



# Students fight cutbacks

by Katherine Jackson and Kelly Wright

rally held to protest the proposed \$800 million in education cuts by the Harris government stopped traffic at College Street and University Avenue on Tuesday.

"Education is a right. We will not give up the fight," was among several chants shouted by students, educators, union members and parents making up over 100 people who marched through the streets.

Joel Harden, chair of the Canadian Federation of Students of Ontario, asked who the real education minister is.

"Who is the real Dianne Cunningham? Will she please stand up?" Harden asked. "One Cunningham is saying 'give students opportunity', the other is saying 'students are cheating OSAP'. She told students over the summer the worst was over."

Harden said over 2,000 students could go without

OSAP next year. Krystal Ann Kraus, a second-year Social Work student at Ryerson University, was one of many students protesting.

"Being the best you can be in life shouldn't depend on the size of your pocket book," she said.

Universities and colleges are said to bear most of the proposed cuts. Targeted areas include students who receive assistance from the government. About \$41.3 million could be taken from student aid with interest rates on the rise. On Nov. 18 the government announced three actions to make OSAP a more efficient program. Tighter credit, screening criteria, an improved income verification system so students don't receive more than they're entitled to, and encouraging institutions to take further steps to reduce defaults by lowering the default-rate threshold are part of the action plan.

Harden told the crowd of protesters the government is out to criminalize people and crack down on those who are poor.

"It's a private university scam - it's not the brightest minds, but the biggest pockets," he said.

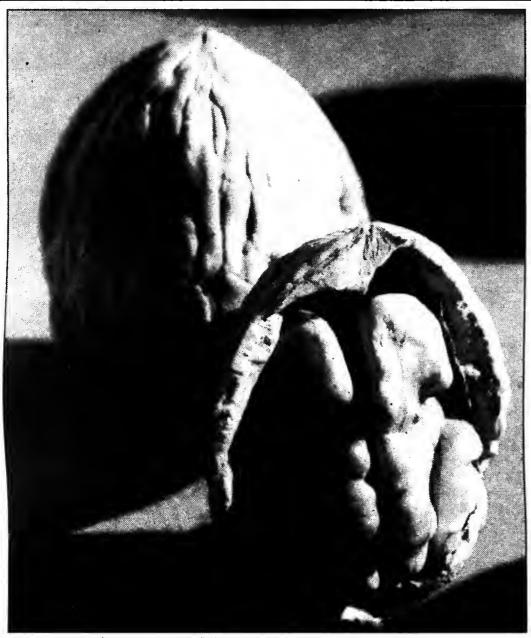
About \$60 million in savings accumulated by Ottawa's Millennium Scholarship fund could go down the tubes. Tracey Boyer, former SAC president and current Executive Director of Ontario Community College Student's Parliamentary Association (OCC-SPA), said the government isn't going to invest money into the Canadian Millennium Scholarship Fund.

"They said this after promising to invest money into the scholarship fund. This is a major issue," Bover said.

Other cuts include \$400,000 from plans for a province-wide digital library. \$11.6 million from an already delayed plan to require university degrees for registered nurses and \$2.9 million in grants to unnamed universities. It was also revealed that Toronto and Ottawa universities will face an additional impact.

- see protest page 2

# Photo of the week



"My Nuts"

by Ricardo Lima, first-year Creative Photography student

#### **Cuts Protest**

- con'd from front

It's not just university and college students who are concerned about their futures. High school students shared their feelings at the demonstration as well. Lindsay Reimers, a Grade 12 student at Ursula Franklin Academy said nothing is possible in our society without education.

"I think it's a travesty that we can't rely on our education system," she said.

Liz Kesten, a Grade 12 student at Inglewood Community High School was one of the first few to arrive at the steps of the Education Centre.

"The government has made such enormous cutbacks, they expect us to overreact," she said. "With the cutbacks, they're limiting our choices with raised tuition."

The protesters made their way to College and University, stopping

traffic for a few minutes before marching to Queen's Park and down side streets, ending up at the Ministry of Education in Training building. Erin George, SAC President of Ryerson University, thanked the protesters for holding a 'peaceful rally', though it was reported on the evening news that two people were arrested for disorderly conduct.

Emphasis was placed on Access 2000, a demonstration to be held on February 2, 2000 at Carleton University. George told the crowd it could be 'the biggest protest in Canadian history', where the implementation of the proposed cuts will be targeted.

Sarah Barton, a second-year Nursing student at Humber, participated in the protest and said she was impressed with how organized it was.

"It was peaceful and I think we really got a message across," she said. "I was really impressed at how professional it was. It was organized well and the message was clear; we don't want our education to suffer at the hands of the government."

Humber's SAC vice-president Chuck Decker said he doesn't really like the proposed cuts."They keep saying they'll put more money into education, but they're screwing the future," he said. "They're not thinking that these people are the ones who will be taking care of them in the future." Decker added the government is just trying to "balance the budget any way they can."

SAC North President
Muhammad Virk and SAC
Lakeshore President Toby Warnell
were unavailable for comment.

Only time will tell what the government will do with education's future. Harden said students know there's going to be a knock-out punch from the government.

"Students won't be caught flatfooted," he said.

# \$700 million not enough for homeless

by Mark Bennett

The proposed \$700 million being considered by the Federal government to address homelessness in Canada over the next three years is seen as just a 'drop in the bucket'.

Toronto councillor, Jack Layton, thinks the proposal fails to look at the real issue. "It's a start, but it doesn't capture the magnitude of the problem," he said. "We need even more money to create new, affordable housing."

In a leaked document reported in the Toronto Star, the push for increased spending on the homelessness plight, is being spearheaded by the Minister responsible for homelessness, Claudette Bradshaw and Public Works Minister, Alfonso Gagliano.

Bradshaw, who recently toured the country to meet homeless people and activists, is proposing an increase of \$500 million over the next three years to go towards implementing recommendations from the Anne Golden Report which urges Ottawa to spend more on housing for the poor. Gagliano is requesting an additional \$200 million to provide grants and loans for renovating buildings to create shelters.

Peter Zimmerman, executive assistant to Toronto councillor Jack Layton said the current homeless crisis is a result of the Federal government's neglect.

"It's a failure of the government over the last eight years that has resulted in this situation. That's how long the Federal government has steadily downloaded all social spending responsibility to the provinces," he said. "Since 1992, the government has stalled housing development and that's created an inertia in that area because provinces don't have the money to address this need."

Zimmerman said there is speculation that the Federal government is reluctant to give the Harris Tories funding for the homeless situation

"It's been said openly by the Feds that they shouldn't have to pay for Mike Harris' tax cuts," he said. "But people on the street don't care about the relationship between the Feds and the Tories; a higher moral responsibility exists — and the Federal government will be duly recognized for that."

Omar Karimi, a social worker at School House, an emergency shelter for men, said they are already feeling the crunch of providing space for people this winter, but they welcome the idea of more money even though they feel the proposal doesn't go l'ar enough.

"There are more and more people living on the streets of Toronto. We have only 25 beds at School House, but every night we have more than 50 men coming for shelter," he said. "The government's cuts to our budget means we have less money for staff. I'm doing three jobs right now: a social worker, housing support worker and program assistant," said Karimi.

Peter Shand, 41, who has been living on the streets for two years and has seen numerous shelters come and go, said it's time the Federal government does something to help homeless people.

"There was a time when Canada's government cared about people. There are women and kids living on these streets, and it's by the mercy of God why most of them are surviving," he said.

Kamiri said he can't understand the government's lack of urgency on the homeless issue. He said money is needed to help provide adequate shelters for the more than 5000 homeless people in Toronto.

"Lots of shelters can't even operate — they've been closed down because of the cuts, but that doesn't stop the number of people who still need a place to sleep," Kamiri said.

The Golden Report recommended \$300 million in federal and provincial funding to fight homelessness in Toronto. It's not known however how much of the \$700 million, if approved, would be embarked for Toronto's homeless.

Ottawa will rule on the proposed spending within two weeks, and Finance Minister Paul Martin is expected to announce the amount in the 2000 budget.

#### New chapter for bookstore

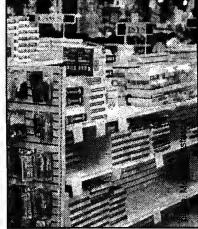
by Melanie Justason The North Campus bookstore will be opening a new chapter with a new look.

A trendy facelift will replace the outdated look the bookstore has now. Couches, candy, and bulk items are possible suggestions for the new look.

"We will concentrate more on general reading material, perhaps even having couches to sit on while looking through books and magazines," Mitch Walker, the manager of the North campus bookstore said.

Walker said surveys done at Humber have shown students want a whole array of things such as Internet stations, expanding candy selection, maybe even bulk items.

He added although the develop-



Facelift for bookstore

ment is still in its early planning stages, the renovations should start in either April or May and be done in plenty of time for the fall flow of students.

"Student's don't have to worry," he said. "The pricing policy will not change."

Walker said the entire tab of the renovations will be picked up by the company, Follette of Canada, that runs the bookstore.

"The bookstore will be a lot more functional," Walker said. "We are looking into getting more services for the students."

The look will be similar to the newly renovated Lakeshore bookstore, but on a broader scale.

For the North campus bookstore, which hasn't been renovated for five years, this means a better layout with more cross merchandising.

An example would be placing stethoscopes and lab coats beside the textbooks dealing with nursing and other similar courses.

Walker said the bookstore will remain open during renovations especially for students who have summer classes.

"There will be a brand new bookstore when they come back in September but all services will be there and in place during the renovation," he said. "We are very excited."

# Security questioned

by Lara Rizzo

recent incident at Caps has security officials taking a closer look at their safety procedures.

Last Thursday, two girls were involved in what they described as a "gang molestation."

Erin Lippens, a second-year Journalism student, went to Caps with a friend where they were surrounded by about four or five males who were persistently rubbing their bodies against them.

They were in a circle, with the relatively large males harassing them with rude gestures.

The manager of Caps, Kenny Dimech, said that the males involved in the incident have been banned from the pub, but their names have not been released.

A friend of Lippens, first-year Law Clerk Lisa Yanaky, wrote a letter to Et Cetera's editor expressing her anger about the Caps incident. An excerpt from the letter

"A group of four or five guys would drag a girl into the middle of their circle and grind up against her while she fought desperately to escape. This was occuring in full view of at least two security guards. Finally one girl gave the

biggest guy a mighty shove and while he stood there glowering at her, one security guard came over and just stood there pointedly."

Lippens said the males were acting "like a pack of wolves on a little bunny."

Lippens said she and Yanaky, who was unavailable for comment, were having a good time at the college pub, dancing and minding their own business, when they were approached by the males who refused to leave them alone.

Lippens said security was standing nearby in full view of the males when the inappropriate behaviour began, but nothing was done until the girls approached security who responded, "yes we are keeping an eye on them."

"After approaching security we went back to dance and they decided to come back to cause more trouble. We gave them no attention and felt very uncomfortable," said Lippens.

Dimech, told an Et Cetera reporter that he was not fully informed about the situation immediately.

"A situation such as this should have been dealt with promptly," said Dimech.

However, Lippens said security

officials were not prompt with taking action. She added that from the time the males grabbed her friend on the dance floor to the time when the girls reported to security, it had been at least 45 minutes after the incident initially began.

"I would like to believe that my security staff at Caps are trained to make students feel safe and comfortable," Dimech said.

"However, when there are big problems, I can't have them slide by because safety to me is the number one factor in making my place a secure place," he added.

Lippens said, "to security it did not seem like a huge issue and it was not until we complained that something was officially done."

She added a security guard "approached the males with a rough look and stood close to them as if his looks were intimidating to the males."

Security should have handled the situation at the first sign of the trouble, and given the males their first and last warning, Lippens

"You just don't grab a girl and think that it is fine. It must have been the atmosphere for them to act this way," Lippens said.

# Students in rez caught with dope

by Jenn Cochrane ne Humber student has been evicted from residence and seven others are on probation after a joint was found in a room.

Rez student Eric Charlebois was evicted on Nov. 11 after a marijuana joint was found in his room on Halloween.

According to Charlebois, he and seven others, all Humber residents, were sitting in his room with the door open, when Resident Advisor, Sue Smith, came to the doorway and asked them to be guiet. She saw the joint and filed a report with Residence Life Coordinator, Michael Kopinak.

Charlebois said he was then given an eviction notice.

"I don't think it's fair. I don't do drugs and now I'm out on the street for something I didn't do," he said.

One other resident, whose

holding the joint when Smith walked in. He also received an eviction, but appealed it and won because he said the joint was not his. He remains living in residence but was put on probation and must do five hours of community service every week for the remainder

The other people in the room were also put on probation. They have to complete six hours of community service within residence.

"I would love to have 10 hours of community service a week rather than where I am right now," Charlebois said.

Charlebois also appealed his eviction, writing a letter to Judy Harvey, Dean of Student Services. He claimed the joint was also not his. Charlebois met with an appeal board, involving Harvey, another student services administrator and here," Charlebois said.

name cannot be used, said he was a student. His appeal was denied.

"I got the feeling that they had made up their minds before I got there," he said about the appeal committee.

This was Charlebois's first offence in residence. He was forced to drop out of his program and return home to his mother's house in Iroquois, saying he could not afford to live off campus.

He will receive the second semester payment from residence but said his tuition money will be put into the bank to pay his OSAP.

He is now having difficulty finding a job, and to top things off, his father refuses to speak to him.

"All the good jobs need a college education and I don't have one," he said. "He (my father) thinks I'm a drug addict. My mom isn't mad. She's glad I called and didn't start living on the streets

Charlebois said he feels alienated at home in Iroquois. He doesn't go to church or out in public very often because he doesn't want to explain to people why he's home from college.

"I have to lie and make up a story to tell people why I'm home. They think I went off to college and lost all my values and started doing drugs. It's embarrassing," he

Kopinak said Humber residence has a zero tolerance drug policy and they take drug offenses very seriously. If a student is found with drugs in their possession, they will be evicted. If the residence has suspicion, but no proof, then the student is required to meet with Kopinak. They will discuss the penalty for drug possession in residence and the student is given a warning. A student has to be seen in possession or has to admit to

possessing drugs.

"If we smell it or we knock on your door and you take a long time to answer, we can't do anything. We will have a meeting about it though. But if we catch you with it, you'll be dealt with more severely," Kopinak said.

Kopinak was unable to comment on this specific situation for legal reasons.

"We know about the zero tolerance policy in residence. If you are going to have drugs, keep them hidden. Don't flaunt them around RAs," said Tracey Snider, a second-year Nursing student.

"He shouldn't be evicted, there's some things you can't control. Each case should be handled individually," said Paul Lessard, a first-year Architecture student.

"If anyone is put in the same position, they should fight it. Don't give up," Charlebois said.

# Hefty price tag with Microsoft deal

by Melanie Justason

AC wants to know if students are willing to pay about \$20 more in Information Technology (IT) fees for copies of Microsoft software for their personal use.

"We either all get it or we don't," President SAC Mohammad Virk said. "Either everyone pays or no one does."

A student would be able to take the CD for the programs home and download it on to their home computer, then return the CD.

The programs offered would be Microsoft Office standard and professional editions, Office Macintosh edition, Windows and upgrades, BackOffice, server client access license (CAL), FrontPage – a Web-site developer, Visual Studio.

The professional edition and office program are step by step interactive programs offered by Microsoft Press which are on-line help programs.

Macromedia, a world leader in software, offered \$500,000 worth of its latest programs last year to Humber; the only campus approached with such an offer.

"Microsoft approached Humber because of its IT program," said Virk.

"It's not fair," he said. "I have friends that can give me the programs for free."

- Melanie Beldock, first-year Recreation and Leisure

Right now, Microsoft only offers this deal to full-time staff and labs at Humber.

If Humber decides to cancel the Microsoft agreement, students would be legally bound to delete all of the programs on their home computers.

Melanie Beldock, a first-year Recreation and Leisure student said she would definitely consider using it.

"Who's going to notice an extra \$20?," she said.

However, she admitted that she does understand why some students would have a problem with the fee increase.

"I do think it would be hard to make people pay when they won't use it."

Qaisar Qureshi, a second-year Electronics student, said he wouldn't use the software and shouldn't have to pay for it.

"It's not fair," he said. "I have friends that can give me the programs for free."

SAC invites any student who has questions, comments, or concerns about the Microsoft deal and the increase in IT fees to go to the SAC office at KX107 and talk with a SAC member.

#### Meet new HSF

#### Students encouraged to attend information forum

by Melanie Irvine ome one, come all -SAC is inviting students to attend a public forum on the new constitution for next year's new student government, the Humber Student Federation

On Tuesday Nov. 30 in the Seventh Semester room near the Pipe, SAC members will explain changes that have been made to the SAC constitution from 1:30 p.m. to 2:30 p.m.

SAC President Muhammad Virk is urging students to attend. this forum so they will know what to expect next year and how the HSF will handle student affairs.

"We're there to answer any questions," Virk said. "That's the purpose of having this meeting."

Both Lakeshore and North campus executives will be at the forum as well as representatives from the Council of

Student Affairs (CSA) to answer any questions students may have.

The CSA considers this meeting mandatory for discussion of the new constitution and the HSF development, but SAC vice-president Chuck Decker said its purpose has changed.

Originally the meeting was meant as a way for both SAC and the CSA to discuss the new constitution, but now the focus is more on students and their opinion.

"This meeting is part of the time-line that CSA voted on," Decker said. "They thought there needed to be a meeting to discuss it, but now this is more of an information session than what it was meant for before."

Decker said SAC isn't quite sure what students' reaction will be to this.

"We're just hoping students will come out and voice their opinions," Decker said.

# Longer SAACnet hours available

by Jennifer Zalitack iudents can get more work done with the SAACnet lab Open two hours longer on weekends.

Since the beginning of this semester, the lab, located in H205, has been open from 9 a.m until 7 p.m. on weekends. Their hours during the week are still 8 a.m until 10 p.m.

Lab co-ordinator Valerie Sprenger said most students go out on weekends, wake up on Sunday and remember homework they have due for Monday.

"Sunday night they realize Monday's coming and they want to crunch and get some work done enjoys the new hours in so we wanted to try staying open a bit longer those two nights to allow more access to the facilities," said Sprenger.

SAACnet Steering Committee, which deals with SAACnet policies and issues, approved the extended hours of the lab.

The committee is made up of students, administrators, techni-



Second-year Marketing student Ben Celetti, the computer lab.

cians, the SAC president and other SAC representatives.

Sprenger said the lab is being used a lot more by students compared to previous years.

"I do notice this year being more evenly busy. Last year almost every Friday would be quite relaxed. You wouldn't find people waiting to get to a computer very often," Sprenger said.

"You can come in and get a computer almost all day on Friday. This year that's not the case," she

"This year even a Friday you find people waiting a little longer to get to a computer," shesaid.

Tracie Scott, a second-year Travel and Tourism student, uses the SAACnet lab frequently because she doesn't have her own computer.

"I go two to three times a week. I usually go around 6 p.m because it's less busy. I'm very happy it's there and the hours are longer," Scott said.

"If it wasn't there, I don't know what I'd do."

Her only complaint is with the students who use the lab for things other than schoolwork.

"You notice a lot in the day that there's a lot of people in there emailing or on the Internet," Scott said.

"With it being busier in the day, it's harder to find a computer, especially with people playing around on them."

There is also another SAACnet lab located in N205, which is meant for more high end users. The hours for this lab have not been extended.

"It's meant for people programming in assembler language which is the basic computer language."

"It's more for the high-end user, not the web browsers or emailer. It's meant for a different use," said Sprenger.

"I'm very happy it's there and the hours are longer. If it wasn't there, I don't know what I'd do."

Tracie Scott, second-year

Sprenger said the benefit of

using either SAACnet lab, is there

Travel and Tourism student

are no classes scheduled in there.

"It's always a first come, first served environment. And (students) know it will always be available."

"It's not ever going to be 'Oh you can't come in right now- we have a class," said Sprenger.

She added the lab monitors are in the SAACnet lab even though they are responsible to help in other labs.

Two years ago, SAACnet experimented with staying open until midnight on Monday to Wednesday, but not enough students used it to make it worth while.

Sprenger said that students need the open lab to get their work done, especially if they have long breaks in between classes.

"I think it's a great idea. I commend the students who thought of this idea.

"I think it has gone really well, and the students appreciate it. I'd hate to see what their life would be like without it," said Sprenger.

# Colleges suffer from financial cuts

by Nicolette Beharie

The ability of Ontario's 24 colleges to produce well educated graduates has been steadily eroded by funding cuts made over the past decade, according to a recent study released by York University's Centre for Research on Work and Society.

Statistics were compiled from random interviews of 517 college professors, documentary data from government departments, annual reports of Ontario's colleges, and interviews.

The report emphasizes the impact of a 21-per-cent cut in provincial funding from 1992 to 1998 — a period in which enrolment was up by 9 per cent.

Maureen Wall, president of the faculty union (Local 562), said the study confirms the experience of faculty over the last few years.

"At Humber we have 100 fewer faculty than we had in 1995 because of cutbacks," said Wall. "We've lost 20 per cent of our faculty positions."

According to the study, which was partially funded by the Ontario Public Services Employees Union (OPSEU), nearly half the faculty said they use fewer essays and assignments because there is simply no time to grade the work.

"Students are getting less education and they are paying more money for it," said Wall. The study reported that 65 per cent of college teachers said they have seen a serious decline in the quality of academic work produced by college students.

Humber College President Robert Gordon is confident the college is producing well trained graduates.

"I think we have very fine students, very fine programs, very fine teaching and we have high quality," said Gordon.

Gordon admitted that as a result of the government funding over the past few years, it has forced teachers to work harder and made it difficult for them to do an outstanding job.

Wall agreed with Gordon.

"They (teachers) now literally have to give 120 per cent, and it's taking its toll," said Wall. "I think that there would have been more erosion of quality if faculty hadn't been taking on more and more of the work trying to keep up with the standards."

Howard Rundle, chair of the Committee of Presidents for the Association of Colleges of Applied Arts and Technology of Ontario disagreed with the study's conclusion about the quality of education produced at colleges.

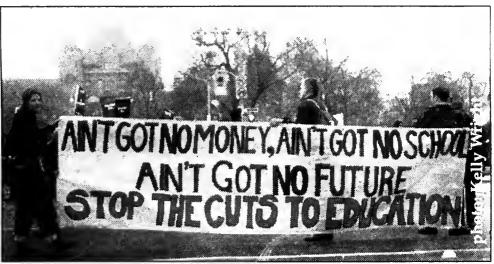
"There isn't real evidence that quality has gone into the dump – yet," said Rundle. "But that doesn't mean that we aren't underfunded and that doesn't mean there

isn't a danger of that if we don't get more funding."

Rundle said that with the enrolment increase of a predicted 21 per cent brought on by the 'double cohort' - the year both OAC and Grade 12 will graduate together because of the secondary school reform — colleges will need additional funding to cope.

the per student funding of colleges in Ontario to colleges in all the other provinces in Canada, I think you'll find that Ontario is the lowest," said Rundle. "Given that Ontario is one of the richer, if not the richest province, it's most unfortunate that the government should provide less money per student than all the other colleges."

Gordon said it's up to the government to find a solution for the funding problem.



Protesters rallied at Queen's Park on Tuesday to oppose proposed funding to cope. cuts to education. About 100 to 200 protesters attended.

"If there is no new money, we're certainly not going to get in some game of increasing the enrolment, so there has to be guarantees of capital and operating money," said Gordon.

"We aren't operating with enough money and there is a limit we can charge to students to make up for the loss of money from the government."

Despite the statistics, the author of the study Dr. Jerry P. White

found that there is still a strong public demand for a college education

"I think a Humber education has always been outstanding and we'll do our best to make sure it continues that way," said Gordon.

Both Wall and Gordon suggested that anyone with a concern for the future of education should speak with the members of parliament about adequate funding for post-secondary education.



Students rallied against education cuts on Tuesday.

# 20 STUDENTS TOOK OUR MONEY LAST SUMMER. AND WE'D LIKE TO NAME NAMES.

The following students are guilty of working their butts off for a variety of charities this past summer. Thanks for a great job, from your friends at **Labatt**.

SAMER ABBOUD

EMILY CHEN

EMILY CHEN

BESSICA FREEMAN

BONNI-MARIE FUGARO

LISA 1-TING FU

DEBBIE KOLOZSVARI

MICHEELE MORGAN

MARGE REEL LANDER

SHANDE MORGAN

CHRIS NEESER
NICOLE NILES
JEWNHER PENDLEBURY
ASABI PARKER
RICHARD SAMUEL
JERENA WELSH



nan Resources Development Canada

### **EDITORIAL**

#### Cutting it where it hurts

Ontario will have a serious problem it something isn't done about the Harris government and its plan to cut education.

It is obvious that Harris and his cronies do not have any forethought. They seem unable to realize that cutting education now will only hurt Ontario in the future. The economic improvents Harris suggested to encourage big business in Ontario are a form of money-first They are a americanization. neglection of our social fabric which makes Canada one of the best countries in the world. He neglects to take into consideration poverty levels versus costs of education, population versus accommodation, constant curriculum changes and the difficulties of the disabled. Attracting big business to the province is all fine and good, but if we don't have an educated populace then we are not going to succeed long term.

A study from York University says "while staff at Ontario's 24 colleges has the capability and commitment to produce well-educated and trained graduates, its ability to deliver this service has been steadily eroded by funding cuts over the past decade."

It really makes you wonder if we can suffer through more cuts

Harris talks about getting rid of the poor in this province, but he fails to take into account that a lack of education is a never-ending cycle of poverty. The only way to get out of poverty is through education. But if you can't afford it then you are doomed to a life of poverty.

Education is being turned into the story of the "haves" versus the "have-nots". With fewer students recieving loans, and higher interest for those lucky few who do, education will be left to those with money.

Amalgamating the colleges or so-ealled "rationalization" will see Toronto probably having one large college with Humber, Centennial, Seneca and George Brown eampuses. Of course that will mean some programs will have to be cut since there will be three nursing programs, three computer programs, three business programs, etc. The colleges will end up treating courses like trading eards. "I'll cut my media program if I get to keep my business program." Of course that will leave spaces for students in certain programs. How about cutting programs because they're "low-priority" to the government? Who is Harris to decide what is low-priority?

Yet another disturbing proposal is the plan to privatize some universities. Only the richest students will be able to afford go to private universities because without government funding tuition will be ridiculous. Soon the private universities will take away the best professors because they'll offer the best salaries. Private university students will get the best jobs because their university's reputation will be better. And still the poorer will stay poorer because they won't get the best jobs.

Nevermind that part of the Harris proposal calls for a cut in research grants to universities. How is Ontario going to advance economically and technologically without research?

Don't let Harris fool you by saying he's dropping the cuts to \$400 million. Why?

Because now we think \$400 million ain't so bad compared to \$800 million and we will accept it? Don't accept it. \$400 million is still a ridiculous amount of cuts.

The only way we can get the

Harris government to change isgetting our voice heard. As students we have to do what is within our power.

We have stand-up and protest the education cuts.

As the voice of Humber students SAC has to take a leadership

role and initiate a protest, a march or even a dreaded petition. They can take a cue from Ryerson's student council.

If you want something done, fight now and vote for someone other than Harris when the time comes



# Profit, costs, debt ... Merry Xmas!

It is the beginning of the Christmas season. Tis the season of Hallmark and glad tidings, stocking stuffers direct from third world countries and goodwill towards men.

But ask the average person (with the exception of children and those with children) if they could eliminate one holiday from the yearly agenda three times out of five it would probably be Christmas getting the axe.

It's debatable whether the 'bah-humbug' attitude is caused by the sensory overload of bright lights and repetitive Christmas carols which begin shortly after the sugar high of Halloween wears off. But, it makes sense.

Why is it Canadian Tire commercials, bright tacky price tag graphics and wallets opening are the first images to cross your mind upon hearing the opening bars of 'It's the most wonderful time of the year'?

These Jingle Bells should be our warning bells.

Every Christmas it's easy to pick out the shoppers who don't know the people they're compelled to buy for. They're the ones wandering dazedly and aimlessly among merchandise, looking for that perfect pair of socks to give, while desperately trying to remember what they'd purchased the year before.

This concept of forced holiday generosity is really quite twisted and entirely misguided.

Spending has been bred into North American consciousness. Many of us can't remember a time when resources were scarce, and aside from stylish mock student poverty, most of us can't truly appreciate what it would be like to do

But this really isn't about doing without; Buy Nothing Day is about the habit of spending. For one day International Buy Nothing day challenges us to take a look at all the little things we unconsciously spend our money on.

Keep note of all the times you would have purchased something. How much money didn't you spend today? Who didn't get richer while you wonder where all of your hard earned cash has gone to once you check in at the money machine - a variable altar in this time period.

We might actually find that we've broken free of the spending frenzy we're caught up in so much of the time, only to be caught up in another sort of a frenzy - withdrawal.

Consider a few things as you desperately fight the urge to pull through a drive-through, or while you decide if you really need to buy that copy of the new Backstreet

Boys c.d. today:

Unofficial sources estimate 43 cents of every dollar ultimately goes to a franchise. Whose pockets are being lined with all that each?

What other things can you think of to spend that money on?

Do the people breaking their backs to provide coffee beans ever see much of the money you spend at Tim Hortons, and where do you think all the paper coffee cups of the world end up anyway?

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NANCY BURT

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JUANITA LOSCH

# OPINION-

# Time to fight for what's ours

We need a radical change in the way that we, as a global community, think and act...take a second and let that sink in.

Please, read it again. Chant it as a mantra if you will.

Ponder this:

The five hottest years on record are in the 1990s. If this trend isn't reversed, it will spell out dire consequences for the world.

It's anticipated that the polar ice caps willmelt submerging coastal lowlands in a grave of water. This will have a huge impact on farming and a profound effect on natural habitat. In English, that spells disaster.

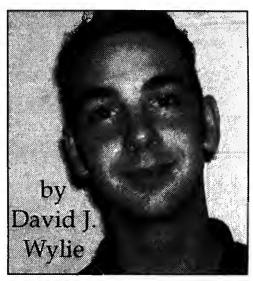
This is only one of many issues contributing to the sorry state of the Earth.

Many individuals, groups, and companies have steered their way to change, and I encourage, if not demand, that everyone should understand the issues that plague our planet and search for solutions to avert our

I'm sure that most of you know that the world is a garbage can. I'm sure that most of you know it doesn't have to be.

Form a deeper understanding, and look at the environment on a global scale:

Canada contributes two per cent of total greenhouse gases, and taking into consideration our small population, that's absolutely pathetic. The most wanted criminal in conjunction with the murder of Mother Earth is



our neighbour, the United States. The US is responsible for 24 per cent of net greenhouse gases, followed by the former Soviet republics, China, Japan, Germany, and

The resurrection of the world must be a collective effort, and to build up the momentum necessary for change, support has to come from around the globe.

Open your mouth, and spread the word. We are the future, and we need change -

An article in eye, Eco-activists under attack (November 18, 1999) infuriated me, and it should infuriate you too.

were attacked, some savagely beaten (one woman was threatened with death and rape) by a group of masked individuals.

Many, if not all, of the attackers worked for Interfor, a company logging in the proposed Stoltmann National Reserve area said the article.

Threatened with death! And for what? Trying to protect our home?

 Folks, the planet needs advocates because its enemies run rampant.

I'm calling on you - those who are aware of the consequences to our future - to spread the word and push for change. This is a rallying cry! This is a wake-up call!!

One of my peers painted a very disturbing image: "Nothing will be done until we need to wear gas masks when we exit our homes." Just imagine.

There is no reason that it should come to that. People must be reminded that the grave being dug is a product of our own shovel.

Meet your gravedigger.

A key player in this game of Russian roulette is our government. Our leadership has many times refused to take a strong stand for the environment.

What we need is a government dedicated to finding solutions, implementing them, and pushing for the same in other nations. Leaders who give a crap about the protection

A group of protesters in British Columbia of our home and our future is what we should be fighting for verbally, blatantly, and furi-

> I'm making a lot of strong statements here because I want everyone to remember the issues that are causing the emergency alarm to go off: toxic waste in our oceans, lakes, and rivers; deforestation; depletion of the ozone layer; garbage dumps around every corner; and the list goes on.

> We need to come together as a whole and push for a future in which we can coexist with nature, and not destroy it.

> To join the revolution, is to think about the health of our kids, the well being of the planet, and the survival of our species.

> There are lots of groups who would welcome support and assistance from bright young people.

They will educate you on the issues that

You must think differently about your life and your purpose.

Be an innovator and affix environmental awareness into your future. Be an engineer and chisel your success through a planet saving invention. Be an entrepreneur and make averting a cataclysm your

Be part of the solution. Get in the know. Create the future.

David's idol is Che Guevera.

# Time for something original

Anyone remember those "Draeula" movies that British production company Hammer made back in the sixties and seventies? You know the ones where Dracula would get his undead butt kicked by Dr. Van Helsing only to some how be resurected six months later.

Well, much the same could be said of Grunge.

The genre of music the brought alternative music to the mainstream in the early nineties has been through three different waves since Nirvana's "Nevermind" was released in 1991. A couple of musical trends have tried to kick its flannel clad ass back in to obscurity but to no avail. Like Dracula it keeps coming back.

All the bands that were a part of the Seattle scene at the beginning of this joke. decade have either self destructed like Nirvana, broken up like Soundgarden, grunge sound like Pearl Jam.

How ever, third wave grunge acts

Oleander to name a few can't seem to accept the fact that they are playing a genre of music that has died out. Oh, I'm sorry, they play Modern Rock

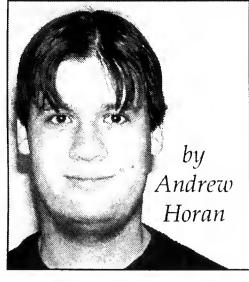
Whatever. It's grunge. Every second band that gets a recording contract these days is aping the musical blue print that The Pixies created and Nirvana perfect-

The techno invasion in the summer of '97 burned out after six months. Now Fatboy Slim and the Crystal Method's music are used to sell cars. The scene showed a lot of promise but the public's interest waned quickly at about the same time Bush released a new album.

I personally blame that English pretty boy Gavin Rossdale and his insipid band for turning Nirvana's legacy into a

Then came swing.

I loved it. I was so sick of hearing all or matured and moved beyond the this doom and gloom on the radio. It helped to introduce the people of our generation to the music of another era in like Days of the New, Creed, and a way that Puff Daddy's rip-



off's...er...songs never could. But with them on top of the charts as they continthe crass commercialization, like being ue to release more of the same. used in Gap commercials, the death knell on swing began to sound.

I did an interview with James Morrison, a contributor to entertainment magazine Access All Areas, in the spring.

He said that major labels lack the student

focus to properly nurture a genre of

Witness the way that electronica and swing crashed and burned. Grunge is something that the public is familiar with and the major labels know they can use to keep their bottom line up.

Need some money for the Christmas season? Just get Gavin to squeeze out a new album or another god awful collection of re-mix's and watch people flock to the record stores.

Grunge helped ring in the nineties and now it is closing them.

The new album by Creed debuted at number two on the Billboard charts and the new Bush album will likely keep

If this any indication of how the musical scene at the beginning of the new millennium is going to look may be the world ending on January 1st won't be so bad after all.

Andrew is a second-year Journalism

#### Here comes Santa

by Frank Monaco

About a million people gathered along Toronto streets to enjoy the 94th Santa Claus Parade Nov. 21.

Santa has been making a guest appearance, spreading holiday cheer in the Toronto area since Dec. 2, 1905.

He started walking the streets alone, but as his walk grew in popularity, Santa took to a train and then to a coach hauled by four white horses. By 1923, Santa was on his sled pulled by eight live reindeer.

As the years passed, the parade grew and more attractions, like floats, were added.

In 1953, Santa settled for good in his own private float

featuring eight white but fake reindeer leaping over roof tops.

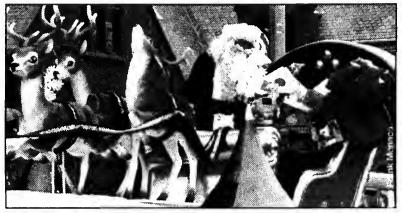
This year's parade had its signature colourful floats, costumed children, marchers and musie bands.

It took an hour to see the entire parade pass until the man of the hour, St. Nick appeared.

A notable new addition to the last parade of the century was a Pokemon float.

It was close but Santa still received the loudest cheer from the kids.

The parade started at the corner of Bloor and Christie street and then headed east until it arrived at Front and Church Streets, for the grand







Santa, some mice and a moose, joined to make the Santa Claus parade a success.

#### Second bomb threat called in

by Erin Henderson

Humber security is scrambling to find the fuse behind two bomb

About two weeks ago the first bomb threat was phoned in by a male caller, causing an evacuation of the residence and the college. A second call came on its heels last Monday, but the school remained open.

President Robert Gordon, said threats are nothing new and that he's experienced quite a few in the 18 years he has been at Humber. The hard part, he said, is trying to

determine how serious the threat is.

"It's a judgment call," said Gordon.

"Generally speaking, it's easier to phone in a false alarm than plant a bomb '

Neither Gordon nor vice-presi-

dent of administration Rod Rork, know who the bomb caller is or why they are targeting Humber. "There is an investigation going

on," said Rork. "We take these things very seriously." If the male caller is a Humber student Gordon said the conse-

quences will be serious.

"There is no question that this person will be expelled and never allowed back in Humber College.".

"I assume they'll be dealing with the law," Rork added.

When emergencies happen on school property, the college has a routine that involves Humber security as well as the police.

Rork said precautionary measures are extremely difficult to do in these cases. "I can't control the world, can I?...the emphasis is on our procedures and priority action," said Rork.

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'Tis one month before Christmas and all through the city shoppers are cutting up their credit cards and buying nothing.

by Seanna Murray-Neck

November 26 marks the beginning of the traditional Christmas shopping rush and international Buy Nothing Day (BND).

The day is a world-wide celebration where people opt to step out of consumer consumption for one day.

The event was launched seven years ago by the Vancouver based Media Foundation.

According to the Adbusters Web an estimated one million people made a pact with themselves and joined the 24-hour consumer fast."

The idea behind it is easy. Once, people shopped for what they needed but today the site said, society has become consumer driven.

Although the event takes place world-wide there is no official organizer of the day.

Cashing out for Christmas

Derek Stribling is organizing a credit card cut-up event in Toronto.

"It's basically anyone who believes in it, tries to work on their own or with others to organize an event that they believe runs under the theme of Buy Nothing Day, the same philosophy and everything," said Stribling. "The people involved are really at the grassroots."

"It (BND) is on the traditional beginning of the Christmas rush at site www.adbusters.org, "last year a time when our consumer excess launches in to chaotic running through the stores looking for things to buy. Things that we don't need to feed the economy," said Stribling.

> The credit card cut up will take place at the south end of the Eaton

Centre near Tower Records at 12:15 p.m. to celebrate the day. Stribling said there will be a number of other events taking place in the city."

Doug Blackburn is organizing a BND 'no money swap.'

At the swap people bring items they want to trade. People participating in the swap barter for goods and services instead of buying them. There will also be storytelling and songs at the swap, at the City Room of Metro Hall, at 55 John St. at King Street Nov. 26, from 6 p.m. to 9 p.m.

Others are celebrating the day by exchanging Gift Exemption Vouchers, which means they won't be giving each other anything for Christmas this year. Others are simply testing themselves by stepping out of the consumer market for the day and venturing into the 24-hour shopping fast.

#### ON CAMPUS

# Making a case for a good cause

by Michelle Cottreau with files from Leah DiGirolamo

Despite the small amount of money raised at the Urban Showcase held in Caps on Thursday, event organizers said Hospital for Sick Children will still benefit

Carey Riley, founder of DAWGMATIC Enterprises, said approximately \$100 was collected from the event to support Sick Children's Hospital, and it will make a dif-

. "It is always good to put a smile on someone's face when they are sick. fit to help somebody else," Riley said.

Riley said they collected such a small amount because the donation table wasn't as visible as she had planned it to be. She said they would have liked to charge admission to Caps for the Hip-Hop event but couldn't do so during the day.

The main purpose for the event was to create awareness. All of the artists that performed either had an album released within the last few months or were scheduled to release one in the near future. In the mean-

Anything we got from this event is a bene- time Riley and her business partner, Joanne Marcano wanted the event to have a positive effect on more than just the audience.

"It's not often that you see a Hip Hop venue doing something at that level," Riley said. "We wanted to keep it within a positive realm."

Riley and Marcano weren't the only ones who were concerned about Sick Children's

Dan-e-o and IRS, from Monolith, who performed at the event, were thrilled to be able to help out the cause.

Korry Deez from IRS said fundraisers seem to be something that they have been doing regularly for the past couple of

"Anything for a good cause," said Korry. "That's what music is all about, especially Hip Hop."

Three of the event's performers: Dan-eo, Korry Deez, and T.r.a.c.k.s, who attend university full-time, said education, educating people about the cause, is important.

Creating awareness that people are struggling in society right now and need help is the most important thing that we can do," Korry said. "People are really in touch with their own lives and neglect to realize what is going on with other people in the world. It's very important that we support each other."

T.r.a.c.k.s is an employee at the Hospital for Sick Children. He said it was very important to him to perform at Humber College for the cause.

"We have to be able to give to each other. That's why I work at the hospital," he said. "You have to be able to pass on to other generations what was given to you."

Although they were happy to perform at the college to help out the hospital and to promote themselves, they were disappoint-

ed with the audience participation.

"I think it has been worth it for the cause but I think that the lack of audience participation is unfortunately representative of the lack of support that a lot of these causes get," Dan-e-o said. "Too often we see or hear of things going on that are negative."

He also said there are things that people could help out with but they don't.

"In general if there's something that you support then don't contradict yourself and not support it. Whether it's a Hip Hop act, an anti-drug show, or a Sick Kid's event, show up and support it," Dan-e-o said. "Don't be half-ass about it. I see too much half-ass, and it's unfortunate."



#### Students explore fashion past and future

by Gillian Clair

Have you ever wondered what fashion will be like in the new millennium or tried to figure out what style was like in the '70s? Question no more. On Nov. 30, three groups of first - and second-year Fashion Arts students will be hosting their annual Fashion Show at Humber College's North Campus.

This year's second show is called Space-Time Continuum and will be portraying fashion statements stretching from the slinky '70s through to the modern millennium. Clothes will be supplied by Chameleon, Foot Locker, Urban Behavior and

Janice George, a second-year Fashion Arts student, is in charge of publicity for this event. She said there are about 15

to 20 students producing the show. Last year groups were larger, but George said she thinks smaller groups and larger shows will still be a success.

> "This class works really well together. We're not out to make money right now, it's more to express the talent."

Janice George, second-year Fashion Arts student

"This class works really well together," George said. "I know it'll for sure have a good turnout."

Hosted by volunteers, the production of Space-Time Continuum is done mainly by first-year Fashion Arts students. Second-year students are helping with makeup, dressing, publicity and more. Makeup will be supplied by Humber College and done by fashion art volunteers.

There is no charge for students to watch the fashion show. "We're not out to make money right now," George said. "It's more to express the talent."

A final fashion show is being planned for the end of second semester.

Check out Space-Time Continuum on Nov. 30, at 1 p.m.in the student centre

November 25, 1999

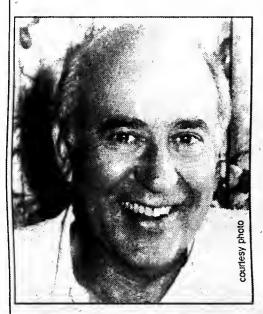
# Mostly happy stories from a comedy legend Distinguished speaker, Carl Reiner promotes his new book full of them at the Ford Centre

by Kate McCaffery

Like having a family dinner with a loud uncle. Every (other) minute is delightful, but it does get to be a bit much and the generation gap is glaringly apparent.

Fortunately it seems humour gets better with age, and the gap was very easily transcended.

Carl Reiner, dubbed by some as the creator of comedy as we know it, was at the Ford Centre for the Performing Arts Nov. 16



Carl Reiner

promoting his new book How Paul Robeson Saved My Life and other mostly happy sto-

The inaugural class of the Humber Comedy program attended the event.

Reiner's long list of accomplishments began in the '40s when he joined a new theatre group.

"When I was young, I really wanted to be an actor," he said, "I wanted to be a swashbuckler.'

He recounted for his audience one of his earliest performances with the acting group. Just as the comedy program students were present for Reiner's reading, so was the drama society in the audience when he was 18 years old, and pulling off his first performance of Hamlet.

He described his early days as a boy from the Bronx spending his first days in Atlanta. In Georgia, the group was to perform a different play that had been seen in the area only a year earlier. It was decided they would play Hamlet instead, and he hadn't yet learned the play. After studying in bed by flashlight for a few days, Reiner was on

He said he didn't much know the play beyond the third act, and he promptly forgot his lines while Laertes was waiting in the wings for his cue. Reiner got out of the situation with a combination of passionate adlib gibberish and amazing double talk that would later become one of his trademarks.

His recollection and repeat performance at Ford Centre had audience members laughing, and left some of them in tears.

"The sad thing is," he said, "the (drama society) kids in the front row were (lost,) flipping through their pages, and they missed it," said Reiner. "I didn't think at that moment I was being funny," he said, "I thought I was saving my ass."

From there Reiner launched a career in acting, writing, performing, and directing that has earned him 12 Emmy awards, his most recent for his guest appearance on Mad About You.

The stories in Reiner's new book range in length from one to 12 pages. He calls this most recent work a bathroom book?

He said he prefers to write books than for TV. Writing for TV, he said, "You need the help of so many people to make it work lighting, sound and directing. With a book all you need is mother wit, if you have it, and a blank piece of paper. From there it goes from your head to someone else's

Reiner sald he's always loved short sto-

"Why do I love short stories?" he asked. "Because I have a short attention span."

Many of Reiner's stories are based in

THE HUMBER SCHOOL FOR WRITERS

social comment.

"The best comedies have some social comment," he said. "As well, the best anything always says something."

He read exerpts from How Paul Robeson Saved My Life, including the title story, an adaptation from a letter he wrote in the army more than 50 years ago.

Notorious for being a random talker, Reiner indulged in many deviations that in the end "had nothing to do with any thing," he said, "But wasn't that an interesting story?"

#### Starring Humber grads at Yuk Yuks

A spin off the summer workshop, a full-time comedy program emerges

by Scott Van Slyke

ALCONO.

If you have always had a gift for making people laugh or were the proverbial class clown in high school then Humber College's newly approved course, Comedy - writing and performing, is for you. The two year, full-time under graduate course, was approved at a meeting of the Humber College Board of Governors meeting. The program will start at Lakeshore campus next year, the first of its kind in Canada. The program evolved from Humber's successful and internationally acelaimed summer comedy workshop program.

Joe Kertes, Humber's director for the school of writers

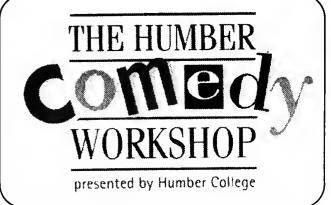
and director of the new Humber school of comedy, initially proposed the program seven years ago to the Board of Governors and received positive feedback. Kertes slowly worked on the project and asked Yuk Yuk's founder Mark Breslin to help him develop it.

"I can't say enough about Mark's contribution in helping get the program started," Kertes said.

With Breslin's contacts and Kertes's ability to organize the two men started the summer comedy workshop program. The summer program has had such famous instructors as Joe Flaherty, Eugene Levy and veteran comedian Steve Allen.

The new full-time undergraduate course will be taught by such distinguished comedic luminaries such as Yuk Yuk's founder Mark Breslin, Allan Guttman, a former director of Second City and Emmy award winner Lorne Frohman.

The course will teach students entering the program how to hone their comedic skills and work on their craft. Graduates will be able to write and perform as a standup comic, sitcom actor, director, producer and learn a variety of other skills geared towards the entertainment business. Applicants to the program will be asked to audition and should have a high school diploma. But as is the case with the entertainment industry, which does not require actors to have a



degree, any applicant who demonstrates an ability to perform material at high level will definitely be considered for the program.

Nancy Burt, Humber's assistant director of media studies is excited about the new program.

"We looked at it from an economic stand point and it was feasible for us to be able to fly up some of the top people in the comedy world and have them teach here at Humber," Burt said. "Students who take the course will be taught by the

Kertes also said, because the program has been so highly regarded, that an agreement with the Comedy Network is being finalized. The agreement would guarantee a one-hour show during prime-time that would showcase the program's

"I love both writing and comedy equally," Kertes said. "To be a part of both programs and involved in developing both programs (schools of writing and comedy) for Humber and to see them be as successful, well I feel like I have the best job on campus."

#### Volunteers Wanted

Inactive Students 18-35yrs, wanted for Study on heat intolerance. For more details call (416)-635-2125 or (416)-635-2097 between 8 am and 4 pm or Email: Jan.Pope@dciem.dnd.ca or Ingrid.Smith@dciem.dnd.ca.

November 25, 1999

#### A celebration of culture for both campuses



#### by Michele Ho Sue

Students at both the North and Lakeshore campuses can look forward to enjoying a week of cultural festivities. From Nov. 29 to Dec. 2 there will be samples of food, music, and dance from around the world.

Culture Week will take place Monday, Wednesday and Thursday at North Campus and Tuesday at the Lakeshore Campus.

"We (SAC) try to incorporate everybody and everything," said SAC programmer Lise Janssen. She said events like this one reach groups that SAC doesn't regularly see.

"(We're) trying to get everyone involved in our

extra activities," Janssen said.

SAC vice-president Chuck Decker said last year's culture week was successful. SAC is looking for individuals who want to perform or help organize.

"We want to promote our cultural diversity," said Decker. "There's so many different cultures in Humber College, it's a way to see how other cultures differ."

SAC President Muhammad Virk said students should participate in this event because it's a learning experience.

"If we can represent cultures within our campus, then why not?"



"We want to promote our cultural diversity. (This is) a way to see how other cultures differ."

SAC vice-president Chuck Decker

Celebrations last year found students decked out in traditional costume, dance and song.

#### SAC sells Oliver

#### in a discount night at the theatre

by Laurel Mikolaitis

Hurry and buy your Oliver tickets before they are sold out! Tickets for the Jan. 12 show are on sale in the SAC office, and there are only 35 left. Tickets are \$60 each, not including transportation. The show is being

held at Toronto's Princess of Wales Theatre located in downtown Toronto. SAC Vice-president, Chuck Decker encourages students to buy the

tickets from Humber.
"You will pay about \$15 more if you buy them from the box office."

Decker said he is looking forward to attending the show.
"I've seen Oliver, but only in a public school production. I like musi-

cals, but I haven't seen any recently. I am really excited to see this one," he said.

The show was originally going to be the final production, but more shows have been added due to popular demand.

Decker said Humber students can buy tickets for family and friends as well. They will be on sale up until the day of the show, or until sold out.

Oliver is a musical adaptation of the Charles Dickens classic tale of Oliver Twist, a young orphan boy living on the streets of London. It is produced by Cameron Mackintosh who also produced shows such as Cats, Les Miserables, The Phantom of the Opera and Miss Saigon.

Oliver has recently completed a record-breaking run at the London Palladium Theatre. It is the Palladium's longest running production in history.

Oliver is a production for all ages. With pickpockets and thieves, it has unforgettable tunes and brilliant acting. The Toronto cast includes British television star, Russ Abbot, who plays Fagin, and Sonia Swaby as Nancy. Humber student, Laurel Nault enjoyed the musical.

"I appreciated the wide range of music and vocal talent. I found it to be witty, touching and spirited," she said. "I would enjoy seeing the play again. It was a fantastic evening."

# Meeting for all students

About the Humber Student Federation Constitution Tuesday November 30, 1:00 p.m. to 2:30 p.m. in the Seventh Semester

Council of Student Affairs

#### HEALTH

#### Have a drink and reduce the risk

by Nikki Carswell

ccording to researchers, drinking might help lower the chances of someone having the most deadly disease in Canada.

A recent study that was published in the American Heart Association Journal shows that light drinking may reduce the risk of sudden cardiac death in men.

21.537 male physicians whose ages ranged from 40 to 84 had their cardiovascular health monitored carefully.

After the 12 year study, researchers reported that the men who consumed two to four drinks per week reduced their risk for sudden eardiac arrest by 60 per cent. The men who had five to six drinks a week lowered their risk by 79 per cent.

According to Pauline Anderson, Manager of Science Communications at the Heart and Stroke Foundation of Ontario, cardiovascular disease is the number one killer of Canadian men and women.

In 1997, 79,457 people died of heart disease and stroke.

Anderson agrees with the research and said it is true that moderate consumption of no more than two drinks per day can help reduce the chances of heart problems. She said the maximum drinks weekly is 14 for men and nine for women.

"One of the reasons (we don't) advocate starting up drinking (to people who don't already drink) knowing that it is cardio protective is that there are dangers to drinking as well."

According to Anderson, studies now also show that all types of alcohol, not just red wine, can be cardio protective.

Researchers also found that while people in France eat high fat diets their incidence of heart disease was quite a bit lower than people in North America, said Anderson.

She said this is because most French people have some type of alcohol with their meals. Nutritionist consultant David Robinson also believes that the study is true but said he would suggest red wine rather than all alcohol in general. He doesn't like to recommend all alcohol such as beer because he said beer can cause prostate cancer. He said red wines have the powerful antioxidant grape seed extract and that helps to fight problems in the body that can lead to heart

Anderson said an antioxidant is a chemical that comes



Pour yourself a glass of wine and reduce the risk of sudden cardiac arrest.

from the fruits and grain that are in alcohol. She said evidence shows that they reduce the platelets in the blood from clumping together and clumping of these platelets is one of the things that can lead to heart problems.

Robinson agreed and said antioxidants also reduce the amount of bad cholesterol in the body. He said the body has a good cholesterol called high density lipoproteins (HDL) and a bad cholesterol called low density lipoproteins (LDL).

"Too much HDL is good (but) too much LDL is bad."

Alcohol has a number of major adverse side

- Alcohol has an intoxicant that is highly addictive. The societal impact of alcohol addiction is high, including negative effects on home life and work, accidents, injuries and fetal injury.

effects on health including:

- Heavy alcohol consumption contributes to liver disease and

While Anderson said that there are various theories on why alcohol lowers a person's chance to have heart disease, she said "we're trying now still to understand what's going on with alcohol. We believe it's cardio protective in moderate amounts (but) the exact mechanism is still to be deter-

Dr. Karen Packer of the Dixon Medical center said, "if a person already is a drinker l'II find out how much they drink and say if it's fine but if they don't drink I won't tell them to

Dr. Packer won't tell her patients with heart disease to drink two drinks a day to help (without them bring it up first) until the Heart and Stroke Foundation releases a study telling them to. She doesn't want to recommend it because she said she "once told a patient to take one asprin a day and they took four."

Packer agrees that all alcohol, not just red wine, can reduce the chances of cardio arrest. And she says even if a person already has a heart problem drinking the maximum amount suggested for their gender doesn't harm them.

According to the Heart and Stroke Foundation one drink is defined as: one bottle (350 ML/12 oz) of 5 % alcohol beer; one glass (150 ML or 5oz) of wine (10-14% alcohol); or one shot (45 ML or 1.5 oz) of 40 % alcohol spirits.

While the study only mentions that moderate drinking can help men with heart problems and tests were only done on men all the sources said it doesn't differentiate in gender.

Anderson said to also help reduce our chances of a heart disease we have to have a better lifestyle.

"We have to do a better job of prevention. Much of this can be prevented through lifestyle changes (like) quitting smoking, eating low fat diets and exercising."

heart rhythm disorders and can damage the heart muscle.

- Alcohol consumption has been related to breast, throat, liver, and other forms of cancer.

- Blood pressure increases with increasing alcohol consumption. This relation should be of particular concern for those who have, or are at risk of developing high blood pres-

-Heart and Stroke Foundation of Ontario

# Learning to keep the weight off

By Lara Rizzo

ny diet can work in the short run. But your best choice in order to Lkeep the weight off is through physical activity and a fixed menu.

Sabina Reinhart, a nutrition consultant, at Inner and Outer Beauty, said one way to make sure your diet maintains an adequate balance, variety and moderation is to keep a food diary of everything that you consume each day. "Not only will you discover exactly what you're eating, but you'll learn how much you really eat."

A food diary can highlight potential trouble spots and help you come up with a plan for buildmg better habits. A diary also helps you keep track of food you might otherwise overlook.

Some programs or books suggest monitoring fat only, calories only, or a combination of the two, with the individual making the choice



Enjoy a book and exercise, too!

of both the type and amount of food eaten.

"One drawback of flexible diets is that some don't consider the total diet. For example, programs that monitor fat only often allow people to take in unlimited amounts of excess calories from sugars, and therefore don't lead to weight loss," said Reinhart.

Physical activity also helps in the maintenance and control of weight. Physical activity can reduce body fats and is more beneficial in combination with eating less.

Mark Hussen, a personal trainer at Good Life, said physical activity helps the body burn calories more efficiently. "Physical exercise along with eating healthy will help to reduce the body fat that you don't want."

According to Hussen, 20 minutes of continuous aerobie activity three days per week is recommended for weight loss. Physical activities that are considered aerobic include, walking, running, hiking, swimming and jumping rope.

"If physical activity is discontinued, the fitness benefits are completely lost. Within two to three weeks the level of fitness is reduced, and within three to eight months it is completely lost, and the person has to restart again," said Hussen.

Reinhart said in order to achieve a desirable body weight, you have to maintain your level of calories along with physical activity in order to preserve a lean and healthy body.

"As a full-time trainer, a diet is something special, and something that works if a person is motivated enough to take action in their health," said Hussen.

The key to weight loss is trying to find an eating plan that will include modest dietary changes and help speed up your physical activity in order to burn the fat away.

#### Bulimia can happen at any stage of life

by Andrea Stonehouse

ulimia is a serious and real problem that can happen to anyone at any age or stage in his or her life. The consequences are harsh and even life threatening if not treated. The problem, however, lies in how to recognize the signs of an eating disorder and getting help.

Bulimia differs from anorexia and binge eating because it is periods of bingeing, then purging the food that is taken in. Purging is self-induced vomiting, and/or using laxatives or other medications. Anorexia, on the other hand, is a form of self-starvation, which causes rapid weight loss. Binge eating or compulsive overeating, involves excessive eating, sometimes even when the body itself is not hungry.

Cathy MacDougall, from the Bellwood Total Health Centre in Toronto, said the centre helps people to stop their eating problems and change their lifestyle to a healthy one.

The causes of an eating disorder are hard to pinpoint. MacDougall agreed that TV and magazines play a big role in the way people see themselves, especially young people.

"Our whole society has young people in an uproar regarding their body image," MacDougall said.

Orit Morse, co-founder of the New Realities Eating Disorder Recovery Centre in Toronto, had a bit of a different view.

"I don't see that as a cause..." Morse said, "But definitely once that disorder is there for the person, they choose to go to looking at the fashion magazines and the models because it's a great way to beat themselves up."

Morse is also a psychotherapist with 18 years of counseling experience. She attributes eating disorders to issues of stress and self-esteem as well as family dynamics.

Second-year Multimedia Design student, Thom Baxter,

had a family member who was bulimic, but received help and quent trips to the bathroom, especially right after meals. worked their problem through.

"(I think) a big part of it is self image," Baxter said. "How a person views themselves and whether or not they meet up with society's norms."

According to Morse, although bulimia is more common in females, it can affect males as well. Morse said that although they have a specific person at the center that deals with males, they haven't been very busy.

"It hasn't been made acceptable for men," Morse said. "We somehow haven't gotten to the point where it's 'safe' enough for a male to come in..."

Morse said the main age groups bulimia affects is 14 to

"Our whole society has young people in an uproar regarding their body

-Cathy MacDougall, Bellwood Total Health Centre

26, but she has gotten patients as young as 12.

"We get so excited when they come young and they're willing. It's not like they're forced by their parents. They're really willing and want to get better."

Morse also gets patients who have had bulimia for quite awhile, people who have had it since they were in their teens but are only coming to the centre in their thirties, forties, fifties and sixties.

The New Realities Web Site offers a list of telltale signs that someone may be bulimic. They include talking constantly about food and dieting, hiding food, and making fre-

The physiological signs include weight fluctuation, little or no weight gain despite the amount of food consumed. chronic sore throat, fatigue and muscle aches.

Psychological effects are mood swings, feeling out of control with food, and feelings of self worth determined by weight and what is or is not eaten.

Treatments can be very complex. The Bellwood Total Health Centre has a three-step recovery program. It begins with an assessment to identify the individual's specific problems and then treatment, which includes individual and group therapy, personalized treatment plan, and communication workshops. The third step is aftercare, including refresher mini-programs, personal or telephone contact with a recovery counsellor, and a 24-hour toll free crisis line.

New Realities takes a bit of a different approach.

"Our treatment is more experiential and it works not so much with talk therapy but with getting the feeling out,"

There are many negative effects of bulimia, and according to MacDougall, the most major is simply the breaking down

"Bingeing and purging, after a while, it gets to be a reflex where you can't keep anything down. The whole body just breaks down, bodily functions really suffer."

The body doesn't receive the vitamins it needs to function, leading to malnutrition, and electrolytes, important to maintaining a healthy body, are thrown out of balance.

For more information, see the Bellwood Total Health Centre's website www.bellwood.ca, or try the New Realities website www.newrealitiescan.com., or contact the New Realities directly at (416) 763-0660.

#### you much when it comes to wrinkles Frowning won't help

by Tanya Verrelli

of the sight of wrinkles is unattractive to you, but you think you're Ltoo young to start worrying about getting them, think again.

Dr. David Naiberg, facial cosmetic surgeon in Toronto, said the early 20s is the best time to take proper care of the skin or else wrinkles could develop sooner.

"For this age group, it's more of a preventive thing rather than a treatment thing. Although, I have seen a number of patients in this age group who do need the treatment because their wrinkles are deeper," he said.

Naiberg, who has spent 25 years treating patients, said a peel treatment is all that is required for most people in their 20s. This chemical mixture includes fruit acids, such as alphahydroxy acids (AHA). It works by painting it on the face and leaving it for a few minutes.

This benefits the skin, said Naiberg, because it refreshes, fine lines, and prevents wrinkles.

Prevention is what Nalberg advocates. His biggest concerns are people who don't protect themselves from the sun and those who smoke.

"Smoking is very bad for the blood supply to the skin. The nicotine causes blood vessels to shrink and the blood supply to the skin (to decrease). And over a period of time, (the skin) begins to show that," he said.

The country of origin may also affect ones susceptibility to wrinkles, said Naiberg.

"People with lighter skin tones, like people from Britain, Germany, and northern Europe, usually have thinner skin that tends to age sooner. Mediterranean skin tends to age a little bit slower; black skin even slower."

Naiberg said men are just as prone to developing wrinkles as females.

"It may happen a little bit later in men because their skin is thicker and it doesn't age quite as rapidly. But if they're smoking or in the sun, the same thing is going to happen."

Sara Gough, a registered nurse in Toronto, said men are just as interested in preventing wrinkles as women, but don't talk about it as much. For both genders, however, her advice is

"Staying out of the sun and not moking are the best preventative things a person who's of a younger age group can do," said Gough.

Beginning a good skin care regime early in life will benefit the skin later, said Gough. She recommends using products with lactic acids, AHA's and retinol A that will strengthen collagen and elastin fibers in the skin.

A treatment Gough recommends for all stages of wrinkles is botox which contains "nerve paralysis agents." With tiny needles, it is injected into facial muscles to stop expres-

"Frowning and deep crows feet at the side of the eyes are paralyzed so you aren't able to make those expressions," said Gough.

The effects are not permanent, yet the number of recurrent treatments vary from every three to eight months. Gough said this method is very popular for people 20 to 60 years old and even uses it herself.

"I haven't frowned in a year and a half. Everybody loves botox."

Sue Hogan, certified cosmetician at Shoppers Drug Mart in Newmarket, said once a wrinkle is formed, it can't be erased with cosmetic creams.

"Products can lessen the effect. They only work on the top layers of the skin."

Hogan, who has worked as a metician for 18 years, said anti-aging creams push the saggy skin back up so that the wrinkle is less noticeable.

For the early 20s age group, Hogan said a preventative cream, rather than a wrinkle treatment cream, should be used and the earlier the better. She said this will help keep the skin support system strong and healthy.

Hogan feels that pollution is a factor in wrinkles.

"A lot of creams on the market now have oxygenators that neutralize the effects of pollution because they are what destroy the cells," she said.

Hogan said those who wear cream on their faces are protecting their skin.

While Hogan said the majority of her customers who buy the products are women, she does see a few men.

She attributes this to the differences between the sexes.

"Men do have a natural exfoliation, more than women, because they shave everyday. (Women's skin) doesn't have as much radiance because (we have) a lot of dead skin," said Hogan.

For both genders, however, the skin care advice is the same. Hogan recommends cleansing, toning and moisturizing the skin every day, and always wearing sunscreen.



# GREAT MINDS

"Always do sober what you said you'd do drunk. That will teach you to keep your mouth shut."

-Ernest Hemmingway

"He was a wise man who invented beer." —Plato

"When I read about the evils of drinking, I gave up reading."

Henny Youngman

"Beer is proof that God loves us and wants us to be happy." – Benjamin Franklin

"I would kill everyone in this room for a drop of sweet beer." —Homer Simpson "Not all chemicals are bad. Without chemicals such as hydrogen and oxygen, for example, there would be no way to make water, a vital ingredient in beer."

Dave Barry

"If you ever reach total enlightenment while drinking beer, I bet it makes beer shoot out your nose."

—Deep Thought, Jack Handy

DO... the stuff... that buys me beer...

Do R

by: H

RAY... the guy that sells me beer...

ME... the guy who drinks the beer...

FAR... a long way to get beer...

# Oysters and hemp a



by Derek Malcolm

s you stand at the end of the chattering aluminum conveyer waiting for your usual case of Molson or Labatt's to come rolling to you, I hope you happen to be reading this.

There is a transformation occurring in pubs and restaurants all around you, a shift of power if you will. The consumer has what major breweries spend millions of dollars in marketing to distract you from. You have choices.

Just when you thought Ex said it all, think again. Brewers Retail carries a selection of over 200 beers but there's a whole other world of beer out there slipping through the rollers. A world of rich aphrodisiac stouts, golden ales from around the world, and beers made using a myriad of ingredients. It may frighten or delight you, but it's there for the taking, so get out your bottle opener.

Beer isn't just for camping, skiing, hockey or house parties anymore. Instead of buying a case, and pounding them back one after another until you end up riding the porcelain bus, why not try some more unique beers made especially to accentuate certain types of foods.

Rodney's Oyster Bar in Toronto for example, makes a very different beer steeped in tradition.

Made for Rodney's by the Durham Brewing Company in Peterborough, each 50-litre keg contains the pasteurized liquor of 1000 oysters, said Patrick McMurray, Rodney's head shucker and juice extractor. Broken down, that adds up to about five oysters per pint of the pitch-black liquid.

Rodney's goes through roughly a keg and a half per week of the oyster stout.

"People who like Guinness like it, people who hate Guinness like it," said McMurray. He added that compared to the dryer, lighter bodied Guinness, "this (Oyster Stout) is more creamy, full bodied in the mouthfeel...and it can range from salty to sweet in the finish."

As some people might cringe at the idea of drinking



the creamy concoction, more adventurous types might be fascinated by the history and folklore behind it.

Used as a health-coektail for London fisherman at the turn of the century, workers would have it for lunch.

"The idea is to give them something they can drink, fill them up, and get them on their way for the rest of the day," said McMurray.

A beer hunter in his own right who spent his honeymoon on a beer tour of Belgium, McMurray discovered a slightly different tale while on a trek through the small

past," states the legend which, by the way, is available on the brewery's website.

McMurray stands by Rodney's version, but embraces its history as well.

"You know, a little dab'll do ya," he said. "It'll cure everything from headaches to impotency. You'll have 14 and a half children, you'll be able to lift a boat out of dry dock, paint the bottom and put it back in a day."

Batteries not included.

Maybe stout mixed with seafood isn't your mug of beer. Don't worry, there are plenty of other choices available to cure what ale's you.

One of the more notable ingredients making waves is hemp. With the production of industrial hemp on the rise in Canada and other countries, brewers have discovered yet another use for the controversial plant.

The Hogtown Brewing Company in Mississauga has been brewing draught lagers for Toronto pubs and restaurants for the last five years. When the time came to add another beer to the repertoire, hemp was high on the list.

"We wanted to go for an ale...we thought we had to be different. Hence, hemp," said Peter Lazaro, Hogtown's General Manager. Hogtown Hemp Beer was born.

Not to ruin the mystique surrounding the botanical beverage, but there are no marijuana leaves or buds added to the brew. The seeds, which constitute 15 per cent of the brew, are crushed and added to the mix just like any other ingredient like barley, also a member of the cannabis family.

The result is a smooth, nutty flavour with a dry finish, and sorry folks, you can't get high off it.

"I wanted to put a zing in it," said Lazaro who hopes to be brewing up to 10,000 litres of Hemp Beer per month as its popularity rises. Currently, the beer is being served on tap in over 80 bars and restaurants all over the greater Toronto area, and as of late October, Hogtown Hemp made its debut in selected Beer Stores.



For sixty years hemp farming was prohibited in North America. Why? Did the petrochemical companies want to eliminate a competitor for nylon rope? Were the oil companies afraid of ethanol fuel? Did Randolph Hearst put the fear of marijuana into America because he owned timber rights and paper factories? Was there a conspiracy against hemp? Nah, who'd believe that? It's only a coincidence, right? Think about it while you enjoy another round of Hogtown Hemp beer. Cheers!

To purchase a genuine hemp HEMPUS FUGIT T-Nhirt (XL Only) send a cheque for \$22 (mehules tax and GST) to Hemp T-Shirt, Box XXX, Terminal A, Toronto, MSW 186

town of Inagh on Ireland's west coast. Said to cure everything from arthritis to infertility, the recipe for Black Biddy Oyster Stout is said to have come from the contents of a magical potion used by suspected witch Biddy Early in the early 1800 s.

The brewery's owner 'happened' upon the long lost bottle on the banks of the river in Ireland behind the pub in 1995, and has been serving the traditionally-brewed oyster stout ever since.

"When you drink Black Biddy we don't guarantee you will see the future, but it may help you forget the

# REE: BEER = GOOD

Mi Drink

SO... I'll have another beer...

er Simpson

LA... I'll have another beer...

TEA... no thanks, I'm drinking beer...

That will bring us back to...
(Looks into empty glass)
D'OH!

"The problem with the world is that everyone is a few drinks behind."

—Humphrey Bogart

"I drink to make other people interesting."

—George Jean Nathan

"An intelligent man is sometimes forced to be drunk to spend time with his fools."

—For Whom the Bell Tolls, Ernest Hemmingway

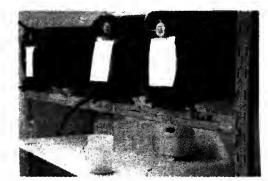
"You're not drunk if you can lie on the floor without holding on."

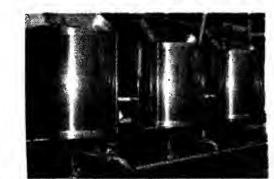
—Dean Martin

"All right, brain, I don't like you and you don't like me – so let's just do this and I'll get back to killing you with beer."

—Homer Simpson

what beer's all about







"We knew that everyone would want to try one," Lazaro said, while flipping through a pile of sample coasters containing various hemp conspiracy theories, uses, and fun facts. The coasters, one found in each case, are part of Lazaro's marketing strategy to benefit from the marijuana appeal and controversy.

With specialty beers and brewpubs cropping up everywhere, each sporting its own unique brand of suds, it would be difficult to get them all down your gullet.

Fortunately for those interested in expanding their beer horizons in a more compact fashion, there are several Toronto establishments with worldly beer visions.

C'est What, a well-known local brewpub and restaurant, carries 28 different draughts in support of local Canadian brewers, said General Manager Brenda Atkinson.

It seems that with a bit of ingenuity almost anything can be used to catch a buzz. Take the large assortment of fruit laden beers around. The delicately flavoured Raspberry Wheat from the Kawartha Lakes Brewing Co., Pumpkin Ale and Cranberry Ale from The Hart Brewing Co. near Ottawa, are each served at C'est What and at Rodney's, usually with food because of their drink ability.

Along with their wide selection of in-house brews, C'est What brews a dark Coffee Porter using espresso beans, and its own Hemp Cream Ale which sells an impressive two to three kegs per week said Atkinson.

... C'est What has achieved notable success while refusing to even carry beers from big boys Molson and

The same can't be said for Toronto's Esplanade Bier Markt, although, prepare for a good ribbing if you enter the posh establishment and order a Canadian.

"Ah, what are you doing?" exclaimed Leigh Atherton, Bier Markt's Area Manager, mocking what a bartender might say. "We have eight zillion bottles or types of draught and you're picking this? (Molson Canadian)" The Belgian brasserie, meaning restaurant serving beer with food, is home to over 100 brands of beer from over 24 countries.

Some unique brews on the menu include Belgium's Belle-Vue Kriek, brewed with fermented cherries: Jamaica's chocolate-malty Dragon Stout; and the dark roasted caramel of Pete's Wicked Ale from the U.S. But bring your wallet if you want to get down to the good stuff.

The Bier Markt serves five special release brews known as Trappist beers, imported from the six remaining 700 year-old Belgian abbeys.

Featured on a separate, informative menu, they range in price from \$6.75 to \$9.36 per 300ml bottle.

"Beer is becoming as high profile as wine...taking away that misconception that a beer is a beer is a beer." said Atherton. And as microbrewers and brewpubs continue to turn over every stone in search of the next ingredient, strange and tasty concoctions are sure to keep finding their way to pubs, restaurants, and eventually Beer Stores everywhere.

With so many beers and so little time, it's going to take more than a case of Canadian to figure out what beer's all about,

#### Beer for dinner and dessert

Picture the beer commercial: four hard working, muscle bound steel workers at quitting time after a hard day's work. They head to the pub where it's high-fives all around as they take their seats and order. The bartender slides the frosty ones down the bar and they raise their glasses to their lips. Then, they take their spoons, dig in and eat their ice cream. This Bud's for you.

This scenario isn't quite what Greg Mahon, owner and founder of Greg's Ice Cream in Toronto, had in mind when he came up with the idea of making ice cream out of bee six years ago.

"It's a little too sophisticated for most people," said Mahon, who's been making and selling premium, all-nat ural ice cream in Toronto for nearly 20 years.

Starting with the popular stout flavoured ice cream Mahon soon found that the demand was there and began making it with a variety of beers including porter, maple wheat, Mississippi Mud, honey brown and Black & Tan.

Each of the eight ice cream flavours are made in Greg's tradition of using the best ingredients. The stout is made using Guinness, the honey brown is from Sleeman brewery, and they even make a flavour using the high-end ale Creemore Springs.

"There are people who don't like beer to drink who would eat the beer ice cream," said Mahon, pointing out that the beer is actually made into the ice cream, instead of the beer being added to a certain flavour.

"People ask me, what's the secret? The secret is, there is no secret!" said Mahon. "If it's banana ice cream, it's got bananas in it; if it's chocolate ice cream, it's got chocolate in it; and if it's beer ice cream, it's got beer!"

Mahon's honest approach to making ice cream has proved successful for him.

Not only do they make ice cream for Toronto's prestigious Four Seasons hotel, Greg's has been named Now Magazines Best Place for Ice Cream for 1999, an position they've held since the awards conception.

Just like beer, the sale of Greg's beer ice cream, and ice cream in general, is down in the winter months; so much that they only 'brew' it between June and August.

But Greg would make you any kind of ice cream you could think of.

"If somebody wanted a flavour of ice cream designed, I'm the place they would come," Mahon said.

May be if you asked him nicely, you could stop by for a pint or two.

## Small breweries offer specialty beers

by Andrew Horan

Hidden among the Labbats or Budweiser taps at your local bar, you might find a tap containing great beer produced by a local microbrewery.

A beer produced by a small microbrewery can provide people who are bored with mass produced beer an alternative.

A microbrewery will take time to produce its beer, while a large brewery like Molsons produces its products faster as it is

Cool Brewing Co. in Brampton (est. 1997) and Hogtown Brewing Co. in Mississauga (est. 1994) are two microbreweries that have made their beers available around the Toronto area.

"People are looking for something unique, something they can call their own," said Richard Ciemente, a sales representative at Cool.

Brewer Peter Lazaro said that bottles of Hogtown's beer are available at the Beer Store at Yonge Street, and Somerville.

Cool will produce 6,000 hectalitres or the equivialent of 72,000 bottles of beer this year.

Lazaro said that the response to their product varies from bar

"Some bars go through three to four kegs a week," Lazaro said. "Some don't sell any."

"In some areas it does better than the big boys," Ciemente said about Cool's lager.

Cool and Hogtown both currently brew lagers. To help boost sales, both they're introducing a dark beer made with hemp seed.

Jamie Mistry, a brewer at Cool, said that someone drinking the hemp beer "couldn't get stoned" by drinking it. The hemp



Jamie Mistry, Brewer at Cool Brewing Co.

beer is a rich dark ale and when sipped and savoured slowly, a drinker can taste chocolate, coffee, and vanilla flavours in the

"It intrigued us," Lazaro said as the beer has been well received by the public. "It was a very good beer."

In a market ruled by flashy marketing campaigns, microbreweries have to strive to make their product stand out.

Lazaro said that their recipes are not dictated to them by

"We aren't ruled by the bank," Lazaro said. "We care about

Mistry said that Cool's beer is cold filtered, not pasteurized so it retains a lot more natural flavour. Also, Cool brews its beer at

normal gravity. Gravity is what is used to dilute beer while it is being brewed to remove sugars. Large breweries use high gravity to save space at their plants.

Ciemente said that Cool's beer costs less than the large breweries' beer. "It gives the bar owner an incentive to push our product," Ciemente said.

But competing with large corporations has proven to be difficult. What Molsons will spend in a night on one commercial during a hockey game might be a small microbrewery's advertising budget for an entire year.

"We don't have the advertising budget," Ciemente said. Many microbreweries turn to the much more cost efficient print and radio ads.

According to Mistry, word of mouth is sometimes the best form of advertising.

There is also the problem of production. Molson's plant in Barrie produces the same amount of beer in one week that Cool produces in a year.

"On this level it is very difficult to compete," Lazaro said. "We have to produce on a larger scale."

"We don't get a price break," Mistry said. "We don't buy our ingredients in large quantities."

For now, the people at Cool and Hogtown are content with their current operation.

"We're happy with the niche we have now," Mistry said.

"It's a continuing evolving situation," Ciemente said. "When the time comes we will expand."

Instead, the people at Cool are looking to go after their own market; other microbreweries. Once they have done this, Mistry said they will be ready to 'take on the big boys.

### Make your own brew

by John Maida

re you fed up with the same old, usual beer you buy from the Beer Store? Are you tired of spending \$30 for a case of 24 Labatt Blue? Have you ever thought about brewing your own beer, but were just afraid to try?

Well, fret no more because brewing your own beer is easy and it can save you a bundle.

The Brew Factory in Concord, and Fermentation's located north of the Danforth on Pape Avenue in Toronto, are just two of the many 'brew your own beer' outlets located in and around the Greater Toronto area.

The Brew Factory's doors have been opened to the public for more than six years and it offers over 50 different beers • with recipes from countries like Germany, Britain, the Netherlands, and Canada.

Majid Mir, owner and operator of The Brew Factory, thinks brewing your own beer can be a lot of fun and can keep your wallet a little thicker.

"Many people brew their own beer, just for the fact that they save a lot of money. I have customers who think that it tastes much better than the average domestic beer," said Mir.

The price for brewing your own beer ranges from \$75 to \$115. Customers receive 50 litres of beer, that's the equivalent of six cases of 24,

The average percentage of alcohol in the beer is about four to five per cent. It costs an extra five dollars for an alcohol booster. The amount of alcohol used to

boost is determined by the sugar level of

It takes approximately two weeks for beer to be made and only an hour to actually brew it. After that, it must be fermented, cooled, filtered, then bottled.

The brewing stage begins by selecting 2.75 litres of malt and 2.5 litres of syrup (glucose). Then customers select a desired hops which are corn-like flowers that grow on vines and have been used in beer making for over 200 years.

Hops inhibits spoilage and enhances head retention. There are seven different hops to choose from. An average beer, like the American lager, consists of 60 grams of saaz hops, 10 grams of Irish Moss, and 15 grams of cascade hops.

From there, the malt and syrup are distributed to a large kettle full of boiling

It takes about 30 minutes for the wort to foam. The wort is another word to for all the ingredients in the batch. It's done when the foam has reached a height of two

Once it has cooled down, you add the saaz and the Irish Moss, and let it boil for at least 30 minutes.

Once this stage is complete, the cascade hops are added into the kettle and boiled for about 10 minutes. It is important to let the wort cool down a bit before continuing with the process.

The next stage is transferring the wort through the heat exchanger then adding the desired amount of yeast. It is the customer's responsibility to add the yeast.

The two-week waiting period is broken down into five stages. The first stage is the fermentation stage, where the wort is kept in the fermentation room with a temperature of 25 degrees (Celsius), for seven days. Then it is transferred to a medium room (the temperature stays at eight degrees) for three days so that the wort does not become too warm or too cold.

From there, the wort goes into the cooler for two days where it is filtered and transferred into a steel canister so it can be carbonated.

It takes roughly five minutes to filter and 18 hours to carbonate.

The final stage is the bottling stage. The customer is responsible for bottling and it usually takes 30 minutes to an hour to complete.

"However self - brewed beer doesn't last as long as beers bought at the store because you don't use preservatives.

John Novisedlak of Brampton has been Brampton for three years.

"It tastes good, but not as good as your everyday beer. When it boils down to it, it's strictly the cost factor.

I pay \$82 for six cases of beer at the Brew Bayou, and that's like getting beer for half the price. It's well worth it," said Novisedlak.



Brewing your own beer can save money.

"I still, on occasion, purchase beer from the beer store. It's a lot easier to walk in the beer store, put down \$30 bucks and pick up a 24. A lot of people don't want the hassle of waiting and doing all the work," said Novisedlak.

Charles Fajgenbaum, owner and operator of Fermentation's said most of his customers enjoy brewing their own beer.

"It's all the same people who come in brewing his own beer at the Brew Bayou in here. Many people have been coming here for four years straight. I guess they know they are getting a decent product and a lot of them take pride in brewing their own beer," Fajgenbaum explained. "Once you taste how good it actually is and realize how much money you're actually saving, it's hard to go back to regular store bought beer."

#### Universal beer temperatures get chilled

by Karyn Wilson

s the smooth, deep, rich liquid circled around the bottom of the glass as it poured, my thoughts wandered back to a previous trip to Ireland. Every night in Dublin was spent in a pub savouring a pint of Guinness; poured slowly as to keep the thick foam from accumulating.

But wait! What's this? My pint is chilled. Is the bartender nuts? Doesn't he know that Guinness should be served at room temperature?

I slam my pint down on the sticky table and stomp over to

Looking him straight in the eye and said, "How dare you serve Guinness like this? It needs to be at room temperature."

"I'm sorry luv," he said. "That's the temperature we've been told to serve it at by the breweries."

I have to get to the bottom of this.

Brewing beer has been practised for thousands of years, however much of what went into a batch centuries ago differs from today's ingredients. Since there was no means of refrigeration, ingredients were basic including spices such as coriander and citrus.

In 1759, beer was stored in basements at 8-10 degrees Celsius to ensure that the basic ingredients of barley, water, malt, yeast and hops would not spoil as quickly. The tradition of serving beer at just or under room temperature was a necessity as there was no other way of refrigeration.

Today, the temperature beer is served at is controlled by a pub and/or the type of beer being served. Ron Keefe, Brewmeister at Granite Breweries said that serving beer cold could destroy its taste.

"Serving beer ice cold causes the taste buds to be shocked and a person cannot taste the ingredients," Keefe said.

As a general rule, Keefe said lighter ales that contain less malt; body and alcohol are poured cooler. Darker beers such as stout should be served warmer as the ingredients are more potent in this state.

Bill White, Brewmeister at Boddington's who has had 24 years of brewing experience, points out that beer temperature correlates with the temperature outside.

"A cooler beer is thought to be refreshing and thirst quenching so during a Canadian summer, beer is served ice cold to please customers," said White.

The customer is also another determining factor as to how beer is consumed. According to White, a beer chalice designed in Belgium was designed to regulate coolness.

"The chalice is designed with a large opening and a long stem where the hand holding the body of the glass will warm the beer up gradually. The consumer can control the temperature profile," said White.

Well, so far I've learned the differences in serving temperatures, but why was the Guinness I was served chilled?

For an answer, I went right to the source – Guinness. Paul Meehan, regional manager for Western Canada shatters some of my beliefs about this world famous stout.

"At one time, Guinness was served at 8 degrees Celsius, however the universal temperature now is 3-5 degrees Celsius," said Meehan.

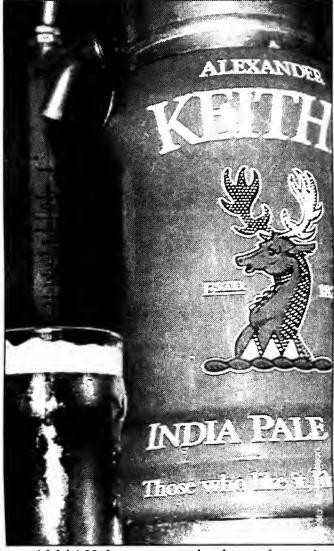
"Okay," I said "but that doesn't explain why I was served Guinness warm in Ireland."

Meehan continued saying that much of the debate over temperature is psychological due to the fact that Guinness and other beers were first served at room temperature.

"Today, the younger crowd has embraced a colder drink whereas the older generation is used to how it was served in the past," said Meehan.

In Dublin, the pub I patronized served Guinness a few degrees warmer to satisfy an old tradition and an older generation that preferred it that way.

At this point, I think I should return to Dublin for another taste test. For research purposes only. Really.



Ahhh! Help, my taste buds are frozen!

Terrence Campbell serves 'em up with a smile at Caps.

#### Belching beer lyrics

Well, I woke up this morning, and I got myself a beer

The future's uncertain, and the end is always near

-Roadhouse Blues, The Doors

Funny I've been there
And you've been here
We ain't had no time to drink that beer

-Sandman, America

Sitting like a princess perched in her elec-

And it's one more beer and I don't hear you anymore

-Someone Saved My Life Tonight, Elton

You didn't have to make me a total disgrace

Didn't have to leave me with that beer in my face

-Black Country Woman, Led Zeppelin

To either cut down on beer or the kid's gear

-Town Called Malice, The Jam

Tell me what it is you want me to hear
I trust rebound is just rebound
you're stuck between my attitude and

-Tantrum, Ned's Atomic Dustbin

we got to get some beer we got no atmosphere

-Distance Equals Rate Times Time, Pixies

I love you too in all your forms, the slim and lovely virgin floating among German beer.

-Queen Victoria , Leonard Cohen

We've got provisions and lots of beer The key word is survival on the new fronier

-New Frontier, Donald Fagen

Another night in a succession Thinly glued with beer and wine It's a precarious profession

-Lifeblood, Indigo Girls www.netaxs.com/~vectorsys/varady/beersong.html

# ARTS

# Ben Harper burns to shine on new release

by Elizabeth Goncalves

Just like a true artist, everything is inspiring to California native, blues-rocker Ben Harper.

Sitting across from four journalists, Harper shakes each person's hand as he gazes deeply into their eyes, somehow attempting to discover something more about each person.

On his fourth album, Burn to Shine, which took six months to create, Harper fuses delta blues, country-esque, jazzy poprock sensibility with his fellow band mates, bassist Juan Nelson, drummer Dean Butterworth, and percussionist David Leach, collectively known as The Innocent Criminals.

In the same vein as his previous releases, Harper delivers an appealing cross-generation album embracing all musical genres.

Like his openness to other styles of music, Harper, 30, realizes the importance of being open with his lyrics, they read like excerpts from a diary. Harper said the manner in which he writes is almost uncontrollable.

"It's an immediate extension of an emotion that I connect with through an instance," said Harper.

"It's an unconscious control; I feel there's a need to communicate, to get this out. To free myself, my mind, my body, my spirit of this emotion so I can then move forward.".

Burn to Shine's sound ranges anywhere from a traditional '20s jazz number, 'Suzie Blue' to a beatboxing ditty, 'Steal My Kisses'. The musical influences seem to be pulled from the past, leaving listeners to wonder whether Harper believes today's

music, can still be influential and inspiring.

Harper thinks popular music shouldn't be a reflection of all music, he said when musicians of the past were creating their style they had no idea 40 years later they would be influential.

"Think of all the music that you listened to when you were 12: Air Supply, Journey, and Styx. You don't listen to that (today), you know what I mean? I'd like to be able to make music that people can grow up with and grow old with like Neil Young," said Harper.

An avid guitar collector, who spent his childhood working with his grandparents in their Claremont, California music store, Harper said he learned to appreciate eclecticism from artists like the Rolling Stones and The Beatles.

"To me diversity is what keeps music exciting; it's what keeps me interested. If I have to go out and rock out on every song, I'm really going to get bored."

Like a spark that burns to shine, Harper is constantly trying to find a voice to communicate his thoughts and feelings. Harper said it is only with his latest CD, he has become a songwriter.

"I've never been so close to the art and craft of writing a song. I could write a song in five minutes and it would be decent," said Harper.

"I can sit next to a rock and write a song, or next to that table and get a vibe. I can completely separate my physical presence and my psychological presence."

Harper who has opened for such diverse acts as the Fugees, Metallica, Marilyn

Manson and The Roots, said he enjoys it when people pull their own message from his music

"That's what keeps music free is the different interpretations. That's what I love about it. I mean it can be interpreted and reinterpreted even by myself," admitted Harper.

"The song 'Walk Away', a woman came up to me and said, 'What does that mean?' I told her what it meant when I wrote it and then she broke into tears and she said, 'You know that song meant something totally different to me' and stormed off. Then about a year later, the song came to mean the same thing to me as it did to her. I take my music very seriously and what songs mean to me."

There have been people who question Harper's music, songtitles, and actions, Harper said he is frustrated by this.

"They say what does Burn to Shine mean?' Man if you're asking you need to go burn to shine.' I mean what can I say to that? It's like the sky is blue — 'What did you mean by that title?' It means the sky is blue what else does it mean? Burn to Shine! It's clear as day."

Harper continued, "There is no pretense and I have no deeper meaning than any meaning you can pull from it yourself."



Ben Harper's music continues to shine on his latest CD.

Spiritually moving and transcendental is Harper's live performance. His songs are always delivered in a distinct fashion.

Harper said if ever his music begins to lose its distinctiveness, he would pack up his guitar, mic and head back home.

"I'm not addicted to making music, or any glamour that might be perceived of this business. If I'm not inspired you're not going to hear me making music. There are plenty of other convictions to life that I need to focus my time and energies (on)."

#### Skeet Ulrich rides with the devil

by Nick Jones

If you're a proud Canadian, then Ride With The Devil is a movie for you.

I didn't know what to expect when I sat down to watch the movie except that it starred Skeet Ulrich and Tobey Maguire. Within minutes I was craving a few pints of true Canadian lager.

I'm tired of watching American's portray themselves in movies going to war and demolishing every country along with a plethora of monsters and aliens. When I realized Ride With The Devil was a story that takes place during the American Civil War, I was pretty stoked. This was the

only time in history when Americans were at war with Americans, killing each other left and right. For Canadian moviegoers it's a win, win situation.

It's been a long time since I've seen a movie like Young Guns and this brought some nostalgia flooding back. I forgot how fun it is to watch a 100 bad guys surround a house filled with 10 good guys. Everybody starts firing their guns and the bad guy's entire cavalry is almost killed while one good guy gets his finger shot off. The enemy ignites the house forcing our heroes to break through a wall and jump on their horses in mid stride while still firing their



Tobey Maguire and Skeet Ulrich ride with the devil

weapons with snipers like aim. They ride to safety.

There's a few more impressive horse back battles with guns blazing, unfortunately the fun doesn't last. A real story is tossed into the mix. During the winter months it's

too cold to fight so our stars are forced to hide out. Now we have to sit through the exploration of friendship, loss and love and this is the story that ends up dominating.

Maguire and Ulrich both turn in good performances. Also in the

film, singer Jewel drops her guitar to pick up her first major movie role. I liked her character, Sue Lee, because every guy she married was dead within days.

Although nobody impressed me as much as Jonathan Rhys, Meyers who plays Pitt Mackeson a character who is whacko compared to the characters of Maguire and Ulrich, that only flirt with borderline nutcase.

Ride With The Devil was directed by Ang Lee (The Ice Storm, Sense and Sensibility) and adapted from Daniel Woodrell's novel Woe to Live On. Ride With The Devil opens in theaters across Canada on Nov. 26.

# Night of the Iguana is a must see

by Catherine Stancl
oneliness and despair are
elements prevalent in all of
Tennessee Williams's plays.
But these elements are also the
most difficult to convey to the
audience without being gratuitous.

Night of the Iguana is a play faught with loneliness and sexual tension. The presentation of this play by Stage Centre Productions conveys these feelings through talented actors and the artistry of director/designer Garth Allen.

Allen's dual role of director and designer proved more of an asset rather than a difficulty. He said having to dissect Williams's work and bring it to the stage allowed him to develop a vision of how certain things should look and feel like.

"It's like being a landscape painter. You have this empty canvas in front of you and you envision what texture and what colouring you need in order for this to become a living organism," Allen

Night Of The Iguana, set in 1940, is a powerful drama focused on three desperate and lonely individuals brought together at a dilapidated Mexico hotel: Maxine Faulk, the sexually unfulfilled Texan widow, Lawrence Shannon a defrocked minister on the verge of a nervous breakdown, and Hannah Jelkes, the level-headed old maid who does not know life or love outside of caring for her 97-year-old grandfather.

The play transpires over an afternoon and evening on the veranda of the Costa Verde Hotel. The heat of the Mexican sun and the simple and rundown property, achieved through the excellent use of lighting and well designed sets, is evocative of the oppressiveness and hopelessness the central characters are feeling.

The actors carried this atmosphere throughout the play. Brian Kipping did an exquisite job play-

ing Lawrence Shannon. As the Reverend banned from the church for his illicit sexual behaviour, Kipping shook with anger, lurched in misery, and moved the audience with his breakdown in the middle of the play.

Marilyn Meitz played hotel manager Maxine Faulk and portrayed this sex-starved, aging widow well, though sometimes her movements and even her voice seemed exaggerated. She almost seemed as if she was trying too hard, and it became distracting.

Spinster Hannah Jelkes was played by Rita Lynham, who gave the character a perfect balance of pride and vulnerability, and acts as the median between the neurotic minister and the haughty Texan widow.

Night of the Iguana is rich with powerful writing and dramatic interludes which Allen, as well as the actors, have succeeded in presenting to the audience.

"The director's job is to pro-



Marilyn Meitz, Brian Kipping, and Rita Lynham star in The Night Of The Iguana which runs until Dec. 4, 1999.

vide clarity of the text and to provide pacing for the production, so I'm the one who has to make certain that everything that Tennessee Williams wanted an audience to hear is heard emotionally," Allen

said.

Stage Centre Productions has done a fine job. Night of the Iguana is playing at the Fairview Library Theatre until Dec. 4. For tickets call the box office at 299-5557.

# The Legend of 1900

by Nick Jones

The Legend of 1900 is a fantasy. Ironically it might be a tiny bit harder to grasp than most. There's no mystical land filled with three-toed aquatic sea sloth's mutating into maniacal killers because of the virgin amazon winter.

Tim Roth stars in the film (Pulp Fiction, Rob Roy) and is the first English language film attempted by director Giuseppe Tornatore (Paradiso).

Also staring in the movie are Priutt Taylor Vince, Bill Nunn, and Clarence Williams III, all of whom I'm sure you will recognize. The Legend of 1900 also marks the acting debut of French model Melanie Thierry, who definitely has supermodel features with her big ol' lips and bulging blue eyes.

Tornatore's script was adapted from the dramatic monologue Novecento written by Alessandro Baricco.

On the very first day of the 20th Century Danny Boodman (Bill Nunn) finds an abandoned baby aboard the Virginian, an enormous ocean liner carring European immigrants to America. The baby is given the name Danny Boodman T.D. Lemon 1900 (Tim Roth) after his new father, the boy he was found in and the day of his discovery. The kid becomes known just as 1900 and lives his first few years in the belly of the ship, a secret from almost every body. After Danny is killed in a freak accident 1900 is finally discovered.

During 1900's first experience on deck he hears music for the first time and is captivated by the enchanting sounds. 1900 turns out to be a piano prodigy playing music like it was a gift from God. He's kept onboard to perform for the passengers and his ability soars. The cinematography displays 1900 playing the piano like he has four hands creating sounds nobody has ever heard.



Tim Roth portrays a piano prodigy in his latest film, The Legend of 1900.

If you're the type of person who likes to go to a movie and rip it apart because of all the faults, you'll love this film. It's a fantasy with plenty of holes if you can't bridge the reality gaps yourself. This is a movie about music. The main character has never seen a world outside of his tiny existence on the sea. 1900 is best examined when his fingertips are running across the keys. When he sees Melanie Thierry's character for the first time he doesn't even look at his hands while playing, he just watches her and lets the music make you feel what other movies do with dialogue. This idea is also attempted with a fight scene, where 1900 battles another pianist.

This movie isn't amazing, but it's different. The Legend of 1900 has its moments, but never really fulfills those emotions we want a movie to trigger.

#### Beastie Boys Contest

Calling all Beastie Boys fans, have we got a contest for you!

Et Cetera will be giving away 5 Beastie Boys prize packs next Thursday, consisting of 1 copy of the Beastie Boys Anthology, one 7 inch single, and one of three vinyl copies of 'Alive'. One of the five lucky winners will walk away with the grand prize, a complete Beastie Boys CD library.

Here's how it works, we've gathered five sound clips. Tell us the name of the album, and/or correctly identify all 5 song titles. Email your answers to us: humberetc@hotmail.com. Note: Please include your name, and phone number along with your answers. Contest deadline is noon, Tuesday, Nov. 30, 1999. Winners will be drawn at random and all answers must be correct. You will be contacted if you are a winner. No Journalism students are allowed to enter this contest, sorry!

Here are our clues:

- 1. "It's a trip, it's got a funky beat, and I can bug out to it!"
- 2. "Mmm, it does go well with the chicken."
- 3. "Is your name Michael Diamond? No, my name's Clarence."
- 4. "You might want to get straight to this time, cuz there might not be no next time, y'all."
- 5. "Yo baby, what's up?"



#### The latest CDs in review

Ani DiFranco – To The Teeth



To The Teeth is Ani DiFranco's 12th full-length release on her personally owned, and operated record label. Righteous Babe Records.

DiFranco fails to disappoint by delivering an eclectic mix of folk, punk and blues.

The follow up album to Up up up up up up, released last February, is more of a continuation of her previous work than a new approach to her art.

Title track, 'To The Teeth' is angst-filled, grinding on today's troubled youth, ending in the Buffalo-born folkstress exclaiming, "I'm gonna take all my friends, and I'm gonna move to Canada, and we're gonna die of old age".

DiFranco sticks with what she knows best, vexing on all of her listeners about the horrible misdeeds of our society.

Now happily married, and once labelled 'hairy-dyke', DiFranco wishes her current lifestyle choices away in the track 'Wish I May'.

Maceo Parker makes an appearance on the album on the track 'Swing', which leaves only one question in the minds of die hard DiFranco fans ... will she add a swing orchestra to her act next time around?

To The Teeth, is a pillar in the collection of any DiFranco fan and may just be her best one yet. Jaime Ross

The soundtrack for the new Arnold Schwarzengger movie, End of Days has hit the market with a bang - a loud bang.

The soundtrack's biggest thrill is, Guns N' Roses 'Oh My God',



their first single since 1993. The quality of the track is up to G N' R's usual standard. The lyrics are good and it's nice to hear Axl's familiar voice.

Containing 12 tracks with performances by Korn, Rob Zombie and Sonic Youth, the music on this album ranges in genre from rock to hard rock.

The songs on the album are heavily laced with electric guitar, complete with advisory warn-Advisory, ings, "Parental Explicit lyrics". 'Bad Influence' by Eminem is partic-End of Days Soundtrack ularly offensive. The song not only contains a lot of swearing, but it encourages violence and suicide.

> Although the songs are loud and contain a lot of vulgarity they are appropriately suited because of the content of the

movie. End of Days portrays the chaos of the end of the world.

Corinne Hester

Stone Temple Pilots - No 4



No 4 opens with 'Down' and the words "Pleased to meet you". You have to wonder if the phrase is a reintroduction to STP, or specifically for Scott Weiland since he's been in and out of rehab and jail so often.

The band that gave us the anthems 'Plush' (1992) and 'Vasoline' (1994) have been nowhere since. STP has definitely been missed, but we can only blame Scott.

STP's return comes heavy and hard-hitting. No 'Interstate Love Song's here. Nothing but heavy except for 'I got you' which almost sounds a little bit country.

The band sounds tight and Weiland is at his pouty and mysterious best. Thankfully all the abuse hasn't hurt his voice.

Pity that we won't see if the tightness can be translated into a live show since STP can't tour as Scott is incarcerated at the moment. He may be out in March on good behavior.

If you're in the mood for a hard and uplifting 45 minutes then throw on No 4. Not exactly the . type of thing to have a candlelight dinner to. Maybe demolishing a brick wall or something like that.

This prediction will come true (Just remember you read it here first). Track number eight "Glide" will be a hit. Kind of prophetic lyrics too. Weiland almost begs, "Just give me half a chance from throwing it all away". You'll get your chance Scott. Just don't blow it this time.

- Erik Martensson

#### Mephiskapheles-Might-Ay White-Ay



Take the trumpets and quirky rhythms of traditional ska music and the harsh vocals and thrashing guitar of heavy metal and what do you get? Mephiskapheles' third release, Might-Ay White-Ay.

The New York City band combines the two musical styles about as well as oil and water. 'Calloused Boy', goes heavy guitar and anguished voices to an interlude with sappy trumpets. Tracks 'Devil's Due' and 'Tallahassee Tango', sound much better than their hybrid counterparts. These songs are reminiscent of the Mighty Bosstones in the use of horns, quick rhythms, and simple guitar chords.

Listening to Might-Ay White-Ay, it's not a big surprise Mephiskapheles has remained relatively unknown in their nine years as a band.

- Catherine Stancl

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November 25, 1999

# -LIFESTYLES

# Guilt, denial normal when grieving

by Lara Rizzo then a loved one dies, feelings of grief are normal. Yet we may tend to blame ourselves for something we did or didn't do that may have contributed to the death, or for the things that we wish we did or did-

Dr. Margaret H. Gerner, a psychologist at the Grief Recovery Institute, said the stages of grief vary from one person to another.

"Many people deal with death in various ways, the most common are denial, depression, guilt, and hope," said Dr. Gerner.

"You begin to realize that you are moving forward and can once again enjoy life."

- Dr. Margaret Gerner, Grief Recovery Institute psychologist

Gerner who counsels people in grief said, "the stage of denial may last just a few minutes, a few days, or even weeks and longer. Like all of the grief stages, we may find ourselves in and out of this stage at different times." Gerner added, "the key is to understand that it's fine if it happens, as long as we are working on our grief."

Dr. Gordon Blancha, a psychologist at Peel Memorial Hospital, said denial is the subconscious thought that our loved one is away for a short time and due to arrive

"We may search for them when we are out driving or in a crowd. We know that they are gone but we continue not wanting to believe it," said Dr. Blancha.

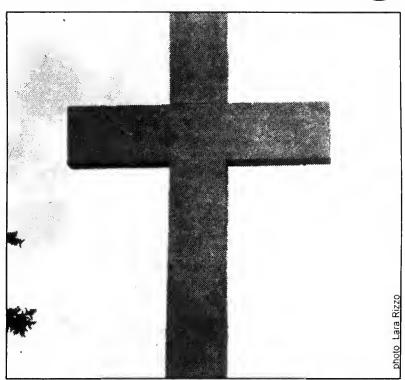
Gerner agreed, "Many habits also continue, such as setting a place for them at the table. All this is just a sign of our subconscious denial to the death. Denial provides a buffer for us from the reality of what has happened."

When a loved one dies, the mind needs time to adjust to the reality of what has happened, and denial is the natural way this happens.

Some of the feelings a person may experience might be restlessness, numbness, and bewilderment. The ability to concentrate is definitely impaired which makes it difficult for a grieving person to function in everyday life.

"Be aware that accidents may happen more often because of the inability to concentrate. That doesn't mean that we should curl up somewhere and not do anything. It just means that major tasks and decisions may require some assistance," said Gerner.

Reality and the pain go away



with denial. Acceptance and the peace that it brings will come, said Gerner. She said it just takes time. Probably longer than we want.

Depression marks the breakdown of our defences in time of grief. The reality of our loss sinks deeply. It surrounds us; it dominates us, it crushes us.

Father Gary Whelan, a priest at St. Mary's Church, said "eventually there comes a feeling of utter depression and isolation. It is as if God is no longer in His heaven, as if God does not care. It is during

these days we are sure that no one else has ever grieved as we are grieving."

There is no normal time-frame for depression. The sense of loss ebbs and flows over time. Depression may reoccur when a song or a sight rekindles memories.

"The grief process is like a spiral that keeps coming back to the same feelings with varying degrees of intensity, and for various lengths of time," said Gerner.

Among all the feelings that come when dealing with a death,

the feelings of guilt are normal. Guilt is a strong emotion that is often magnified because you are in a vulnerable state.

"It is important for people to accept their guilt, however illogical, to understand it and to deal with it," said Father Whelan.

"It's unhealthy and even damaging to stay with guilty feelings. It may take a great effort, but it is worth the effort because guilt that is unrecognized or unresolved for a long period may lead to psychosomatic illnesses and to years of unhappiness," said Blancha.

Experts advise people who are grieving to work on the guilt feelings and hold onto hope.

If you start to notice that your good days start outnumbering the bad, that can have a dual effect. You may feel guilty for feeling good while at the same time you feel encouraged that you will get better.

"Slowly your eating and sleeping habits return to normal. You begin to realize that you are moving forward and can once again enjoy life," said Gerner.

Father Whelan said, "eventually you will be able to learn to accept death and will see options and possibilities for the future. You may experience renewed meaning in life. There is definitely a possibility for emotional, spiritual, and per-

# Parenthood can provide new skills

by Kelly Wright arents today have more of an opportunity to become better parents. There are many books and seminars to educate new parents on developing skills to guide their children in their development. Parents can grow with their child, taking the necessary steps for them to be the best they can be as parents, while learning from the life experience that is like no other.

"I used to hate everyone. Now I look for the good in people. I attribute that to my children." Lisa Coppins, a mother of twin girls, said she had a lot of problems before she became pregnant.

"I was partying and drinking a lot, getting into fights, and just causing a lot of problems for myself and others. But I have done a complete turnaround. I'm a completely different person." Her children are a year and a half old, and Coppins has learned a lot from them and a lot about herself. "I've learned to control my temper. I've learned how to keep a schedule, how to manage all aspects of children, and how to manage our money."

Dr. Sally Goldberg, North America's most recognized authority and pioneer in the area of early childhood development, said in a faxed interview, that there are many skills one learns from being a parent.

"The positive part (of being a parent) is that you can learn all of the tricks of the trade involved in bringing up children....you learn skills from your parents, friends, books, other resources, and from observing other parents."

She uses the analogy of sports to describe the process of parent-

"You get a coach or teacher who" teaches you the basics. Then you start applying them. The principles are the same and you get better at applying them to each new situation as it comes up.

That's what makes the whole process so interesting, challenging, and meaningful." She also says it. is a parent's job to teach a child a sense of control and not for parents to control children.

"It is a process of having total control and giving up gradually over time until you have an adult child who is independent. That is the goal."

Jim Jackson, M.A., a sociologist in the Liberal Arts and Science Department at Humber College, says that there are many things a parent can do to gain some skills to becoming a good parent.

great way to get first hand experi- things."

ence. Pre- and post-natal classes, parenting groups, and even talking in chat rooms on the Internet is good. Just talking to people, to see what others have to say about parenting, will help parents with their new situation."

He also wants parents to understand that they need to be there when they need them.

"A lot of parents aren't there, but they need to have good communication skills with their children...They need to talk to them about sex and drugs — to get them

He also said that books are another good way to get information and advice on parenting.

"There is information everywhere about parenting. You can even go to the pharmacy and find it. There you get information on "Taking some courses are a (kids') health issues, among other

Goldberg agrees that books can come in handy when parents need advice.

"They are able to provide parents with information that they could not normally get from the limited exposure they would have gotten just from their own experience. Since parenting is a relationship, each relationship is different. That belongs to each parent sepa-

Here are books from Humber College's Library, which may provide a guide for parents:

1)Talking to your Children About Love and Sex-written by Leon Somers and Barbara Somers

2)Why and How of Disciplinewritten by Aline B. Auerbach

3) Guiding Young Children-written by Eleanor Reynolds

November 25, 1999

# Newspaper astrology unreliable

by Jenn Mossey

re you the type of person who buys the newspaper just for the horoscopes or flips right to the back of Cosmopolitan to see what the stars have in store for your future? You had better think twice before you run out and make a drastic career move or confront the one you love.

Serious astrology, done by qualified astrologers, is much more complicated than just knowing your sign.

Barbara Bolte, a professional astrologer in Toronto said, "newspaper horoscopes only serve to give astrology a bad press, as they are not only misleading, but have

In fact, Bolte said that she actuack of ally had to sign an ethical agreethe stars ment that she would not write horore? You scopes for the press, otherwise her fore you diploma would be revoked.

Bolte became involved in astrology after attending an astrology

about as much to do with the prac-

tice of astrology as a crossword

puzzle has to do with literature."

"There is so much garbage in newspapers and magazines."

– Byron Barwick, Toronto astrologer

school in London, England, where the world's top writers in the field teach. There she studied astronomy, the history of astrology, interpretations, and techniques for forecasting and predictions.

"I think the sort of serious astrology practised by qualified astrologers is entirely reliable," she said. "This is why horoscope columns are such a nuisance and an obstacle to the public's understanding of what it really is."

Byron Barwick, also an astrologer in Toronto, said horoscopes found in newspapers or

magazines are only for pure entertainment.

"There is so much garbage in newspapers and magazines. People read the fluff in papers and rely on that," he said.

Barwick became involved in astrology out of interest for the art. He read books written by gifted astrologers and taught himself how to read the astrological charts of individuals and interpret them. He also became involved in metaphysics, which is what is beyond the five senses.

He uses his gift for understanding astrology "to find the potential that lies within the individual and help them to deal with their challenges."

"People often seek advice and guidance, particularly when life circumstances are changing, and decisions have to be made. My own belief is that people need to go with their own inner wisdom, but they sometimes have difficulty listening to that, which is where a good astrologer can guide them," Bolte said.

A real astrological reading is much more complex than you may think. A chart is drawn up using the following information.

A client provides their birth time and place. Using certain calculations, an astrologer can determine the local sidereal time of birth. Sidereal time is the time of the fixed stars and it is longer than solar time because it takes longer for the stars to return to the same place. Therefore, the solar time must be converted into sidereal time.

Using this sidereal time, an ephemeris (an astronomical almanac of the stars) is consulted to plot the position of the planets and a chart is drawn up showing these positions, as well as the rising sign and the sign on the midheaven.

The chart is further divided into 12 sections based on calculations using a Table of Houses, which is a

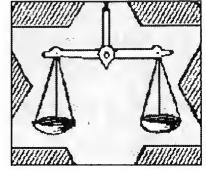
"I have found astrology to be a very useful tool, as it helps one to see the bigger picture."

- Barbara Bolte, Toronto astrologer

chart developed by astronomers and mathematicians of the dividing points between the midheaven and the point on the horizon. This will determine the astronomical location of birth. A birth chart shows the trends of change in one's life and can be helpful to those who need guidance or are making tough decisions in their life.

"Though casting the chart is based on mathematical principles, interpreting it is an art," Bolte said. "This is where insight, experience and training come in.

She said horoscopes that are done properly are amazingly accurate. "Someone who knows what they are doing – calculates the charts properly, and interprets them accordingly – can get quite good



results."

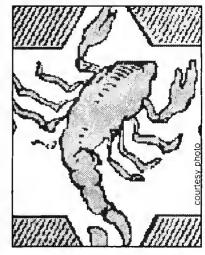
She said the popular view is that astrology is some sort of fortune telling tool.

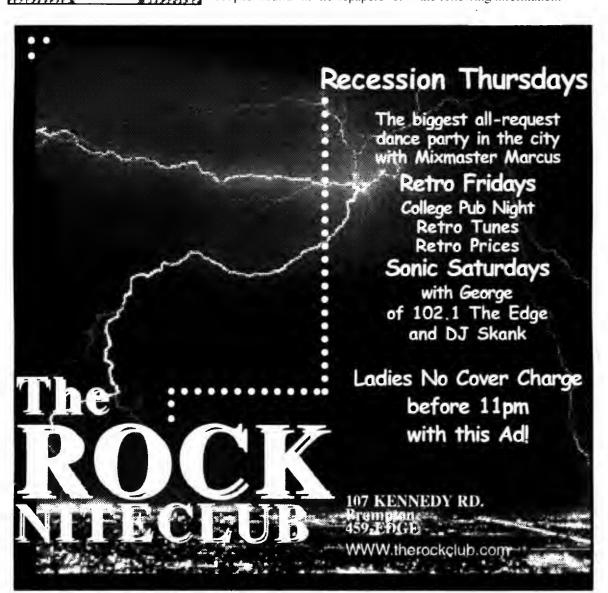
"It is far more in depth than mere fortune telling. Decisions can sometimes be difficult to make, and I have found astrology to be a very useful and accurate tool, as it helps one to see the bigger picture."

Barwick said that astrology also involves a lot of psychology.

"A lot of people come to an astrologer and expect me to tell them everything, all of the good stuff, without giving me any information"

He develops a relationship with his clients and learns their background in order to give a more accurate reading. "Everyone's attitude and experiences determine how they will experience life and how they approach life."





#### Et Cetera's last horoscope of the millennium:

Aries: Stop criticizing others, or you may never walk again.
Taurus: The bull in you will come out if you don't start eating properly.
Capricorn: If you don't stop whining, someone's gonna hurt you.

Gemini: You have intelligence. Just stop wasting it, loser.

Scorpio: You must drink when you're thirsty.

Pisces: You must remember, there's always a bigger fish.

Libra: You'll remain depressed if you don't make an effort. Do stuff. Saggitarius: You may need a hand, to get on top.

Leo: If you continue to have that cocky attitude, you'll lose everything.

Virgo: No matter what you say, you will always be misunderstood. Aquarius: Test the water first, before you jump in.

Cancer: Take a break from everything. Especially cigarettes.

Humber Et Cetera does not agree with any of the above horoscopes, but does agree it's all a bunch of balogna.

# SWAP's your ticket to the world

by Natalie Davis ooking for an adventurous and exciting way to travel ✓ the globe while earning an income-all without emptying your pockets?

The answer might be closer than you think.

The Student Work Abroad Program (SWAP) is an organization aimed at giving young Canadian students and youth a chance to find employment overseas, while opening their minds to an entirely new perspective on life.

"Most students can't go away to Europe or the South Pacific on their own budget," said Christine Pivetta, National Coordinator for SWAP. "Therefore, this organization allows you to do something, you wouldn't otherwise be able to do."

SWAP is a program of the Canadian Federation of Students, administered through its travel company, Travel Cuts/Voyages Campus.

Each year the organization sends approximately 26,000 to 27,000 students abroad to participating countries ranging anywhere from the USA to South Africa.

You become immersed in other cultures, because there are so many places that don't live like us, she said.

Pivetta also said that foreign work experience looks "very impressive" on a resume

You gain personal growth, and become well rounded as well, she



said. "And it's a lot of fun too," she added.

The cost of participation in the program ranges from country to country, and the foreign and Canadian government determines the prices.

Every student must pay a registration fee (\$260-\$575), which includes various things such as the legal documentation required to work abroad, and two-nights accommodation upon arrival in most countries.

In addition students must have a certain amount of money in their account which is called support funds (ranging from \$1500 to \$5000). This is the money that you will be entering the country with before you find work. A bank letter showing proof of the specified amount of support funds must accompany this.

In order to apply for the SWAP

program, you must obtain an application form from the school you are currently attending.

Dalyce Newby, Humber College's International Student Advisor Intercultural Consultant said that a lot of the students pick up the brochures; it is questionable as to how many actually use them.

"Everybody's reasons for using a program like this are different,' said Newby. "Some go because they want to travel and work, while others go because it's a warm country!" she added.

Dalyce comments that while SWAP is a rather positive organization, there are some "pitfalls" to it.

"If you are interested in pursuing Travel and Tourism, then it could be beneficial," she said. "Chemical Engineering, however, is a different story."

In addition, students must be at least 18 years or older to participate. Most countries (with the exception of Japan Australia and Britain) require you to be either a full-time student or a 2000 gradu-

Dalyce also said that students have to be realistic about what they are looking for.

"There's a big difference between going on a holiday, and working," she said.

Next year SWAP will be celebrating its 25th anniversary, and is heading into the millennium with new additions to the program such as a new website (www.swap.ca) where you can access anything



from job contacts for the Sydney 2000 Olympics, to recruitments for jobs at Disneyland in Paris.

The program, which started in 1975 with the help of a Travel Cuts counsellor and the New Zealand government, has since grown, adding countries such as Japan, France, Germany, Australia and the

If you would like more information on SWAP or are interested in applying, you can contact Christine Pivetta (416) 966-2887 ext. 203.



#### **SWAP FACTS**

Swap has assisted about 30,000 Canadians in finding jobs abroad. Swap provides working visas and on-going support services in the destination country.

SWAP is providing job contacts for the 2000 Olympics in Sydney. SWAP participants can work at Disneyland in Paris.

Last year about 3,000 foreign students worked in Canada with SWAP. Destinations include: Britain, Ireland, France, Germany, Australia, New Zealand, Japan, South Africa, and the U.S.



Friday November 26

The Rhythm Tramps R & B-Rock-Top 40

Saturday November 27

Perfect Strangers The Deep Purple Tribute

Sunday November 28

Grey Cup Sunday with chuck Jackson & the All-Stars Guest Violet Ray







847 Brownsline (Evans & 427) Etobicoke (416) 253-0037 FAX (416) 253-1855

## **SPORTS**

# Hawks lack finish against Bruins

by Michael Stamou

On Tuesday, Humber's men's basketball team suffered its first loss of the regular season to a veteran-filled Sheridan Bruins squad

There was a big crowd on hand at Sheridan to see the game dubbed "the game of the century "because it was Sheridan's last home game before 2000.

Electricity filled the air as the rivalry between Humber and Sheridan heated up again.

#### Bruins 69, Hawks 67

The game started with the Bruins going on a nine and zero run off the tip-off, much to the delight of the home crowd.

Humber scored its first basket three minutes into the game but the Bruins had the lead for most of the first half,

The Hawks were constantly tuning the ball over and losing the battle under the Bruins net, trying to grab the offensive boards.

The Hawks finally achieved the lead in the ball game at the eight minute mark when they were up by two, 23-21.



Marcel Lawrence goes up for the shot as Adrian Clarke, 23, fends off opponents.

After trading leads, the Hawks were up by three, 40-37, when the horn sounded to signal the end of the first half.

Hawks Head Coach, Mike Katz, said it was an exciting game.

"As always, between Sheridan and Humber, a great game. It was very exciting," said Katz.

The second half opened with neither team wanting to give the other momentum. The Bruins sunk the first bucket of the half, but were still down by one.

The Hawks quickly came back and scored a basket of their own. The game was a back and forth bat-

Junior

tle where neither teams wanted to make the lirst mistake.

The Hawks shot a mediocre 68 per cent from the line and missed many timely field goal attempts.

"I thought we missed some good shots, good looks that we had late in the game," Katz said.

"When we finally did get some shots, I thought we missed some easy ones, that happens," he added.

Jason Francis, tied the game on a beautiful three-pointer with 1:16 left in the game and then a Bruin player hit another three and that put and end to the Hawks comeback.

The Hawks couldn't rebound from the Bruin field goal, but made it close, losing the game by a final score of 69-67.

Assistant coach Dave DeAveiro was disappointed.

"It's disappointing that we came up on the short end, but we are playing a good team and you are playing them in their place, and it ended up being a great finish," said DeAveiro.

The Hawks high scorer, for the third straight game was Jason Francis.

#### Hawks bring home win, lose two players

by Michael Stamou

The Hawks men's basketball team beat a strong George Brown Huskies squad, last Wednesday, even with the loss of two of its players.

The 1 t Cetera has learned the Hawks will be without two of their forwards for an unknown amount of time for academic reasons.

#### Hawks 92, Huskies 79

"We had one case where one person just left school, and the other case where school (needed to) become the first priority," said head coach Mike Katz.

The game started quickly with lots of action at both ends of the court. The Hawks grabbed the early lead on the first shot of the game-a three-pointer by Jason Francis. The Hawks were up by seven before the Huskies scored their first basket.

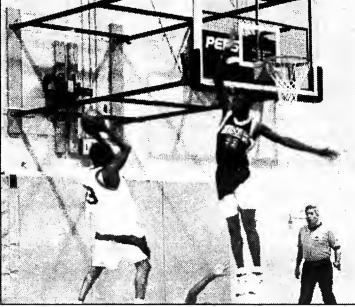
The team was playing great defensively and grabbing most of the defensive boards. Then they lost their edge around the net and the Huskies closely challenged the Hawks for the rest of the half.

The Hawks relinquished the ball many times on turnovers in the half but always managed to maintain a slim lead. At halftime, the Hawks were up 45-42

"It was a good game. We came out strong, good defence at the start and then the other team got on their toes and battled it out. We got a good half time speech from the coach, it lifted us and we came through at the end," said David

Phillips, who played strong defensively for the Hawks.

The speech from Katz really lifted the Hawks play in the second half when Dexter Miller hit a three-pointer to start the half. Humber still maintained their strong defensive play under their



Adrian Clarke goes up for a shot against the George Brown Huskies last Wednesday.

own net but were losing the battle for offensive boards.

The offensive boards allowed the Huskies to take the lead at the 8:40 mark when they were up by five, 69-64.

Soon after, the momentum shifted when Husky forward

received a technical foul for nearly starting a fight with Francis at the foul line. Miller got the opportunity to shoot five shots from the line and sunk them all to give Humber a 70-69 lead.

Humber played

Clarke,

well the rest of the way, especially under their own net. Phillips, who just entered the game, made a spectacular stuff on a Huskies player, which sent the Hawks on a fast break and a basket at the 4:35 mark.

That sent the Huskies reeling and the Hawks went in for the kill.

Phillips' play sent the Hawks on a 6 and 0 run with three minutes left in the game, which brought the score to 81 to 72 in favour of the Hawks. Humber would not relinquish their lead and won the game

72-79.
The games' high scorer was Jason Francis, with 27 points.

This was the second league game the team played and the second time Francis led the team in scoring. Needless to say, his teammates are impressed.

"What can you say, the man drops 27. That's twice in a row in league games, he's great," said centre, James Ashbaugh.

Francis also commented on his own play.

"I am unstoppable, they can't stop me," added Francis.

The coaches and the players agreed that this game demonstrated the team's heart and character.

When asked about the game, Katz took Et Cetera back to what he was thinking on the bench throughout the game.

"It was an emotional game. (George Brown) is a good team and I was reflecting back on previous Humber teams, when we would somehow find a way to win games in the last five minutes. That is a good test of the character of our team," recalled Katz.

#### Women two for two

by Juan Pablo de Dovitiis

After being stunned by Mohawk last week, their first defeat in three years, the women's basketball team defeated the Fanshawe Falcons and regained the lead in the OCAA regular season standings.

But more importantly, with the away win at Fanshawe, and another emphatic victory against George Brown at home, the Hawks have increased their confidence level significantly.

Hawks' coach Jim Henderson put a lot of importance on the game.

"It's like a playoff game," Henderson said, "we had to win, or we didn't have much of a chance to get first place (in the league)."

Having to play at Fanshawe, where the Falcons had crushed Mohawk by 20 points earlier this season, did not make things any easier for Humber. The Hawks also had to try to stop Jocelyn Getsinger (the OCAA's leading scorer), who had hit

six three-pointers in her previous

There was no sign the Hawks were intimidated. Using their now deadly full-court press, they raised their defence to new heights, and allowed Fanshawe, ranked 13th in the national rankings, to score only 16 points in the first half.

"Our defensive intensity in the first half was the key to the game,"

said Hawks coach Jim Henderson. "We broke their press quite easily. We also dominated the play for most of the game."

Although the Hawks let down their guard in the second half, they kept the league's second-best scoring team to only 45 points for the game, 20 points under the Falcons' season average. They were also able to create many open shots against the league's best defensive team, but could not always take advantage of that.

"We didn't finish well," Henderson said. "That's the only Hawks' veteran forward, Lindsay Higgs, who helped secure the win by scoring some key baskets down the stretch. The final score was 51-45 for Humber.

"We are all pumped," said forward Beth Latendresse. "It's a big win because it boosts our confidence."

The only negative of the game was that the Hawks had been forced to play their starters for most of the game, and had to play against George Brown the next day. However, the Hawks expelled any fears of tired legs interfering

> with their celebration by blowing out their third consecutive opponent at home this season.

> The Hawks, not to be outstaged by the crowd or their mascot, put on the best show of all in the end, as they crushed George Brown 88-51.

From the beginning, the Hawks controlled the tempo of the game and showed their whole offensive arsenal with accurate outside shooting, good inside play, and lots of fast-break opportunities.

Twelve minutes into the game, the Hawks were already up 35-13, and by halftime the score was 51-23.

Among the highlights of the game were Brenda Chambers (game-high 21 points) scoring five points in five seconds, and Beth Latendresse piling-up almost as many points (18) in the first half as the whole George Brown squad



Hawks trainer checks injured player

reason why the game wasn't a blowout."

In fact, Humber allowed Fanshawe to creep dangerously close in the final five minutes of play. But, as coach Henderson pointed out, the Hawks were able to secure the victory by not collapsing when the Falcons made good plays, or they got bad calls from the referees. It was the

# B-ball champs reap rewards

by Juan Pablo de Dovitiis

**¬**he '98-99 provincial champion girls basketball team was honored in a ceremony last Wednesday.

"It was great to see old teammates," said Aman Hasebenebi, a member of the Humber team that was ranked No.1 nationally for three months last season.

Although most players from last year's squad are gone, two of them, Brenda Chambers and Lindsay Higgs, are members of this year's team. That gave Humber fans a chance to see a piece of Humber's past, and their present, since both Chambers and Higgs are the two main post players in this year's Hawk squad.

Players, coaches, and the trainer were introduced to the crowd and awarded a championship watch.

"I miss the traveling, the friends that I made, the competition, and the victories," said Missy McCutcheon, who was named to the OCAA's All-second team last year, and won two championships in her three years with the team.

But, aside from the laughs and the medals, there was a sense of accomplishment on the faces of all Hawk players as the 1998-99 championship banner was raised to the rafters.

"Winning the championship is great. It's every athlete's goal," said Hasebenebi, who was also named an All-Canadian last year. But despite her achievements, the Recreation and Leisure graduate, who now co-owns a special events company called Shooting Stars. still remains true to her team.

"All-Canadian is not an individual award, although it's given to one player. You can't get it if you don't get your team's help."

There was also an important reason to the award ceremony; the effect on this year's team.

"It's good for this year's players to see the banner." Hawks coach Jim Henderson said, "It makes them want to do it. It also lets them see that they are part of a tra-

#### Rudics jersey to be retired

by Frank Monaco

Former Volleyball player, Christine Rudies set a standard in her career as a Humber Hawk and will now be rewarded for her dominance. Her number nine will be retired by Humber College Nov

The ceremony will take place at 7:45 p.m., between the men's and women's games against Seneca.

Although there is no set criteria to determine if a player should have their jersey retired, athletic director, Doug Fox, said there are indeed some things that they look for in the player.

#### Career highlights:

OCAA League Leading Scorer 1994-95, 1995-96, 1998-99

OCAA tournament All Star 1997-98, 1998-99 CCAA Tournament All Star 1997-98

1995-96, 1998-99

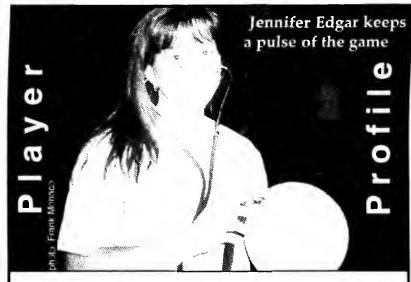
Team most valuable player 1994-95, 1995-96, 1997-98, 1998-99

Humber athlete of the year 1997-98.

"We only retire jersey's of those players that have had an exceptional and entire career as a Hawk and not just one good season. We look to see if the player has lead their team to a championship. We also look at their All Canadians status,"

"This is a real honour and outdoes any of my previous awards. CCAA All Canadian Awards come and go, this only comes once in a life time," Rudies said.

Rudicks still attends Humber College in the Hospitality, Recreation and Tourism program and plays with the Etobicoke Eclipse.



by Frank Monaco

Jennifer 'Killer' Edgar is one of Humber's new Powers and dawns the number one on her jersey. 'Killer' is a 21-year- old, firstyear nursing student who hails from Chatham. She came to Humber because of the solid programs in nursing and volleyball.

Edgar became 'Killer' by developing a reputation for killing the volleyball throughout her high school career, Ecole Secondaire de Paincourt. She was a most valuable player every year and

voted to an all-star team in 1994-95. She also played with a club team called Windsor NorthShore which won second in Ontario in

As for life after Humber, 'Killer' hopes to be a nurse who works close with the elderly. At the moment, she works part-time in Humber athletics. Does she have any hobbies besides volleyball?

"I'm too busy for hobbies...unless you consider homework a hobby. then I have one," Edgar said.

#### Hawks run roughshod over Knights, earn shutout

by Scott Van Slyke

The Sir Sandford Fleming Knights arrived to play the Hawks last Saturday but it was Humber goaltender Duane Crocker who was wearing the suit of armor.

Crocker earned his first shutout of the season and was the player of the game, backstopping the Hawks to a 5-0 win.

"Every one came ready to play tonight," Crocker said. "If the effort is there we can do this every night, I guarantee it."

The Knights entered the game as the top scoring team in the OCAA averaging nearly seven goals a game. But the Hawks were looking to avenge their loss against Cambrian and remain on top of the OCAA standings.

Crocker was busy right from the opening face-off making several



Hawk's goaltender Dwayne Crocker said. earned his first shutout of the season.

great saves in close to keep the over spilled milk we just didn't Knights scoreless.

The first period was certainly filled with controversy as the referee made several questionable calls on both teams.

The Knights had a goal disallowed because the referee said he

before the puck entered the net.

Knights' coach Don Dunford saw it differently.

"The goal was in, I saw it from the bench. (The referce) said he didn't see it, that he was out of position," Dunford

"It hurt us but there's no crying

play well enough to win," he added.

More controversy erupted when Humber forward Travis McLaughlin was ejected for incurring three stick infractions.

"I don't know what to say, I'm

blew the whistle not a dirty player. The ref could have called a number of penalties just like the ones he called on me," McLaughlin said.

> Forward Rob Perkovic scored the only goal of the first at 13:12.

The Hawks slowed Fleming by playing very physical hockey. The Hawk defencemen continually met the Fleming forwards at their blueline, limiting their speed.

Midway through the second, Perkovic set up behind the net and passed to Ryan Duke who snuck in from the point and scored to put Humber up 2-0.

Then the Hawk's special teams stole the spotlight.

Colin Gillespie, who missed the Hawks northern road trip due to the flu, scored on the power play on a rather bizarre play.

Gillespie ended up at the point

and one timed the puck at the net. He missed the net but the puck careened off the glass behind the net, riccocheted down, hit the goaltender in the back of the leg and bounced in.

"It was a fluke goal but they all count," laughed Gillespie. Gillespie connected again just two minutes later while the Hawks were shorthanded.

Captain Rich Wand capped off the scoring with two minutes left to make it 5-0.

The Hawks take on the FAN 590 /CFL All-Stars this Saturday at 7:30 p.m. at Westwood arena in a benefit game in support of the Humber College Student assistance fund. Students also have a chance to meet ex NHLers Mike Gartner and Peter Zezel.

#### Gone is the Great One

by Scott Van Slyke

He's officially retired, his incredible journey has ended. Wayne Gretzky, who first skated at the age of two at his grandmother's farm and concluded with the greatest career in NHL history, was inducted into the Hockey Hall of Fame on Monday.

I've lived in Toronto all my life but was never a Leaf fan. I grew up when Harold Ballard owned the Maple Leafs and he didn't care about tradition or winning, only profits. Then along came Gretzky.

With the Edmonton Oilers, Gretzky brought speed and skill back to the NHL. The other NHL teams were forced to change because Gretzky dominated the game with awesome skill and intelligence. He changed the way people looked at hockey. He created plays that had never been seen and made passes to teammates that you didn't think were open, but he Gretzky knew better.

To those who know the game and even to those who didn't, his style of play was not just that of a great athlete at the top of his game, but artistic, like he was using the ice as his canvass.

I idolized him because he was Canadian. He played on a Canadian team and his teams always seemed to conquer the big. bad American teams for the Stanley Cup. He broke records (61 NHL records by the time he finished) that people said would never be broken and most by mind bog-



Wayne Gretzky

gling proportions. And he never refused to play for Canada in international competition.

Away from the game, Gretzky always carried himself with the grace of being a Canadian.

He was humble, conservative, and conducted himself with class. He spoke about himself without egotism and he was always intensely proud to be Canadian. He acted the way we hope all celebrities would act.

In Canada, he is not just our most substantial athletic icon but one of our most important cultural ones as well. Ask anyone in Canada or the U.S., even non sports fans who Wayne Gretzky is and where he comes from and they can tell you. How many other Canadians can you say that about?

His place in history is now secure and the NHL will carry on just as it did when other greats, like Bobby Orr left the game.

But for me, watching the NHL without the "Great One" will never be the same.

#### Hawks Fan fundraiser

by Scott Van Slyke

The Hawks hockey team will face off against the FAN 590/CFL All-Stars in a benefit game this Saturday at 7:30 p.m. at Westwood arena.

Tickets are only \$3.00 and money will go to the Humber student assistance fund which helps students in need of emergency financial assistance.

Humber coach Joe Washkurak was excited that the Hawks can give something back to help their fellow students.

"As a former player and student, I know the need for emergency financial support. The members of the hockey team are proud to be a part of this and along with The FAN 590 I hope we can help," Washkurak said.

The FAN team will feature onair personalities Lisa Hogan and Humber radio program grad Dan Dunlevy, ex-Leaf Peter Zezel, skiing great Brian Stemmele and lacrosse legend Brian Shanahan. FAN producer Chris Clarke, who helps run the team, was glad to give to be able to give something back to Humber.

"I graduated in 1989 from the radio arts program and a lot of ex Humber student now work at the FAN so it's our way of giving something back to the school," Clarke said.

There will also be great prize giveaways.



# Men take early look towards OCAAs

#### by Frank Monaco

The Hawks men's volleyball team improved their record to 3-0 by crushing their Barrie opponents, the Georgian Grízzlies, three straight Nov. 17. The Hawks never gave up a lead and won the three games 25-12, 25-18 and 25-20.

"We were confident when we were coming in here. We didn't think that we would have any trouble with them and we didn't," said Hawk outside hitter, Dan Salomons.

Outside hitter, Mathew Tim continued to perform well and lead the Hawks with 14 kills and one stuff block for 15 total offensive points. Salomons followed closely behind Tim with his 11 kills and two stuff blocks, a total 13 offensive points. In total, The Humber squad had 40

kills, five stuff blocks and five serve aces equaling 50 offensive points.

Last year's Ontario Colleges Athletic Association (OCAA) coach of the year, Hawk coach Wayne Wilkins, believes that the

#### Hawks defeat Grizzlies 25-12, 25-18, 25-20

Hawks' continued success will depend on their quickness.

"Our team is a little shorter than we have been in the past but we are much faster. We score points because blockers can't get out there to block (us)."

The player's anticipation for the 1999 season is high as the Hawks seek not only the provincial championship but gold in the nationals.

"I played for Georgian before for a

few years. Now, I'm at Humber. I came to a winning team. I want to go to the nationals and that's my goal," Outside Hitter, Dylan Mcue said.

All Hawks are eyeing another solid season under Wilkins' reign. Former player and captain, Dean Wylie, joins Wilkins as assistant coach. This is Wylie's first year coaching with the program and he enjoyed being a Hawk player and captain for three seasons in 1993-95 and 1996-1997.



#### Volleyball: New rules of the game

- •Every rally counts for a point
- New "Libero" position
   A defensive specialist who plays in the back court only and can't serve or spike
- •First four games up to 25. A fifth game is up to 15
- Servers only allowed one toss-instead of two

"I think that the rule changes brings everyone on the court together because the same pressure is on every player. I love it. The pressure is on—you have to perform.

-Dylan Mcue, outside hitter

#### Sure start for women

#### by Frank Monaco

After over a month of practicing and tournament play, the Humber women's varsity team spiked their way into the 1999 season.

Coach, Dave Hood, returns to lead the Hawks with his familiar assistant, Chris Wilkins. Hood and Wilkins led the Hawks to a perfect 12-0 record last year, which included a silver in the nationals.

Hood has coached Humber women's volleyball for the last six years. He has compiled a league/playoff record of 60-22 and captured many OCAA medals in the nationals including a bronze medal in 1991-1992, 1994-1995, silver medal last year and a gold Medal 1997-98.

Wilkins played for the Hawks' men's volleyball team from 1996-1998 and acted as Hood's aid for the past four years.

The many successes on the resume of the coaches have them expecting continued success for the upcoming season.

"Our expectations are to represent Humber as best we can at the OCAA (Ontario Colleges Athletic

Association). \*

This year's Hawks look very different as they have undergone major changes in player personnel. Seasoned veterans are gone like All-Canadian Christine Rudics yet Hood is very optimistic about this year's team.

#### Hawks defeat Grizzlies 25-20, 25-10, 25-10

"By far, these are the finest group of athletes that we have ever had the privilege of coaching. They're best friends on the court, they're best friends off the court. It's one of the things that will make us become the best things that we can be."

The team camaraderie was evident during the first game of the season, a decisive win over the Georgian Grizzlies Nov. 17.

The Hawks swept the best three out of five matches 25-20, 25-10 and 25-10.

In the first game, the women started slowly but as the night progressed, so did their confidence.

"From the start we were a little low. Once the second game came

around, we were a little bit quicker on our

toes and we smoked them," said Hawk Hitter, Jennifer Edgar.

Dylan Mc

Setter, Caroline Fletcher thought that there was a first game nervousness.

"I think we had a few nerves. In the first game, everyone was unsure of what to expect. The second and third game everyone came out more confidant."

Edgar led the Hawks with nine kills, one stuff block and two serve aces to lead the team with 12 total offensive marks. Fletcher and Power/Offside, Barbara Legiec had nine total offensive points each completing one kill, zero stuff blocks with eight serve aces and seven kills, one stuff block and one serve ace, respectively.

Humber combined for 32 kills, 4 stuff blocks and 14 serve aces for a total of 50 offensive points.

"We have a really young team. We have one starter from last year on the court. I am very pleased that they got their first game jitters out and play the way we've been playing for the last month and a half," Hood said.



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#### Upcoming Games Compiled by Jeffrey Anderson

Thursday, Nov. 25

6 p.m. Women's volleyball vs. Seneca 8 p.m. Men's volleyball vs. Seneca

(Benefit game)

Saturday, Nov. 27 7:30 pm Men's Hockey vs. Fan 590 Tuesday, Nov. 30

6:30 pm. Women's volleyball @ Sheridan 8:30 pm Men's volleyball @ Sheridan 8pm Men's basketball @ Centennial

Wednesday Dec. 1

6:30pm Women's basketball @ Georgian

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