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# Out of service

## Survey says: Humber customer satisfaction not number one

BY LUKE MCCANN  
News Reporter

Humber students are unsatisfied with customer service at Humber College, for the second year in a row.

The 1997 Customer Service Survey shows that 30 per cent of students thought staff at Humber were not polite/courteous and needed improvement. Ten per cent of employees felt the same way.

Students have complaints about services all around the college.

"The registrars office needs to be changed. I had a problem with exemptions from courses. They took forever to let me know whether they'd gone through or not," said JoAnne Shillolo, a radio broadcasting student, who feels that service can be slow.

"I had to keep going to class because I had no idea whether (the changes) had gone through. It took almost two weeks," Shillolo said.

Students feel that service around Humber could be more efficient.

"The lines are out of control," said Elly Macdonald, a part-time School of Fashion Arts student. "If they knew what they (the service workers) were doing, the lines would move faster."

The Customer Service Survey was introduced in 1996. The pur-

pose of the survey is to make sure Humber students and Humber employees are satisfied with the service standards at the college by getting their feedback and input, said Peter Dietsch, director, Humber Research Network.

Helen Hrynkiw, president of the Support Staff Union said that, "Students are our business, and if we didn't have students we wouldn't have jobs. We're here to make sure that the students get the value for their money.

"But, we also have to have the support to do that," Hrynkiw said. "There are some areas that are stretched in terms of personnel, so you can understand why the frustration comes out."

The computer labs ranked the lowest in customer service among students surveyed. Over 60 per cent surveyed said that they were dissatisfied or felt there was a need for improvement in the computer labs.

According to a memo from John Mason, Bob Botham of Computer Services confirmed that last summer seven computer labs were updated, and 300 new computers were bought to replace old equipment, which cost around \$1million.

"The service in the computer room is not bad, but I think they need more computers in there. You have to wait around 20 minutes to half an hour for a computer to become available," said Jasper Morio, a first-year Electronics Engineering student.

Ebenezer Nsiah, a first-year Computer Programming student said the computer rooms were a problem. "In the computer room they're always very busy, you



PHOTO BY DENISE LOCKHART

Staff and students around Humber College were recently asked to fill out a Customer Service Survey. The results weren't all that surprising.

always have to wait unless you go on a weekend or an odd time, I never go during the day," she said.

The 1997 results did see an improvement in 35 of the 45 categories from the 1996 survey. The most improved area according to students was service in the bookstore and cafeteria, however, 50 per cent were still dissatisfied or felt there was a need for improvement in both.

"The dissatisfaction level has

to be more thoroughly investigated to state why there is a degree of dissatisfaction," said John Mason, director of Ancillary Customer Relations.

The survey works as a general overview to the college's problems. It can identify where there is cause for concern, such as the bookstore or the computer labs, but these service areas have to fix themselves, said Mason.

WITH FILES FROM  
VICTORIA PATTISON

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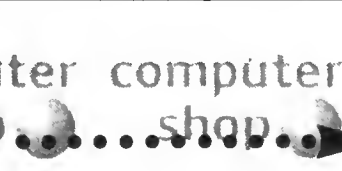


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On Campus

## Parking puts students' schedules in park

### Improperly parked cars pose problems in Humber's parking lot # 6

BY ANDIE WADSWORTH  
News Reporter

In the past two weeks more than 15 students were stuck in their cars. It seems that some students who parked in White lot # 6 at Humber North, didn't notice that there were already two cars parked and proceeded to box in their fellow parkers.

Troy Faria, a third-year Marketing student, was one of the several students blocked in on Monday.

"I went to the parking office and told them I was boxed in. They said I was on the highest priority list, but I've been waiting for over 48 minutes," said Faria. "It's a lot harder to find a parking spot this semester, but I didn't think it would come to this."

Officials say that no tickets

were issued because all cars had valid permits and it was too hard for them to tell who was properly parked and who blocked cars in. On both occasions, snow covered the yellow lines preventing drivers from parking correctly.

"Some people are very stupid. It doesn't matter how other people have parked. You can see how others have parked, so why go behind them?" said Les Lorek, a third-year Architectural Technology student.

Many of the students who were blocked in had places they had to be - a meeting, work, or home. They all arrived late.

"People have to think before they park. I have night school at 6:30 p.m., and I don't want to stay here 'til it starts," said Lorek.

Normally, if drivers park a car outside of the lines, or if they create their own spot, they'll get a ticket.

"I don't get it. Some person blocks us in, they don't pay a fine, but I get docked an hour's pay, and my buddy was late picking up his mother because their car



PHOTO BY ANDIE WADSWORTH

Officials could not issue tickets because all boxed-in cars had valid permits and snow covered the yellow lines preventing drivers from parking properly.

was in our way. Something's wrong with that picture," said David Monroe, a second-year Business Administration student.

With the winter season upon us, a problem with improperly parked vehicles is not uncommon. This is the second time this has happened in the past two weeks.

Nancy Pinson, manager of

Public Safety and Parking, said that a 48-minute wait was not unreasonable.

"To get a car moved, we have to check the permit number, trace it to a student, get their timetable and try and pull them from a class," Pinson said.

If a student is on a spare, or cannot be tracked down, then the tow trucks must be called in.

"If we fail to locate a student, we'll start to tow. But cars are never moved off campus, they're moved to another location on campus," said Pinson.

"Trying to locate a student is done for a dual purpose. It gives the students the chance to move their car and we don't want to pay for the tow trucks," said Pinson.

## Liaison program keeps track of Information Tech graduates

### Advisory Committee recommends program to help grads find jobs

BY BROOKE FONTYN  
News Reporter

Humber is starting to take a better look at its Information Technology grads and where they are in the workplace after graduation.

The Student Workplace Liaison program within the School of Information Technology helps students and graduates find jobs within their field.

The program was born from a recommendation from the Information Technology Advisory Committee.

The ministry is looking at basing college funding on placement statistics, which means that it is very important to keep track of graduates and where they are within the industry.

"We are creating as we go," said Leah Brown, Student and Workplace Liaison.

"It is evolving as we participate in things like the grad fair."

The centre provides services such as job postings, resume resources as well as a resume bank, information on courses to sustain employment, awareness of career events, fairs, seminars and workshops, and Alumni activities to keep graduates in touch with their program.

"We don't want them to feel like we have closed the door (on them) after they graduate," Brown said.

The program so far is very successful. Students and graduates have had on campus interviews and have been hired within the information technology field.

Some students "job out" and have not actually graduated and aren't part of the statistics. They are working within the field and should be recognized for their success.

These students who give up the program to join the workforce and do not formally graduate the program don't make it to the placement statistics.

This means if ministry funding is going to take a better look at these statistics a lot of students



PHOTO BY BROOKE FONTYN

Leah Brown, Student Workplace Liaison, explains how the liaison program provides a multitude of services for graduates.

will be missing and that could affect the amount of funding the college will receive.

"The important thing is the funding. The college could be in big trouble if they don't start

looking at their statistics. It could cost them a serious loss in funding," Brown said.

Brown's position has been created to not only help students in finding employment but to also

track past graduates to see where they are today.

"We are tracking the past graduates as of winter 1997 and back a couple of years to find out if they are in the same field or if they are still seeking employment," Brown said, "in which case we work with the program to get them placed."

Job placement is not new to Humber.

The School of Manufacturing Technology and Design has been involved with industry partners for the past several years.

"In the fall, we bring in people from the industry to speak with program co-ordinators from design to manufacturing and this evolves into a career expo in the spring," Ann Tsirgielis, project co-ordinator.

"It is not just for graduates but for first year students as well, it is a great chance to network."

Ken Simon, director for the School of Manufacturing Technology and Design, said, "As resources become more scarce it is critical to develop industry partnerships - they help us to provide market-ready graduates."



# Humber offers police diploma

Humber's new two-year Police Foundations program will provide training in a combination of academic and generic skills

BY LUKE MCCANN

News Reporter

Ontario police need to be better educated in order to cope with the changing requirements of their job, so, Humber College will change its policing program as well.

In September 1998 Humber will offer a diploma in Police Foundation, part of a program that, as of the year 2000, will be necessary to become a police officer in Ontario.

The Solicitor General's Office recognizes that police work had changed.

"This identifies a need for higher learning for police officers in Ontario, and takes police learning away from the police domain where it has traditionally been and moved it into the private sector.

"If you look at traditional policing, the police officer's job was to enforce the laws and arrest the criminals. These days you are asking the police officer to deal with the public, to hold meetings, to have an understanding of the make up of the community, to problem solve and to be innovative. So, you have to improve the level of education," said Rod Spencer, member of the Advisory



The Metro Police predict there will be a need for 300 new recruits a year and Humber hopes to have 150 students enrolled in the new Police Foundation programs.

Committee of the Law & Security Administration Program.

The two-year Police Foundations program will provide training in a combination of academic and generic skills. The first year courses will include academic study such as political science, psychology and sociology, while the sec-

ond year will include more traditional police study such as criminal code and power of arrest.

This would be a first step in being able to apply for the police service. The individual would then have to go through a police entrance exam, complete the constable selection process and enter a 14 month training program at the Ontario Police College. Finally, he would enter their respected police agencies, said Spencer.

It used to be that a degree in Law & Security Administration (LASA) was the preparatory training needed for the police force.

"Because things have become a little more specialized in police work and police training there appears to be a need for the (Police Foundations) program," said Ian Smith, Associate Principal, Lakeshore Campus.

The (LASA), which has been offered at Humber for 27 years, will continue to find employment for its students within the justice sector (i.e. corrections, immigration, customs, and security employment), but at the same time will give students the opportunity to transfer to the Foundations course.

Gina Antonacci, coordinator for LASA, said Police Foundation and LASA students will have a common first year, then they will be able to concentrate.

"I don't know how many students LASA will enroll after the Police Foundations begins," said Antonacci.

The Metro Police predict that there will be a need for 300 new recruits a year while provincial demands could reach 1000. Humber hopes to have 150 students enrolled in the Foundations training.

"This is a piece of a very large vision. The Police Foundation Program is only a component of the College's aspiration to be a center for public safety education," said Richard Hook, vice-president, Academic.

# Online course educates Humber student abroad

Internet helps both the teacher and the taught to perform their duties across two continents

BY COREY KEEGAN

News Reporter

How can a Humber College student get his final credits to graduate and be in Azerbaijan, a part of the former Soviet Republic the same time?

The Internet!

Thanks to a new online Continuing Education course, a Humber student was able to take a far-off job while finishing school.

The new technology is also allowing teachers to continue practicing their trade despite a physical disability.

Meet Prof. Adrian Adamson

was forced to leave the traditional classroom for the virtual classroom because of a physical disability. Rather than retire completely, Adamson decided to put one of his courses, Economic History online.

"A retirement with nothing to do is for the birds," said Adamson, who thinks the course is of real importance to people living in an "economic society".

The little known online course can be taken by anyone, anytime, and from anywhere.

In one case 'where' happens to be a former Soviet Republic. The first of only three students to register for the class, Murray Purchase, had logged-on from Newfoundland, where he was involved in an oil drilling operation, according to the professor.

Now he's moved again, this time to Azerbaijan on the Caspian Sea.

The professor said the course is providing Purchase with the final credits he needs to graduate. Purchase himself is currently

incommunicado.

The course is well designed and easy, said Adamson, who adds a good student could complete the whole course in one month.

Once you have logged-on, the site guides you through reading material and tests your comprehension of the concepts presented.

But don't think you can bluff it, the teacher is watching, and can monitor whether you've done your homework, allowing the student to proceed only after answering questions correctly.

All the reading material necessary can be mailed to the student from the bookstore. The four textbooks have a combined value of about \$26.

"The student can start anytime, drop it, pick it back up," said Adamson, who describes the program as an idea course, not a memorization drill.

The course is aimed at working people, not academics, and can provide students with an

understanding of the opportunities in an economic society, as well as some of the pitfalls.

"There are a bunch of things people need to know because there are a bunch of sharks out there," said Adamson.

He also said the course hasn't been well marketed yet, and failed to make it into the last Continuing Education calendar, but instead appears only in a supplement to the calendar which was published later.

Program Co-ordinator, Melanie Chaparian said Humber has to do a better job of promoting new courses as they become available.

"Certainly the (Continuing Education) supplement seems to be the sole way the course advertises," she said.

The only prerequisite for the course is a 75 per cent average in Communications 200, or an exemption from it, and access to a PC (sorry Mac faithful).

Chaparian said strong reading



COURTESY PHOTO

Professor Adrian Adamson was forced to put his Economics History course online.

and writing skills become increasingly important in an on-line situation because of the absence of lectures.

Chaparian said she hopes to learn from Adamson's project, so more on-line courses can be planned.

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# HISA: a cultural success

## HISA educates students through traditional and modern dance

BY WYLIE ROGERS  
News Reporter

HISA had them seeing stars in London, Ontario.

The Humber Indian Students' Association (HISA) participated in the seventh annual *Sitron Ke Mehfil, A Gathering of Stars*, a five-hour show on January 31.

The event attracted major universities from Buffalo to Quebec and saw each school put together a ten-minute cultural presentation.

"It was the first time ever a college was participating in this event," said Vijay Kumar, Vice-President of Finance for HISA. "Traditionally, they didn't allow colleges. There was stereotype of universities looking down on colleges."

A boisterous crowd was on hand to see Humber College shatter expectations and gain the

respect of the more established institutions.

"Each group had a specialty," said Kaush Nanubhai, President of HISA. "Even though we were the only college there, they were cheering for us."

Humber sent between 75 and 100 students for support, but were relegated to a corner for seating.

**"Even though we were the only college there, they were cheering for us."**

**— Kaush Nanubhai,  
HISA President**

The dance group consisted of more than 20 people and entailed three divisions in style.

The first group performed Hindi, a modern dance interpreted

from Indian films and movies. The second, Bhangra, a traditional, Punjabi folk dance, and the last a contemporary hip-hop dance.

"It was making history," said Kerwin Bachoo, external vice-President and hip-hop performer. "We wanted to make an impression the first year."

Organizers at HISA acknowledged the support they have received from Cap's, Humber's on-campus pub. Steve Portt helped put together a Pub Night which raised over \$500 to go toward the group's efforts.

"We felt so proud, after all the struggles, at the end it was worth it," said Nanubhai.

HISA maintains that it is a purely cultural group, and that they are trying to be educational in their approach. They operate on four basic principles of Pride, Unity, Respect and Equality.

"We are focusing on where we came from to where we are," said Bachoo.

Next up for HISA is the Club's Fair on February 19, featuring 'Samosas'.



COURTESY PHOTO

Hip hop performers (clockwise from left to right) Melenie Pow, Maria Fernandez, Gurpreet Basra, Kam Kaur, Kerwin Bachoo, Nabeel Dar and Davis Arora wowed the audience at the Seventh Annual *Sitron Ke Mehfil (A Gathering of Stars)* held on Jan. 31.

## Tech placement stats misleading

### A large number of technical students find jobs before graduation

BY ANDY GEORGIADIS  
News Reporter

Job placement for technology graduates is better than what the statistics show, according to the School of Information Technology, Accounting and Electronics (SITAE).

The Electronics Engineering

Technology Program scored a combined full and part-time related placement rating of only 58 per cent.

Leah Brown, administration manager at SITAE, explained why some of the statistics for her school do not look very good.

"A number of students actually 'jobbed out', and although they haven't officially graduated yet, they have secured related employment and many of them in extremely good jobs," she said.

Brown added the Ministry of Education uses placement statistics to aid plans for the programs funding. Brown said some type of

tracking mechanism should be used to incorporate the number of students who find jobs before they graduate.

In spite of the low placement rate, Joe Enkes, Electronics Engineering program co-ordinator believes that Humber graduates are better positioned in the job market because electronics is at the core of all the other technologies, such as communications, robotics and computers.

"One specific company, Celestica, keeps coming back for more Humber electronic graduates and co-op students," said Enkes.

Coincidentally, a recent survey in *The Toronto Star* showed the top three programs employers are seeking these days are technology related. Colleges, not universities, offer 16 of the 17 programs students are most likely to find jobs in, before or after graduation.

Sabrina Nicoletti, 18, in her first year of the Early Childhood Education program, said news of the survey worried her.

"I know I'm in the right program now, but who knows what it's going to be like ten years from now?" she said.

Nicoletti said she understands the importance of computers and

knows some of the basics, but couldn't base her career around them herself.

"I know what I want to do, and that's teach," she said.

Funeral Service Education and Hotel Restaurant Management had a combined full and part-time related placement of 88 per cent and Interior Design was not far behind with 85 per cent.

Early childhood education also scored a high placement rating of 80 per cent.

Humber College placement records for 1996 are now available online at [www.humberc.on.ca/~gradrprt/](http://www.humberc.on.ca/~gradrprt/)



PHOTO BY JANE TAGUICANA

Teen Zone at Humber's Lakeshore campus allows kids to use the game facilities while exposing them to college life.

## Lakeshore campus keeps kids off streets

BY JANE TAGUICANA  
News Reporter

Grade eight student Devon Jarad-Hill doesn't have to look for something to do on Friday nights.

Two years ago, his big brother, Kacey, invited him to Teen Zone, the sports drop-in at Humber College's Lakeshore Campus. His Fridays have been booked since.

"Teen Zone is a great program which allows teens to be actively involved in athletics," said Humber's Recreation Co-ordinator Sonia Herrfort.

Kids 13 to 17 years old can drop by every Friday night at the campus gym from 7 to 10 p.m. They can play basketball, volleyball, aerobics, and ping pong. SAC allows them to use the gamesroom where kids can play getoni, pool, and arcade. They also have movie nights and Valentines and Christmas dances.

But more than anything else, Program Co-ordinator Charlene

Thomas said the program gives them a safe place to hang around especially in the winter season. Thomas has been with the program for four years.

Shawn White, who has been a volunteer for almost three years and who brings the kids from Cornerstone Group Homes, lauds the program.

"This program allows the kids to interact with others, therefore, it helps them to improve their social skills."

There's a \$1 fee, but every third Friday and the Friday closest to your birthday is free.

Jarad-Hill recently brought his friend to the program sponsored by the Toronto Parks and Recreation and the college.

"I told him to come here. It's a great way to stay off the street on Friday nights and you can get to play ball," he said.

Community and Student Services Director, Peter Maybury

has been involved in the program since it started.

"The college has a responsibility to the community and if we can provide a facility to the community, we'll do so," Maybury said.

Herrfort stressed the program does not only help the community, but also gives students exposure to what the college is like.

"Teens might enjoy what they see, therefore, they might consider to take a program at the college," she said.

Aside from the facility, the college also provides staff from the work study program to help out. First-year Business Administration student, Richard Coke, who works in the athletic department, started supervising the kids last September.

"I like it so far. It is so much fun," said Coke whose only experience with kids was basketball coaching and babysitting.

# Et Cetera On Campus

## Whirlwind blows to Niagara College

BY GREGORY DI CRESCE  
Campus Reporter

"She enters a room like a little whirlwind. She does what she does, and leaves. If you didn't know her, you'd be left wondering what natural phenomena you had just experienced. If you did know her you'd just say: 'Well there's Martha again, running on more cylinders than anyone ought to have,'" said Judy Harvey, dean of Student Services.

Martha Casson, dean of Registrarial Services and International Development, is leaving Humber College after twenty years for the position of vice principal at Niagara College.

"She is one of the greatest administrators that I have ever known at Humber College," said SAC President Shirley Forde, who worked with Casson on the fees protocol committee. "Martha truly valued the student's perspective."

Irena Di Rito, Casson's assistant for the past 12 years said "she's been my friend as well as my manager. She's taught me things that she probably doesn't even realize."

Michael Harper, dean of Planning/International and former Principal of Lakeshore Campus said "she has a firm commitment to students and learning. She's responsible for initiating a lot of the services and supports that take place in the college today."

Humber President Robert Gordon said, "She's someone who knows what's going on in the college. She has given a lot and will be missed."

Casson came to Humber College in the

fall of 1978 and took over the Career Planning and Placement department.

In that position she assisted in the establishment of the co-op education program and in the co-op placement program. Later she branched-off into handling Financial Aid and Awards departments.

In December 1985 she became Humber's registrar.

"I sort of grew with the job as we took on more and more complex things," said Casson, "like the installation of the first interactive computer registration and records system."

By 1990 the job had grown to the point that Casson was co-chairing a four-year advisory program in South Africa.

"I got absolutely hooked on it. I think one of the things that is so wonderful when you're in those circumstances is that you are given an opportunity to realize how extraordinarily fortunate you are," explained Casson. "The sense of welcome and value to what you're bringing is fabulous."

"The opportunity to give is huge, but what you take out of it is even bigger. I'm talking about what you learn about yourself, your flexibility, your sense of humor, your own values, and about all those kinds of things. It's a tremendously rewarding and absolutely fascinating experience."

In September of 1996 Casson took on the dual role of both registrar and international recruiter.

Looking forward to her new position at Niagara College, Casson said she "wants to be very reasonable and balanced" in her management approach.

"And if anybody who knows me read those words in your newspaper they would laugh. But I would like to do that (be more reasonable and balanced) because enthusiasm can be infectious and overwhelming. I think it needs to be contained

within a realm that is do-able," she said.

The busy Casson begins her new job this February.

"This school is losing a lot when it loses Martha - I don't think a person like Martha can ever really be replaced," said Forde.



COURTESY PHOTO

Martha Casson's Humber job took her to Santiago, Chile where she met with Art Eggleton, Canadian Minister of Defence and Hector Almendrades of the Canadian Bureau of International Education.

## Eat your heart out at Humber

BY DARCEY FERGUS  
Campus Reporter

Love is in the air this Valentine's Day, as Hospitality students host the ultimate Valentine dinner and dance experience.

Second-year students in Hotel and Restaurant Management are organizing the event, from beginning to end, as apart of their catering class. In fact, the whole evening will be run by students, from the servers to the kitchen

staff; who volunteer their time.

Angela Schoepfer is one of the four students bringing this event to life on Saturday, February 14.

"It has been a lot of planning and organizing, actually a lot more than we thought in the beginning," Schoepfer said.

"We are definitely learning a whole lot though," Kelli Howie, another culinary student, said.

Tickets cost \$30 per person and include a complementary photo of you and your date, strawberry

champagne before dinner, a chance at door prizes and an amazing four-course meal by culinary students.

"The money is well spent for what you will be getting," Howie said.

There will be a cash bar and the Celtic rock 'n' roll band Vitamin G will be performing live throughout the evening.

"There has been lots of interest, but not a lot of takers so far," Howie said. About 50 of the 120 tickets available have been sold so far.

The students have been planning the event for 16 hours a week since the second week of January.

"This project is worth 50 per cent of our mark, so we really want it to work," Tania Marquez said.

The Humber Room will be transformed into a romantic haven with red and silver decorations and balloons, white table linens and floating candles at each table.

For more information call extension 5022.



PHOTO BY DARCEY FERGUS

Antonella Ferrante, Kelli Howie, Angela Schoepfer and Tania Marquez expect great marks from their Valentine's project.

## What's Up?

### Union Fair

On February 6, Lakeshore Campus, is sponsoring the Humber College Union Fair, focusing on youth in organized labor. It features presentations by Linda Torney, the President of the Metro Toronto Labor Council and Debora DeAngelis from the OFL youth caucus. In addition look for job tips and contests.

### Women's Basketball

The Women's Basketball team plays at George Brown at 6 p.m. on February 6. They will also play at Mohawk College at 6 p.m. on February 10.

### Men's Basketball

The Men's Basketball team plays at George Brown on February 6 at 8 p.m. They will travel to play at Sheridan on February 7 at 6 p.m. and at Centennial on February 10 at 8 p.m.

### Women's Volleyball

The Women's Volleyball team hosts Boreal College at 2 p.m. on February 7.

### Men's Volleyball

The Men's Volleyball team will play Niagara College, at Humber, on February 7 at 2 p.m.

### Winterfest '98

Blow away winter blahs at SAC North's Winterfest '98, from February 9 to 13. Events will include Tony Lee, XXX rated hypnotist, a 'Burr-B-Q' in the Student Centre (proceeds to the Ontario Student Opportunity Trust Fund) and comedic palm reader, Dan Valkos.

### Humber College Muslim Student Association

Getting ready for Eid? Prayers and dinner will be held in the Seventh Semester on February 13 at 5:30 p.m.

### Study Help

Back by popular demand, Dr. Randy Gallaway is giving a "Study Smarter, Not Harder Seminar" on February 12 from 1:30 p.m. in the SAC Conference Room, North Campus. Cost is \$1.



# Et Cetera Editorial

## Smile, it might make your day

Walking towards the cashier you notice she seems pretty responsible, cleaning her station, making sure nothing is out of place. Too bad she forgot her happy face at home.

As you approach the cash, in a decent mood no less, you are greeted by a cold stare, and a stiff open hand that expects you to drop some money in it and be on our way.

There is no "hello" to be heard, no smile, no "have a nice day", not even a "and here's your change". It's just a quick exchange of money, no eye contact, and a "keep the line moving" disposition.

That sort of attitude really annoys us. The problem is, it's a regular occurrence at Humber. Not all support staff behave in the same manner, but unfortunately, some do. This is unacceptable.

Most of us work or have worked in a service industry, and therefore have had to interact with customers on a regular basis. If we ever so much as gave a little attitude, our butts would have been on the line.

Greet people with a smile, never give them attitude, treat them with respect, help them with what they need and send them on their way.

## Road rage is a fashionable but deadly sport

Nothing can feel better than leaning back in your seat, taking a deep breath, putting the pedal to the metal and heading for the open road.

Daniele Rosanova may disagree.

On the night of February 1, the 37-year-old carpenter was driving in his car with his girlfriend. He changed lanes, and the next thing he knew he was being beaten bloody in the middle of Sheppard Avenue. Three thugs beat Rosanova within inches of his life, as his girlfriend watched in horror.

You may remember how astounded you were when shots on the L.A. freeway rung out, thinking that it could never, would never, happen here. Now, Canadians are fearing the phenomenon filling our streets, labeled 'Road Rage'. It can encompass anything from a dirty gesture to a brutal beating.

As we put the pedal down, what exactly is going through our heads?

We become one with the machine. We escape from our doldrum day jobs to the land of speed, power, and most importantly, anonymity. The masquerade begins, as you enter onto the 401.

The faceless, nameless driver beside you becomes the enemy. It is surprisingly scary how quickly one becomes the hunter, as you dart in and out of traffic.

When you slide into your car, the man and machine bravado effect takes over. Actions that you would normally dismiss as rude and brutish become more excusable.

This week, walk, take the TTC, or if you drive, drive with caution.

Road Rage is a disgrace. It shows just how close to the edge we walk.



## Students deposit at the CIBC

BY ANDREW MCKAY

As a rule, I'm cynical and condescending about protests. I generally dislike any amount of noise, so placard-waving chest beaters turn me against the cause, no matter how righteous.

So it surprised me that student protest and subsequent CIBC sit-in on January 28 and 29 left me with a different taste in my mouth. Where I would normally dismiss those involved as professional rabble-rousers, I found myself strangely sympathetic to the chants and actions of the demonstrating students.

I wasn't sure why I went. Another reporter was covering the story, and Humber's SAC said they were not interested in participating in a useless protest.

But, this protest was different. The Union leaders, though present, were relegated to observer status. The location was an attack at the money in the country, not a government building whose occupants are constantly shifting. And the participants were concerned students, offering not just anger but solutions.

Nobody was quite sure what the protest would achieve, even after 300 students had managed to occupy the CIBC's main branch. Most people assumed it would only be a matter of time before the police moved in to shut the whole thing down. After all, the students had taken over a BANK. But CIBC said it supported the protest, and let the students stay. The media was allowed in to the bank to cover

the story. It beat Clinton's affairs for lead story on *The National*. The protest was the biggest story in Canada.

It took me a couple of days to realize why we stayed all night. For once, amid all the government decisions and bank regulations that govern our schools and our lives, the students held the stage. We showed that, while it may not be the '60s, students can still do something about controlling their lives.

And I couldn't help but think about our SAC President Shirley Forde, who told me two weeks ago that protests were a waste of time, that there is nothing we can do about tuition hikes, that nobody listens.

After this sit in, everybody was listening.

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# Letters to the Editor

## Re: Rez Life

Dear Editor,

There have been a few articles written characterizing the negative aspects of living in residence. Residence is more than just partying on Thursday nights. There are many positive aspects of residence life of which the College community is unaware. Here is a partial list of events run in the residence this past semester as well as events planned for the remainder of the year.

Program planning is done by student committees, chaired by a member of the Residence Life Staff. Currently committees are the charity, social, athletic, food forum and orientation committees. In addition, Residence Assistants help build monthly educational programs and social programming for their floor.

The charity committee has been the most surprising group this year. Seven students raised over \$300 for street teens by going door to door collecting spare change and empty beer cans.

Before Christmas, a clothing and food drive gathered a truck full of clothing and eight boxes of food which were

donated to the St. Vincent de Paul Society and the Harvest Food Bank.

Most recently the charity committee raised over \$600 for the Ice Storm Relief fund and donated it to the Canadian Red Cross. The committee is planning trips to help at local soup kitchens and food banks. Students are also being organized to assist with the construction of the Gatehouse at the Lakeshore Campus. Before Easter an event is being co-ordinated with Big Brothers and Big Sisters for an Easter egg hunt.

The athletics committee holds REZ nights in the gym and aerobics in the Residence Hall. Other events sponsored by the athletics committee have been an Argos trip and a football tournament. Plans for this semester include a trip to Blue Mountain for night skiing, a trip to a Raptors and a Blue Jays game as well as another football tournament.

Our largest and most active group is the Social Committee. This 15 person team focuses on making rez life more fun. This past semester events included a semi-formal at Caps, and bus trips to 'The Docks' downtown, 'The Twist' in Kitchener and 'The Roxx' in Barrie. This

committee has also been responsible for candy grams at Halloween and before Christmas, organizing lounge decorating contests and the coffee houses where students showed off their hidden talents. Plans for this semester include a 'Frost Week', a Pub at Caps, more bus trips, a spring formal and, of course, more candy-grams.

The monthly educational programming included safety and security, alcohol and drug awareness, gender issues and multiculturalism. For the remainder of the year monthly programming will include black history, women's history and the environment. These programs usually include bulletin boards, (bathroom) stall stories, movie nights and some guest speakers.

This is only a small glimpse of the types of activities going on in the Residence Hall proving that Residence is not just a place for people to hang out, party or watch TV. The residence is a very active and dynamic environment where students learn to balance education with social activities.

John Conrad  
Residence Life Co-ordinator

## Re: Gold Seats

Dear Editor,

I would like to comment on two articles published in the *Et Cetera* December 11 - 17, 1997. These two articles were "Gold seats for your royal rump" and "Completely out to lunch." I feel the articles left out some important background information that may have lead the student body to think the SAC made the wrong decision.

The Council of Student Affairs (CSA) from the prior year committed \$44,750 to improve the Student Services Centre. SAC can not program loud events in the concourse since it would disturb the classes in the lecture hall.

Since this commitment was put forward, SAC has purchased microwaves for the North & Lakeshore campuses and furniture for the quiet/TV lounge, both of which are fully used by students.

These expenditures left a balance of \$31,124.71 for this year's and future councils to work with. This year SAC set up a committee to work on this project. The goal of this committee was to look at different things that are required in the student centre to attract

students, successfully program future events and comfortably accommodate students in this location.

The committee felt that additional seating was required to accommodate students. The committee obtained quotes on various types of seating, including park benches, stools, and picnic tables from Heritage Casting & Ironworks Ltd. This company is on file with Humber College, which means that products similar to the picnic tables are purchased from them. Furthermore, Heritage Casting and Ironworks Ltd. customizes products for Humber College.

Members of the committee, in their capacity as representatives of Humber College students, felt that the seating should provide a surface for students to work/eat on. In addition, the committee wanted seating that had a long life span.

At the SAC council meeting, a motion was put forward to purchase a total of 10 picnic tables from Heritage Casting and Ironworks Ltd. Out of these ten picnic tables, six tables would have seating similar to the current picnic tables and the other four tables have seating at all four

sides. The latter design is more convenient for those working on group projects, playing cards or having lunch. At the meeting covered by *Et Cetera*, the committee did not have the exact total figures, so the committee asked for a maximum of \$10,000. As it turns out, the exact figure came to \$8,225.95. This figure has just been approved by the CSA at the last board meeting.

Due to time restraints, SAC was unable to survey students before making this decision. However, I have made arrangements with Blair McMurchy, Marketing Research to have research students conduct a survey on many SAC issues, including improvements to the student centre. If you have any questions, please do not hesitate to contact me at ext. 4081.

Nikki Dhaliwal  
SAC Vice President

*Et Cetera* welcomes  
your input. Please  
drop off your letter in  
L231, or email us at:

[et@www.et.cetera.humber.ca](mailto:et@www.et.cetera.humber.ca)

## wire

campus

**Simon Fraser University**  
Managers of the campus cappuccino outlet donated a weeks worth of tips, totalling about \$100, to the SFU United Way campaign. This brings their campaign total to over \$96,000, still about \$5,000 short of their goal of \$101,000.  
[www.sfu.ca](http://www.sfu.ca)

**McMaster University**  
Students were forced to vacate their classrooms by the Hamilton Fire Department, but there was no fire. Instead, about 100 too many students crowded the lecture hall, sitting in the aisles and around the exits. To rectify the problem McMaster added an additional two sections on different nights.  
[www.mcmaster.ca](http://www.mcmaster.ca)

## Good Canadian

### The Canadian War Museum

Even though it may buckle under pressure by the Veterans, the Canadian War Museum made a valiant attempt to establish a Holocaust section commemorating a very important and very real part of Canadian war history.

It is sad to see some Veterans feel the memorial has no place there. The Holocaust was, after all, something those same Veterans were trying to stop.

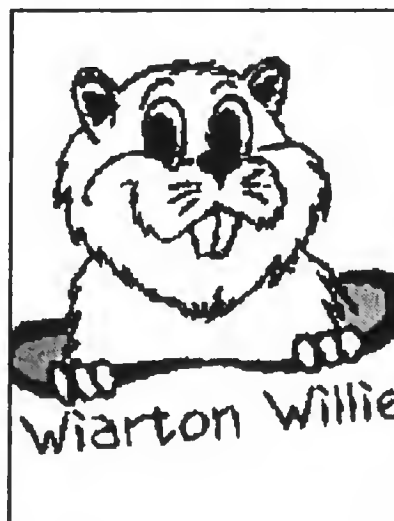
The museum will erect a monument, somewhere, in memory of Holocaust victims. It is doing a great deed and shouldn't go unrecognized.

In a case like this, sometimes there is just too much bureaucracy.



## Bad Canadian

### Wiarion Willie



Yes, that furry little ground slug made its appearance Monday, saw its shadow and promptly disappeared.

The result: six more weeks of winter. Furry little bastard.

Bad Canadian groundhog! BAD!

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

Et Cetera

February 5 - 11, 1998



## Students need to plan ahead

CPP may not be there for students, RRSPs urged

BY HIMANI EDIRIWEERA  
Business Reporter

Students nearing graduation are beginning to realize that there may be no government funded pension plan when they retire.

"It's good to start early," said Canada Trust Financial Advisor Lisa Kristensen. "If you can get a job with a company that has a pension plan, that's great. If you're self-employed you'll never get a pension."

RRSPs (Registered Retirement Savings Plans) can represent the primary source of security a person may be looking for in retirement.

With a one time contribution of only \$4,400, your money will compound to \$30,133 in only 25 years.

Kristensen said the amount a person should invest depends on their lifestyle.

One individual may be comfortable retiring at 50 years old with \$70,000 saved, and another may prefer to retire at 65 with \$220,000 saved.

Most Canadians qualify to receive the Canadian Pension Plan (CPP) at age 65 provided there are still funds available at that time.

RRSPs are so valuable, Kristensen said, because they are a tax shelter.

Since Canadians don't pay

taxes on the interest that accumulates on the capital, an RRSP can grow exponentially over the long term.

"When you retire, the tax brackets usually drop, so when you take your money out, you're in a lower tax bracket."

But RRSPs aren't just a good deal when you're old and grey, they also pay off in the short term since you can deduct up to 18 per cent of your yearly taxable income. This gives everyone a tax shelter that in the short term lowers the taxes they pay and in the long term provides a nest egg for retirement.

**"It's important for everyone to take care of themselves."**  
—Anette Nygren

Anette Nygren, fourth-year Business Management student at Ryerson Polytechnical University said students should be preparing for the time when the CPP isn't there for them.

"It's important for everyone to take care of themselves ... RRSPs are a way of doing that," she said.

Teresa Desiderato, an accounting student at Humber agrees that it's important for people to plan for themselves.

"The CPP is going to be demolished by the time we reach retirement age," said Desiderato.



PHOTO BY PAUL BILLINGTON

Experts say it's important for students to plan financial futures early

### Students RRSP eligible

BY PATRICK BIRIKORANG  
Business Reporter

It's RRSP time and many students working part-time or full-time don't know whether they're eligible to contribute to an RRSP or not.

Michelle Cuters, Member Service Specialist at Citizens Bank of Canada said students working full-time or part-time are qualified to contribute to RRSPs as long as they also earned an income the previous year.

The best way, Cuters said, for students to find out what they can contribute to their RRSPs is to look at their tax assessment from

the previous year and it will tell them their contribution limits.

Students, like everyone else, can contribute to RRSPs in lump sums or automatic transfers from their salaries, she said.

Mathew Corman, investment specialist at Altamira Financial Services says that since an RRSP is basically a tax shelter, it can contain any number of investment vehicles such as GICs and mutual funds.

Students investing in mutual funds should consider, however, the fees management companies charge since these fees can eat into an investment's returns.

## Get a job! ... using Campus WorkLink

Web site helps students and grads get jobs

BY LOUISE SHERIDAN  
Tech Reporter

Finding a job just got easier thanks to the internet.

Job searching online is a dynamic and cost effective way to get up-to-date information during your job search, says James Cullin, faculty member of the Internet Management Program in the School of Median Studies at Humber College.

"A book about job searches just gives an overview of relevant information in one specific job area. Because information can be changed so often the online sites can react very quickly to new job opportunities," said Cullin.

Cullin says many of the companies offering cutting edge computer-oriented jobs tend to post

these listings on the internet as opposed to a classified advertisement in a newspaper.

Humber College offers current and graduate students a new internet-based job posting site called "Campus WorkLink" containing hundreds of full-time, part-time, summer and volunteer positions.

"There are about 900 jobs listed on Campus WorkLink updated every day. Employers are paying to post jobs and are very serious about getting a good response," said Karen Fast, an employment advisor in Career Services at Humber.

Fast says that WorkLink is a versatile site because it offers students the chance to search different job categories like contracts and internships.

"We can't publish enough about the amount of resources available for students. We can't get the word out fast enough," said Fast.



PHOTO BY LOUISE SHERIDAN

WorkLink helps students find summer and full-time work, says Fast.

There are hundreds of sites that will give you the vital information you need to know during your job search but Cullin warns students to be careful about giving out personal details like addresses and phone numbers over the internet.

"Use common sense. You need to be comfortable giving information whether over the phone, internet or mailing," said Cullin. "I would encourage students to spend some time to learn how to use the online job resources."

### Wicked Web Sites

#### WORKLINK

<http://www.schoolnet.ca/worklink>

To access Campus WorkLink, the user code is "hcollege" and the password is "bercoler. This is the site for finding a job.

#### CAREER MOSAIC

<http://canada.careermosaic.com>

This is a fantastic site offering employer information and career resources with links to CBC Newsworld, Statistics Canada, and many more with an eye on career stats and trends.

#### THE MONSTER BOARD

<http://english.south.ca/pf/search/obsrch.htm>

The Monster Board of Canada site provides multiple options to speed up your job search at local, national and international levels. You can search by field through shortcut links in areas like education, engineering and health care.

#### CAREER KEY

<http://www.careerkey.com>

Career Key is a site where you'll find out about job postings, resources, strategies, tips, and profiles for free!

#### HUMAN RESOURCES DEVELOPMENT CANADA

<http://globalx.net/hrd/>

You'll find government resources to help you in your job search and an aptitude test to determine what occupation you're best suited for.

#### CACEE WORKWEB

<http://www.cacee.com/workweb>

Here you'll find jobs and internships.

#### GET WIRED, YOU'RE HIRED

<http://www.wiredhired.com>

Tons of good links at this site make it a must see for any job-seeker. It even features testimonials of people who've found jobs using one of the links listed on this site.

#### YOUTH RESOURCE NETWORK OF CANADA

<http://www.youth.gc.ca>

An okay site with information on training, job clubs, and a job list.

COMPILED BY LOUISE SHERIDAN



# Unions to prove worth at fair

Labor Fair to send positive message to students

BY TERRY BAAK  
Labor Reporter

Humber's sixth annual Union Fair to be held on February 6 is set to be a full-fledged festival of games, prizes, and informational exchange, as unions try to prove their worth to students.

Unlike years past, this year's fair will feature games and prizes in an attempt to draw students in.

Carolann Barton-Alexander, the fair's communication assistant, and a second-year public relations student at Humber, said the fair is focused on creating a fun atmosphere.

"We have a way different focus, more on students. It's going to be more of a true fair atmosphere, in the sense that there are going to be games and contests," said Barton-Alexander.

Organizers hope that the day's events will teach students that unions do a lot of good.

"The thing is that students don't realize the good things that unions do. The problem is that they just see them standing on the picket line," said Barton Alexander.

"The union's objective is to give students a first-hand look at

the work of unions, and to allow them to interact with representatives of the unions who they may be involved with in the future," said Barton-Alexander.

As one of only three union fairs held in post-secondary institutions in the province, this year's fair will feature 22 different unions, with representatives from nearly every field of study that Humber offers.

*"... students don't realize the good things that unions do"*

*Barton-Alexander*

One of the main speakers will be Debora DeAnglis, a former York university student who formed a union at a retail store that she worked at while she was in school.

DeAnglis and Linda Torney will be speaking at the North Campus on Thursday in the Community room while other activities will take place in the concourse, and the SAC centre.

On Friday, the fair shifts to Lakeshore, where DeAnglis will speak in the student lounge, and in the Lakeshore Cottage buildings in C-204.

## Failing to plan, means students failing out

Budgeting one key to a stress-free semester

BY CATHERINE MATHEWSON  
Business Reporter

It's no secret that students never have enough money.

Yet some students can survive on their past summer earnings, while others can lump loan upon loan and still end up begging for more. The difference between having enough and having nothing can lie in budgeting, according to Marget Antonides, from Humber's Financial Aid Services.

"They [students] don't take into consideration that OSAP has to last for eight months," said Antonides.

Students, he said, often get carried away by the amount of money they are given at the beginning of the year.

"I've got a lot [students] here who have spent money on things they don't need," she said, citing such luxuries as new computers, cell phones and cable television.

Many students genuinely have no idea where their money is going to until they look at a bud-

get sheet. For students who need emergency funds or a review of their OSAP, Financial Aid Services staff require a budget sheet to be filled out.

"The first step is to not just do it in your head; put it on paper," said Antonides.

She also recommended that students look at their expenses to see where they can economize. If people in need still don't have the necessary cash, a part-time job may help with living expenses. As a last resort, a personal bank loan is also possible.

*"I've got a lot here (of students) who have spent money on things they don't need."*

*-Marget Antonides*

Antonides stressed that students should recognize when they have a problem and seek help early.

Some students who stressed out that they can no longer function, Antonides said.

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place  
**CONCOURSE**

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hours  
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# Et Cetera Lifestyles

## Make Valentine's Day sweet

Al Capone Day helps the lonely and leftout get through Feb. 14

BY ANDIE WADSWORTH  
Lifestyles Reporter

Will you find a rose in your car, or a chocolate under your pillow this year?

Valentine's Day is a time when people do all sorts of things to express their love for their companion. Some keep it simple. Some spend a lot of money.

But when it comes to romance, it's not just what you give, but how you give it.

"If you have a necklace or a watch, make it fun and put it on a stuffed animal. If you want to add to it, you can put the animal inside a balloon or tie balloons to it," said Les McDonald, owner of the Party Supercentre.

Millions give flowers, so if you're giving flowers this year, make them special. Hide a rose in the areas your partner will be during the day - the shower, car, locker. You get the idea...

There is nothing wrong with

giving candy and chocolate. Although many people view them as a 'last minute' gift, they are a gift that is never refused. If you personalize the box or make your own, it shows that you took time and made an effort.

"Valentines is a really busy time. Some people place their orders months in advance, but the majority come in at the last minute. We try to encourage people to come early, but a lot of people aren't sure what they want until they're on their way home from work," said Melanie Kitchen, an independent florist.

If you plan on getting chocolate this year, keep in mind that there are now Laura Secord outlets in certain malls. You can get twice the chocolate for half the price.

"Our Valentine customers are mainly men. We have easy choices for them to pick from. Chocolate or Chocolate? It's not difficult," said Loraine Miller, employee at Laura Secord.

"I always get my girlfriend chocolate. Last year I went to the Laura Secord outlet, bought the chocolates and then went to the dollar store and bought a container. I decorated the top of it with macaroni and sparkles. It was

kid-like, but she loved it," said Daniel Friggeoni, a first-year Landscaping student at Humber.

Financial problems? If you can't afford jewelry, buy a jewelry box. If you can't afford flowers, buy a package of seeds, write a poem and place them both in a card. Another inexpensive way of expressing your undying devotion is to let the world know. Create a web page that lets your partner know how much you love them. It is definitely a way to show that you're not scared of commitment.

Not everyone is thrilled about Valentine's Day. Every year there are just as many, if not more, single people as couples who have to spend the whole day, dwelling on their loneliness.

"I hate seeing couples making out in front of me. I don't want to see them swapping spit. It just reminds me that I have no one to do it with," said Veronica Jones, a first-year Early Childhood Education student.

"My mom gave me a cupid brooch last Valentine's Day. It was cute, so I wore it when I went to the bar to celebrate with my other single friends."

This Valentine's Day will also



PHOTO BY ANDIE WADSWORTH

Chocolates, flowers and jewelry are among the usual gifts received on Valentine's, but why not put a little thought into it this year.

mark the fifth annual Al Capone Day. It was started by Mark Kinney, a broadcaster at Western Kentucky University radio station, who was sick of being single and feeling left out, so he celebrated the Al Capone massacre instead.

Although he realizes that it's rather tasteless to celebrate a

bunch of people being killed, he said that it beats being sickened to death by all the mushiness that comes to the surface on a typical Valentine's day.

So, if you're spending this Valentine's alone, or if you didn't get the gift you wanted, remember that you can always join others in the celebration of Al Capone Day.

## Dangerous driving is all the rage

BY AMY TYSON  
Lifestyles Reporter

At one time or another, we have all either been targets of road rage or the person behind the rage. This is a problem that is becoming a worry for many drivers.

"I've been in a mall parking lot when a driver has taken my spot that I've been waiting for much longer than they have, said Karolina Simic, 21, a second-year Business student at Humber College. "You do get quite upset.

There was yelling - there really shouldn't have been - but it was just the heat of the moment. You get mad and you start yelling at the person. It was all forgotten after," said Simic.



PHOTO BY AMY TYSON

There are about 4,000 deaths in Canada each year due to automobile accidents. They are the leading cause of death for anyone under 35 years old.

People who exhibit road rage aren't a particular race, age or gender. Even mild-mannered people sometimes lose their temper. Common road rage examples include: obscene gesturing, changing lanes without signaling, beeping the horn for an unnecessary amount of time, high-beaming, tail-gating another vehicle in the hopes it will move out of the way, and cutting people off.

Alice Chua, 19, has learned about these problems in her Young Drivers class.

"If someone is rude on the road, they (Young Drivers) just advised us to ignore them and let them pass by, or just slow down and make sure they're ahead of you," Chua said. "Don't look at them. Don't make them angry."

For drivers on the receiving end of aggressive driving, there is no need to get angry.

"I get cut off all the time," said Simic. "It's only normal that I'll get mad at the time. But then, I look at it like, 'I've done that a few times.' Everybody does it."

Angelo DiCicco, the general manager of Young Drivers of Canada in Toronto said there are about 4,000 deaths a year in Canada from car accidents.

"Automobile fatalities are the leading cause of death for anyone under 35," DiCicco said. "The best thing to do is to always have enough space around your vehicle so that you can make a quick lane change one way or the other. If someone's coming up quick behind you, get the heck out of the way. The last thing you want is someone passing you in an unsafe manner. That not only puts their life at risk, but yours and other road users too."

DiCicco has some advice for drivers who invade others' space.

"If you did something to that person - you stole his space or cut him off - here in Canada, typically, a simple shrug of the shoulders, hands, palms up in the air says 'I'm sorry.' Usually most people realize you screwed up,"

DiCicco said.

According to DiCicco, Road Rage may not be that at all. In fact, he said Young Drivers of Canada doesn't like that phrase.

"We don't like the term 'Road Rage' because it has nothing to do with the road, said DiCicco. "It's the situation that you, yourself, put yourself into."

Driving a vehicle is a very serious matter. You should not only be concerned with your space, but also that of the other drivers.

"We teach our students to drive as though it's a chess game. You're the king and you need to protect your space. You have to be thinking three or four moves in advance and making allowances for that bishop who's going to come across three lanes and consume the space in front of you," said DiCicco.

DiCicco offers one last piece of advice: "Try to avoid being stressed yourself. You need to plan your route before you leave the house, taking into account things like: time of the day, the weather, road conditions and where you have to go."

### Some tips to help you stay safe on the roads:

- Be polite and courteous - you never know who's in the other vehicle
- Leave some distance between you and the driver that is behaving erratically
- Stay within the speed limits
- Turn the radio off when driving in difficult situations
- Don't listen to rock music that makes you excited or hyper - you could lose your concentration



# Taking control over domestic abuse

Violence takes a heavy toll on women's health

BY NESREEN SARRAS

Lifestyles Reporter

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

Martina Solli\*, a 29-year-old Toronto waitress, lived an anguished life for most of her short-lived marriage.

At 18, she married a man 11 years her senior. Her parents did not approve of this relationship. This, she said, only drew her closer to him.

"I met Donald\* at a community carnival one summer," she said. "He was so attractive, and the way he looked at me with his gentle blue eyes made me feel like the only woman in the world."

The couple dated for only eight months before they wed. Martina's parents were extremely reluctant. She now wishes she'd listened to them.

Donald's gentle blue eyes became cold as time went by. He began to control and question Martina's every move, restricting her from finding a job, or socializing with family and friends.

"What he wanted was for me to be a good little house wife," she said. "He didn't want me to work, or even wear makeup. He forced me to stay home, cook and clean. If he came home at 5:30 and found something out of place he'd hit me, repeatedly. It only took one small thing to set him off."

Martina suffered under her husband's abusive hand for two and a half years, scared to ask her parents for help. After all, she had defied them.

But after another abusive episode, she broke down.

"Donald had gone out to buy cigarettes," she said. "I saw that as my chance. I couldn't take it anymore. I called my parents sobbing, and they came to take me away for good."

Martina's story is unfortunate,



DRAWING BY ADAM SMITH

but far from uncommon.

According to recent statistics from the Maison Baldwin House, one in six Canadian women is assaulted by her partner at least once during their relationship.

"Most people have the image of an abused woman being bruised and bloody," said Suzi McGee, public education co-ordinator at the Yellow Brick House, in Aurora. "This is not necessarily

true. We also see many emotionally abused women who are controlled by their husbands."

The Yellow Brick House is only one of many shelters and service centres available to help battered women. Here, they can stay with their children for up to a period of six weeks to get counselling for their pain.

A woman can be abused by her

partner in many ways. Physical, emotional, psychological, sexual, and financial abuse are the most common.

"Many controlled women don't have access to any money," said McGee. "All expenses are handled by their partner. Finances, pregnancies, and interaction with family and friends are also things that abusive men attempt to control."

Some battered women report they felt a sense of security and love from their over-protective partners at first. This tends to be especially true when a woman is insecure and has low self-esteem to begin with. It is not long, however, before the feelings of love and security turn into fear and pain.

Recent statistics released by Health Canada, indicate that domestic violence also takes a heavy toll on a woman's health. Depression, alcohol and drug dependence, suicidal thoughts and attempts, and eating and sleeping disorders are among the few effects a battered woman might endure.

"An abused woman might develop an eating disorder out of attempting to control something in her life," McGee said. "Her eating may be the only thing that she can monitor and take control of in her life."

Siham Bisharah, 37, is a customer service representative at a prestigious company. She left her abusive husband two and a half years ago when she decided that she had had enough.

"I married a man who wasn't very secure with himself to begin with," she said. "He began to seek control and self-assurance by putting me down about anything and everything I did. He used to threaten me and tried to prevent me from going out with my friends. He cut me off from my family and attempted to dictate what I should and should not be wearing, eating, or doing."

Bisharah, who said she has always been a strong and independent person, began to feel humiliated, deprived, and ashamed. Feelings, she said, nobody should have to put up with. She said that her own cultural and religious views were reasons enough to keep her in an unhappy and dangerous marriage at first, but they soon changed when she saw the impact her husband's behavior had on her son.

"My two-year-old used to cower in the corner of the room as

soon as his father raised a hand to me," she said. "He'd cry and scream, and seeing that hurt me more than anything."

Bisharah is no longer with her husband. She looked to her family for help to get out of the destructive relationship. To this day, almost three years later, she said, her son still remembers the pain.

"He still has nightmares and can't stand to watch violence on television," she said. "And, he still asks for his father from time to time. He tells me that when he sees his father he's going to punch him really hard in the stomach because 'he made mommy bleed'."

Bisharah said that as a single mom, she's doing her best to teach her son that hitting is "wrong and not nice".

"I tell him that mommy and daddy don't live together anymore because they don't get along. He seems to understand. I'm just doing the best job I can raising my son, and making sure that he knows I'm giving him all of the love and support I can."

## Types of abuse:

**PHYSICAL:** hitting, kicking, shoving, choking, punching, stabbing, burning, biting, sleep deprivation, nutrition, medical care.

**EMOTIONAL:** blaming, humiliating, criticizing, isolating from family and friends, shattering self confidence.

**PSYCHOLOGICAL:** terrorizing, threatening to hurt self, playing with a weapon.

**SEXUAL:** criticizing sexually, making vulgar comments, forcing unwanted sex, accusing of having affairs.

**FINANCIAL:** refusing money for rent, food, bills, being forced to support partner because he refuses to work.

\*Information taken from Family Transition Place web site

## Rape Crisis Centre bowling for dollars

BY LOUISE E. BROWNE

Lifestyles Reporter

The Toronto Rape Crisis Centre is hosting their fifth annual Bowl-a-thon on February 21. Their goal this year is to raise \$35,000.

According to Anna Willats, the event co-ordinator for the Centre, the Bowl-a-thon has proven to be a success in the past years.

"Last year we raised about \$15,000 through pledges so this year we're being ambitious," said Willats.

Willats said the Centre has to think of creative ways to raise extra money.

"Although we haven't seen any government cutbacks, we haven't seen any increases since the early '90s."

The Centre rents out half of the 60 lane Thorncliffe Bowlerama in East York and teams of five bowlers are designated to each lane. Teams are required to get pledges and register in order to participate.

"We'd like to get together about 60 teams this year, and about \$250 worth of pledges per team," said Willats.

There is no entrance fee for this event. Bowlers are asked to raise at least \$20. Participants are invited to bowl for free and receive bowling shoes at no cost.

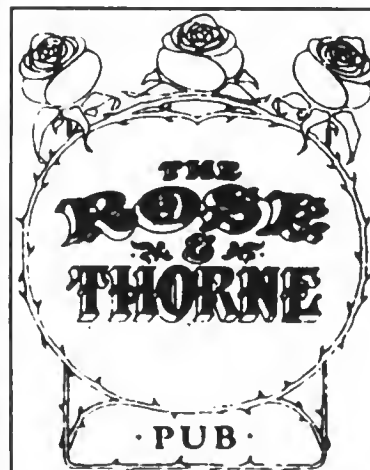
The day will be split up in to two shifts. The first shift starts at 1:30 p.m. and the second at 5:30 p.m. Teams will be able to bowl three games per shift. Also, they will be treated to a meal as a

thank-you for participating.

"It's a fun time," said Willats, "we play music and people bring their families, people have a pretty good time."

The money raised from this event will go towards the services offered at the Centre including a 24-hour crisis hot-line, one on one counselling, a prison support program and many other valuable services.

Anyone who enjoys five or ten pin bowling is invited to participate, children's lanes will also be offered. Registration closes February 9 and can be done by contacting Anna Willats at the Centre at 597-1171 ext. 31. Pledges will also be accepted over the phone and tax receipts will be issued for pledges over \$10.



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# Yoga unites mind and body

Mind and body control leads to ultimate physical health and mental tranquility

BY NINA RADMAN  
Lifestyles Reporter

Yoga has been used by students for years, to relieve both mental and physical stress. It helps to restore energy, improve stamina, reduce fatigue, improve memory and concentration and reduce emotional imbalance.

"I found that it helped me relax and reduce stress," said Katia Brundel, a Toronto business woman.

"At the time I began practicing yoga, I was working full-time and going to night school. I was a wreck. I had no time for myself. I began going to (yoga) classes just once a week and then even practicing the breathing techniques I learned when I was at school or work, when the stress would pile up. Yoga taught me how to relax and pay attention to myself."

In the past decade, many Eastern techniques of medicine have broken through to the Western world. North Americans are learning that health and medicine are not just pills and X-rays. They're finding the importance of maintaining balance in the body

and the mind by natural means.

"I was very skeptical at first," said Brundel. "A friend of mine asked me to go with her to one yoga class to try it out. That was seven years ago. I have been practicing ever since."

Helen Milton, a University of Guelph graduate also found yoga helpful.

"I found that most people I knew were using it to relieve stress," she said. "As a student, that was my main goal. It was my final year of university and I was working part-time. The yoga helped me keep myself balanced because it was a time to focus solely on myself."

East Indians developed the practice of yoga over 4,000 years ago, making it the oldest system of personal development including mind, body and spirit. Although there are still many skeptics, yoga has proven itself to most of those willing to try different techniques to maintain or improve their health.

"The term yoga itself is very ancient. It's the Sanskrit word for 'union', to bring things together," explained Barbara Dickson of the Helen Duquette Yoga Studio in Streetsville, Ontario. "The practice of yoga opens the body up, loosens the joints. It stimulates the whole endocrine system which governs all the hormones in the body, helps it work more efficiently. Your digestive system, circula-

tory and respiratory systems and all the systems in your body function more effectively."

The idea of yoga is to unite body movements and breathing techniques to attain a higher level of consciousness. Because the approach includes both body and mind control, it's said to lead to ultimate physical health and mental tranquillity.

"This physical aspect then transfers over to the mental aspect," said Dickson. "And when you feel better, you concentrate better."

She explained that the whole point of yoga is to connect with our bodies and to take time out to think of yourself as a whole organism, as a mind and body together.

Brundel said, "before an exam I

**"The practice of yoga opens the body up, loosens the joints."**

— Barbara Dickson

would get really nervous. I would take a few minutes before I began writing to make myself aware of my posture and my breathing, to get in control of myself and not let my mind run rampant."

"It has helped me in many other situations as well like when I have to give business presenta-

tions or even when my kids are stressing me out," said Brundel.

Dickson also uses simple techniques while doing everyday activities.

"We are so involved with just trying to cope with everyday life and life in general is so stressful. What goes on in the body, with all the things outside the body, it can tend to upset our system. And that is not necessarily emotional stress. It could be physical stress. Stress in general causes physiological changes within the body," said Dickson.

There are many different ways to practice yoga. The most common practiced in the West is hathayoga, which combines asanas (body movement and positioning), with breathing techniques called pranayama, which control and direct vital energies throughout the body. These two practices are used in combination with meditation to focus the full mind on the body, explained Dickson.

The format of a typical yoga class is similar to that of an aerobics class. The beginning of a class will usually include a warm-up, a time to lay flat on the floor, concentrate on breathing and trying to bring your focus on your mind and body alone. This is followed by stretching warm-ups and gentle asanas, leading up to more strenuous poses.

At the end of the class, there is

a cool down period to bring participants back to the awareness of the body and notice how it feels.

Some may find that they feel different immediately after one class and for some it may take a few sessions for their bodies and minds to get used to the idea of a new practice.

"Most of the feedback I have gotten from a first class are things like 'I really felt relaxed'," said Dickson. "It's a time for people to bring attention to their bodies, where they don't have to deal with the stuff going on in their lives. It's an opportunity for them to give permission to themselves to just concentrate on themselves. And there's a relaxation that takes place just in knowing that."

There are numerous yoga centres in the Toronto area to choose from. The average price for single sessions can range from \$10 to \$15 and packages are also available for those who wish to practice regularly.

Anyone can practice yoga to the extent of their limitations, even if it is just watching your breathing. Dickson said that people of all ages come regularly to the centre and they just work at paces which are comfortable for them.

"I have taken my mother, who is 71, and my daughter, who is 14, to classes with me and they both enjoy them," said Brundel.

## Body art is popular with all age groups

It's not cheap or easy to get rid of unwanted tattoos

BY DAVID ACETO  
Lifestyles Reporter

BZZZZZZZZZZZ.... The machine is started and the needle begins to hum. Tattooing is getting under society's skin, and if you decide you don't want it anymore, it will cost you to get it removed.

Sure, right now you might be a young and crazy college student and getting tattoos sounds cool, but remember one thing, tattoos

are permanent.

Elvis Skara, of Lasting Impressions Studios said, "When a customer comes to me and isn't sure of what they want to get, I usually tell them to research and find something that will have a meaning to them and they won't regret getting."

According to a tattoo FAQ maintained by Lani Teshima-Miller, in a survey of 163 tattooed men and women, a third of them said they had regretted their tattoos.

So if you're getting a tattoo of a rose on your arm because your girlfriend's name is Rose, hopeful-

ly she'll be with you for the rest of your life because the tattoo will. Even if you do get it removed you will still have some kind of scar as a reminder of "Rose".

It's not easy and it's not cheap to get that unwanted tattoo removed. According to the FAQ, laser surgery to remove a tattoo two-by-two inches will cost around \$1,000, which will come out of your pocket since health insurance doesn't cover it.

OHIP has gone through recent changes and will now only pay for a tattoo removal if it was not wanted and done forcibly. For example, in a kind of ritual ceremony or initiation which took place, such as markings within army platoons.

According to the Tattoo FAQ, shops are usually only insured against premises liability. This is insurance coverage if you fall and hit your head on the floor, not if you're unhappy or if something is wrong with the tattoo.

Recently, customers, doctors, and tattoo artists are more concerned with transmittable diseases, such as Hepatitis-B and AIDS. Doctors and artists agree that no one should ever get a tat-



PHOTO BY DAVID ACETO

Elvis Skara practices his art form on a willing victim at his salon.

too in an unprofessional or unsanitary shops.

Cam Alexander, owner of US Voodoo Tattoo Studios said, "If you are worried about something, get to your artist as fast as possible to find out what to do, and if you're not happy with his advice, go see a doctor."

Body art has been around for thousands of years and is growing in popularity. More and more shops are opening everyday and according to some tattoo artists, the shock value of certain things just isn't shocking anymore.

North Americans of all ages are getting tattoos.

"People of all ages get tattoos these days. I'd say about a 50/50, male/female ratio. You never know who's going to come through the door next," said Alexander.

Tattooing is now being accepted as a style of someone's personality. It's also being seen as a part of fashion as if it were a piece of jewelry that just about anyone can wear.

"People are getting more done and with society changing, it's more out in the open. It's becoming more acceptable, and now it's considered an art than just markings for gangs," said Skara.

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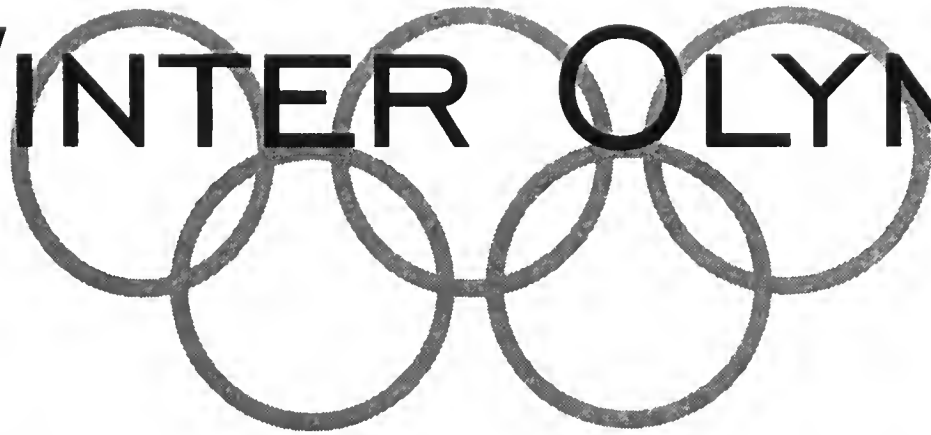
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# THE WINTER OLYMPICS



## NHL players take amateur rank

BY JEFF HEATHERINGTON

The Canadian Olympic hockey team will have no excuses for lacking motivation in Nagano, after losing to the Americans in the 1996 World Cup. In what is being billed as the biggest tournament that Canadian hockey players have performed in since the 1972 Summit Series where Canada beat the Russians, the 1998 Winter Olympics should provide plenty of excitement.

"I think we have a very strong team," said John McKinnon, a team spokesperson.

"The Canadian team will compete as well as anybody else, but as far as the end result, we'll have to wait and see whether it's a better team than the Swedes or the Yanks."

This is the first time in which professional players from the National Hockey League (NHL) of North America can play for their respective countries at the Olympic Winter Games. The NHL is interrupting its schedule for the two-and-a-half week period in which the Olympics take place, to lend its players to the tournament.

"It takes away an opportunity for the amateur players not just to compete in the Olympics, but the whole process of preparing themselves for the chance," said McKinnon.

Usually, players who took part in the Olympics were those not good enough to make the NHL, causing debate over who really was the best team. Now that the NHL has stepped in, every country has an opportunity to put their best possible team on the ice.

"It's pretty clear that nothing less

than gold will be acceptable to Canadian hockey fans," said McKinnon. "This is the first time that our best have competed for Olympic gold and there are no excuses for finishing second."

In order to interrupt its normal schedule, the NHL has had to compress its schedule which has meant a lot of games are being played in a short time span.

"There have been situations where because teams are playing so many games in such a short period of time that players are having to play games without sufficient recovery time. Whether that will diminish the quality of hockey at the Olympic tournament we'll have to wait and see, but you would have to think that it would have an impact," said McKinnon.

On the bubble for team Canada are forwards Trevor Linden and Steve Yzerman. While Yzerman is expected to be ready in time following a knee injury, Linden probably will not. That has sparked a flurry of rumors over his possible replacement. Heading the list is Mark Recchi of the Montréal Canadiens while Mike Peca of the Buffalo Sabres is also being mentioned.

"Bobby Clarke (head coach and general manager) and his coaching staff have a list of alternate players

who would replace players who were injured and not available to compete, but until we get some kind of definitive medical word that these guys are unable to play, the expectation is that the players we have selected will go," said McKinnon.

The only Olympic experience on team Canada will come from Eric Lindros, who will captain the team, and

Paul Kariya who have both played in the Olympics before. Lindros participated in the 1992 Olympics and scored five goals and 11 points en route to the silver medal.

In order for the Canadians to be successful this time around they are going to need strong leadership from veterans such as Wayne Gretzky, Steve Yzerman and Ray Bourque.

Setting Canada apart will be its balance of size, strength, and speed. The strongest part of the Canadian squad is the goal-tending which will be handled by Martin Brodeur, Patrick Roy and Curtis Joseph. The size and strength will be provided by players such as Rod Brind'Amour, Keith Primeau, Brendan Shanahan, Adam Foote Scott Stevens, Eric Lindros, Shayne Corson, Rob Blake, Chris Pronger and Al MacInnis. While the speed will come from Joe Sakic, Steve Yzerman, Rob Zamuner and Paul Kariya. The team will be rounded out by roll players such as Joe Nieuwendyk, Trevor Linden, Theoren Fleury and Eric Desjardins.

After losing to the Swedes in the last Olympics and losing to the Americans in the '96 World Cup, the Canadian squad has an enormous task ahead of them in the upcoming weeks, but with an all-star-like team the boys should do just fine. Next stop, Nagano.

The Great One leaves his digs in New York to play for Canada in Nagano next week.



PHOTO COURTESY OF BRUCE BENNETT STUDIOS

"... there are no excuses for finishing second."

—John McKinnon

## Canada expected to bring home truckload of medals

BY LOUISE SHERIDAN

There will be no shortage of medals for the fifth largest team competing in the 1998 Winter Olympics.

Team Canada, which represents a country of 30 million, is expected to make a great showing in the upcoming Games, said speakers at a recent seminar held in the Scarborough Civic Centre.

Canada is expected to bring home a truckload of medals in a number of sports including bobsled, curling, figure skating, free-style skiing, hockey, snowboarding and speed skating, said Paul Shugart, spokesperson for the Canadian Olympic Association (COA).

"In many cases, our standards are higher than international standards. First, because of the funding, support

and development of the team and second, it works as a source of motivation to see our teams excel," said Shugart. "There is a direct correlation between setting the bar higher and an athlete's performance."

Shugart said that 1,000 athletes receive federal dollars. The COA supplements funding for Canada's top 200 athletes which works out to about \$15,000 above their federal support.

"That means an athlete must be in the top half of their sport. We want to focus our resources on those people who will excel," said Shugart.

The COA has a four-year operating budget of more than \$70 million with 50 per cent of that budget derived through marketing programs.

There are 12 world-wide sponsors, such as IBM and Coca-Cola, along with 20 domestic sponsors. They pro-

vide the money and the marketing support to the Canadian athletes," said Shugart.

The federal government provides less than three per cent of the funding for the 153 Canadian athletes competing in 12 different sports in Nagano.

Shugart said the inclusion of professional athletes in the games, such as the men's hockey team with NHL players, means exposure goes up and sponsors are willing to invest even more dollars in the team.

The price could be worth it, though, because Japan has spent more than \$3-billion, including infrastructure, to prepare for the Olympic games.

"In Norway, the medal count was 13 and we are expected to beat it in Nagano with 16. But the most optimistic are saying the Canadian team could out-number the U.S. in the medal count," said Shugart.

# Longtime snowboarders dis Olympic event

BY DELIA CARNIDE

Snowboarding is bounding into the Olympics for the first time in history, but there are mixed reactions about its debut in Nagano among the snowboarding community.

Evolving from skateboarding, snowboarding has come a long way in the last few years. The once underground sport of punk kids has become very much mainstream. The Canadian Snowboarding Federation (CSF) reports that there are now more than one million recreational snowboarders in the country.

But many longtime snowboarders fear they are losing their sport to mainstream popularity and commercialism. Eight-year snowboarder Jeff Gluck works at

Equilibrium, a snowboard shop in downtown Toronto. He resents the fact that suddenly everyone is jumping on the bandwagon.

"It's like when you have your favorite band that nobody knows of," said Gluck. "The next thing you know, they're like an overnight success and everybody is their biggest fan, and it's like 'I thought I was their biggest fan'."

Nine-year snowboarder Scott Hunte of Boardsports in Toronto also has mixed emotions about Olympic inclusion.

"I think it's great that it's getting recognized as being a good sport, but now you've got people talking about trends and talking about stuff that no one really cares about, and the Olympics is going to make it worse," said Hunte.

The CSF is one party that welcomes the exposure.

"It's been a real challenge developing and trying to fast track everything to get our act together to be an Olympic sport," said Executive Director Michael Wood. "I think overall it's going to be an amazing experience, and it's going to do wonders for the sport in Canada." Just last week,

however, the International Ski Federation (ISF) told Wood that under the selection criteria, all four women on the Canadian Olympic team had to be in the top 20 list. This would mean that only Whistler's Natasza Zurek would be eligible to represent Canada.

Wood has since launched a protest and the ISF has changed its selection. Tara Teigen of Calgary, Vancouver's Maelle Ricker and Lori Glazier of Whistler will now be joining Zurek in Nagano.

According to Wood, Olympic judges will be looking for five components in the half-pipe.

"First would be your technical merit which would be the level of difficulty of the tricks and the linking of the tricks. For instance, a 'switch nine hundred hawkin flip to a rodeo seven'," said Wood.

Amplitude (height going off the half-pipe), landing after tricks, straight airs (any manoeuvre that has a rotation of less than 360 degrees) and rotation (any spin over 160 degrees) are the components judges will be looking for.

The Canadian Snowboarding team has done well in recent World championships. Ross Rebagliati placed third in giant slalom in last year's World Cup tour and Tara Teigen won the women's World Cup half-pipe tour with Maelle Richer in third.



According to Wood, halfpipe competitor Derek Heidt is another strong one to look out for.

"He's a ruler. He's been around and he knows the competition circuit and he's been riding better this year than he has in the past," said Wood, adding that Team Canada's chances for an Olympic medal are very good.

"All of them have the potential to stand on that podium and I say that with absolute confidence."



## What's new at the Games

\* Curling, Snowboarding, and Women's Ice Hockey are feature events.

\* The participation of professional players from the National Hockey League.

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## Humber student on the road to Nagano

BY HIMANI EDIRIWEERA

At least once in every person's life, opportunity knocks at the door. In Andy Devlin's case, not only did opportunity knock, but it ripped the door right off its hinges and gave this Humber College journalism student a return ticket to the 1998 Winter Olympics.

Devlin, a second-year Journalism post-grad student, is on his way to work at Japan's largest paper, *The Daily Yomiuri*. His position as an editorial assistant will keep him there one week before the Olympics and three weeks during the games.

*"I guess I said the right things. They offered me a job during the Olympics."*

*—Andy Devlin*

"I'm very flattered. Quite frankly, I didn't expect such a huge experience this early. I guess it's a case of being in the right place at the right time," Devlin said.

Devlin's vast experience, ranging from Naval Officer in the Canadian military to freelance journalism, made him the number one candidate for this position.

Devlin served in the military for ten years,

working as a watch keeper and air control and communications officer. While he was there, he freelanced and wrote for the military paper, all the time keeping up with his passion for sports.

"He knows a lot about sports," said Nancy Burt, program co-ordinator. "We may have provided guidance for him, but he's a very talented journalism student. He sold articles to dailies on his own. You try to do whatever you can when a student is doing outstanding things."

Devlin originally wanted to travel to Japan to do a documentary on the Olympics for his TV class instructed by Mel Tsuji. Devlin planned on freelancing to raise money for the trip, but realized he couldn't raise the funds.

"Mel understood, but he mentioned that he knew someone who may be interested and he connected me," Devlin said.

The rest is history.

*The Daily Yomiuri*, located in Tokyo, was looking for someone who knew their way around editing and knew the QuarkXPress program.

"I guess I said the right things. They offered me a job during the Olympics," said Devlin, who will be editing sports stories for a special section in the *Yomiuri* dedicated to the Olympics.

Devlin spent his first internship working at The Sports Network (TSN). For four months he wrote for the sports desk and saw how the newsroom operated.

"It was a good environment. I certainly learned about how much I didn't know about sports. I was out of the frying pan, into the fire," Devlin said.

Last year Devlin kept a close eye on women's hockey, and will be looking out for them during the 1998 Winter Olympics.

"I hope the best for them. From the athletes I've met, they're great athletes. We're not talking NHLers. They have full-time jobs, they work nine to five. In fact getting to the Olympics is a real credit to them," he said.

Which event will he be watching closely while he's in Japan?

"I like to consider myself a patriot. Any athlete who is Canadian and can put a medal around their neck, that's great."



PHOTO BY LELA HAKEM

Devlin left last Thursday for Nagano where he will work around the clock at an English-language Japanese newspaper.



# Women's hockey team makes Olympic debut

BY KRISTI SMITH

She shoots, she scores!

Foster Hewitt's legendary trademark is getting a face lift at the 1998 Winter Olympic Games in Nagano, Japan, where women's hockey will be featured as a full medal event for the first time.

"It really is a dream come true," said Laura Schuler, a Canadian National Team member since 1990. "I didn't think that women's hockey would ever be part of the Olympics."

Although the first recorded women's game dates back to the 1890s, female hockey players in this country have spent over a century struggling to survive in the shadows of their male counterparts.

Today, the female version of the game is flourishing.

The 1997 Women's World Hockey Championship, held in Kitchener, Ontario this past April, showed the world just how competitive and feisty women's hockey is. It also indicated how far women's hockey has come, in terms of funding, sponsorships, media coverage, registration and calibre. It went from oblivion in the late eighties to the newest Olympic sport by 1992.

"The Olympics is the most prestigious sporting event," said Cassie Campbell, who stars on defence for Team Canada. "It

has given women's hockey long overdue recognition and respect. But we can't forget the teams of '87 and '90 because they were the ones who put women's hockey on the map."

For years, many dedicated individuals have worked tirelessly behind the scenes for women's hockey. They had to establish the Women's World Hockey Championship in 1990, sanctioned by the International Ice Hockey Federation (IIHF), the governing body for amateur hockey.

Olympic inclusion was next on the agenda, but the path to the 1992 International Olympic Committee (IOC) announcement in Barcelona, heralded as a huge victory, was riddled with obstacles.

"I was told that a world championship wouldn't happen in this lifetime, never mind the Olympics," said Fran Rider, executive director of the Ontario Women's Hockey Association. "There were very few believers in the beginning, and for every step women's hockey took forward, there was one step back. Looking back, it's hard to believe we're here."

The excitement was short lived. Unwilling to cover any additional expenses, the Norwegian Olympic Committee firmly decided against including women's hockey at Lillehammer in 1994. So sights were set on Nagano.

Initially, Japan was not receptive either, despite a guaranteed berth as host country. Their reluctance mainly stemmed from

the daunting task of raising an inexperienced squad to Olympic standards within a few short years and the lack of confidence in the drawing power of the sport.

But the extensive negotiation process led by former IIHF Vice-President Gord Renwick, also Canada's representative, finally paid off in 1994.

"Once we secured a financial base, it made the whole process go easier," said Renwick. "Convincing the IOC to accept women's hockey depended on having the necessary funds, and proving there was enough international interest, always big problems for us."

Olympic inclusion has had a tremendous impact on women's hockey around the world, and has helped to dramatically increase its profile.

In Canada, registration at all levels is surging. Many organizations, like the OWSA, find themselves unable to meet the demand, and have waiting lists. The success of elite women's hockey has helped to push the development of the sport farther, faster.

Team Canada is also receiving federal funding for the first time, to train in Calgary, but they are not paid a salary.

"Hockey hasn't paid the bills," said Vicky Sunohara, who returned to the national team in 1996 after a six year hiatus. "Most of us are here because of our love for the game. That's what makes women's hockey so special."

Outside of North America,

women's hockey is a relatively new sport. But the competition has vastly improved, also due to an increase in funding and exposure.

Always the runner up, the United States continues to pose the biggest threat to Canada's hockey supremacy, but Finland, the four-time world silver medalist is right behind. And countries like China and Sweden have also made great strides in recent years.

"It's great to see how quickly women's hockey is developing around the world," said Canadian National Team veteran Karen Nystrom. "They are challenging us (Canada) to be the best we can be. We can't take things for granted any more."

The world's leading media and big time sponsors flocked to Kitchener and now interest appears to be on the upswing world wide. Women's hockey will be under the international scope like never before and these players couldn't be happier.

"As people have become aware of us, the game has sold itself," said Sunohara. "And the Olympics can only help things."

The Canadian squad heads to Nagano as reigning world champs, having won all four titles since the inaugural tournament.

Despite those who might never warm up to women's hockey, they will proudly wear the red and white in the quest to bring home the gold medal, and make sports history.



PHOTO BY LERA HAKEM

Members of Team Canada like to get psyched before the big game.



PHOTO BY LERA HAKEM

Canada's women's hockey team celebrated victory at the Women's World Hockey 1997 Championship in Kitchener.

## Second bid spells sweet success for Nagano

BY CARRIE BRADLEY

Over 50 years ago, Nagano's first campaign to host the Olympic Winter Games fell through, but now the long awaited dream has come true as the premier sports event gets underway in Nagano, Japan.

Nagano, 200 km away from Tokyo, and home to over two million people, has been preparing for the Games since 1991.

Many facilities were built including a new stadium to house 50,000 spectators during both the opening and closing ceremonies.

Designed in the image of a flower; the outside walls of the infield stand open towards the sky like petals.

"I think the new venues are pretty well constructed and seem pretty high-tech," said Jim Hoadley, a resident of Japan for almost four years. "But especially with Big Hat (the main hockey arena). I was impressed by how small it

is considering it's a major indoor arena.

Hoadley first went to Japan with the Japan Exchange and Teaching program that brings overseas college graduates to work as teachers. He is currently an Olympic volunteer who is chronicling his daily experiences of the Games on the internet.

The people of Nagano follow traditions and observe customs long since dead in other parts of Japan. Ceremonial festivals and local delicacies such as wasp larvae, crickets and raw horse meat are still very much a part of Nagano's culture.

In 1992, the Nagano Olympic Planning Committee defined the significance of the Games as "a bridge to the 21st century."

According to the official Olympic Winter Games web site (<http://www.nagano.olympic.org>), the 1998 Games are based on three ideals: wisdom of a new age, coexistence with nature, and peace and friendship.

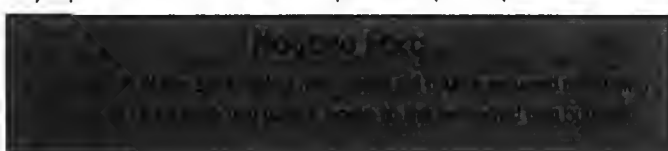
The Olympic Winter Games encourage the participation

of children through an international youth camp and by including a large number of them in the opening and closing ceremonies.

In keeping with the theme of coexistence with nature, organizers of this year's Olympics built energy conservation systems for indoor events and will use low pollution vehicles.

"Some people are very up for the Games while others don't even realize they are happening. The presence of the excited people will be felt by those who come here for the Olympics," Hoadley said.

The overall intention of the Committee is to manage the Games so that Nagano will be remembered as "the Olympic Games of fraternal spirit and participation".



# Paralympics are parallel to no other

BY CARRIE BRADLEY

After all the Olympic medals are presented and the closing ceremonies have come to an end, competition on a whole other level begins.

March 5 marks the beginning of the seventh Winter Paralympic Games to be held in Nagano, Japan. "Paralympic" means "parallel or "next to" the Olympic Games.

"The Paralympics are the pinnacle sports event that offers elite competition for disabled athletes," said Aline Lafrenière, communications manager of the 1998 Winter Paralympics.

The Games will consist of five sports: alpine skiing, biathlon, cross country skiing, ice sledge hockey and ice sledge speed racing. Canada has between 30 and 35 athletes entered in this year's Games which will host over 1,000 participants from 30 countries, a large increase from

the 600 competitors in Lillehammer in 1994.

Competitors include athletes with physical and visual disabilities, paraplegics, quadriplegics, amputees as well as those who are blind or partially sighted. Athletes are classified into one of 34 events according to the degree of their disability.

*"Just because you have a disability, doesn't mean that you aren't interested in competing at that level."*

*-Aline Lafrenière*

"The classification system is used to achieve a fair competition," Lafrenière said. "Before the system was introduced, athletes with less severe disabilities were favored."

According to Jane Arkell of the Active Living Alliance for

Canadians with a Disability, support for disabled sports in Canada is in healthy proportion.

"The Alliance is a national partnership of 16 organizations who are dedicated to active living, sport and recreation opportunities for disabled individuals," Arkell said. "Several of our partners are the disability sport organizations who are preparing

themselves now for Nagano."

Although some Paralympic athletes train through the Special Olympics, the two events are distinct. The disabilities that Paralympic athletes are faced with require that aspects of the Games be adapted.

"Just because you have a disability doesn't mean you aren't interested in competing at that level," Lafrenière said. "It's all about integration."

The Canadian team, which placed 14th in the medal standings in Norway with one gold, two silver and five bronze, is expected to fair well again this year.

The Paralympic Committee is excited about a number of athletes. Sudbury native Jeff Dickson, who won one gold and two bronze in alpine events in 1992, is expected to add to his medal count. Edmonton's Ramona Hoh hopes to do well in the alpine events as well, adding to her silver and bronze in Lillehammer.

Athletes with lower limb disabilities who are unable to stand will use a sit-ski or chair-ski in all three skiing events. Sit

skiers also use poles with small skis on each tip called outriggers. Skiers who are blind or partially sighted ski with a guide who provides verbal instructions on direction and slope.

Hockey will also be featured with a team of 12 Canadians who will participate with "sledges" equipped with skate blades fixed to the bottom and miniature hockey sticks in both hands. The two-ended sticks have picks on

one end to propel themselves and the other side is used to shoot.

"Sledge hockey won the bronze medal at the last Paralympic Games. The team is expected to be a medal contender in Nagano," Lafrenière said.

Ice sledge speed skating, a sport similar to speed skating, requires enormous upper body strength and coordination.

According to the Winter Paralympic Committee, the central philosophy behind the Games is that "athletes with disabilities should have opportunities to pursue their goals in sport equivalent to those of non-disabled athletes".

*"The classification system is used to achieve a fair competition."*

*-Aline Lafrenière*

Check out next week's *Et Cetera* for our special section:

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North

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- Artwork must have been created after February 1997

- Participants must be Humber College Students

For more information, please contact SAC or Athletics

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## Curling Canucks

BY ANDREW MCKAY

For most people, pushing off a hack to throw stones at a house with a hammer would provoke funny looks, and possible commitment to a sanatorium. For Mike Harris and Sandra Schmirler, it could mean Olympic gold.

Harris and Schmirler lead Canada's Curling representatives at Nagano, and both are heavily favored to come home with medals in curling's first go-round as a full medal sport. (Curling has been a demonstration sport at four prior Olympics, including 1988 and 1992).

Schmirler is no stranger to the world stage. Her Regina rink won Canadian and World championships in 1993, 1994, and 1997, becoming the first three-time champion in 38 years. The 34-year-old has won six Saskatchewan championships in

the last eight years, and her rink is considered a heavy favorite to win the Olympic gold.

Harris, on the other hand, is a relative unknown in curling circles. The 30-year-old Torontonian has never won a provincial championship and his only national exposure came in the 1986 Canadian Juniors and 1989 Canadian mixed championships.

At the Olympic trials in Manitoba in November, Harris' rink made everybody take notice. The rink beat former world champions Kerry Butnyk, Russ Howard, Jeff Stoughton and Ed Werenich, then knocked off two-time Canadian champion Kevin Martin in the final to earn the trip to Nagano.

The Olympic Curling Tournament kicks off on February 9, with both Canadian teams in action. The bronze and gold-medal games will take place February 15.

### ALL ABOUT CURLING

**Rocks:** 20 kg granite stones, which curlers slide down the ice at the "house".

**House:** A 12-foot radius bullseye, painted at each end of the ice surface. The curlers attempt to place their rocks inside the circle; the closest rock (or rocks) to the middle score points.

**End:** Like an inning in baseball. Each game consists of 10 ends.

**Hack:** The pushoff point for curlers throwing rocks.

**Sweepers:** Two teammates who sweep the ice in front of the rock. The sweeping melts the ice directly in front of the rock, allowing the sweepers to guide the path of the rock.

**Hogline:** A line 20 feet in front of the hack at each end of the ice. A stone must be released before the first hogline, and must completely cross the second to remain in play.

**Free-Guard Zone:** The area between the front of the "house" and the hogline. The first three rocks of each end may be placed in that zone without being removed by an opponent's stone.



# Et Cetera Health

## Abusing the bottle: a student tradition?

Alcohol abuse can cause everything from health to financial problems for students

BY TAMMY SEDORE

Health Reporter

A Humber College student thinks back six years, when he got in trouble because of alcohol.

Drinking heavily while working as a doorman at Greys in Mississauga, Pete Rood would always feel pretty good by the end of the night. He would end up meeting different women at the bar, and each night he would usually end up in their bed.

"I ended up sleeping with too many girls. I regret it now because I see these people, they know me and I have to try to figure out from where," Rood said.

Rood, who is in his fourth week of a 10 week, Intermediate Electrical program at Humber, is like many other college students. He has regrets about things he has done while drinking, but he says he still drinks.

"Alcohol is a crutch, and I use two of them," he said.

According to a survey done in 1995 by Statistics Canada, 77 per cent of men and 52 per cent of women between 20 and 29 are considered regular drinkers.

Maggie Cretella, technical assistance director for the Higher Education Centre for alcohol and other drug prevention, said she has no doubt it's a problem.

"Clearly it's a problem if you look at the statistics. I think part of the problem is we live in a culture that supports drinking. You can say 'don't drink', but advertisements show that drinking is fun," Cretella said.

Drinking can be a constant and reoccurring problem during a person's lifetime.



PHOTO BY DARRIN LEROUX

Stats show too many students end their night like this.

According to a survey done by the alcohol education group BACCHUS Canada and the Association of Campus Bar Managers, drinking not only causes hangovers, dizziness and vomiting, it also causes financial hardship, failed classes, rapes and even death.

In fact, according to BACCHUS, the biggest killer of young people is drinking and driving.

A second-year student at Humber College, Gus\*, thinks back to last summer when he drove drunk.

"Before and after a baseball game, I drank two cases of beer by myself. I was dumb enough to drive. I nearly hit a tree, swerved from that, and jumped the curb. I wrecked the bottom of my car, which has cost me \$1,500 fixing the engine so far," said Gus.

Though Gus wasn't hurt in the accident, he knows he was lucky. He could have killed himself or someone else. Since that incident, Gus said he hasn't driven drunk.

Craig Barrett, the co-ordinator of Counselling and Disability Services at Humber College, said that even though he doesn't get students coming in for alcohol problems, he does get a few that may not realize alcohol is a factor.

"It's (alcohol abuse) not an issue we tend to see when people come in to counselling. Even if it turns out to be an issue, they don't know it," he said.

Barrett agrees that alcohol may be a factor which people tend to get poor marks from, but it isn't the only reason.

"The reason they're having problems is more what's going on in their personal lives," Barrett said.

Steve Portt, Caps manager, said he doesn't see too many major problems from alcohol. On Thursday nights, 'pub night', an average 10 to 15 people are asked to leave, but not for serious reasons.

"People will get intoxicated and (have) liquid courage. They don't realize how loud they are and how annoying they're being to others," Portt said.

That's not too bad though, said Portt, since there's about 500 people in Caps on Thursdays.

If you feel you abuse alcohol or know someone who does, the Humber College Counselling Centre suggest calling the Drug and Alcohol Registry of Treatment information line at 1-800-565-8603.

\* names have been changed to protect the identity

## An enlightened look at the winter blahs

Sunny destinations may be more than a vacation, they may be therapy for SAD sufferers

BY DANA JAMES

Health Reporter

Are the cold winter days getting you down? Do you find yourself spending more nights on the couch having a date with your TV instead of going out with your friends? Are you eating more junk food and having trouble dragging yourself out of bed each morning? Are your mood swings becoming more frequent and are you having trouble functioning at school or work? If you feel this way then you may suffer from Seasonal Affective Disorder.

Seasonal Affective Disorder (SAD) can be easily passed off as the winter blues. SAD describes people who are clinically depressed during the winter and autumn seasons. During the spring and summer they feel fine.

SAD sufferers experience extreme fatigue, lack of energy and they have an increased need for sleep. They start to crave carbohydrates and have an increase in appetite. They don't have the energy to exercise, so weight is gained.

Julie Thompson, an 18-year-old high school student from Brampton has been suffering from SAD for two years.

"Before I was diagnosed with the disorder I thought I was just burned out from the exams and school. I slept a lot, ate a lot and never moved from the couch. I couldn't concentrate on anything at school. My parents thought that I was just going through a stage and that's why I was grumpy all the time," said Thompson.

Thompson is lucky she has a family that really cares about her. When her symptoms got worse her family noticed and persuaded her to go to the doctor.

"Now I have to watch what I eat and try to get myself out into the cold weather and stay active. I sit in front of my light box for half an hour each morning," Thompson said.

Researchers from the UBC Mood Disorders Clinic believe that SAD results from the shorter amount of daylight in the winter. The research has also shown that SAD patients' conditions improve when exposed to bright, artificial light. The procedure is called light therapy.

Light therapy is usually half an hour each day and comes in the form of a box or a visor the SAD sufferer looks into. The light is fluorescent, full spectrum or filtered ultraviolet and is angled down to bathe the eye. These light boxes range between \$200 and \$300.

Eric Horning of the Mood Disorders Clinic in Toronto said, "Light boxes simulate the sun. People use them in the mornings and it helps them get on with the day."



PHOTO BY DUNCAN PATTON

Winter wonderlands like this can mean depression and weight gain for SAD sufferers

There are a few different theories on why SAD exists, one is that light has a biological effect on the brain and that people with SAD have a disturbance in their biological clock in the brain. This clock regulates hormones, sleep, and mood. This clock runs slower in the winter and autumn months because the days are shorter and there is less light. The bright, artificial lights may help reset the clock.

Another theory is a chemical imbalance in the brain that can be corrected by antidepressants.

If the case is mild, then exercising and eating healthy foods can be the cure. Some people tend to cure their depression with a

trip somewhere hot.

"Business is very good this time of year. Everyday I talk to people on the phone who are booking trips in February or March because they find Canada too depressing in the winter," said Sarah O'Higgins, a reservations agent at Canadian Holidays. "I've gone on one trip this winter and I'm leaving for another one in a week. If I don't get away somewhere hot at least once a winter I'm not very nice to be around."

If you think that your winter blahs are out of control, then you should contact your doctor and be diagnosed properly so, if you need to, you can begin treatment.

# Natural herbs versus the doctor's prescriptions

## Is herbology the answer over prescription birth control or penicillin?

BY JULIA KUZELJEVICH

Health Reporter

Cristina Degano has been taking herbology classes by correspondence for the last couple of months, and now prepares a few basic formulae for cold and headache treatments.

"Herbs are in general more harmonious to our bodies, and I like the control I have over my health when I use herbal remedies," said Degano.

Degano is one of many who are looking for other ways to prevent or combat the common cold and other ailments. Since the health care system in Canada has come under strain, the medical profession has attempted to educate the public about what you should see a doctor about, and what you should perhaps leave alone.

"Over the last while prescriptions for antibiotics have been going down slightly as doctors are beginning to enforce that those drugs are not always needed or cannot do the trick," said Etobicoke pharmacist Wei Lin.

Indeed, faculties of pharmacy and medicine have been taking a second look at alternate medicine, including herbology.

"Pharmacy schools have been going back and forth on the issue," said University of Toronto's Pharmacy Curriculum Committee Chair Zubin Austin.

"The study of extracting medical agents from plants fell out of favor in the '60s, '70s and '80s, and herbology has always been

just an elective course of study at the University," said Austin.

Increased consumer and student interest in herbology has seen more and more students take the elective course, and so, the University started putting more information about herbs in its mandatory courses.

Although the trend toward daily use of herbs has become very popular in the past few years, not all herbal remedies are scientifically proven, and some may have unforeseen, often negative consequences.

This is why pharmacy schools are reluctant to teach herbology as a science.

"There is not a lot of hard science and no good clinical data. Herbs are not innocuous and so we try to focus on their potential for harm versus good, using the criteria of safety, cost and benefit," said Austin.

The lack of hard scientific evidence for herbology, then, makes their use as contraceptives something to be extremely wary of.

A recently released book called *Eve's Herbs*, by Harvard Medical Professor John M. Riddle, documents the use of herbs in the past and their connection with contraception and abortion.

Before the advent of modern medicine, herbal remedies were commonplace. For women seeking pregnancy prevention or termination, herbs provide choices galore. In ancient Greece and Rome and the Middle Ages, along with potions listing ingredients such as insects and animal body parts, there were also scientifically based herbal formulae. Pennyroyal, an herb taken as tea, can prevent pregnancy. Corn mint can keep an embryo from implanting and cause abortion.

But overkill on the pennyroyal tea can



PHOTO BY JULIA KUZELJEVICH

House of Herbs in North York offers an assortment of harmonious herbs for healing.

cause convulsions, liver damage, coma and even death.

These kinds of warnings against herbs constitute what Umberto Gabrielli calls "a satanic brainwash of the public by drug companies and the medical profession".

Gabrielli is an herbologist who runs the House of Herbs in North York.

"The medical profession should be sued for their attitude toward herbology," said Gabrielli. "The profession likes to make medicine a mystery. A cup of pennyroyal tea should not cause a miscarriage. We have to look at all other variables, including other health practices and drugs, which in combination might make herb use dangerous."

Herbs are plants and contain pharmaceutical properties in different amounts. Therefore controlling dosages is difficult. Where a plant is grown and how it is harvested can also affect its medical

properties.

But so can mixing medicines and certain foods, or other drugs.

"The attitude with herbs is that they are harmless, that if you take something herbal you're not actually taking a drug. People have to ask their pharmacist and physician before taking herbs whether they might be dangerous in combination with something else," said Austin.

But even if herbs aren't all scientifically reliable, their placebo effect is of some benefit to people who feel in control of their health and better for it.

Degano, for one, plans to take her studies in herbology further.

"I wouldn't go so far as to use herbs for serious treatment or contraception, and herbs can't replace advances in things like surgery, but if their day to day use for colds, energy or aromatherapy makes me feel better, herbs are the way to go."

# The birth control crap shoot

## Hormonal birth control can be a harrowing experience for your body

BY JULIETTE DUFFUS

Health Reporter

Women beware! There's more to choosing the right form of birth control than convenience. The uniqueness of your body type and body chemistry are also important.

Michelle Anderson, a birth control counselor at the Bay Centre for Birth Control said, "some people don't like hormones in their body, it freaks them out, others think it's great."

At the Bay Centre, trained counsellors like Anderson, provide support for women who report side effects which suggest that their method of birth control may be inappropriate.

With any form of birth control, there are side effects and facts that should be considered when choosing a suitable method. Studies have shown the side effects associated with barrier methods of contraception, such as condoms, are short term, while hormonal methods usually result in long term effects because the hormone is in the blood stream.

The three main categories of hormonal methods of contraception are oral contraceptives like the pill or mini-pill taken daily, Norplant a five year contraceptive implanted in the arm, and Depo-Provera a three month injectable contraceptive.

Depo-Provera, approved in Canada last April, may be the compromise many women have been looking for. Doctors say it's the middle ground between the daily effort of

having to remember to take the pill and the long term commitment of Norplant.

For Marie Fraser, a 23-year-old Scarborough resident, the immediate 99 per cent effective rate and low maintenance of Depo-Provera appealed to her. But, within a few weeks of the first injection, she noticed changes in her body.

"I've noticed that I have to go to the washroom a lot," said Fraser. "I have puffiness, and when I have to use the washroom I really have to go, I almost swell."

Fraser has also reported absence of her menstrual period and rapid weight gain. Researchers are unsure if weight gain is caused by a metabolic effect that increases appetite or water retention.

*"I'm in a committed relationship, sex is only natural. I just wish that I could find something that works perfect for me and my body."*

— Marie Fraser

"It's a real struggle," Fraser said. "I'm in a committed relationship, sex is only natural. I just wish that I could find something that works perfect for me and my body."

Norplant is a long acting contraceptive that requires a minor surgical procedure for insertion. Non-biodegradable silicone capsules are implanted under the skin on the inside of the

woman's arm in a fan shaped configuration. Like Depo-Provera, Norplant has an immediate 99 per cent effective rate, but also causes changes in the menstrual cycle. Difficulties have also been reported in the removal of the silicon capsules as they might have moved around under the skin of the arm.

This method of contraception is most effective for women who weigh less than 154 lbs. There is no significant weight gain associated with this method.

Winsome Grossett, a 28-year-old hair stylist at Magnitude Hair Studio, began using Norplant three years ago as part of a study to help teach physicians how to insert the match shaped capsules. For Grossett, who used to forget to take the pill, Norplant has eliminated the daily hassles.

"It lives with me in my arm, I don't have to think about it," said Grossett, smiling.

Unlike Norplant and Depo-Provera, the pill, favored by many teenagers and young adults, does not offer immediate protection. Research studies indicate a 90 per cent to 97 per cent effective rate versus the 99 per cent of Depo-Provera and Norplant.

Oral, hormonal contraceptives are useful in regulating menstrual periods but can be affected by other medications. Nausea is the common side effect associated with this method.

In the search for the most suitable method of birth control, Anderson said there is no perfect choice. There are a lot of options available other than hormonal methods.

"It varies for each person and also depends how sexually active you are," said Anderson.

Anderson said it's best to try a variety of methods with a trial and error approach until the most suitable method is determined.

## The birth control blues:

BY JULIETTE DUFFUS

Your contraception may not be right for you if you experience any of the following side effects:

### Pill

- leg or abdominal pain
- blurred vision or dizziness
- head aches
- nausea
- weight gain

### Depo-Provera

- weight gain
- head aches
- frequent urination
- heavy vaginal bleeding

### Norplant

- severe lower abdominal pain
- heavy vaginal bleeding arm pain or bleeding at the insertion site
- reoccurring, painful head aches

**NONE** of these methods are effective in preventing STDs.



# Healthy sexuality hits Humber

BY VICTORIA PATTISON  
Health Editor

Humber College's Health Centre wants students to feel good about their sexuality. February 12 is their Annual Healthy Sexuality Day. Between the hours of 11 a.m. and 2 p.m. Students and faculty are encouraged to visit the concourse where booths and displays will be set up on everything from AIDS awareness to birth control.

"A nurse from the Etobicoke Health department will be there to talk to people about birth control, like the pill, the morning after pill and Depo-Provera," said Penny Ecclestone, a nurse at the Health Centre. "The nurse will also be able to answer questions about other forms of birth control and sexually transmitted diseases. There will also be an AIDS outreach worker coming with her."

Books on issues such as your personal sexuality and how to talk to a child about sexuality will also be on display. Humber's Lesbian, Gay, Bisexual and Transsexual group will also have a representative and a display.

On a fun note, at the Health Centre's booth, to be manned by four Humber nursing students, relation-

ship quizzes, prizes and free condoms will be available.

For the Humber Health Centre promoting healthy sexuality is done on a daily basis. A wide array of birth control pills, as well as STD and AIDS tests are available for seven dollars each. A doctor is available to perform tests, pap smears and deal with most other health care concerns, on Tuesdays and Thursdays. Appointments can be made by contacting the Health Centre at ext. 4533.

**News Flash:**  
The "morning after pill" has been renamed the "emergency contraception pill" due to the fact that it is actually effective if taken up to 72 hours after intercourse.

# Women and the weight room

BY LESLIE GORDON  
Health Reporter

Sarah Brown is a confident, bubbly and extremely fit female.

She reads a lot about fitness, schedules it into her day, and isn't intimidated by the weight room.

But three years ago, this wasn't the case. Brown, a 20-year-old Humber Recreation Leadership student, had low self-esteem, wasn't in control of her life and struggled with her weight.

"I was never really overweight," she said, "but I needed to tone up, I wasn't happy with myself."

At first she did cardiovascular training, but after getting to a point where she wanted to see more definition, she turned to weight training. Not only did her physical appearance improve, but everyday activities were easier and Sarah's self-confidence soared.

"Strength training is most important for women because they are at a high risk for osteoporosis (bone thinning)," said Dawn Whitney, fitness consultant for the Humber College fitness leadership program.

"Lifting weights stimulates mineral growth within the bones. It also increases bone strength, keeps posture strong and helps with body awareness," said Whitney.

Research shows that genetics help to determine a person's metabolic rate and body type.

Janice Hutton, a St.Catharine's Phys-excel fitness consultant with a masters in physical education, said that weight-lifting can help break through genetic boundaries.

"Weight training is an integral part of any weight loss program," said Hutton. "When you increase your muscle mass your metabolism gets faster because muscle consumes more calories than fat. As a result, your resting metabolic rate increases."

According to Hutton, combining strength-training with healthy



Photo by Denise Lockhart

The weight room shouldn't be considered just a "boys club"

eating and cardiovascular exercise, makes weight loss happen faster.

Although the benefits are amazing, weight-training myths scare some women away.

"So many women I start to work with won't even come close to weights because they're afraid they're going to get big," said Hutton.

Huge muscles are virtually impossible for most females, she said. Women don't have the genetic make-up to build large muscles and lack the essential testosterone levels.

Spot reduction is another big myth.

"Weight training does increase muscle size but if you have a layer of fat over it, you won't be able to see the results," said Hutton. "The trick is to combine your strength training program with cardiovascular activity three times a week for a minimum of 20 minutes to burn the fat away and uncover firm, hard muscle."

This is what Brown did.

When she started combining cardiovascular training with strength training, the pounds started melting away. Brown has lost about 5 kg since she started her program and has kept it off ever since.

Another myth is that muscle will turn to fat if you stop training.

But Whitney said this isn't true. Training causes muscles to grow and if you stop training, muscles shrink. She said that bad eating habits and a lack of physical activity cause weight gain. Good health, says Whitney, is a lifestyle change, not a temporary activity.

Before getting started on the program, knowing proper technique is very important, said Hutton.

"Slow, controlled movements force the muscles to work harder as opposed to fast, jerky motions," Hutton said.

First-time lifters are reminded to breathe and lift weights to the full-range of motion.

"A warm-up and cool-down (about three to five minutes of large rhythmic exercises and light stretching), are also important" she said.

According to Hutton, the trim body will start to emerge in as little as three to six months depending on how hard the person is working.

"Be patient," said Hutton. "Understand that the weight didn't go on over night and it won't come off that way either."

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# Et Cetera Entertainment

## The Dance Never Ends

Humber faculty member teams up with U of T jazz director to make beautiful music

BY JEFF HEATHERINGTON  
Entertainment Reporter

After years of teaching music and performing at various jazz festivals, musicians Trish Colter and Paul Read are testing new waters by releasing their polished sound on compact disc.

"This was our first release together and it's been a long time coming," said Read, who is the director of Jazz Studies at the University of Toronto. "It was a great opportunity as a creative outlet and, being the arranger, I got to do a lot of the things that I wanted to do."

The disc is called *The Dance Never Ends*, and reflects the incredible careers of both Read and Colter.

Colter, a professional vocalist since 1976, has performed at countless jazz festivals from the du Maurier Downtown Jazz Festival to the Orillia Jazz Festival. She joined the music faculty at Humber College in 1986 and, in 1987, was appointed full-time head of the vocal department. She conducts the award winning Humber College Jazz Ensemble and is always in demand at schools across the province.

The creation of the CD was mainly for personal satisfaction, says the duo, but Colter admitted they would like to gain more recognition in the process.



COURTESY PHOTO

Colter and Read think the music business should be about passion not material gain.

"With a jazz album, you never do it for the money," said Colter. "We've done a few radio interviews in an attempt to get some air play going so that people start knowing that it is out there. Our expectations are wide open. It was a huge process and it's been a great experience, but it's also been a lot of work."

In addition to being a pianist, arranger and composer, Read also plays the saxophone and flute. He has performed at the CJRT FM/Rothmans/Benson and Hedges Sounds of Toronto Jazz Series and with the Hamilton Philharmonic Orchestra and the Manhattan Symphony, in New York.

Demonstrating that he is one of the hardest working individuals in the industry, Read has also published a series of books with Oscar Peterson containing transcripts of Peterson's compositions and performances. He has been teaching since the early '70s and is the former director of music at Humber College.

After realizing how much work it takes to create and produce an album, Read admits he'll probably think twice about producing an album as well as performing on it.

"Having never produced an album before, if I was going to do it again and

play on the album I'd probably get another person to produce," said Read. "It's tough to do both, but it has been a great learning experience for us from the beginning to the end."

Besides Colter and Read, the compilation also features jazz artists Pat Collins (bass), Kevin Dempsey (drums), Pat LaBarbera (saxophone/flute), Phil Nimmons (clarinet) and Chase Sanborn (trumpet/flugelhorn). Nimmons also contributed an original ballad to the collection (*Whenever Liese Smiles*).

The album also features a four-song tribute to the music of Joni Mitchell, entitled *Suite Joni* with Michael From Mountains, Carey, Blue and Case of You.

"We both have always loved the music of Joni Mitchell and we wanted to include some Canadian repertoire on the CD," said Colter.

Read agreed, "there were great possibilities in arranging Joni's music, a lot of which lends itself to restructuring."

In a business that comes with a lot of rejection, both Colter and Read stress to their students that they should never give up.

"You don't go into this business to make money, you do it for the love," said Colter. "But you also have to have a good business sense to survive in the music industry today."

Read added, "we don't preach the 'back-up plan' to our students, but we strongly encourage them to pursue and finish their degrees, knowing that there is nothing that is a sure bet anymore."

## Fans pig out on eye candy

Mike & Spike's '97 Festival proves once and for all that animation isn't just for kids

BY ANTONIO TEDESCO  
Entertainment Reporter

After a long year of waiting, Spike & Mike's '97 Festival of Animation (consequently their 20th Anniversary) is finally here.

First things first! STOP thinking that animation is "just for kids". STOP thinking that what your parents told you is correct. STOP thinking that it's all "Bugs Bunny". THEN pull up a chair and get ready to be wowed.

Like most festivals there are the favorites and there are the not-so-favorites, but when it comes to animation it seems that even the not-so-favorites are still amazing to look at. In this case, Spike & Mike have assembled another collection of animated

masterpieces from around the world.

Other animation festivals spring up from time-to-time, but none have the quality, imagination, intensity and pizzazz of Spike & Mike.

The festival has introduced audiences to animators like John Lasseter (*Toy Story*), Mike Judge (*Beavis and Butthead*), Nick Park (*Wallace and Gromit*) and the hauntingly disturbing style of Tim Burton — the creator of *A Nightmare Before Christmas*.

In a tight, almost two-hour package, the audience is treated to some of the world's finest animation, animation only limited by the creator's imagination and the methods used. From traditional pencil, ink or crayon to stop-motion, clay, puppet and, of course, computer animation the festival is filled with eye candy.

Some of the animated shorts, like Canadian animator Brian McPhail's twisted tale of a young boy and his dead dog are both uncomfortable and endearing,

while others are just fun slice-of-life stories. The films deal with drinking, fairy tales, bedtime stories and, of course, the devil playing a fiddle, an ostrich wrapped in delusions that he's a great opera singer, a cat exacting revenge on its owner for not letting it take a nap, and the trials of being God's janitor.

The quality of the festival often features both Oscar nominees and winners. This year the festival plays host to such Oscar nominees as Russia's *Gargain*, a tale about a caterpillar that tries to cheat becoming a butterfly, only to become deathly afraid of flying, Chris Landreth's beautiful computer animated story *The End*, and the immaculate animation of San Francisco's Timothy Hittle's *Canhead*. *Barflies*, an Australian short by Greg Holfeld, consists of flies sitting in a bar getting drunk and playing suicidal games with a bug zapper.

By far the most haunting film of the festival, *Canhead* sees Jay Clay and his dog Blue separated

in a sandy wasteland where Jay must face his fears. Oil cans, baby-doll heads, and garden hoses all come to life challenging Jay to conquer his fears of loneliness in a post-apocalyptic setting.

Spike & Mike's Festival of Animation runs from February 6-12 at The Music Hall (147

Danforth Ave.), then from February 13-19 it moves to The Bloor Cinema (506 Bloor St. W.), after that you can check it out February 20-22 at The Royal Theatre (606 College St.) and your last chance to see it would be February 23-26 at The Fox Cinema (2236 Queen St. E.).

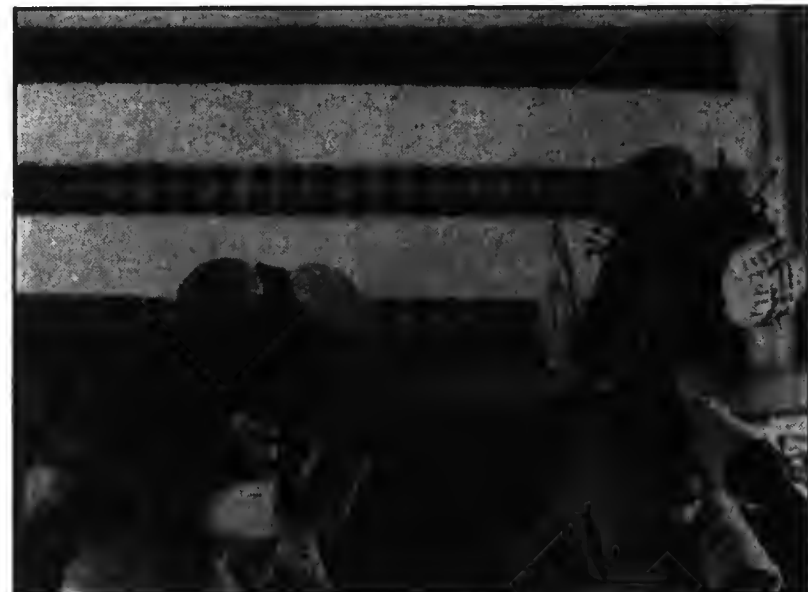


PHOTO BY ANTONIO TEDESCO

Australian short, *Barflies*, is just one of many to see at the festival.



# Simpsons book keeps you on your dohs!

BY BRIAN PASCUAL  
Entertainment Reporter  
Kwyjibo.

Does anyone know what this "word" means?

Or better yet, can anyone find its place, and subsequent significance, in the grand, pop-culture scheme of things?

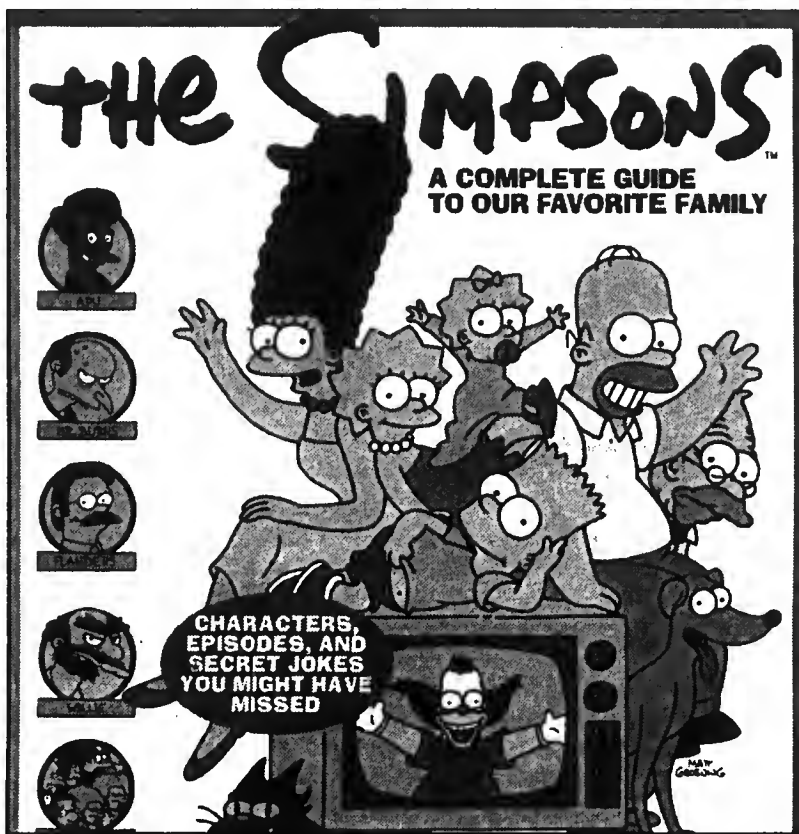
A well-deserved pat on the back to those who know the answer. For the rest of you, a book has finally been published that explains what "kwyjibo" is, and why you think you may have heard it somewhere before.

On page 18 of the *The Simpsons: A Complete Guide To Our Favorite Family* (\$22.75), curious readers will find that "kwyjibo" was, in fact, the word Bart once used to beat a baffled Homer in a game of Scrabble. Simpsons fans will remember it from the episode where Bart cheats on an I.Q. test and is placed in the Enriched Learning Center for Gifted Children.

Bart's definition of "kwyjibo"? A "fat, dumb, balding North American ape with no chin".

After eight years on the air, Simpsons creator Matt Groening has finally put together a catalogue of every episode ever produced. It's the encyclopedic reference guide that every fan should have.

Groening tips his hat to the loyal fans in his introduction to



Book is chock-full of useless information fans of the show will love.

the book, writing "if the Simpsons is a show that rewards people for paying attention (as I've blathered in countless interviews), then this book is for that exalted and/or sorry bunch of you who just can't seem to stop paying attention."

And Groening is absolutely right.

Episodes are often jam-packed with movie parodies and obscure

references to past episodes.

Loyal fans are rewarded for watching what's going on attentively — especially at things in the background. Only a sharp (and quick) eye can watch the now classic "Dancin' Homer" episode and notice that one of the signs on the outfield wall of Springfield's baseball stadium reads: "Springfield Savings. Safe from 1890-1986, 1988."

This is why *The Simpsons* gets better the more you watch it. Each time, you discover something new you missed before.

Forget the complaints that it's a bad example for just about anyone who watches the show. Forget that, at times, its content is inappropriate for children.

The fact that *The Simpsons* is a cartoon is deceiving.

This is not a show for kids.

When Groening says his show is for those who "pay attention", he's not lying.

And now, with *The Simpsons: A Complete Guide To Our Favorite Family*, he trots out the obscurest of references, and the most memorable of quotes from his entire Simpsons repertoire.

The book takes you from the show's humble beginnings as cartoon shorts in between skits on *The Tracey Ullman Show*, to the conclusion of the eighth season.

Each page showcases a different episode, and is broken down to include a brief synopsis of the story, notable lines, exchanges, song lyrics, and memorable moments.

Fans of *The X-Files* can reminisce about Agent Mulder's cameo, in which the only thing he can say while watching an underwear-clad Homer jog on a treadmill is, "His jiggling is almost hypnotic."

Movie and TV references, and

musical, literary and historical moments are also documented, so fans can recount how Bart is bombarded by a barrage of snowballs (a la Sonny Corleone in *The Godfather*) in a scene from the Mr. Plow episode.

For good measure, Groening includes the blackboard gag from each episode for fans who always seem to miss the beginning of the show. People will no doubt be seen walking aimlessly down the street muttering, "I will not send lard through the mail" or "Wedgies are unhealthy for children and other living things" as a result.

After a while, you realize the book is set up just like the show — its references and nuances seem endless, and you're guaranteed to find something new and funny each time you pick it up.

This is the beauty of the show. Its producers are almost daring their fans to try to catch every little thing they throw at them. It's the ultimate challenge, and this is what should attract people to the show.

And although some would argue this book is strictly for the die-hard fan, it suggests that casual viewers — and even opponents of the show — might find something in its pages to like.

It really is worth checking out after all — just remember to pay attention.

## ELECTIONS 1998

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# Can you kick it? Rising high

BY JOHN CHICK  
Entertainment Reporter

The answer is yes, you can kick it.

Despite a wiring problem and several delays, the *Can We Kick It?* show kicked it for fans in the Student Centre Wednesday January 28.

Set up by SAC as a prelude to Black History Month, the show featured a handful of local hip-hop groups and DJs.

"I think it's a good way to lead into February," said SAC President Shirley Forde, who planned the event with the help of Project Soul, a non-profit urban entertainment group.

Featured acts, Harpoon & Rahmel, Citizen Kane, and Mathematiks, pulsated the student centre, attracting more than attention.

"It was pretty good," said Humber student Matt Juras, who was passing through and got caught up in the hype. "It's good to see an outlet for hip-hop talent in Toronto."

And that is the goal of Project Soul.

"We're trying to dedicate Canadian urban culture," said Lester Sabilano, one of the group's co-ordinators. "Through hip-hop and other products of

urban culture, we can create a showcase of the urban scene."

The best way to promote the scene, Sabilano said, is through shows like this, and others the group had set up.



Show had local hip-hop groups and DJs.

"We want Toronto to have the same kind of urban pride that exists in places like New York and Chicago."

Taking in the scene at Humber, Brampton rap duo Harpoon and Rahmel said they preferred doing shows like this to ones in bars.

"People appreciate you more in places like this," said Rahmel. "But you can't deny there's more energy in bars."

The duo have been in the rap industry for nine years, and their inspiration comes from a lot of old school; GrandMaster Flash, Public Enemy, and Bob Marley.

Harpoon agrees that Project Soul's mission is a good one.

"It gives us a chance to get out there more, and with (Black History Month), we're supposed to get a lot of gigs."

Project Soul's future plans include expanding outside of Toronto into other Canadian cities. As well, they want to set up a kind of scholarship plan for young musicians where students with a certain grade average can be hooked up with record financing.

Apart from being an introduction to Black History Month, the Humber show was also a preamble to the bigger *Can We Kick It?* show taking place February 5 at Toronto's Club Industry.

Hosted by Double Soul and DJ X, the industry show will feature DJ's Dscratch and Lil' Jazz, as well as graffiti artists Duro3 & Case, which should make for a high-energy performance.

BY SOMA GOBIN  
Entertainment Reporter

*Deep Rising*, written and directed by Stephen Sommers (Perfect Alibi), comes together like a collage of scenes from *Titanic* and *Alien: Resurrection*, but with its own spooks and surprises.

The cast, though not well-known actors, took what could have been another second-rate horror/monster flick and made it a must-see performance.

*Deep Rising* opens up with the Saipan, a ship captained by John J. Jinnegan played by Treat Williams (*The Devil's Own*). He and his mechanic, Pantucci, played by Kevin J. O'Connor (*Lord of Illusions*) and first mate, Leila, played by Una Damon have been hired to transport a suspicious group of passengers and their cargo of weapons.

Subplot to this is the mayhem aboard the Argonautica, one of the largest luxury liners in the world.

The vessel's navigational equipment mysteriously shuts

down leaving the liner vulnerable to attacks by voracious serpents from the South China Sea.

When the Saipan's crew finally boards the cruise vessel they find only three passengers, a jewel thief, and the ship's owner the captain.

The remaining characters are all villains in one way or another and together, these survivors of the monster's initial attack must find a way to trust each other and stay alive.

This becomes increasingly difficult as the monster proceeds to snatch the survivors one by one.

Although the dialogue becomes transparent and forced at times, the storyline and cast are strong enough to carry the movie to its conclusion.

Williams, as the smuggler and captain of the Saipan, brings a new breed of superhero to life. He's confident without being overbearing and his character's lighthearted retorts are well-timed to put the audience at ease before scaring them out of their wits.



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# Et Cetera Sports

## Blue collar Hawks

Hawks make hard work for themselves in victory over Mohawk College

BY KRISTI SMITH  
Men's Volleyball Reporter

The Humber Men's volleyball team defeated the Mohawk Mountaineers in three straight sets on January 30 (15-10, 15-13, 15-7), but it was one victory that did not come easy.

Humber was in for a fight when they headed to Brantford for the rematch with the Mountaineers. (Humber demolished the Mountaineers at home the week before.)

"We'd been expecting a different team all week," said the Hawks' Joe Fortnum, "but we didn't come out playing like we were prepared."

There was a lot of energy in the air as the game got underway. It was evident that a battle was brewing as the tempo was fast and furious.

Humber had only managed to get a 4-1 lead before Mohawk began to surge.

Mohawk kept pace with Humber throughout the set, never allowing them to pad their lead by more than four points.

"The difference was with us, not with them," said Hawks' Head Coach Wayne Wilkins. "We played into their game plan for a little while. We fell back on our heels a bit because we were waiting around for them."



PHOTO BY KRISTI SMITH

A Hawk player punishes a pair of Mountaineers in the team's three set win over Mohawk College.

With the score 11-9, Humber began to pull away, essentially unchallenged for the remainder of the set. Matt Tim had the spectacular kill for matchpoint, and Humber won by a score of 15-11.

The second set was a thriller from start to finish. It was Mohawk who exploded off the blocks, and Humber found themselves down 4-0, an unusual position for them.

But they quickly bounced back and evened the score. The lead then began to see-saw back and forth between the two teams as several exciting rallies ensued.

Humber appeared to be suffering from a lack of concentration, however, which resulted in a

number of mental mistakes.

"I've told the guys from the start that it's okay to make effort mistakes, but not non-effort mistakes," said Coach Wilkins. "We made several tonight. They out-blocked us 7-3."

After battling to a 9-9 tie, Mohawk began to pull away, and it seemed they were poised for victory.

But with the score 13-12, emotions were brought to a boil with a controversial call.

The referees called Mohawk for last touch in the rally, and Humber was awarded the tying point. But that wasn't the end. The Mountaineers were visibly upset, and when their coach swore at the referee, Humber was awarded match point.

This decision would be the turning point in the match, perhaps even the game. Mohawk's momentum came to a grinding halt, and Humber put the set away by the slim margin of 15-13, served up by Tim. He played an outstanding game, adding 15 points in total offence.

Matt Cunliffe was instrumental in digging Humber out of the hole in the set. He played well defensively, while adding 13 points. But he directed the credit elsewhere.

"We were going slow at first," he said, "but Chris Wilkins gave us the diversity we needed to change the pace of the game."

It was basically all Humber in

the third set, who doubled the Mountaineers 15-7 to take the set and the game.

So while it was a tough going for a while, Humber proved they were the best team in the end.

Co-Captain Tim Pennefather had yet another outstanding game, turning out 24 points in total offence. He blasted three aces in a row past a stunned Mountaineer squad in the third set, for a total of six on the night.

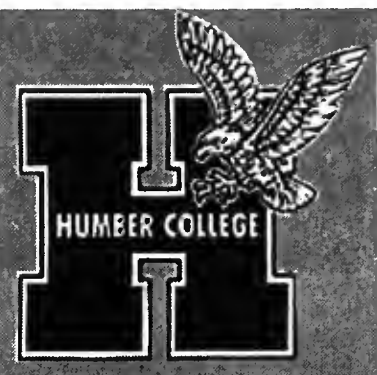
The bench was quite impressive this game for Humber, who were missing key player Tim Ryan to the flu.

"Bobby Schmitt stepped in and did more than his job for us tonight," said Pennefather. "He came through for us when we needed him. (Matt) Jahnke, and (Darryl) Bryan also played well tonight. They all managed to keep us focused."

Hawks' Assistant Coach Eugene Selva conceded that it was a good game but had some advice for his team.

"It's coming to the end of the season, so it's important that we don't lose our focus," he said. "We still need to work on our defence, and have to pick our game up to a new level."

The Men's Volleyball team travels to Barrie on February 4 to meet the Georgian Grizzlies in their last road game of the season, then they take on rival Niagara College at the Lakeshore campus on February 7.



### HAWK ACTION

The upcoming week for the Humber sports scene

• Thursday, Feb. 5 : Men's Ice Hockey play U of T Erindale in the opening game of the Peter Maybury Cup at Westwood Arena. Game time is 3 p.m.

• Friday, Feb. 6 : Gold Medal game of the Peter Maybury Cup takes place at Westwood Arena. The puck drops at 2:15 p.m.

• Friday, Feb. 6 : Women's Basketball team play George Brown at the St. James campus. Tip off time is 6 p.m.

• Friday, Feb. 6 : Men's B-ball team also play at George Brown. Game time, 8 p.m.

• Saturday, Feb. 7 : The Women's Volleyball team host Boreal College at 2 p.m.

• Saturday, Feb. 7 : Men's Volleyball team plays Niagara after the Women's game. Start 4 p.m.

• Saturday, Feb. 7 : The Men's Basketball team takes on Sheridan College in Oakville at 8 p.m.



PHOTO BY KRISTI SMITH

A strong offensive attack made the opposition run all over the court.

# Miracle on ice, part two

**Underdog Hawks beat Seneca 11-6 in a game they weren't supposed to win**

BY NEIL BECKER  
Men's Ice Hockey Reporter

With a boisterous crowd cheering them on at Westwood Arena, the underdog Humber's Men's Hockey team came up with a gut-wrenching 11-6 win over the Seneca Braves, a team that is ranked fourth in Canada. The game illustrated how much the Hawks have gelled as a team since the beginning of the year.

"I knew that our squad had improved for two reasons. The work that Paul has done with the team from the outset, and the commitment to the players. They have come together. I wanted to be competitive with them (Seneca). At the end, they left the game knowing they were in a hockey game," said Assistant Athletic Director Jim Bialek.

The Seneca squad began by pinning the Hawks in their zone for the first few minutes of the game, but could not register a decent scoring opportunity.

The Hawks weathered that storm, and came back up ice to score and draw first blood. Winger Iliia Martinovich got his first of three goals when he capitalized on shoddy defensive play by Seneca. Martinovich took a pass from Jarrod Hebbs, and snapped a wrister past the Braves' goalie.

That didn't deflate the confidence of the Braves as they continued to punish the Hawk players in their zone, while shooting at the Humber goalie at will. Finally, the hard work for Seneca paid off when Ian MacDonald picked up a loose puck at centre ice and coasted in over the Hawks blue line, before whistling the puck behind Duane Crocker on the stick side, to square the affair at one.

Soon after, a forechecker took advantage of a giveaway by a Hawks defenceman. James Coleman took a short pass and put the puck into the net.

Humber showed resiliency and character by not quitting against a team that was supposed to be more talented. The Hawks dug down deep and applied countless waves of pressure at the Seneca netminder, before banging home the tying marker at the half way mark of the first. Richard McKenzie sent a pass to Captain Jeff Bain who took three quick strides in Seneca's end, before picking the corner. With a little under three minutes left in the period, the Hawks got a huge goal when Martinovich scored his second of the game. He picked up

the puck at the Seneca blue line and skated in a few strides before wristing a missile low into the glove side corner.

The second period opened with the Hawks dominating the play. Brandon Dunkley scored a "garbage" goal, to give the Hawks a two goal advantage. The play began when Nick Joosten took an Al MacInnis-like slapshot only to be denied by the goalie. Dunkley was on the goalie's doorstep, and stuffed the rebound into the net.

"I saw the puck was loose. I saw the empty net, and I pounced on the opportunity. It went in and I felt good," said Dunkley.

The Hawks were standing up at their blue line and forcing Seneca to dump the puck and chase it down. The strategy broke down when MacDonald notched his second of the night, to narrow the Hawks lead to 4-3.

The fifth Hawk goal was a highlight film goal. Corbie Kent sped into Seneca's end before faking out a defenceman and slipping the puck home between the goalie's pads.

With three and a half minutes left in the second, Seneca got a goal that sent the message to the Hawks they weren't ready to quit. MacDonald, easily the star of the game for Seneca, glided untouched into the Hawks zone, before letting go a shot that went between Crocker's legs, to make it a 5-4 game.

**"The crowd support makes a definite difference in the game."**

— Richard Wand

With a little over one minute to play in the second, the game resembled the NHL in the early 1970s, when the Broadstreet Bullies were in their hayday.

An altercation took place between rugged defenceman Mike Collins and a Seneca player as they became involved in a slugging match. At the same time Bain emerged from the bottom of a pile of players with his shirt soaked with blood after being pummelled.

"I had the puck and drove to the net, and that's when my helmet popped off. After I hit their goalie, he gave me a couple of shots. Then he banged my head," said Bain.

Roughly three minutes into the final period, Martinovich scored his third goal on a determined solo effort. He used his speed to catch up to the puck at the Seneca blue line, and skated in alone on a breakaway. He shifted left then right, before roofing the puck into the twine for a 6-4 Hawks lead.

"I knew that I was the last guy.



PHOTO BY NEIL BECKER

**Iliia Martinovich (27) follows teammate Rich Wand (4) to the net during Humber's 11-6 win over Seneca. The Hawks beat the Braves, who are ranked number four in Canada.**

I knew what I wanted to do," said Martinovich.

Humber turned on the power, to the delight of the crowd, and began to run away with the contest. Richard Wand scored the seventh Hawks. Twenty seconds later, the offence struck again. This time Wand picked up his fifth point by threading a perfect pass to McFadyen who was alone at the right of the Seneca crease.

The ninth marker came when Hebbs took control of the puck at the right side of the opposition's goal crease, and delicately slipped it into the net. The rough stuff began again, as rookie forward Steve Knowles, got into fisticuffs with a tough Seneca player off the draw. Knowles threw some dandy haymakers before taking an early shower.

Wand collected his sixth point by picking up a loose puck at the left hand side of the Hawks blue line and skating coast to coast before undressing the goalie, and putting it in low.

"I got lucky tonight. I just wanted to get it to the net, and I saw the goalie open up his legs and I put it in. The crowd support makes a definite difference in the game. I wish we could get more people out," said Wand.

The Hawks, who were content to sit back on cruise control and play the dump and chase, got burned for two quick goals to make it 10-6 and giving Seneca some faint hope.

The final goal was scored by checking forward Kevin Hole. He took a pass from Wand, and wristed the puck up and over a prone goalie. "Basically all I did was go to the net and Richie put it on my stick," said Hole.

Coach Masotti was thrilled with the way his boys played.

"They were getting frustrated. They were getting blown out by a team that isn't Varsity. They are the number four team in Canada, and we embarrassed them. Every guy wants to represent Humber. We want to represent Varsity next year. Overall, we beat them in the fights and scoreboard. The score-


board hurts more," bragged Masotti.

The Hawks are on the ice next on Thursday, February 5 when they play the opening game of the Peter Maybury Cup, which is being held at Westwood Arena. Humber plays U of T Mississauga at 3 p.m.

Athletes of the Week

## In the Hawks' Nest


### Female: Nicole McLean



Hawk forward Nicole McLean helped the Women's Basketball team to a 65-42 win over the Seneca Scouts last week.

Nicole was named the Hawks representative for the all-star game at Durham College.

### Male: Al St. Louis



Humber guard Al St. Louis enjoyed a stellar performance against the Seneca Braves on January 28.

He scored a season high 40 points, including a free throw in the dying minutes of overtime to help the Hawks to a 92-87 victory.



# Men's b-ball put in some overtime

BY MARK SUBRYAN  
Men's Basketball Reporter

Last week the men's basketball game had more drama and excitement in it than an intern at a late night "meeting" in the Oval Office.

The Hawks won a thrilling overtime victory against their cross-town rivals, the Seneca Braves, by a 92-87 score.

The Hawks improve to a record of five wins against three losses.

Watching the Hawks play in this game was like watching Texas Ranger stopper John Wetteland close a game — they both have some insane reason to do things the hard way.

At one point, the Hawks held a 19-point lead with about nine

minutes left in the game. However, due to offensive lapses and foul troubles by the Hawks, Seneca clawed their way right back into this game.

"This was one of the most emotional and exciting games we've ever played," said Coach Mike Katz. "When we went down by five in overtime, I just became calm and told them (the Hawks) that they weren't out of it."

Star guard, Al St. Louis, drained a free throw in the dying moments of overtime to seal Seneca's fate while at the same time making up for missing two free throws in the last second of regulation.

With Seneca pressing in the last few seconds of the game, St.

Louis was awarded two free throws with the score tied at 80, but he missed both.

St. Louis, who ended up as player of the game, scored an incredible 40 points — a season high.

The Scouts opened the game on a 6-0 run and held a lead by as much as nine, but Humber never quit.

This was definitely not a game for the weak of heart.

In the last five minutes of the game, the intensity reached a fevered pitch as both teams battled it out.

This was the first time this season that the crowd got caught up in the action.

Not one of the 200-plus people in attendance could sit still in the

dying moments of the game and overtime.

"It was a war out there," said Hawk forward, Rowan Beckford. "As a team, we grew up tonight. Every game we play from now on will be important. We have to play each game like it's our last."

Once again, the players off the bench played an integral part in this victory.

Silvio Carta came out and did what he does best — shoot threes.

Marcel Lawrence and Trevor Baptiste came off the bench and played with the determination needed in tough games like these.

Along with St. Louis, Jeremy Murray, Beckford, and Keffrin Dunson scored in the double digits with 13, 11, and 13 points respectively.

The previous week saw the Hawks lose a heartbreaker by two points to the Durham Lords.

"We did what we wanted to do," Katz said. "These were three important home games and we wanted to go 3-0 or 2-1 and we managed 2-1. If we win all the remaining games, we could finish second in our division and get a bye in the OCAA tournament."

This is easier said than done because the Hawks face both Seneca and Sheridan on their home turf and those two squads are going to be out for blood when the Hawks come calling.

The Hawks see action Friday, February 6 at George Brown. On Saturday, February 7, the team travels to Oakville for a rematch with the Sheridan Bruins.

# Off-beat Hawks still hit right note

BY ALDO PETRONE  
Women's Volleyball Reporter

Goliath defeated David this time around as the Humber Women's Volleyball team had little trouble beating Confederation College in straight sets.

The Hawks easily handled their opponents with scores of 15-7, 15-2 and 15-9, increasing their stranglehold on the Central Division with a 9-0 record.

The Hawks jumped out to a very quick 7-1 lead in the first game making onlookers believe the match would end early.

But Confederation made a small charge as the Hawks made numerous unforced errors, playing too deep and missing key receptions. The passing was also off on this night.

"We had a mental breakdown, but we over came that," said veteran setter Caroline Fletcher, who had two kills and five aces in the game.

Some Confederation points came off shots that accidentally hit Hawk defenders.

Confederation made it 12-6 before the Hawks took a timeout. A smart move it turned out, as Humber scored three quick points.

Richelle Elder noted the Hawks inability to adjust to the

slow pace of the game, and playing a tighter defence.

"We didn't play to our ability, to step in and pass the ball, we didn't play down to their level," she said.

The Hawks did adjust and swept through the second game in quick fashion, scoring 14 unanswered points.

Game three went relatively the same, with the bench players taking over. Humber leapt to an 11-2 score before Confederation called timeout to attempt a comeback.

But it was a futile effort as the Hawks supporting cast won 15-9 and put the finishing touches on an overall dominating match.

Elder noted the importance of game three.

"Matches like this give the bench a chance to play and get some work, and they went in and did a fine job."

Elder herself ended the game with five kills and one ace.

Top performers include Christine Rudics with 12 kills, two shots blocked and an ace for a total of 15 points.

Cindy Ross improved her rookie of the year chances with a 10 kill, two ace performance.

Jennifer DeMiranda also ended with five kills and one ace.

The team recovered well from

the miscues and errors in the first game to assert their dominance.

But according to Fletcher, despite playing well, avoiding the net calls, and playing up to their game, fine-tuning is required.

"We have to work on our serving and our free ball passing. Our receiving needs work as well," said Fletcher, conceding the team's one strong point.

"Our offense is awesome," she said.

The Hawks will try to keep the undefeated streak going when they travel to Georgian to play on Wednesday, February 4.



A Hawk power pounds ball through a Confederation College block.

## Have a heart

BY AILA Y. ALI  
Sports Reporter

Why not go all the way this Valentine's Day? Give your heart and get involved in the Heart and Stroke "Fit for Heart Fitness Blast" on February 13 at noon.

The action packed hour and a half fitness class will have many surprises, but participants don't have to commit to the entire time.

"It will give participants a taste of a number of different classes from boxercise and cardiofunk to high low," said

Leanne Henwood, Fitness Coordinator at Humber Athletics.

Prizes range from funky workout gear to watches for those who bring in the most pledges. Forms can be picked up from the athletic office. Participants are asked to give a minimum donation of a loonie with all proceeds going to the charity.

Organizers are promising a Valentine's surprise for all. So this year surprise your honey with a surprise, you'll have a blast and this one's good for you.

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# Mr. Humber Hockey

## Former Hawk athletic director and coach lends his name to hockey tournament

BY NEIL BECKER  
Men's Ice Hockey Reporter

The Humber Hawks will participate in the first annual Peter Maybury Invitational Hockey Tournament at Westwood Arena this weekend (Feb. 6-8).

The tournament honors a Humber hockey icon who served as a head coach for 10 years, as Athletic Director and the Hockey Co-ordinator for the Hawks.

Maybury's past accomplishments with the team include seven Provincial Championships, three silver medal and three bronze medal finishes at the National Championships.

Maybury, who now works as the Director of Students/Campus Community Services at Lakeshore Campus, gave credit to the Manager of Recreation and Facilities Jim Bialek, for making this Invitational a reality.

"Jimmy called me to ask if I

would mind if they had a hockey tournament named after me. I was flattered," he said.

The main objective during the first weekend in February, is to begin an annual tradition of the Maybury Cup tournament, which will give the players enjoyment and pride as they represent their respective schools by going all out and playing a fast paced competitive brand of hockey.

"It's all about fun. Hopefully, they can stay away from the extra curricular shoving. I don't think that's necessary, but it's often part of the game," Maybury said.

Maybury, who still straps on the blades, will be honored before the tournament gets started, by dropping the puck at a ceremonial face-off at centre ice.

The format is three teams in four divisions named in honor of past hockey players. There is the Fulton division, Maybury, Lorimer and Shutt division.

The idea for this tournament actually took shape last year when Humber held a small six team tournament. As a result of the successful tournament, Bialek, took action in organizing a tournament and giving it a

name. Hence, the Maybury cup.

"It (last year's tournament) worked out really well. It was a six team tournament. I was really



COURTESY PHOTO

Peter Maybury was the coach of Humber's hockey team from 1973 until 1983.

happy with the results. So this year we brought it back and doubled it in size and gave it an identity," Bialek said.

Bialek has been busy since the

fall, trying to get across the necessary information about the tournament, and attempting to get the different universities and colleges to participate.

"We spoke to people at the OCAA, to get interest up. In about October, we sent the first mailing package. About a month later, we submitted to all the Universities we could via fax, followed up by phone calls, got some commitments and followed up again to fulfil the roster," said Bialek.

As soon as next year the tournament may take on a new look depending on whether the Hawks receive full varsity status.

"If it goes to an inter-collegiate basis, a varsity team, we'll continue it but we'll have to bring it back to a different level, a different format, which maybe a pre-season OCAA tournament. If we stay as a club team, we'll bring it back as a club tournament," stated Bialek.

Two major companies have thrown their hats into the ring by helping to promote this weekend tournament. They will give away prizes all weekend long for player of the game.

The opening game for the

Hawks promises to be a spirited fast paced intense match, as they go up against their rivals from Erindale campus in a rematch of last year's final.

"It's interesting that the first game of the tournament is Humber verses U of T Mississauga. Last year's final game was tied after regulation,

**"Jimmy called me to ask if I would mind if they had a hockey tournament named after me. I was flattered."**

**-Peter Maybury**

tied after overtime, and won in an overtime shootout. That in itself will create a rivalry. It should be very exciting," said Maybury.

The tournament opens Thursday, February 5 at Westwood Arena. Humber's first game is 3 p.m. The Gold medal game is scheduled for Friday, February 6 at 2:15 p.m.

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## Close, but not quite

### Women's b-ball finally get's some competition - for about 10 minutes

BY ERIKA FORD  
Women's Basketball Reporter

It was supposed to be a battle of the two best teams in the division. Instead Seneca became just another victim in the path of the Humber Women's Basketball team.

The 65-42 victory was Humber's lowest score of the year.

"It was our worst game of the year in terms of shooting, but we still dominated," Coach Jim Henderson said.

**"It was our worst game of the year... but we still dominated."**

**-Coach, Jim Henderson**

Henderson wanted his team to focus on pushing the ball and getting easy transition shots.

"We got the opportunity for shots and lay-ups, we just missed all kinds of them," he said.

The Scouts stayed close to the Hawks for the first 10 minutes of the game, matching baskets and talking trash. But the Hawks tightened their defence, stayed out of the court talk and soon left their rivals far behind.

Forward Filomena Aprile welcomes the trash talk.

"It pumps us up. We don't talk back, we just play and get them where it hurts - with points," Aprile said.

The Hawks and Scouts had shared first ranking in the division, but the 23 point victory for the Hawks shows who's really number one.

Player of the game, Aman Hesebenebi, said the Hawks were up for the game.

"It was hype," she said. "We were both undefeated. It was intense and fun. (The game) was a battle for better position heading into the finals."

The next meeting of the teams will be on Seneca's turf, February 17. Aprile anticipates a more physical game with a lot of talking.

Henderson is not worried about the next

meeting. He knows his team will stay focused.

"We don't need to talk," he said. "All we tell them is, 'Just look up at the score board after the game'."

The Hawks play at George Brown on Friday, February 6.



PHOTO BY ERIKA FORD

**Tamara Cummings puts a shot over a defender during the Hawks 65-42 win.**



# Et Cetera The Last Word

27

## Office terms that sound dirty but aren't

1. I need to whip it out by five.
2. Mind if I use your laptop?
3. Just stick it in my box.
4. If I have to lick one more I'll gag!
5. I want it on my desk, NOW!!!
6. Hmmmmmm ... I think it's out of fluid.
7. My equipment is so old, it takes forever to finish.
8. It's an entry-level position.
9. When do you think you'll be getting off today?
10. It's not fair ... I do all the work and he just sits there.



*Do you find any of this amusing or offensive? Write or email to [humberetc@hotmail.com](mailto:humberetc@hotmail.com)*



**Et Cetera online ...**  
<http://etcetera.humberc.on.ca>

## ODD THOUGHTS

*If it rains in a cotton field, does the field shrink?*



Now what the hell am I going to do with this bladder?



## YANKEES

DAMN



tales of brilliance from south of the border

## Excuse me, is this your bladder?

**RICHMOND, Va.** - Thirteen days after surgeons removed her cancerous bladder, Virginia Broache discovered she had carried the organ home in her overnight bag.

A home nurse found the bladder Tuesday wrapped in a surgical towel, sealed in a double plastic bag and tucked into the bag Broache took with her when she was released last Monday from Bon Secours St. Mary's Hospital.

"I never thought anything like that could happen in the hospital," a shocked Broache said. "My doctor's been looking for my bladder."

Hospital spokesman James Goss said the specimen should have been placed in the hospital's pathology refrigerator for examination later.

"We're still investigating how that step was missed," he said.

"We apologized to the patient. We sent a medical courier to retrieve the specimen."

File from AP

SAC is turning up the heat for...

# WINTERFEST '98



## FEBRUARY 9 - 13

Let **SAC** help melt away the winter chills. Watch for these **HOT** events, burning up the campus

February 9

### Winterfest '98 Promo Booth

Outside of Harvey's at Registration Entrance  
Free popcorn, tote bags, lunch bags, balloons

#### FILL OUT A BALLOT TO WIN!

T-shirts, Valentine Teddy

#### ELVIS LIVES!

Meet Elvis and Marilyn Monroe

#### HENNA TATTOOING

Shams Esthetics will be doing FREE henna tattoos

#### KARAOKE IN THE STUDENT CENTRE

10:30am to 2:30pm all participants receive a T-shirt

February 10

### Alternative Rock In The Student Centre

11:00am to 2:00pm (2 live bands)

#### XXX RATED HYPNOTIST, TONY LEE

Back by popular demand in Caps!

Doors open at 8:00pm, show starts at 9:30pm

I.D. required - FREE

February 11

### Burr B. Q. In The Student Centre

Hot dog, popcorn and pop for only \$2.50

11:30am - 1:30pm

#### BUY YOUR TICKETS TO WIN!

A room for two at the Sheraton Centre (downtown Toronto) - includes room service, breakfast and valet parking, dinner for two at Joe Badali's and a bubble bath set from the Body Shop.

One ticket for \$2.00, three tickets for \$5.00

#### "MAKING IT SAFER" - HEALTHY SEXUALITY DAY IN THE CONCOURSE

11:00am - 2:00pm, free condoms, prizes to win include dinner for two at the Mandarin or Sunday brunch at J.J. Muggs R.N.'s available to answer questions about birth control, sexually transmitted diseases, emergency contraceptive pill, sexual assault, sexual orientation and more. Test your sex I.Q. or try a relationship quip with your partner.

#### REZ VALENTINE DINNER/DANCE

In the 7th Semester 6:00pm to 12midnight

Four-course prime rib dinner, \$25 per couple

Tickets available at the Rez.

#### FREE CONCERT IN CAPS

Featuring **Treble Charger** with **Weeping Tile** and **By Divine Right**

Doors open at 8:00pm

February 12

### Dating Game In The Student Centre

Sign up in the SAC office or come on down and watch the fun. Winners will receive dinner for two at the Keg, all participants get a free T-shirt.

The fun begins at 11:00am.

#### FORTUNES IN THE STUDENT CENTRE

Have your fortune told by fortune teller Dan Valkos, first come, first served, starts at 1:30pm.

#### VALENTINE PLANT SALE

African Violets, Cactus and Kalanchoe on sale outside of Tall Hats during the day and in rez in the evening! Buy your sweetheart a plant while supporting the Ontario Student Trust Fund.

February 13

### Wear Red

Wear red today! If the "SAC Cupid" spots you, you'll receive a free T-shirt. If you have this ad or the Winterfest '98 flyer in your possession, your name will be entered into a draw to win **\$100 CASH!**

#### SAC PRESENTS WINTERFEST LUNCH SPECIAL IN CAPS FOR ONLY \$3.00

Monday	Assorted sub & pop, juice or milk
Tuesday	Pizza, caesar salad & pop, juice or milk
Wednesday	Lasagna, caesar salad & pop, juice or milk
Thursday	Chili with rice (or) chicken with rice & pop, juice or milk
Friday	Jamaican patty with cheese, lettuce and tomato with chips (or) tuna salad sandwich with chips & pop, juice or milk

FREE small coffee or tea every morning in Caps from 8:30am - 9:30am all week long. Students only please.

#### CHECK OUT THE IMAGINUS POSTER SALE

in the Concourse, February 9, 10, 11

## Winter's Hot At Humber!