

Photo: Katherine Jackson

Humber students Sarah Barton (left) and Lisa Lumsden (right) protest.

Students fight cutbacks

by Katherine Jackson and Kelly Wright

A 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," Boyer 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



THE ART OF BEER

- see page 14

GREAT MINDS AND

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

—Ernest Hemingway

"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...

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

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

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

Do R
by: H

Oysters and hemp and



by Derek Malcolm

As 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-cocktail 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 ails 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.

HOGTOWN HEMP BEER



THE BAN ON HEMP.

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 HEMPTUS FLIGHT T-Shirt (XL Only) send a cheque for \$22 (includes tax and GST) to Hemp T-Shirt, Box 333, Terminal A, Toronto, M5W 1E6

town of Inagh on Ireland's west coast. Said to cure everything from arthritis to infertility, the recipe for Black Bidy Oyster Stout is said to have come from the contents of a magical potion used by suspected witch Bidy 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 Bidy we don't guarantee you will see the future, but it may help you forget the

FREE! BEER = GOOD

15

My Drink
er Simpson

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

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

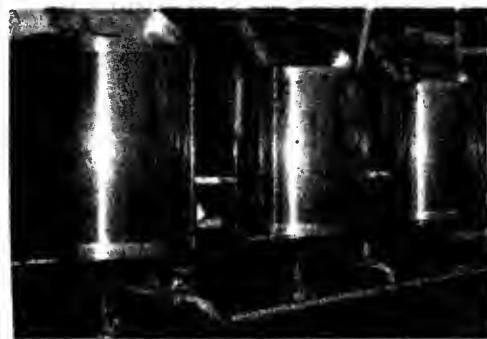
"You're not drunk if you can lie on the floor without holding on."

—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 Labatts.

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.

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 beer six years ago.

"It's a little too sophisticated for most people," said Mahon, who's been making and selling premium, all-natural 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.

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.

"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.

Maybe 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 Molson produces its products faster as it is computerized.

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 hectolitres or the equivalent of 72,000 bottles of beer this year.

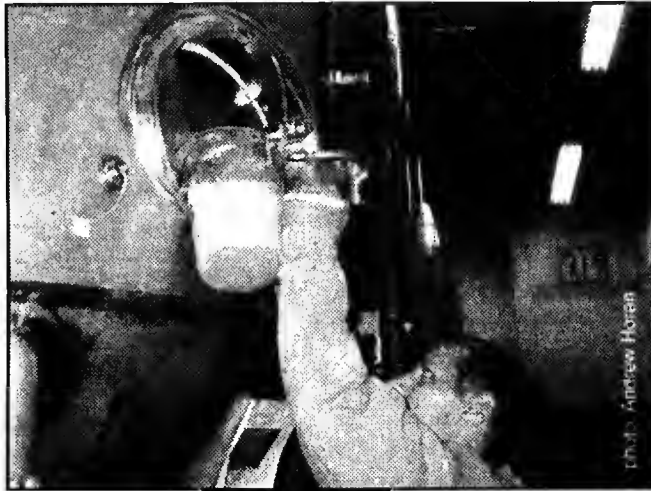
Lazaro said that the response to their product varies from bar to bar.

"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 brew.

"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 accountants.

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

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 Molson's 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

Are 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 the beer.

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 water.

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

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.

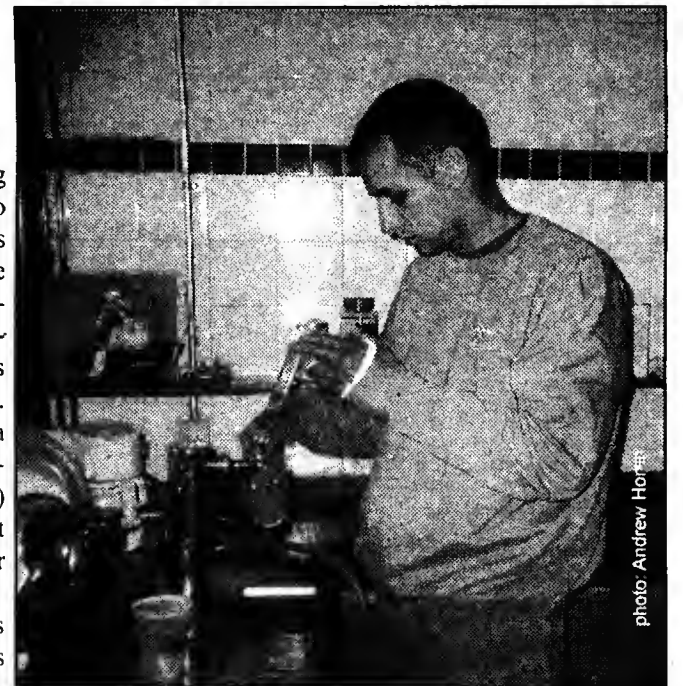
The final stage is the bottling stage. The customer is responsible for bottling and it usually takes 30 minutes to an hour to complete.

"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 brewing his own beer at the Brew Bayou in 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 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

As 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 the bar.

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.

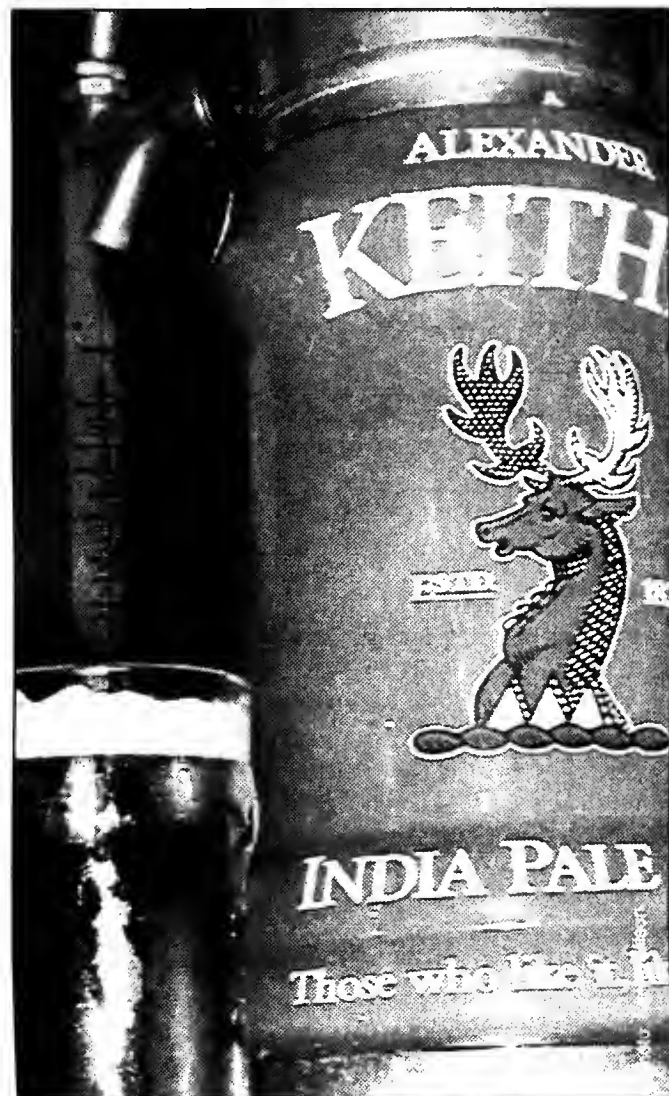
"Okay," I said "but that doesn't explain why I was served Guinness warm in Ireland."

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.

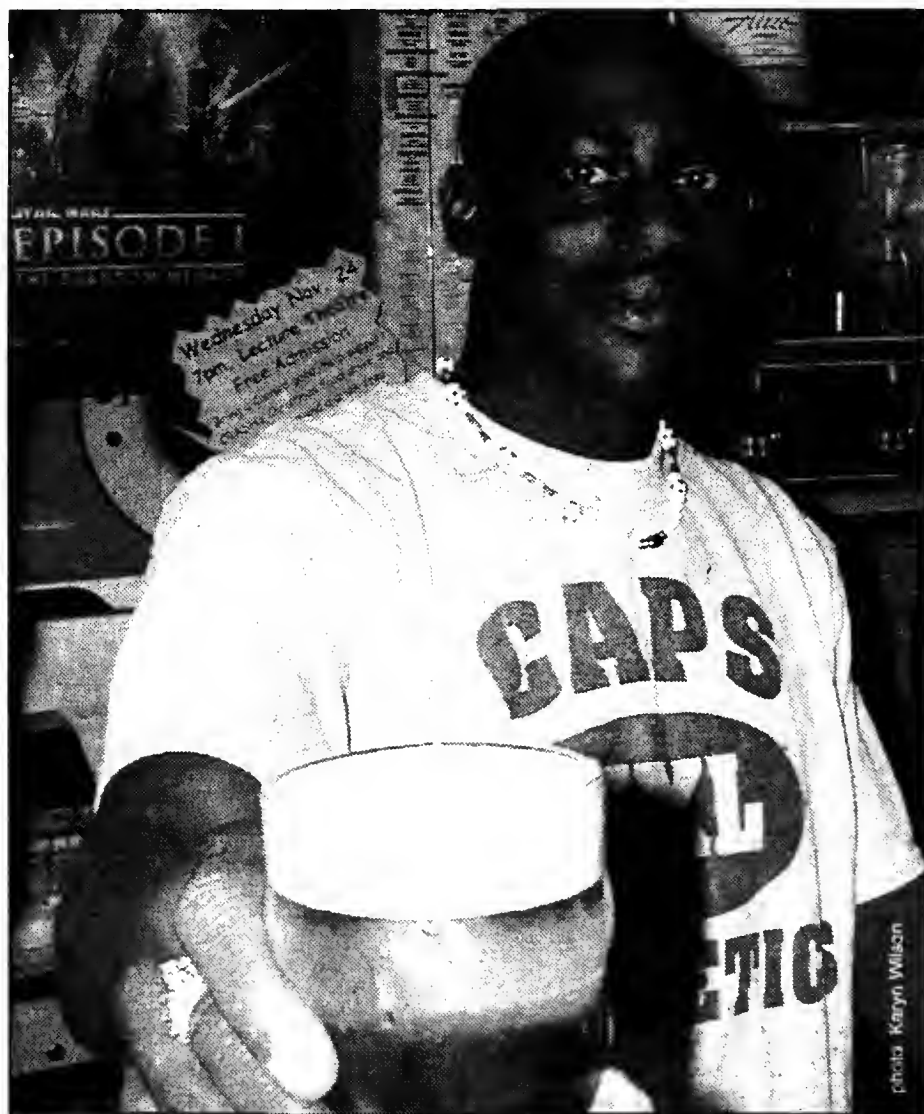
"Today, the younger crowd has embraced a colder drink whereas the older generation is used to how it was served in the past," said Meehan.

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 electric chair

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

-Someone Saved My Life Tonight, Elton John

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 beer

-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 frontier

-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

Guilt, denial normal when grieving

by Lara Rizzo

When 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 didn't say.

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 any minute.

"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



photo: Lara Rizzo

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 personal growth."

Parenthood can provide new skills

by Kelly Wright

Parents 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 chil-

dren 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 parenting.

"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.

"Taking some courses are a great way to get first hand experi-

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 educated."

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 (kids') health issues, among other things."

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 separately."

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 Discipline*—written by Aline B. Auerbach

3) *Guiding Young Children*—written by Eleanor Reynolds

etc. etc.

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 earned his first shutout of the season.

great saves in close to keep the 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

blew the whistle before the puck entered the net.

Knights' coach Don Dunford saw it differently.

"The goal was in, I saw it from the bench. (The referee) said he didn't see it, that he was out of position," Dunford said.

"It hurt us but there's no crying

over spilled milk we just didn't 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

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 blue-line, 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, ricocheted 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 Zedel.

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 on-air personalities Lisa Hogan and Humber radio program grad Dan Dunlevy, ex-Leaf Peter Zedel, 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.

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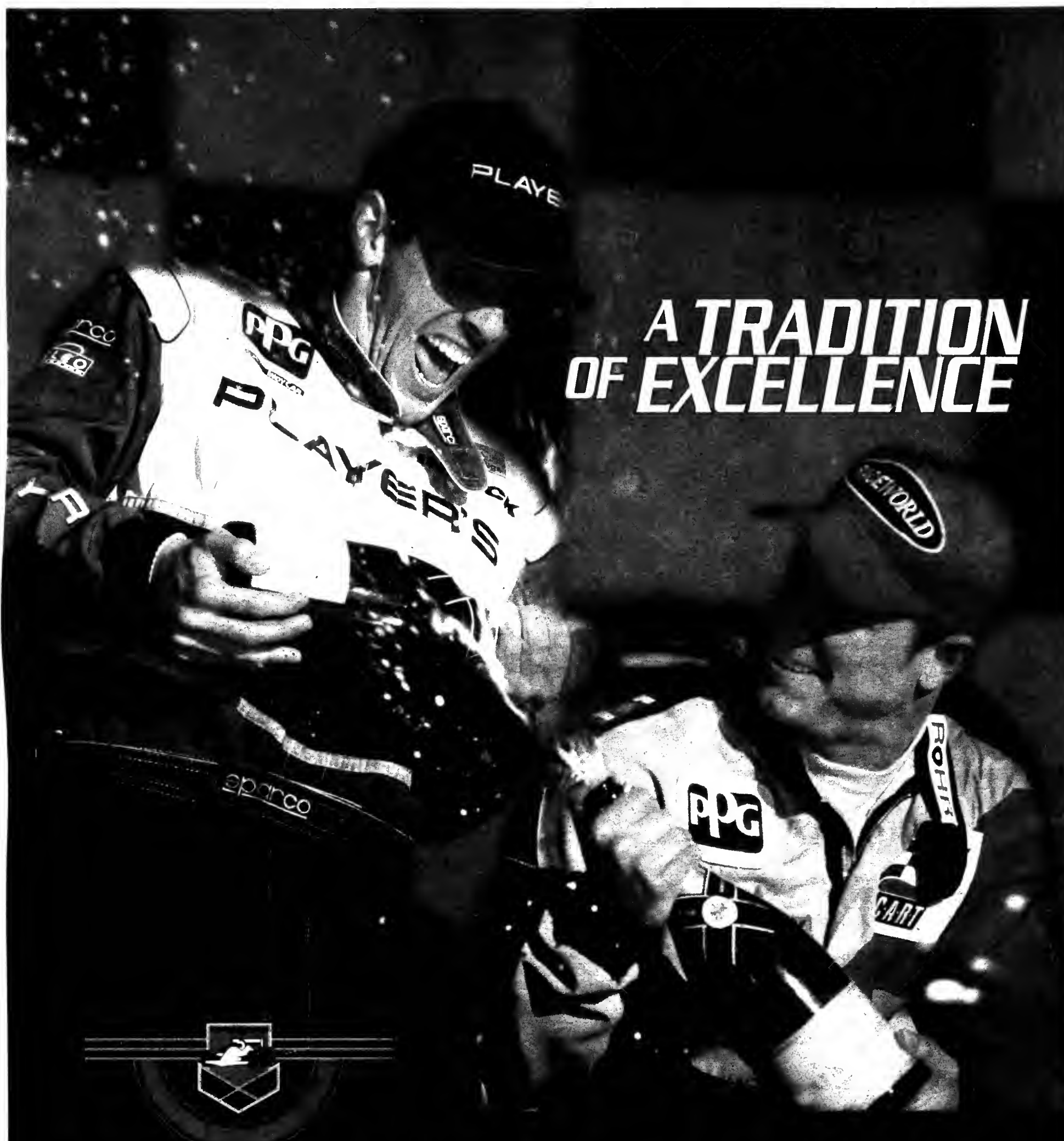
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