education student, agrees. "I like living in residence, although some parts have been hard, making new friends has made being on my own much easier."

The change has not been hard at all for Ruscoe. He did a school exchange in British Columbia where he was alone for a while. "I've been independent before, but now I am really independent, actually doing things on my own. Plus, for me, living in residence is a part of going to school," he said.

Ellis likes her new housing, but said she also misses home. She is making her room more homey by putting up posters and lots of pictures of family and friends.

There will obviously be students in res who may not have met many people yet. It can be very hard for some people to try to meet others. Living alone can be tough, especially if you don't know anyone around you. If someone is having a hard time, just being a friend can help them through their problems. All students living in res have to live together, so make the most out of it.

Cy Bulanda, a counsellor at Humber, offers these tips to students away from home who may be having

problems adjusting:

- Realize you made the decision to move out for your education. Have a positive outlook and try to focus on becoming a good student.

- Make an effort to meet new people. You may lose some friends at home, but meeting new ones will help take your mind off things.

- Try experiencing new things. Go to events or do things that you may not have been able to do at home.

- Keep in touch with family and friends at home periodically. Do not call every day, it will just be a constant reminder of home. It will just make it harder to adjust.

- Have a balanced approach between your studies and social life. Have a good time, but use your common sense so you can adapt and grow.

Don't go overboard. If you feel like you're having a tough time don't go to the pub and drink it away. Talk to a friend or a resident advisor and they may be able to help. You could also make an appointment with one of Humber's counsellors. "If we can't solve the problem we will definitely find someone for you who will," said Bulanda.

Students desperately seek place to live

by JACK TYNAN
Lifestyles Reporter

Finding a place to live is proving to be quite a headache for many post-secondary students this year.

A combination of higher prices and more people in Toronto is making the search for a place to live a competitive one.

After the provincial government did away with rent control, many landowners put prices up, way up.

Pierre Perron, who just finished a two-year course at the Canadian School of Massage and Hydro Therapy, is moving to Ottawa. He planned on handing over his small, one-bedroom apartment in North York to a friend. When he discovered that rent was going up from \$400 to \$600 his friend decided to look elsewhere.

Owners are charging more for rent because the demand is so high. People are willing to pay more or end up homeless.

York student Heidi Keifer and her boyfriend James went through the panic

stage of looking for an apartment. They waited as patiently as possible for one of their applications to be accepted.

"The last place we applied to live in had received 200 applications," Keifer said. She says that she might have an opportunity to move into a new place in October. Until then she will stay with friends.

At Humber, as classes are now well under way, anyone who hasn't found a place to live will be under a lot of pressure.

Half of Humber's enrolled students are from outside the Toronto area. While many students are living in the comfort of their parents' place, and 720 students are settled into Humber residence, many others must find a place of their own. Some students have solved the problem by commuting to Toronto every day.

Peter Warren, a third-year Humber Business Administration student, drives



PHOTO BY JACK TYNAN

High rent and no vacancies are preventing students from finding a place to stay.

from Mono Mills every day. It's a 35-minute drive to the city but he doesn't mind.

"I found a decent place near Orangeville. It wasn't worth living down here," he said.

Centennial College student Pat Tasse

also makes a 45-minute trip to school every day from Barrie.

"Why pay a whole bunch of money when it's cheaper to stay with my parents and drive everyday?" Tasse said. He wouldn't mind living in Toronto but economically it just doesn't work out.

Rick Knight, the Production Director of the Toronto Star's For Rent magazine, said that it's important to be honest when you are looking for a place to live.

"Be right up front with the person," he said. "Tell them that you are a student and that it is very difficult to find a place. Tell them you won't have parties and follow through with that."

Knight also said it's a good idea to look outside of Toronto for a place to stay.

"Check out small towns like Bolton and Woodbridge. Find some other papers like The Mississauga News," he said.

Knight agreed that there are fewer vacancies than there have been in the past.

"I don't know if it's a record low, but it's very low," he said.

Cigars: are they passé or here to stay?

by CARLY SUPPA
Lifestyles Reporter

The cigar smoking fad has passed, it's time for a breath of fresh air. Although cigar smoking seems to be at the peak of its popularity, the truth is that the trend is dying.

According to Statistics Canada, cigar sales have been in a "virtually continuous decline for over a decade with an upswing only in the past two years."

Sanjay Sharma, manager of Havana Tobacconist retail chain, can vouch for the

fact that cigars are not as popular this year as they were during the last two years. In fact, according to Sharma, cigars have dropped 10 to 25 per cent in price since 1997.

"Just like any trend, they come and go," he said.

Sharma, who has been in the tobacco industry for 11 years, said he thought the trend wouldn't last more than eight months.

"Everybody [in the business] laughed at me," he said.

The reason is not clear just why cigars

have lost their flavour. Piero Suppa, co-owner of Berlin, a Toronto nightclub and cigar lounge, said that the majority of people smoking cigars do it because it is a novelty.

"They are definitely not as popular as they used to be," Suppa said, "but people are still buying them either for celebrations or for the sheer novelty of it."

Berlin is just one of the many nightclubs in North America that has opened up a designated area specifically for cigar smoking.

What is the attraction of these smoke-

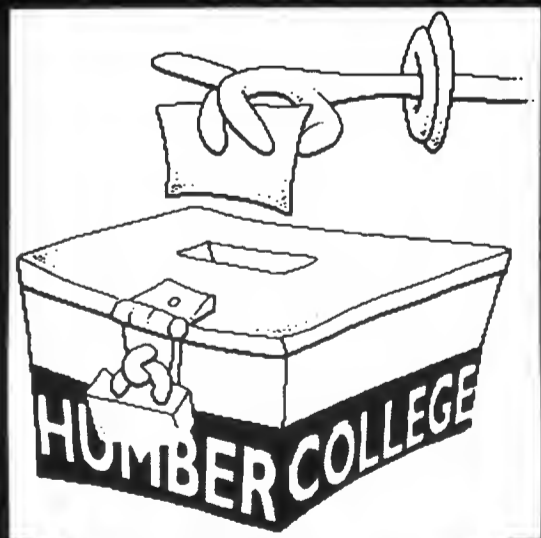
filled rooms?

"We try to make our cigar lounge more inviting to allow our customers to feel they are part of an exclusive, elite club," Suppa said.

According to the Non-Smokers' Rights Association, people underestimate the health risks of cigar smoking. Cigars are as potentially damaging as cigarettes even though cigar smokers tend not to inhale.

The bottom line: if anyone tries to tell you cigars are cool, they're blowing smoke up your...

Notice of By-Elections



**Students' Association Council
Reps Needed!**

Do you want to REALLY make a difference while at Humber and still have fun????

JOIN SAC

Be Part of the Team that:

- ◆ plans special events
- ◆ makes important decisions concerning the future of the college
- ◆ meets new people
- ◆ become leaders in the student body

Information & Nomination Pkgs are Available at the SAC Offices at North and Lakeshore Campus.



Stogies are enjoyed by all people, young and old.

PHOTO BY CARLY SUPPA

Here a tip, there a tip, everywhere a tip tip!

by JUANITA LOSCH
Lifestyles Reporter

To tip, or not to tip? Dining out, taking a cab, going to the hairdresser, grabbing a coffee, or filling the car up with gas, are all situations where you can find yourself wondering whether or not to tip. Some days, it seems as though we are tipping our entire life savings away. Why do we feel obligated to leave a tip for what can sometimes be lousy service?

Carl Kravis, a first-year Plastics Engineering student, is tired of playing tipping roulette. "If you don't give them a good tip, they give you a rude response. The pizza guy - you don't give him a good tip, he wants to bust your head," he said.

Kravis says that he resents tipping for lousy service, but follows tradition by leaving 15 per cent of the bill.

Bryan Walsh, a Hospitality Management student, says that he has to be satisfied with the service before he'll tip. "I don't tip for lousy service."

But tips are vital to those whose entire financial well-being is at stake every time they clear a dirty table, or carry luggage up flights of stairs.

Are the smiles glued on their faces genuine, or is it merely faked in order to make a buck? After all, minimum wage

for servers, and bartenders is only \$5.95 per hour - hardly enough to meet the basic needs of life.

Walsh understands the demands that are placed on servers, and that they rely heavily on their tips because wages are low.

Students who are on a budget and still manage to lead active social lives may find themselves strapped for cash to meet the ideal tipping quota - 15 per cent of the bill.

Chris White, a first-year Radio Broadcasting student, said that as a student he tips less but, "everyone has their own budget. You can only tip what you can afford."

Caps head bartender, Carrie Francis, also works as a waitress at a family restaurant. Francis said when it comes to tipping, it doesn't really make a difference whether you're a student or not. Francis said that she honestly doesn't find students to be poor tipppers, and that it varies between customers in general. "It's a little different working at a college pub. You kind of expect students to be struggling financially, as opposed to a family restaurant."

From a server's perspective, Francis said that service must be friendly, and efficient. Excellent service deserves a great tip. "I just think that if you find the service is friendly, then you should tip."

Kravis said that the service industry has changed a lot over the past five years along with the attitudes of those who work in it.

A tip from Kravis? "Not everyone can be a waitress. If you don't fit into the system, then get out."

How do you avoid having your server "accidentally" spill hot tomato-pesto all over your brand new cardigan simply out of spite for your lousy tipping habits? According to *The Give and Take of Tipping*, by Tibbett L. Speer, tip size is generally based on the entire social interaction between the customer and the server. This doesn't just involve the usual greeting at the door, or the flash of the fake plastic smile, but it also includes introducing themselves, squatting down next to the table, or touching the customer.

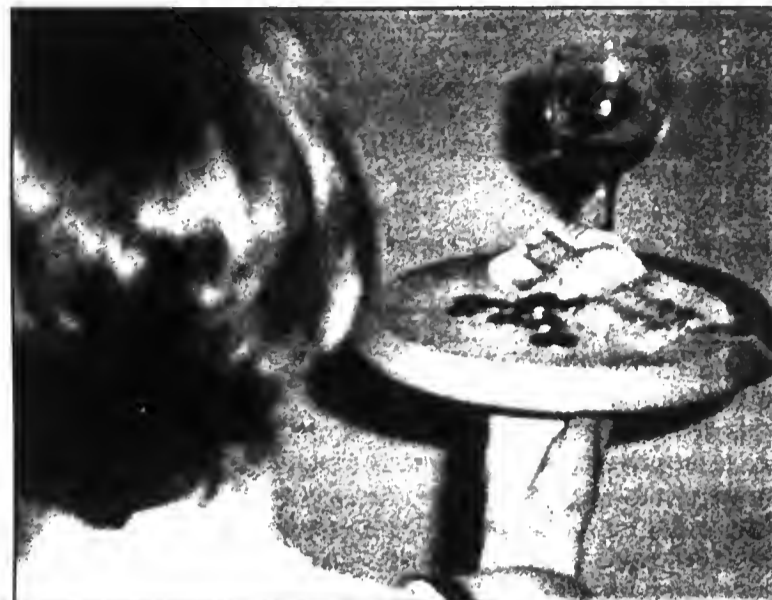


PHOTO BY JUANITA LOSCH

Should tipping be mandatory, or left up to the consumer?

Doing so allows customers to feel that they have been treated properly and in return, the tip will increase.

So where did tipping come from anyway? According to the book, *The Glad Hand, the Greased Palm, and the Gratuity: The History and Hysteria of Tipping*, by Dara Moskowitz, tipping began in Britain in the 18th century. Money was given to servers in advance for a meal with an attached note reading, 'to insure promptness.'

Vegging at the food fair

Tofu and seaweed, they're not as bad as they seem

by TANYA COULOMBE
Lifestyles Reporter

Ever wondered what tofu ice cream tastes like? Then the 14th annual Vegetarian Food Fair held at the Harbourfront Centre was the place to be last weekend.

Like any other food fair this one had cooking demonstrations, product demonstrations, book sellers and people handing out free samples. The only difference was that this food fair was totally free of animal products.

Sally Grande, who sat on the board of the Toronto Vegetarian Association for 10 years, said that 10,000 people attend the three-day fair at the Harbourfront Centre annually.

"People from all over plan their vacations around this festival," said Grande, who has

been a vegetarian for 32 years.

This vegetarian food fair, which is the largest in North America, attracts people from all over Canada and the United States.

Dror Balshine, who was promoting Second Nature meatless burgers, had entered the burgers in a regular entree competition at the food and beverage fair in August at the International Center. The meatless burger came in third after Angus beef and Highliner foods.

"Eat your heart out Captain Highliner," Balshine said, "The reality is that there is not a lot of choice out there for vegetarians."

Grande said that people tend to become vegetarians for health, environmental, political, and religious purposes.

Steer your own course

Would you like to begin working on your General Education requirements for next semester?
Or catch up on General Education courses you missed in past semesters?
Then Humber's open learning General Education courses may be just for you!

Open learning students study independently, consulting with a teacher as needed. This style of learning best suits those students who have good self-discipline, an interest in the course material, and strong reading and writing skills. To enroll in one of these courses you must satisfy one of two prerequisites: either an exemption from Communications 200 based on your CPT score or a final mark of 75% or higher in Communications 200. For further information about any of these courses, please contact the appropriate teacher at the numbers listed below.

Developmental Psychology (PSYC 002 99)

teacher: Neil McGrenaghan
office: K201
phone: 675-6622, ext. 4605
email: mgrenag@admin.humberc.on.ca

Introduction to Psychology (PSYC 001 99)

teacher: Neil McGrenaghan
office: K201
phone: 675-6622, ext. 4605
email: mgrenag@admin.humberc.on.ca

Economic History (ECON 003 99)

teacher: Adrian Adamson
phone: 675-6622, ext. 4313
email: adamson@admin.humberc.on.ca

Microeconomics (ECON 001 99)

teacher: Fahira Eston
office: H342
phone: 675-6622, ext. 4586
email: eston@admin.humberc.on.ca

Humanities (HUMA 024 99)

teacher: Melanie Chaparian
office: H420
phone: 675-6622, ext. 4528
email: chaparia@admin.humberc.on.ca

Political Geography (GEOG 012 99)

teacher: Adrian Adamson
phone: 675-6622, ext. 4313
email: adamson@admin.humberc.on.ca

Qualified students may register whenever they are ready to begin a course!

Any story ideas? Bring them to the lifestyle editors in L231

Read the Et Cetera online at
etcetera.humberc.on.ca

Staying bronze and beautiful all year long

by KELLY CARDONA
Lifestyles Reporter

With summer coming to an end, students will be looking for other tanning methods to keep a healthy glow throughout the winter.

Many students know that artificial indoor tanning facilities increase the risk of developing melanoma, the most dangerous form of skin cancer. Yet, they still engage in this activity, as looking good is often most important to them.

"I know tanning indoors frequently can result in skin damage, but I don't see any problem with going once in a while to maintain your tan," said

Christine Chalmovski, a second-year Hotel and Restaurant Management student.

Brian Percival, owner of Tantalizing, a European tanning spa, believes there is no safer way to get a tan than using a tanning bed.

"By using a tanning bed, you're in a controlled environment indoors. You have a set time which allows you to receive a lot of colour but less burning, whereas tanning outdoors each day is difficult because the sun's rays are never the same. It's hard to control your exposure time and know when you've had enough," he said.

Jennifer Anselmo, a waitress next door to the salon, is a regular customer and enjoys lying

down and catching the rays.

"Tanning is something I do to relax and to look good. It's just as bad to go tanning outside for an hour, so why not do it conveniently in 15 minutes," she said.

According to Arny Katz, a doctor of dermatology in Newmarket, tanning beds will severely damage the skin.

"Tanning in a social circle is something that looks good but what people don't realize is that years later their skin will be damaged and once this occurs it can't be fixed," said Katz.

Most people assume that tanning directly in the sun and in a tanning salon have the same end result.

However, there are two types of UV rays, ultraviolet A and ultraviolet B. According to the University of Pennsylvania Cancer Center, UVA radiation is 1,000 times less effective in causing burns than UVB.

The downside of UVA radiation is it allows the skin to tan or burn more slowly by penetrating the skin more deeply, which results in permanent wrinkling and sagging of the skin. UVB rays are strongest in sunlight between the hours of 9 a.m. and 3 p.m., whereas UVA rays are present throughout the day.

Most tanning beds give off either UVB or UVA rays, but

some of the newer equipment is said to give off 10 times more UVA rays than the sun which means more long term skin damage and an increased risk of skin cancer.

Most tanning salons are equipped with two types of beds. In one design the customer lies down and relaxes on a plexiglass surface as rays from above and below penetrate their skin.

The stand-up bed is the second type of equipment, which many customers find produces better results.

"By standing up the bed helps even out the tan while minimizing white areas," Percival said.

When trying to achieve a base tan Percival recommends eight to 10 sessions every day to start, at 15 minutes each and then one tanning session a week will maintain the dark tone.

Percival also suggests tanning indoors first before going on vacation to a warm or tropical climate. These sessions will help prevent overexposure caused by tanning everyday.

However, he does not advise excessive tanning as it adds layers to the skin, resulting in the formation of wrinkles.

"Tanning moderately without burning your skin is the best way to go," he said.

Dr. Joel Dekoven, a director of

a post-graduate dermatology training program and a doctor of dermatology in Newmarket disagrees.

"Tanning beds are cancer promoters and will damage the skin," Dr. Katz said. "By and large, I discourage patients in using them."

A 1994 Swedish study provided by the Health Mall at the Colgan Institute in Cherry Hill, New Jersey showed that the use of indoor tanning beds increased the risk of melanoma, with the risk being greatest for subjects under 30 years of age. The risk of developing melanoma by occasional tanning bed users increased by 300%, and for those who use a tanning bed more than 10 times a year the risk of melanoma increased by 800%.

Another way of maintaining a summer tan is using a sunless tanning cream or spray. According to Dr. Dekoven, sunless tanning lotions are safe.

"As far as I know, they're safe and are used to colour your skin. These products are purely cosmetic and are not used as a protector," he said.

The active ingredient in these products is beta-carotene, which gives the skin a tanned appearance, and if not applied correctly may cause skin to turn orange or streaky.




PHOTO BY KELLY CARDONA

Make sure to take necessary precautions before tanning.

Long Distance

\$20 UNLIMITED CALLING*



IT'S A WIRED WORLD

Internet

ACC **1.888.274.7920**

Please recycle your paper

Books and paycheques - how to balance both

All stress, no play - that's not the way

by DAN LAWRENCE
Lifestyles Reporter

As the school year progresses, college students everywhere will likely get stressed out. For students with part-time jobs, the problem becomes worse. Many students find that it's tricky trying to balance a heavy load of school work with their job.

Cyril Bulanda, of Humber's Counselling Services, says it's a matter of tipping the balance from normal to excess stress.

"All students here are under stress. The question is, to what degree."

So far, the work load for most students is fairly light, but as our classes become more demanding, the level of stress will inevitably rise.

"It's the student with the part-time job, who is taking maybe three or four hours from his daily schedule. (A part time job) naturally adds to the stress of the workload which the normal student who doesn't have to work has anyway," Bulanda said.

Leah Martin, a first-year Fashion Arts student and salesperson at Esprit, said that she probably will begin to fall behind in class as her work load in school gets heavier.

"As I get into the semester I'm hoping that work won't be too much of a hassle," said Martin.

Bulanda said the key is time management. Students have to be willing to organize their schedules to take into account all the aspects of their lives so that the stress doesn't build up.

He suggested using "quality concentration", grabbing any extra hours to focus on school work to avoid it building up, while leaving plenty of time for extra-curricular activities, such as work.

Although there are no workshops at Humber that deal specifically with stress management, Bulanda suggests that students experiencing stress from school check out a study skills workshop, with sections dealing with issues such as relieving stress and time management.

"We're all under stress. It's when the stress becomes undue, (that) you have to take measures," Bulanda said.

BACK TO SCHOOL blow-out

CURRY'S BRUSHES
Series 2500 & 2600

50% off
sugg.



- CANVAS BY THE YARD
- STRETCHED CANVAS
- CANVAS BOARDS
- STRETCHER BARS

33% Off
S.R.P.

STUDENT PORTFOLIOS 3" GUSSET



LOWEST PRICES
Guaranteed

We will beat our competitors advertised specials* including **CLASS LISTS**

*must be regular stock

CHECK THIS!

Berol. **PRISMACOLOR**

ARTMARKERS

- DOUBLE-ENDED
- NON FADING
- PERMANENT

SET OF 24

\$24⁰⁰

SUGG: \$104.25



WHILE SUPPLIES LAST

i.n.c.a. DRAWING INSTRUMENTS



BEST BUY!

INCA 430

SUGG: \$23.50 CURRYS ONLY

\$16⁴⁵

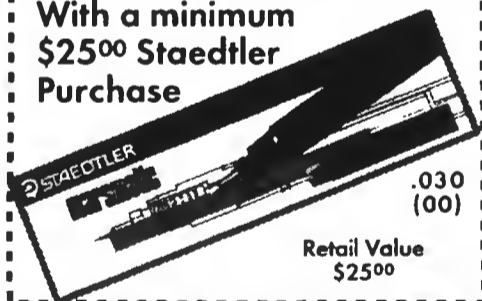
STAEDTLER
DRAFTING SUPPLIES



up to **40% off mls**

FREE TECH PEN*

With a minimum \$25⁰⁰ Staedtler Purchase



Retail Value \$25⁰⁰

* WHILE SUPPLIES LAST

chartpak **NEW** **AD MARKER** **HALF THE PRICE TWICE THE INK!**

A Single Nib with Three Line Weights
130 PERMANENT Colours

Replacement nibs let you get full value from your Chartpak AD Marker. A new nib enables use of all the ink within the marker allowing for environmentally friendly disposal. (5 nibs per package).

Replacement NIBS Available

ONLY \$2²⁷
SUGG: \$4.63

CRYSTALENE 24 x 36" Tracing Paper
K109155 List \$1.99 **only \$1⁰⁹**

#1 Quality DRAWING TABLES
All with #1 quality 3/4" boards from **\$119⁰⁰**

French Curve Set
D443
Currys **\$4⁴⁷**
Compare at **\$9.95**

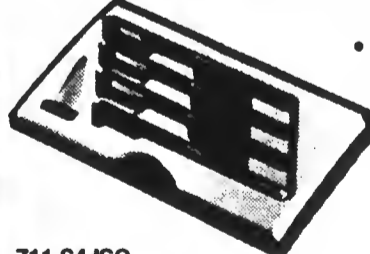
CANSON Sketch Pads



Recycled Acid Free

	List	Currys
5 1/2 x 8 1/2 C702191	\$6.75	\$4.73
9 x 12 C702192	\$11.75	\$6.70
11 x 14 C702193	\$16.85	\$8.76

STAEDTLER marsmagno 2 technical pen



- New Technology
 - Professional Quality
 - Refillable
- 4 Pen Set ONLY

711 S4 ISO

.30/00	.35/0	.45/1	.50/2
--------	-------	-------	-------

\$32⁹⁵

Illustration Boards Peterborough

	List	Currys
27 Smooth		
20 x 30 P27H	\$3.25	\$2.76
30 x 40 P27	\$6.30	\$5.36
PK5 Medium		
20 x 30 PPK5H	\$4.35	\$3.70
30 x 40 PPK5	\$8.30	\$7.06
62 Medium		
20 x 30 P62H	3.50	\$2.98
30 x 40 P62	\$6.70	\$5.70



ARTISTS, GRAPHIC and DRAFTING SUPPLIES

TORONTO
416 967-6666
Mon to Fri 9-7,
Sat. 9-6
Sun. 12-5
490 Yonge Street
(2 Blk. N. of College)

MISSISSAUGA
416 798-7983
Mon, Tues & Thurs 9-8
Wed., Fri. 9-6
Sat. 9-5:30
755 The Queensway East
(at Cawthra)

BRAMPTON
905 455-1911
Mon. to Fri. 10-7
Sat. 10-6
255 Queen Street East
(beside Sears)

MARKAM
905 940-8388
Mon. to Fri. 10-7
Sat. 9-5:30
Sun. (Sept.) 12-5
MARKET VILLAGE
ENTER OFF KENNEDY
Kennedy & Steeles

Toronto - Mississauga - Whitby - Hamilton - Barrie - Brampton - Markham

Arts

"Back then they just wanted to be naked in mud."

DJ documentary well hung

New movie explores the lives and music of disc jockeys

by MICHAEL STAFFORD
Arts Reporter

Marco La Villa may not spin wax, but he can spin a yarn as seamless and climatic as the most skilled club DJ.

La Villa, along with his twin brother Mauro, directed the new documentary about DJs and DJ culture, *Hang The DJ*. The movie features the world's top house and scratch DJs, from Junior Vasquez and Roger Sanchez to Q-Bert and A-Track. It follows an esthetic that naturally blends with the music it is displaying.

"When we were filming we wanted to

make sure the camera man wasn't moving back and forth like he was dancing," Marco said from his office in Montreal. "We took a lot of still shots. We wanted what was in the frame to be what was moving. And then we edited it we tried to cut the film the way a DJ would play a night, starting out and building and coming to a high and climaxing."

The brothers were inspired to make the film in 1995 while working on a movie about the then underground Wu Tang Clan. They found the DJ side of hip hop an unexplored and underappreciated art.

"The main attraction was that it was a legitimate music and art form not recog-

nized by most people and institutions like the Grammys and other award shows," Marco said. "We saw virgin territory there."

In fact, the territory very nearly remained virgin. While they were shooting for the film in San Francisco, the National Film Board pulled their funding, leaving them with two months to come up with the money to finish the film.

The fact that DJing is still a young art is a point well illustrated in the film. Sporadic clips of various intellectuals and lay people demonstrate the opposing views about DJ culture. One group vehemently defends the DJ's membership into the country club of art. The other disparaging the very notion that music made by a DJ is even music at all. These differing views show that DJs are developing a solid place in the consciousness of popular culture, but are far from universally accepted.

"There are always people who absolutely want to refuse to accept what is new. People don't like change," Marco said. "It's like when the electric guitar or the synthesizer first came out (people didn't like them) but now they are accepted—there are some things you can't do without them. If a DJ is on stage with a jazz or rock and roll musician it definitely causes a disturbance in the force."

Hang The DJ draws many parallels between the borderline acceptance of DJ as musician and the thin tenure of acceptance held by rock and roll in its early years. The connection is most clearly made by a humourous interview with a moist-eyed Liverpudlian stating that no DJ could ever come close to achieving what the Beatles did all those years ago.

The parallels also reach the two music's histories: both having the same roots in America, but having to go to Europe to

become mainstream only to return to America. Marco says the reason for this repeated history is political and cultural.

"It was censored in North America originally because it had to do with taboos: black, gay, nightlife, drugs. My brother and I like to say that North America is like the adolescent of the world. Europe is more mature.

Despite the taboo nature of DJ culture, house music seems to have a truly universal appeal, sounding native wherever it is played—America, Europe, or Japan. For Marco the reason for this is obvious.

"A lot of people in the world don't speak English, and rock and roll puts up that wall where people who don't speak English don't understand. But if you take a simple beat and some scratches and it's all music then they can all relate to it," Marco said.

Although *Hang The DJ* does try to lead you in the "right" direction, in the end it leaves the viewer to answer the questions it asks. It shows the good and bad sides of the DJ culture, pokes gentle fun at people on both sides of the fence. It gives the audience a glimpse into the lifestyle, following, and music of both house and scratch DJs. That even handed approach is the stuff good documentaries are made of.

"Not all DJs are artists," Marco said. "But the ones who are great and are recording artists, there's no difference in the music except style. What the Beatles were playing was dance music then. The only difference is then they were playing for a bunch of hippies and now it's a bunch of rave kids.

"Now we're totally commercial. They want to wear brand names, to wear their gear. Back then they just wanted to be naked in mud."



COURTESY PHOTO

I don't see the difference. Do you see the difference? Mauro and Marco LaVilla rock the house with *Hang The DJ*.

Rusty welcomes back Humber students

...cont. from page 1

"You're just kind of there to do your job and get it done."

Another thing bands have to deal with at larger shows is the moshing, which can get dangerous at times.

MacNeil said he'd never be caught in a mosh pit.

"You get those giant crowds ... it's too insane for them to be enjoying it," he said. "They're as much a part of the show as the band."

When playing a series of shows within a short time span, Rusty tends to switch the order of the songs they play so the

band doesn't play the same set night after night.

"When you play every night, you're in danger of getting stagnant," he said. "I like it when we sit around before the show and talk about what songs we're going to do. We tend to do that when we're playing less."

When they're not touring or recording, MacNeil enjoys travelling with his wife.

"I like to do regular things like everybody else. I like to watch sports. I like to go drink beer with my friends," he said. "Basically, we just hang out."



COURTESY PHOTO

When not playing concerts, Rusty likes to kick back and relax with a tall, cold sneer.

• Et Cetera •

SEPTEMBER 17 - 23, 1998

Humber staffer writes of first black Canadian doctor

by NIKI MENALO
Arts Reporter

Dalyce Newby is now one of Humber's many talented, published authors.

Newby, co-ordinator of Humber's Intercultural Centre, has published her first book – a biography of Dr. Anderson Ruffin Abbott, who volunteered as a surgeon in the American Civil War. It is titled *Anderson Ruffin Abbott - First Afro-Canadian Doctor*.

Newby has written a few other pieces where she has collaborated with other colleges and universities, but this biography, which took nearly five years to write is her own.

"It's a wonderful feeling," she said, "It's the first piece I am totally responsible for."

The biography devotes a whole chapter to American Civil War history. Newby explained how she grew up with this history.

"My great grandfather fought in the Civil War," she said.

On July 18, 1998, a monument was unveiled in Washington D.C. in tribute to the 'U.S. Colored Troops' that fought in the war.

The main audience for her biography is Canadians in the medical field. It shows what medicine was like back then.

"They only had 12 thermometers," Newby said, "and no concept of how germs were spread."

The most challenging part of writing this book was trying to verify the facts.

"It was hard trying to piece together what was happening in the medical schools at that time."

The six other biographical sketches that Newby has been working on will be part of The American National Biographical Series, which will come out in 1999.

There were many things about Dr. Abbott that Newby would have liked to have known, including his family life. She met Dr. Abbott's great granddaughter, Kathy Slaney, who is white.

Slaney, a teacher at Sheridan College in Oakville, found out only five or six years ago that she was the great granddaughter of Dr. Abbott. This fact was kept quiet for years. Slaney is working on her own book now which will be called "Family Secrets".

With a sharp interest in Black history, and some spare time, Ms. Newby was able to produce a fine biography.



PHOTO BY NIKI MENALO

Humber staffer Dalyce Newby proudly displays her book.

Keitel finds Graceland

by MAREK KOCHMAN
Arts Reporter

It's strange how a long trip in a car with a buddy at your side has incredible healing powers.

That is exactly what first time director David Winkler's film *Finding Graceland* is all about – coping with loss on the road.

The film starts off in New Mexico where our depressed hero Byron (Johnathon Schaech) reluctantly picks up a hitchhiker who thinks he's Elvis (Harvey Keitel).

The unlikely duo start their trip over several states from Mexico to Memphis. Elvis wants to help Byron, a seemingly tortured soul, and he pesters Byron to reveal his past.

Elvis also spends a lot of time discussing his come back.

As the picture continues, the two begin to grow closer together after a series of mystical events that begin to sway Byron's belief that his passenger isn't Elvis. By this time the two end up in Mississippi at an impersonators show at a casino. There we meet a Marilyn Monroe impersonator named Ashley (Bridget Fonda).

The movie ends in Memphis where the King and Byron both have to live up to their losses and cope with their grief.

The movie is handled beautifully, with excellent shooting, a strong script and good performances by all, particularly Harvey Keitel, who is a hoot as Elvis, especially when he sings *Suspicious Minds*.

Finding Graceland tackles a difficult subject maturely, without insulting its audience

Oakville Town Centre II
Oakville, Ontario
Ph. (905) 844-8703

Don't miss our World Famous \$2 Tuesdays & Thursdays Pitchers Night!

Weekends are Special at Philthy's! Party! Party!

WAP Awarded #1 Best Restaurant/Bar & Friendliest Staff WINNING 3 Years in a Row!

100% CANADIAN OWNED, OPERATED AND TAXED!

Tuesdays, Thursdays & Fridays hosted by Energy 108 Radio

Jane Doe identified

Risking arrest in the name of rock n' roll, Jane Doe blasts Rancho Relaxo into oblivion.

by ELLIOTT BELKIN
Arts Reporter

The music was so loud that police arrived part way through their set. The band turned it up a notch to spite them.

The crowd at Rancho Relaxo was anything but relaxed Saturday night as Jane Doe blasted through an hour long rocking set.

The quartet, whose influences range from Kiss to Slayer to

Madonna, used megaphones and strobe lights while performing songs from their CD *Two and 2 Are One*. The music was clear with little feedback and was complimented by very powerful vocals.

Jane Doe believe that it is not a lack of effort or lack of promotion that has kept them underground, but the way the Canadian music scene operates. They say that radio stations will

only play the two popular Canadian bands to fill their Canadian content quota.

"Let the kids decide. Given the right opportunity a lot of bands can actually make a lot of sales," said guitarist Lori Allen.

They have, however, gotten some exposure through radio and television. They appeared on MuchMusic with an interview and live footage from one of their shows. They also placed seventh

in Q107's pure rock contest.

Being advertised as an all-girl band has been the only consistent label that has been put on them.

"Why is it when it's an all-guys band they don't advertise an all-guy band?" Allen said.

Jane Doe are concentrating their efforts on the European scene.

"(Europeans) are more culturally oriented than the states," said Cathy Marchese, drummer for the band.

The members of the band feel that the Europeans appreciate Canadian bands more than Canadians do because they are more open minded.

Jane Doe came across their name while watching TV.

"I was watching Cops one night. I saw them going up to an unidentified female and on the toe tag it said Jane Doe," Allen said.

Thinking it was cool, they chose it for the band name.

Jane Doe plan to play a lot more shows. They are also planning to go into the studio and record a new album.

Their current disc, *Two and 2 Are One* has a meaning behind the title that shows how tight the band really is. It means, two



PHOTO BY ELLIOTT BELKIN

Jane Doe front-woman, Higgins at Rancho Relaxo.

rhythm and two lead form one band.

On this CD, and through their music in general, they try to send out a simple message. "Live it. Be it," says lead vocalist Diane Higgins.

"Don't do it (play music) for the money. Do it cause you love it," said bassist, Laurie Green.

These messages are words they live by as they all have day jobs.

"It takes a while for a band to get going, but I think after the two year mark you start to get used to each other, you start to get noticed," Green said.

It's easy to see that the band is comfortable with each other just by seeing them perform in concert. Everything seemed to run like clockwork. To top the night off they took a request from a fan who was celebrating her birthday and played the song as though it was originally part of their set.



COURTESY PHOTO

Jane Doe, say mainstream popularity should be judged by music fans not radio stations.

LAPTOP LIQUIDATION

MAYNARDS HAS BEEN AUTHORIZED BY A MAJOR ACCOUNTING FIRM TO LIQUIDATE ITS INVENTORY OF

NEC 6050MH

Notebook/Laptop
12.1 ACTIVE COLOUR MATRIX SCREEN

\$1599

Pentium 150MMX
(1.4GB)

Current Comparable
Retail Selling Price - \$2995

FEATURES:

Intel Pentium 150 MMX • 32 MB RAM • 1.4 or 2.1GB HARD DRIVE • 12.1 ACTIVE COLOUR MATRIX SCREEN • TOUCH PAD POINTING DEVICE • 10x CD-ROM • 3.5" FLOPPY DISC DRIVE • 16 BIT STEREO SOUND • 2 TYPE II PCMCIA SLOTS • ETHERNET CARD • INTERNAL 33.6 FAX/DATA/VOICE MODEM • WINDOWS '95 PRELOADED • 8 LBS • LESS THAN 12 MONTHS OLD • 90 DAY WARRANTY FROM MAYNARDS

Maynards

36 King Street East
(Just East of Yonge Street)
416-866-8122

1032 Martin Grove Rd
(North of Dixon Road)
416-242-3560

www.maynards.com

VISA • M.C. • INTERAC • CASH

Cajun Shakespeare

Southern-fried bard to be unveiled by the Upstart Crow this week.

by LINDA VERI
Arts Reporter

A Shakespearean play with a modern twist. That is what the Upstart Crow Theatre Group will try to deliver with *A Mardi Gras Night's Dream*.

Director David Howse who has been with the theatre group since they began in 1995, wanted to bring the play up to date.

"I would hope that people would be most attracted to the new way we're doing things," Howse said.

Howse has been with the theatre group since the beginning, mainly as a technical director and actor. This is his first time directing with them and thinks the twist on Shakespeare's play will be very enjoyable.

"I think the new way in trying something different is an interesting experiment for us to engage in, and that's where the audience will find interest," Howse said.

A Mardi Gras Night's Dream is a reworking of Shakespeare's *A Midsummer Night's Dream*. The

difference is that Howse changed the setting of the play. In the original Shakespearean play, the setting for *A Midsummer Night's Dream* was a magical forest.

In choosing New Orleans during Mardi Gras, Howse kept a modern tie by using a city but felt there was also some sort of magic there.

"New Orleans has a very kind of gothic Anne Rice, vampirism kind of feel to it," Howse said. "Even though I am putting it into modern times, I still have to deal with the magical aspect of the play," Howse said.

You can catch *A Mardi Gras Night's Dream* at the Lab on Britain Street in downtown Toronto. The play promises to be enchanting and magical.

"It's an evening where you can just let the bounds of reality go," Howse said.

A Mardi Gras Night's Dream will run from September 16-20, 23-27 and through September 30 to October 3. Tickets for students are only \$10 and can be reserved through the box office at 416-410-2186.

Raving and drooling

Music reviews for the masses.



Keb' Mo' - Slow Down

Guitar wielding blues-man, Keb' Mo' offers a fairly solid third album. Although *Slow Down* is often reminiscent of Huey Lewis' finer days, it can stand by itself, highlighted by the gospel, fast moving, "God Trying to Get your Attention" and "Soon As I Get Paid". Works well as back ground music while typing. - DD



Hole - Celebrity Skin

Courtney Love explodes from the shadow of her dead husband once and for all with the new Hole album, *Celebrity Skin*. Hole's Alterno/punky sound seems to have matured with age. The album's low points are forgotten easily thanks to the many highs, like "Boys on the Radio" and the title track. - DD



Tatyana Ali - Kiss The Sky

Very typical girly R&B pop music from the young Miss Ali. Her album is only notable because she played Ashley on "The Fresh Prince of Bel Air" for six seasons - not for its musical content. There are glimmers of hope between songs, but the next spot ends up sounding remarkably similar to its predecessor. Will Smith helped produce *Kiss the Sky*. -DD



Godsmack

Godsmack are on the road to bigger and better things. Their major label reworking of their indie disc *All Wound Up* includes some re-recorded tracks, and some songs removed. Borrowing influences from bands like Korn and the Deftones, Godsmack has taken the two and combined them to form one heavy, hard rocking sound. Whether Godsmack is paying homage to the above bands is up for debate. - MS

Club listings

For the week of September 17 - 23

The Place	Thur.	Fri.	Sat.	Sun.	Mon.	Tues.	Wed.
Opera House	-	-	Syringe, Telejet, Anodyne	-	-	-	-
Bamboo	The mic is on	-	-	-	Soul 4 Real	Doctor Seven	-
Lee's Palace	Saucer, In of Air	Planet Smashers	King Cobb Steelie	-	-	-	-
C'est What	Shannon Lion, 10	Mere Mortals, Sleeps Six	Us & Wilbur, Chris Tait	-	Lisa Patterson	-	-
Lava	Ventura	DJs Fish-Fry	DJ Peace Harvest	Jake & Midnight Blues	Yenta Trio	Que Vida	-
Rivoli	Neck CD Release	Howie Beck	Rev CD Release	'Filmalicious'	ALT-COM.edy Lounge	Film Fest Wrap Party	-
Free Times Cafe	Krazy House	Don Bray	Eugene Ripper	-	Open Stage	Acoustic Spotlight	Jack Breakfast
Rancho Relaxo	Mood Swingers	416 Graphitti	Flamejobs	-	Dr. Kola	VS. Squad	Rancho Retro

The **lowest** daytime rate in Canada.

As low as **4¢** a minute

Friends Call FREE!

Any Time!

- Friends and Family can call you FREE!
- Pay just one low monthly Flat Rate.
- Call anywhere in Canada and the U.S.
- Call any time, any day of the week.
- Great International rates.
- Flexible payment options for students.



LONDON TELECOM

Canada's Flat Rate Long Distance Company

Call today!

1-888-216-6609

www.ltn.com



United Parcel Service Canada Ltd.
Requires Permanent Part Time
Package Handlers

- Loading and Unloading
- Monday to Friday from approx. 11 PM to 3 AM
- \$7.75 per Hour to Start
- Up to \$1000.00 Tuition Reimbursement per Semester



Worldwide Olympic Partner

Apply in Person at 2900 Steeles Ave. West, Concord, Ont.
Monday thru Friday between 11:30 AM and 7:00 PM

*Taxes extra. Certain restrictions may apply. Unavailable in regions not served by Bell, BCE TEL, TELUS Communications Inc., MTS NetCom, NB TEL, NEWTEL Communications Inc., Island Telecom Inc. or MT&T London Telecom Network Inc. is a subsidiary of The London Telecom Group Inc.



Sports

"The Team, The Team," -Bo Schembechler



Hawks aim high for 1998 season

Men's soccer team looks forward to a return trip to the OCAA finals

by MIKE GENTILE
Sports Reporter

With the regular season less than a week away, the men's soccer team is looking forward to nothing less than a trip back to the OCAA finals.

Once again the Hawks look to be one of the favourites with a strong nucleus of players remaining from last year's squad.

The team is lead by fourth year veterans Marco Frasca, and team captain Walter Martins.

Frasca said the key to this year is a quick start.

"We don't have a losing streak and we don't want to start one," he said.

He added that the new players on the team need to buy into Humber's "aim high" philosophy when entering play this season.

"As soon as they put on the shirt they have to understand that they're representing Humber," Frasca said.

Stand out Jesse "Caliber" Calabro is back after leading the Hawks in scoring last season. Calabro said the team has to be self-motivating in hopes of reaching the finals again.

"If soccer doesn't motivate you, nobody can," he said.

In goal, the Hawks possess one of the province's best goalkeepers in Peter Libicz. Libicz was named goalkeeper of the year, and will be the backbone of the team.

"One of our strong points is our goaltending. Peter's a great goalie," said head coach Germain Sanchez.

Sanchez is entering his seventh year with the Hawks, and will be joined by Vito Colangelo on the sidelines.

The team's greatest challenge so far has been filling the holes in its defence left by the departure of many defenders from last year's team.

"We were having some problems on defence. We lost a lot of players there," Sanchez said.

The team's strategy will revolve around their solid midfield.

"I've always been a strong

believer in the midfield," said Sanchez, noting how France relied on their mid-fielders en route to capturing the World

Cup this past summer.

Nathaniel Singleton has been turning heads at practice and said he has exactly what the Hawks need.

"When the game gets tough and gritty, I'm the kind of guy that could step in," he said.

The tall forward is not only quick, but has slick ball control enabling him to break down the opposing defence.

The Hawks are joined by the Mohawk Mountaineers (5 - 1), George Brown Huskies (1 - 5), and Redeemer Royals (1 - 5) in their division. However Sanchez warns that this won't be another two team race.

"Things change every year, new players come in and suddenly teams are better. We've been fortunate to keep a consistent team here," he said.

With final cuts being made, the journey to the OCAA Finals begins on Sept. 23. The Hawks will host George Brown at Valley Field. Game time is set for 4:30 p.m.



Coach Sanchez (left) has players run to build up endurance.

PHOTO BY MIKE GENTILE

Team chemistry key for success

Women's soccer team set sights beyond provincials toward nationals

by ANDREW BISSON
Sports Reporter

Summer playing together, along with a good showing last year, has led to high expectations for the players and coaches of the Humber women's soccer team for the 1998 season.

The team held its tryouts during the first week of school on the Humber soccer pitch in preparation for the upcoming season.

"We have a very realistic chance of making the Nationals," said coach Vince Pileggi, referring to the National Finals, which are being held in British Columbia this year. "Our work ethic has to continue and everybody has to buy into the system."

One of the keys, according to Pileggi, is that most of the team played together during the off-season in a summer league. "That really helps with the players' conditioning and chemistry," he said.



Lady Hawks get their kicks during an inter-squad practice.

PHOTO BY ANDREW BISSON

Pileggi described the Humber women's style of play as "possession soccer." He wants his players to build the play up, while making good, precise pass-

es, as opposed to kicking the ball immediately upon receiving it.

"We have to play to our strengths," he said, noting the team has a lot of strength down

the middle of their lineup. Pileggi said that the team will start with a 4-4-2 formation, meaning four players on defence, four in the midfield, and two at the forward position. The coach decided to keep 22 players on the team for this season.

The team finished fourth in Ontario last summer. Pileggi feels that as many as 16 teams in the province have their sights on the Nationals, showing just how competitive the league is. "We can't take any team for granted," he said.

Pileggi mentioned three names as the key players for the team this season. Filomena Aprile is one of the veterans on the team, and led the team in scoring last year. Aprile

was also chosen as an Ontario Colleges Athletic Association (OCAA) all-star last year.

Pileggi said Megan Beckett will be a key player in the midfield for the team this season. Pileggi also singled out one of the rookies, Adriana Cataldo, for praise. "She is highly skilled and very talented."

One of the veterans, Corrie Wilson, a second-year utility player, said the team has a good chance of making it to the Nationals.

"The players are getting stronger and are in better shape every year," said Pileggi, also noting that the team has great depth. For that, he said, "the credit goes to the Humber program."

The Hawks will play in the Central West Division along with the George Brown Huskies, Redeemer Royals, and Mohawk Mountaineers.

The road to the Nationals officially begins on Sept. 24, when the women's team hosts George Brown College at Valley Field behind the North Campus.

Veterans not guaranteed spots

by ANDREW BISSON
Sports Reporter

The Humber men's volleyball team is hoping to put together a squad that could better last year's third place showing in the Ontario Colleges final.

Head coach, Wayne Wilkins, sounded quite enthusiastic about his team's chances this year.

"I have very high expecta-

tions this year," he said. "I expect this team to do even better than last year."

Ted Lowes, a second-year player, agreed with Wilkins. "We have a lot of returning players with valuable experience, and we hope to go to the Ontario Colleges final again and hopefully place even higher than last year," he said.

But, he said returning players

aren't guaranteed to make the team.

The coaching staff plans to carry 12 players on the club. With eight players returning from last year, one might figure that there are very few spots open for grabs. Wilkins said that's not the case. He said the veterans' spots on the team are "not sewn up just yet."

"If you don't play well enough or try hard enough during practice, you won't make the team," Lowes said.

Some players trying out, like Lowes, will not have to worry about shaking off any rust put on during the summer holidays.

Lowes played volleyball in a league organized and held by Durham College during the summer. He said that some other members of last year's team played on beach tours throughout the summer months.

Coach Wilkins decided to not have the veterans practice with the rookies on the first day of tryouts because he didn't want any veterans sustaining injuries. He said many of the players who show up for the first day of tryouts think they are simply playing in a recreation league, and pose threats to the star players on the team if they aren't in proper game shape.

Three returnees who will be the key players on this year's squad, according to Wilkins, are



PHOTO BY ANDREW BISSON

Hawk soars for a spike during a tryout in Humber's gym.

Tim Pennefather, Matt Tim and Tim Ryan. Wilkins has also been impressed with a new recruit on the team, Derek Young, who recently transferred from Mohawk College.

To improve on last year's performance, Wilkins said the team needs to "speed up its game."

He said that the team possesses good offensive skills and should benefit from the experience they have gained from last year.

The men's volleyball team's first game of the year will be against the Humber alumni team on Oct. 4.

Sports Injury Clinic aids not only varsity athletes

by JENNIFER BARR
Sports Reporter

Humber's Sport Injury Clinic offers help for all students and staff.

"We have several patients that are not just varsity athletes," said Head Athletic Therapist Glen Parsons. "A student can't walk in because they fell down the stairs, the injury must be sports related."

Orthopedic surgeon Dr. Stephen Reed is also at the clinic two times a week. In order for a recommendation to see the doctor, students and staff must call and make an appointment through Parsons.

The therapy has proved to work wonders for patients.

"I had a frozen shoulder that

I couldn't move and I went to see Glen at the injuries clinic. He gave me an ultrasound and a massage. It was great, my shoulder was back to normal that same day," said Marg Anne Jones, a registered nurse and Health Counselor at Humber's Health Services. "We encourage students and staff with athletic injuries to take advantage of the clinic. I know that I'm not the only one in the Health Centre that has used their services."

The Sports Injuries Clinic is located across from the gym in Humber's North Campus and is open from 10-6 every weekday. To make an appointment students and staff should call Glen at 675-3111 ext 4025.

Striving for perfection . . . again

Young players from last season are back and ready for competition

by JACK TYNAN
Sports Reporter

The women's volleyball team is back and in good shape to improve on last year's nearly perfect season.

Tryouts are well under way to select the best players for a team that has a title to defend.

Last year the women won the Provincial Championships. They were unquestionably the best as they won 12 out of 12 regular season games. They also went on to place fifth in the Nationals. It was Humber College's second time at the country's finals.

The team's coach, Dave Hood, said that Humber had a fairly young team last year. This year many of them are back, a year older, a year more experienced and they are only likely to improve.

"The more we play, the better we get," Hood said.

Dyan Layne was on last year's team and is back at tryouts this year. She said a lot of talent has shown up.

"It's going to be a good team this year," Layne said. She wants

the team to go back to the nationals this year and come away as the best in the country.

The season is pretty intense for the players with practices three nights a week, a game every week and tournaments almost every weekend. The women also have a rigorous training schedule that they are expected to follow which includes jump training and

weight training. Hood and assistant coach Chris Wilkins spend a lot of time with their players.

"They work you hard," Layne said. "They work with you one on one. They spend a lot of time on individuals."

Hood also likes to emphasize working well with one another during the season.

"We've been shying away from the individual aspects of

the game and develop on team play," Hood said.

It must be working because everyone got along really well.

"We were like a family," Layne said.

Hood said that the new recruits chosen during tryouts

have a chance to not only be on a great team this year, but to represent Humber a few years down the road.

This season should see Humber continue to be successful. In the past three years, the team has only lost three games.

Join our workforce.

Need a job now? Want to learn a trade? We have operational, technical and support career opportunities for men and women in today's Canadian Forces. Join our team and learn skills that will last you a lifetime. Share in a proud Canadian tradition. For more information, drop by your Recruiting Centre or call:

1-800-856-8488
www.dnd.ca

CANADIAN



National Defence / Défense nationale

YOUR PRIDE. YOUR FUTURE. YOUR MOVE.

CLASSIFIEDS

<p>TIME CONSTRAINTS?? Writer's Block? Can't find the words or the right research materials you need? We can help! WRITE: Custom Essay Service, 4 Collier St., Suite 201, Toronto, Canada, M4W 1L7. CALL: (416) 960-9042. FAX: (416) 960-0240.</p>	<p>Stewart, Brooks & Dunn, Faith Hill & more Andy (905) 569-1927.</p> <p>THE SPA ON MAITLAND. Bathhouse for BI & Gay Men Rooms, lockers, sauna, showers, liquor license Students 1/2 price all the time with valid student ID 66 Maitland St. at Church St., Toronto. 416-925-1571</p> <p>SPRINGBREAK Florida, Mexico, Etc Best Hotels, Parties. Pnces. Book Early and</p>	<p>Save!! Earn Money + Free Trips! Campus Reps / Organizations Wanted. Inter-Campus Programs 1-800-327-6013 www.icpt.com</p> <p>BI-CURIOS? BI? GAY? The Barracks Bathhouse for men. Steam, sauna, showers, lounge, toy store, private rooms, lockers 24 hours/7 days. 56 Widmer St., Toronto. 416-593-0499. Responsible and safe Open since 1974</p>
---	--	---

Waltstaff, hostess, cook & bartender positions available.
Apply Within

OAKVILLE
Dixie Town Centre
(905) 844-8703
BURLINGTON
Brant St. (Mount Royal Plaza)
(905) 319-8555

You got where you are with hard work and smarts.

Plymouth Neon Expresso

Dodge Dakota Club Cab

Jeep® TJ

Plymouth Voyager

**\$750
GRAD REBATE**

Chrysler can help out with your driving ambition.

As a recent graduate, you're on the road to achieving the best life has to offer. At Chrysler, we're rewarding that kind of initiative by offering \$750 toward the purchase or lease of a new 1997, 1998, or 1999 Chrysler car or truck (excluding Dodge Viper and Plymouth Prowler), over and above most current Chrysler incentives. And, if you finance with Chrysler Credit Canada we'll defer your first three months payments!* This \$750 Grad Rebate is available to all college and

university undergraduates and postgraduates who have graduated or will graduate between October 1, 1995, and September 30, 1998, and all currently enrolled master's and doctoral students (regardless of final graduation date). From high-value subcompacts and minivans, to tough pickups and sport utilities, we've got a vehicle that's right for you. No matter where you want to go in life... we want to make sure you get there.

For more information, visit your nearest Chrysler Canada Dealer. Or, hit www.chryslercanada.ca or call 1-800-361-3700.

CHRYSLER  CANADA
Official Team Sponsor