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Humber Et Cetera

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Faculty to vote on contract

'There has been no movement on anything...[it's] the best way to advance their proposal.'

by CHERYL WAUGH
News Reporter

The faculty union has thrown a curveball into contract negotiations with management this past week.

The union leaders (OPSEU) have decided to take the Council of Regents (the government's negotiating body) last offer to a vote by the union members.

Maureen Wall, president of the faculty union at Humber, said the decision was made to vote on the Council's contract proposal in order to promote progress in negotiations.

"There has been no movement on anything. The union bargaining team decided nothing was going on. The management team has not moved from their initial position,

so to bring it to a vote seems like the best way to advance their proposal," said Wall.

The Council of Regents team was surprised by the action taken by the faculty union.

John Tibbets, co-chair of the management collective bargaining committee, said the bargaining team never expected this proposal to be seen as a final offer.

"The faculty have decided to take what has been offered as an offer. The faculty will be voting on whether or not they'll accept that offer. We didn't think we had reached the final stages of negotiations," he said.

The union bargaining team is recommending to their membership that they reject the contract offer.

The vote will be held on October 16. If rejected, it will not mean an immediate faculty strike.

"This is not a strike vote," said Wall. "It is a vote to make clear to the union membership what is on the table. If there were to be a strike, there would be a second vote."

SAC President Shirley Forde said SAC is making preparations in case of a faculty strike for later in the year. She also said the faculty union should have waited before taking the contract to the union membership.

"From what I know, this is the first contract that management has offered. This is the same one from

"There are a lot of questions that we'll have to answer for students... what happens to res. students?"

- Cameron Swimm

April of 1996. It is now September 1997. It seems to me they are just bringing it to the table to see if they should have a strike vote," said Forde.

SAC has started to draw up a strike action plan in case the facul-

ty union does eventually strike.

Cameron Swimm, vice-president, external, is organizing the plan for SAC.

"We hope that there isn't a strike, but we have to protect ourselves," said Swimm. "There are a lot of questions that we'll have to answer for students. Things like if the faculty goes on strike, what happens to res students?"

SAC plans to keep the students as informed as possible on negotiations. But as Swimm said, "How much information we get depends on how much the administration and faculty are willing to share. If they close their doors to us, we get nowhere."

How soon will the doors to Humber College close?

Negotiations between the two sides have been bottlenecked for more than a year because of a disagreement that forced them into arbitration. The issues have remained the same over the summer with no movement from either side.

Continued page 3 - Faculty Union

POOL!
See page 5 for details!

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See pg. 5

Et Cetera News

OSAP flexes muscle

New guidelines spell financial disaster for poor grades, small course loads

by KRISTEN DYKEMAN
News Reporter

Changes to OSAP will determine student eligibility.

In the 1997-98 school year it will be necessary for students to have a course load of 60 per cent, and to maintain an average of 60 per cent in their courses, to qualify for OSAP.

Judy Harvey, dean of student services at

Humber, said she believes the government is concerned about the debt load of students.

"The government is trying to avoid increasing debts that will be hard to pay back if students are unsuccessful in their studies," she said.

Failure to achieve a satisfactory grade will put a student on probation for OSAP eligibility for the following school year.

For a student on probation to maintain eligibility for financial aid, he/she will have to pass all the following periods of study, otherwise the student will be unable to receive OSAP for 12 months.

"As far as the ministry is concerned, it is an incentive for students to be seri-

ous about their schooling," Harvey said. "You're more than welcome to OSAP, if you're passing."

"As far as the ministry is concerned, it is an incentive for students to be serious about their schooling."

- Judy Harvey

The college will monitor OSAP students' performances so they can be notified if they are in danger of being put on acade-

mic probation.

"It is very important for the college to ensure students are aware of the changes to OSAP so there are no surprises when a student finds themselves on probation," Harvey said.

OSAP students will receive 60 per cent of their entitlement (Canada Student Loan) in September and 40 per cent (Ontario Student Loan) in January.

Students who are taking less than 60 per cent of a course load can apply for Part-Time Canada Student Loans.

However, students with part-time loans are expected to make monthly payments to the bank, while in school, and must document the reasons they are not

enrolled on a full-time basis.



Dean of student services, Judy Harvey

For more information on the changes to OSAP, visit the Humber financial aid office at the North Campus. Or visit the OSAP web site at: <http://www.gov.on.ca/>

Humber has HEART

by MICHAEL STAFFORD
News Reporter

Students who have car trouble on campus need look no further than the parking information kiosk for help.

The Humber Emergency Auto Response Team (HEART) is always on hand, free of charge, for students who need a boost, some oil, or assistance with any emergency situation.

"If you need a boost we have a booster cart," said Nancy Pinson, manager of public safety. "Or if you are out of gas we can get a can of gas for you."

If you find yourself with car trouble at night you can call for help on any of the emergency phones on the perimeter of the campus. Or you can go to the information booth inside the front doors, which is open 24 hours.

"Sometimes it's hard to find someone to give you a boost at night," said Pinson. "It doesn't do you any good to have booster cables with no cars around."

Pinson says that HEART gets much busier in the winter, with cars needing boosts in the cold weather. But that doesn't mean that they aren't needed in nice weather as well.

"Yesterday alone parking got called four times for boosts. People come in the morning and leave their lights on," said Pinson.

For any problems HEART's staff can not fix they are prepared with a list of phone numbers including CAA, Canadian Tire, and various towing companies. However, any outside services must be paid for by the student.

Computer theft still a mystery

\$1,000 reward offered for information leading to arrests

by DEBORAH PATTISON
News Reporter

Did you see something suspicious on August 5 or September 6? On each of those two days, computer equipment was stolen

from separate Humber College campuses.

A Hewlett Packard Laserjet SMP printer was taken from a Lakeshore campus classroom in August, and, in September, a computer found its way out the door of the North Campus.

The computer, an Optiplex GX Pro Dell CPU, was taken from room NB 123 on a Saturday. The machine had the words Jaz Drive printed on the front.

If you have any information on these disappearances, you could earn some reward money.

Student Crime Stoppers, a program designed to curb criminal activity, is willing to pay up to \$1,000 for information leading to the arrest of those involved.

"We encourage people to report any information by calling 222-TIPS (8477)," said Gary Jaynes, director of physical resources. He is also a director of the Crime Stoppers program.

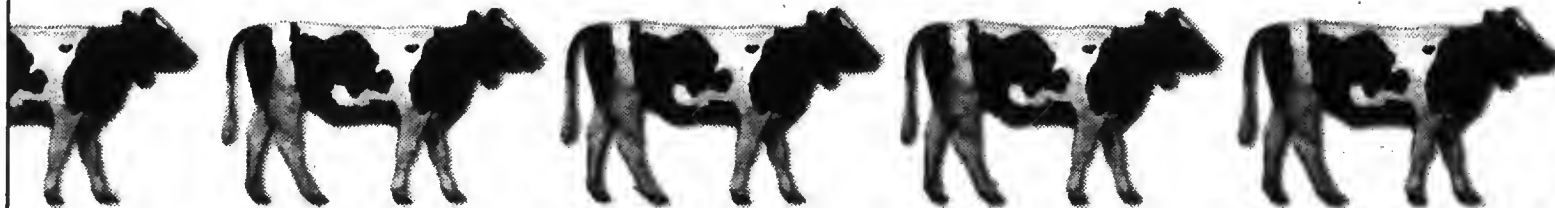
"When someone takes a computer, that's one less for someone else to use, one less that's in service," said Jaynes.

To leave a confidential tip, call

222-TIPS (8477), and tell the operator what you know of this, or any other crime, you will receive a code to assure you of anonymity. If the information leads to an arrest, and your reward is approved, you can go to any branch of the Toronto Dominion Bank, give them your code, and you will be given the money.

A separate \$1,000 reward is available for information on the printer stolen from Lakeshore in August.

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Healing hands needed for ailing biz program

School of Business hangs help wanted sign for new dean

by COREY KEEGAN
News Reporter

The search is on for a dean of Humber's School of Business.

"I'm looking for someone who has very good human skills, which we want in any job, to heal some of the issues that have been at play up there, in the School of Business, for a while," said Humber President Robert Gordon.

The hiring of a dean was the first recommendation of a report which was completed earlier this year. The report, done by a committee of external and internal members, also highlights problems within the School of Business. "Morale building" among the faculty was one of the issues.

"The progress being made seemed to lose momentum, due to a lack of co-ordination among different elements within the School (of Business)," said Richard Hook, vice president of academics. "It's a requirement that the school has many strengths. The School of Business needs leadership continuity to realize the aspirations it has for itself, and the rest of the college has for it," Hook said.

Stelios Kypri, SAC's business representative, agrees that change is needed.

"There are certain things I'm sure they have to eliminate so the expression 'customer service' really means 'customer service,'" he said.

As far as faculty is concerned, Kypri thinks that students have to have confidence in their teachers in order to accomplish what it is they're here to do.

"The problem I found in the School of Business is sometimes, teachers weren't always there when they said they'd be," Kypri said.

This concerns Kypri, who feels people who have trouble learning will fall even further behind if they are unable to get the help they need. Kypri doesn't think this is a problem limited to the School of Business.

"In every division, you'll find faculty that doesn't really give a damn," he said.

Gordon appointed Michael Hatton as interim dean in April. Hatton, who is also Dean of the School of Media Studies, was asked to review and file a report on the School of Business's activities. As for the recommendations made by the earlier report, Hatton said he was not directed to address those



Gordon: Humber's like Eaton's

weaknesses.

Reorganization has taken place. Manufacturing operations, some accounting and economics courses have been moved into the School of Business.

"The changes make sense, the reorganization can only be good for the students," said Paul Pieper, professor of economics, recently reassigned to the School of Business.

Reorganization and adapting to

"In every division, you'll find faculty that doesn't really give a damn."

- Stelios Kypri

changes, inside and outside Humber, are what Gordon says will keep the college "where the action is".

In keeping with his competitive philosophy, Gordon adds that the new dean will have to respond to the changing demands of students. Gordon likens Humber to Eaton's.

"Eaton's almost went out of business because they weren't as responsive as they used to think they were to the customers, and the customers went elsewhere," Gordon said.

Gordon said he's seen some interesting applications, but concedes many didn't understand what he was looking for. As a result the ad was reworded to try to attract just the right person.

"It's difficult to get people. Remember, we're competing with the private sector here," said Gordon. "We'd like to keep our reputation, which we think we've earned, for quality grads," he said. "We have a pretty good head start. We have a wonderful pool of candidates to pick from."

Applications will continue to be accepted until the end of September, according to the advertisement which has appeared in both the *Globe and Mail* and the *Toronto Star*.

Blood donor clinic aims for the skies

Coming this weekend to the airport, a blood drive!

by PAUL RICHARDSON
News Reporter

What do beds, IV's, blood and airports have in common? Nothing. Until now.

Esso Avitat and the Canadian Red Cross are hosting a blood drive in an airplane hangar.

"We hope to have a lot of fun," said Chris Meyer, communication co-ordinator for the Toronto Red Cross. "This is not the usual setting for a clinic."

Donors attending the clinic can get up close and personal with several types of aircraft. Explore a Katana DA 20 trainer plane, gliders, a refurbished WWII Harvard

Mark IV and a Skyservices air ambulance.

Members of the Air Cadet League of Canada, the Brampton Flying Club, and aviation author Larry Milberry, will be on hand to answer questions.

All blood types are needed, but one particular type is important.

"We hope to have a lot of fun, this is not the usual setting for a clinic."

- Chris Meyer,
Red Cross

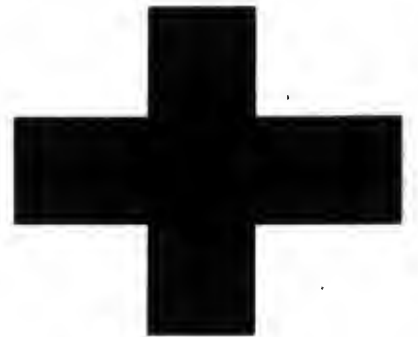
"We need to collect 200 donations at the clinic," said Meyer.

"Group O positive is certainly needed, there is quite a demand for it," said Meyer, "especially with

hospitals resuming a full surgery schedule."

The donor clinic will take place from 11 a.m. to 5 p.m. Saturday, September 20, at 5501 Electra Rd., Mississauga.

People with questions regarding blood donations can contact the Canadian Red Cross Society at (416) 974-9900.



The Red Cross

Oops, we goofed!

Et Cetera would like to apologize to SAC Vice President Nikki Dhaliwal for printing the wrong picture in a story about her last week.

At right, please meet the real Nikki Dhaliwal, VP of SAC North.



Faculty union to vote on council's proposal

Continued from page 1

There are three main stumbling blocks in the negotiations - workload, classification standards, and salary.

Management has said that they need more flexibility from faculty about their workload limits.

Wall said the union is frustrated at managements "flexibility" proposal.

"We've attempted to find out what specific issues management has around workload. They keep saying, 'We need more flexibility.' We keep asking, 'what do you want to achieve by having more flexibility?' Maybe, we can make adjustments. Their proposal is to remove most of the limits altogether with no discussion," Wall said.

The classification standards has also been a sticky situation, since the result of de-classification could mean fewer professors and more

instructors.

Instructors can make as much as \$20,000 less a year than faculty while working up to 200 hours more per year.

Management said in a Letter of Understanding to the union that "no current full-time professors in the bargaining unit will be laid off or reclassified as a direct result of amending the Class Definition of instructor."

(That doesn't mean faculty can't be laid-off only that they won't be laid off because of re-classification.)

However, unless the Letter of Understanding becomes an article amendment within a new contract the promise holds little legal weight and many trap doors for faculty.

Finally, the salary demands of each side are still far apart.

The faculty union's proposal would see a five per cent general

increase effective September 1996, as well as, a two per cent increase for September 1997. The faculty has not had a raise since September 1992 and the proposal by the union takes into account the cost of living over the period that no raises were given.

Management has offered a two per cent increase in salary with no further increase until 1999.

This is the offer the union is bringing to their membership. If it is rejected, the union bargaining team will then have their membership fully behind them as they re-enter back into negotiations.

Forde said that she hopes that the faculty union and management can then come to some agreement.

"We've had a lot of changes in faculty over the last few years. Students don't appreciate that. We want the faculty here. We

Wine & cheese, mix'em up, to fix'em up in food industry

by LISA RAINFORD
News Reporter

Students in Travel and Tourism, Culinary Arts, and Hotel and Restaurant Management have been invited to attend a wine and cheese party September 18, in the Humber Room.

The event is being hosted by The Canadian Food Service Executives Association (CFSEA) in an effort to increase membership.

"The purpose of the wine and cheese party is to create awareness of future events and to educate students about the foodservices industry," said Lesley Erkkila, president of the CFSEA. "The idea is to increase our membership and introduce students to the opportunities and regulations."

The association aims to provide training in the foodservices profession, to encourage research of nutrition, and to improve service standards.

A branch is made up of food management professionals who share the same goals and ideas. The association, which has a wide range

of membership groups, offers many educational and social events. Some of the potential activities include attending a Blue Jays game, Casino Rama, a top management night, and speakers from the food industry.

Erkkila said that the CFSEA is fairly new to Humber and so is also new to the faculty.

"Students benefit from this association because they are exposed to different facets of the hospitality industry and are able to network with industry professionals," she said.

The CFSEA is a national non-profit association established in 1975. It is a combination of the Food Service Executives Association and the Canadian Food Service Executives Association. There are branches in Toronto, Montreal, Vancouver, and Kingston. There are junior branches in Halifax, Hamilton-Niagara, Manitoba, Toronto, Vancouver and Victoria.

Erkkila said that eventually CFSEA's membership will include business students but for now it is only for foodservices students. The wine and cheese will take place between 4 p.m. and 6 p.m.

Humber community a fellowship of outsiders

by DONNA SMITH
News Reporter

When it opened 30 years ago, Humber was established to service the Etobicoke area. Today, 80 per cent of Humber's students live outside the community.

Richard Hook, vice-president of academics, said the shift is due to students not wanting to go to a college in their community, and others wanting to "shop around" as a way of leaving home. Another reason for the population shift is that Etobicoke's college-age population decreased, and Humber had to find strategies to attract other students.

"Humber has always been an Arts and Tech college and never directed only to serve the people in Etobicoke, but to focus on education to prepare people for the increasingly complex workforce beginning in the '60s," said Hook.

Humber has to be very careful with the courses it chooses to offer, and must realize that it cannot offer every program. For example, Humber does not offer a dental hygienist program, but is the only college to offer funeral services and golf management pro-

grams, among others.

Hook said demographics are a consideration when deciding whether or not to offer a course.

"There are schools in the immediate area that offer Dental Hygiene, and do a good job at it," he said.

Often the decision to not offer a course is based on the fact that there are no jobs for students.

"We don't offer an animation [cartoon] program because there are only so many jobs in that field," Hook said.

When it comes to starting a new course, Humber looks to see if the course is feasible. Are there jobs? And are students interested?

Humber has also increasingly focused on some major program areas such as Media Studies and is now well known and recognized for these programs, said Hook.

Humber, and the other colleges, were established for people looking for an alternative to universities who wanted to focus on job skills for the work place.

"The concept of community has evolved over time, Sheridan doesn't have nursing anymore. Sheridan is known world-wide for its animation program," said

Martha Casson, Humber College registrar.

Humber has come a long way in 30 years and is well known and respected by universities here and in the U.S., said Hook.

Humber's unique relationship with universities include Humber courses being recognized for credit exemptions when a student transfers to a university, such as York, or receives up to 25 per cent credit towards their MBA at Laurier University. Humber has a partnership with Central Michigan University and another partnership is in the process of being finalized.

Although Humber has expanded past being a community-based school, it hasn't forgotten its roots. Humber has a Children's Music Program, and daycare service available for nearby residents, as well as community recreation partnerships which provide space for the pool and Humber donated over 120 acres of land for the arboretum.

"No, we have not turned our back on the community. We fund, help and offer programs for the community," Hook said.

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Finch construction hits delays

Rain sends Finch Avenue road work into overtime

by LOUISE BROWNE

News Reporter

Rain has delayed the completion of road work on Finch Avenue for another week.

According to Shane Moonah, the project engineer with Metro Transportation, the road work on Finch was supposed to be completed by last Friday. Moonah said he hopes the project will be finished sometime during the week.

Because of the construction, driving to Humber College has been a maddening experience for many students using Highway 427.

"I have to leave really early to accommodate for traffic," said Diana Scholtens, a first-year Funeral Services student who makes the drive from Burlington everyday. "I try not to take that way anymore."

The work being done, at a cost of \$400,000, requires that Finch Avenue from Humberline Drive to the west branch of the Humber

River be reduced to one lane in both directions at all times. It is the lane reductions that are causing problems for the many students driving to Humber.

"Nobody lets you in, even when the light turns green, there's no place to go, because traffic is going nowhere."

-Trell Huether, first-year P. R. student

Trell Huether, a first-year Public Relations student is angry at the lack of courtesy of other drivers. "Finch is a nightmare right now with the construction. Nobody lets you in, even when the light turns green, there's no place to go,

because traffic is going nowhere."

Although there are other ways to get to Humber, Finch Ave. seems to be the favoured route of many students driving from Brampton and Mississauga. Huether suggests Highway 401 to Highway 27 as an alternate.

Some students have even reported being late for classes as a result of the road work.

"If I have a morning class, it (the construction) affects me," said Onofiro Nocera, a second-year civil engineering student, who has waited as long as 15 minutes on the exit ramp to Finch.

Students who are worried about the construction and being on time for classes can always call the Ministry of Transportation's information line at (416) 599-9090. The line reports on all road construction sites including road closures in the Metro area and is available 24 hours a day.



Traffic backs up on Humber College Boulevard as lane closures around Humber have motorists frustrated.

SAC needs council members

by CHERYL WAUGH

News Reporter

Nominations for 15 new SAC members open today.

Students wanting to get on the Students' Association Council have one week to get themselves registered.

SAC President Shirley Forde said she hopes to have a full council this year.

"We still have a lot of positions open, especially in the Health Sciences and Info-Tech divisions," said Forde. "We have no one from Health Sciences on council right now."

Students wanting to become a divisional representative have to pick up an information package in the SAC office.

Afterwards, the nominee must present to SAC a petition of 50 (full-time) student signatures with in their own division, two faculty signatures and a transcript which shows an average of more than 65 per cent.

Once registered, the nominee will have one week to campaign for their spot on SAC.

The elections will run from October 7-9.

"People who think SAC will take up too much of their time are wrong," said Forde. "SAC works to your schedule."

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Lifestyles

Juggling your job takes some work

by NOREEN O'LEARY

Lifestyles reporter

A full day of classes, then straight to your part-time job. Homework? You don't have time to eat dinner.

Humber College students with part-time jobs say they have a hard time keeping-up with their studies due to the hours they put in at work.

They say that working part-time hours decreases the amount of time they have to concentrate on studying and doing homework.

"I work every weekend and at least one night during the week," said Mary Zahran, a first-year film and television student. "Any studying or homework I do is completed in the few hours I have before I go to bed."

Many students list high tuition fees, increased book prices and commuting costs as the reason they find it necessary to work part-time.

"Summer jobs just aren't enough anymore," said Dwayne Dookie, a first-year marketing student. "I worked full-time from June until the end of August, and I still don't have enough money for everyday activities."

Some students are concerned that working part-time may result

in low grades or failures when it comes to school.

"I don't know how I'm going to find time to work and complete my homework. It's a Catch-22 situation. If I work part-time, I can't concentrate on school. If I don't work, I won't have enough money to even attend school," said Mark Woodall, a second-year business student.

Craig Barrett, co-ordinator for Humber's Counselling and Disability Services, says time management is the solution for students who have a hard time managing a job and school.

"Take a moment or two on Sunday night and figure out how you are going to handle the week ahead," he said. "If you ride the bus for an hour and a half each day, make use of that time. Read your notes or study."

Barrett said that although the hours of work can be punishing, students can be successful at doing both with an additional amount of planning and thinking.

Students interested in learning time management skills can speak to a counsellor in the Student Services centre. Humber also offers courses on study skills and information is available in the part-time course calendar.

Humane spays it safe

Small measures go a long way to end the abuse and neglect of animals

by NESREEN SARRAS

Lifestyles reporter

The headlines sent a chill down the spines of animal lovers everywhere — two German Shepherd puppies flushed down a toilet at barely two hours old.

Although news of animal cruelty shocks the public, he represents a common problem.

Every year, thousands of unwanted animals are turned over to the Toronto Humane Society.

"The biggest problem facing the Toronto Humane Society today is the number of pet owners unwilling to spay and neuter their pets," said Andrea Elliott, information

co-ordinator for the Toronto Humane Society. "If pet owners would just spay and neuter their pets, overpopulation and neglected animals wouldn't be such a big problem."

Often neglected animals become abandoned animals. If it weren't for the work of the Toronto Humane Society many of these animals would die on the streets. The Humane Society, one of the largest shelters in North America, acts as a temporary home where stray animals can be cared for until they are either claimed or placed in suitable homes.

Many of the animals that are turned into the shelter — usually by the general public — are never claimed by their original owners.

The shelter receives more than 8,000 cats a year, but only two to three per cent are claimed. "This really says something about how

animals are viewed in today's society," said Elliott.

Animals that are brought into the Humane Society are kept for a period of time waiting to be claimed. This period is called a "stray period" After this, the animals become property of the Humane Society and are put up for adoption. The stray period for a dog, for example, is seven days.

The Humane Society also takes in many sick and temperamental animals. Often, in these cases, a foster home will look after the animal. The Humane Society will provide supplies. The animal remains with the foster home until they are well enough to be put up for adoption.

While there are many people looking to adopt a pet, some don't anticipate the responsibilities that come along with having one.

"Unfortunately, many people don't think of the long-term and financial aspects of pet ownership. It's not just a house that a pet needs," Elliott said.

Elliott continued to stress the importance of spaying and neutering. Clinics like the North York Animal Control spay and neuter for reasonable prices. The cost to neuter a male dog is \$80.25, females are \$128.40. Cats are \$48.50 for males, and \$69.55 for females.

Anyone requiring more information, can call the Toronto Humane Society at (416) 392-2273, or North York Animal Control at (416) 395-7086.



Dogs like Winston who are looking for loving homes can be found at the Toronto Humane Society.

Smelling more than the roses

by LIAM LAHEY

Lifestyles reporter

The ancient art of aromatherapy uses the essential oils of plants to promote and maintain health.

Although the treatment is wrongly seen as being outside of conventional medical practices in North America, it is gaining popularity.

The continuing success of Osmosis, a store in Toronto dedicated to promoting aromatherapy, stands as a witness to the growing interest in the treatment.

"People are drawn to aromatherapy for three main reasons," said Marilyn Galic, the director of retail operations at Osmosis. "It's easy for anyone to use, it's very enjoyable, and people are becoming more open-minded to trying more natural solutions for their ailments."

Essential oils are aromatic, non-oily substances which evaporate when exposed to the air. The oils are absorbed into the body through bathing, massaging, or inhalation.

"In Europe, aromatherapy is commonplace with the medical community," Galic said. "For example, in France, it is regular practice for a doctor to prescribe an essen-

tial oil to accompany an antibiotic or even as an alternative to manufactured drugs."

Galic said Health Canada is investigating the benefits of aromatherapy, but added that their efforts are too slow.

"No real research is being done in Canada that I know of," she said. "But there is research being conducted in the United States, and since aromatherapists are an international community, their good work

will eventually be made known."

For nearly every ailment the body suffers, there is an aromatic treatment.

Galic said the key to using essential oils and their benefits is knowledge. To that effect, Osmosis offers seminars and workshops that teach the safe uses of the oils. Galic teaches two workshops herself.

"Our workshops are perfect for the beginner, because each course allows the

opportunity to learn a specific area of interest," she said.

Galic added that the store's staff are well versed in aromatherapy, and encourages interested persons to contact the store directly for more information.

Osmosis is located at 504 Queen St. W. in Toronto. For more information call (416) 961-9445, or for long distance call toll free at 1-800-IRISESS.

Essential oils heal your mind and body

by LIAM LAHEY

Lifestyles reporter

Black Pepper: relieves diarrhea, indigestion, colic, flatulence, heartburn, nausea.
Respiratory- antiseptic, antispasmodic, fights flu, colds, coughing.
Emotional- clears the head; raises spirits.

Eucalyptus: cleanses the blood, lowers sugar levels, increases circulation.
Respiratory- relieves coughing, helps expel mucus. Fights bronchitis, throat infections, asthma.

Emotional- used for exhaustion, congestive headaches, inability to concentrate

Lavender: stimulates production of urine and menstrual blood, restores hormonal balance, reduces cramps. For infections, aids child birth.

Respiratory- fights throat infections, whooping cough, asthma, bronchitis.
Emotional- treats depression, headaches, insomnia, nervous exhaustion.

Sandalwood: a male remedy. Treats gonorrhoea, genital-urinary infections, acne, wrinkles, moisturizes dry skin.
Respiratory- helps expel mucus, treats laryngitis, sore throat, catarrh.

Emotional- relieves depression, anxiety

Anglica: cleanses the blood, strengthens the immune system, reduces fever, causes sweating, treats psoriasis.

Respiratory- treats asthma, bronchitis, flu and colds.

Emotional benefits: strengthens the nervous system, used for fatigue, migraines, nervous tension and stress.

Canadian Balsam relieves haemorrhoids, burns, wounds, scars.

Respiratory- pulmonary antiseptic. Relieves coughing, asthma, sore throats, catarrh.

Emotional- tonic and sedative, used for depression and nervous tension.

Hydro focuses it's energy on cleaning up emissions

by JAY WARE
Environment reporter

Smog kills 1,800 people in the province each year, according to the Environment Ministry of Ontario.

Ingrid Thompson, assistant to Environment Minister Norm Sterling, said the ministry will strictly enforce Hydro regulations.

"The minister is taking a very strong position that Hydro will not be allowed to exceed the regulated limits that have been set," said Thompson. "That is not negotiable."

Lois Wallace, spokesperson for Ontario Hydro, said the principal regulations for acid gas are put in place by the Environment Ministry of Ontario.

The shut down of seven nuclear reactors, has sparked debates about increased pollution created through the burning of fossil fuels.

"The level of (gas) emissions now are 140,000 metric tons, so there is room for the 50 percent

increase before it reaches the limit regulation of 215,000 metric tons," Wallace said.

Ontario Hydro has not abandoned its plan to repair the plants and generate power within the confines of environmental regulations.

There are three major overhauls that the Hydro Board has approved.

First, Ontario Hydro will increase the use of low sulphur coal burnt, keeping the levels of nitrogen oxide down.

They are also installing new equipment burners on the boilers in the Lambton, and Nanticoke locations.

The burners are referred to as 'low nox' burners, which will improve efficiency of the combustion of the coal in the boiler as it's burned.

This will reduce the nitrogen-oxide that's emitted into the environment.

Finally, two of the units at Lennox in Kingston will be converted from an oil plant into a natural gas burner plant.

This will be considerably cleaner than oil and coal and will

help lessen the smog in the summer time.

"There will be no sulphur dioxide emissions at all in the gas fired units," explained Wallace.

In response, Wallace commented, "People tend to look at the past, but there have been many environmental improvements over the past ten years. We are one of the contributors to pollution but there are also cars and other factors to figure

in."

As a result of scientific studies done by Ontario Hydro, the effects of gas emissions on the environment are acid rain which destroys the lakes, fish and plants, as well as air pollution.

Nitrogen oxide emissions which causes smog, is associated to some degree with human health problems, particularly for people who already have lung problems like asthma," remarked Wallace.



Some of the offending smoke stacks as seen at the downtown Toronto Lakeview Generating Station.



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LIFE WITHOUT CABLE

Et Cetera Editorial

Beware of postal bombs

A postal strike seems inevitable. Once again, the "posties" will hold us hostage with their incredible demands.

The Canadian Union of Postal Workers (CUPW) will get no public sympathy these days. They will reap nothing but anger and resentment from Canadians.

Unemployment is high, and those who have lost their jobs would gladly take work in any area of Canada Post.

The public attitude is that postal employees already make high wages (some say too high), and have one of the best benefit packages in the country. And the public is baffled by demands for job security. Nobody has job security — anyone can be replaced, or positions eliminated.

Those affected most by postal strikes are often forgotten. Seniors are left without their much-needed pension cheques. Many don't have automatic deposit agreements and are afraid to trust governments and banks to take care of cheques they don't see.

Small businesses are big losers in a mail strike. They struggle to survive, and struggle to grow. Many depend heavily on mail orders. A postal strike means accounts receivable become accounts outstanding, and accounts payable become accounts overdue.

Many small business owners depend on daily revenue to handle their debt load. There are business expenses to pay, mortgages or rent, taxes, utilities and essentials for both home and business. Some have dependent families. Without a cheque in the mail, or a customer order in the mail, their worries grow. Sure, courier service is an alternative to mail, but can be too expensive for steady use.

The truth is, no one wins in a strike. Those striking will never make up the wages lost during the strike. Companies don't win in strike situations.

Maybe it's time the posties realized they are lucky to have a job, good wages, and job security, as far as job security goes. Maybe it's time to think of the well-being of all, not just the fortunate few.

And nobody wants to pay more for stamps.

Student opinions make a difference

At a time when students feel they are just a number, and valued only for their bank accounts, Humber is attempting to make a difference.

In 1996, a random survey of 4,000 students asked if they were treated well at Humber. Some said yes, some said no.

The responses were not ignored.

Because of the survey there have been more than 20 changes, in the past year, designed to make Humber a more welcoming educational service.

Changes include: Worklink, a centralized job bank on the World Wide Web; more staff available to answer admissions and registration questions; and added multi-media terminals with CD-ROMs and Internet access.

So, it appears Humber has been listening.

Some may argue the changes were common sense, or merely token gestures, but it's more than has been done in the past.

John Mason, director of ancillary services, is the first to admit more changes are needed, and said students should see more concrete changes next year.

This past week students were asked again how they thought Humber was doing.

Last year, 40 per cent said they had no complaints, this year the number has risen to 54 per cent.

The school may not be running as smoothly as it could, but then, Humber wasn't built in a day.



Letters to the Editor

THE EDITOR:

Re: Greg Di Crese's article, "A Stern boost to Canadian radio"

One of the reasons I enjoy being Canadian so much is the freedom of expression clause in the Charter that encourages diverse opinions. That said, I take exception to the article about Howard Stern being "the best thing" to happen to Canadian radio recently. While the general public appears to be split on the issue, I believe Stern takes shock radio far past the likes of Rush Limbaugh to an unhealthy extreme. Criticizing and ridiculing the government and celebrities is fair play. The man has little or no moral conscience, and laughs all the way to the bank as his perverted fans clamor for more. Encouraging Stern is like encouraging child pornography on the Internet, or hate literature. Not that I'm thrilled with francophone sovereigntists threatening to tear

Canada apart, but I have respect for the province of Quebec, and anybody inclined to malign my country in such a foulmouthed and insensitive fashion deserves everything the Canadian Radiotelevision Telecommunications Commission and the Canadian Broadcasting Standards Council can throw at him. Our culture is the furthest thing from "wanna-be American," and for Di Crese to suggest such an idea belies the fact that he is speaking for himself, and not Canadians as a whole.

At any rate, Howard Stern is far from anything positive for this country. He has done little more than reinforce the stereotypical American — insensitive and ignorant. If Howard Stern is where it's at, then I'll just keep listening to 'stodgy' programming like Royal Canadian Air Farce and Roger, Rick and Marilyn.

- JEFF RONEY

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Opinion

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Check your attitude at the door

by COREY SCHACTER

It was a long day for me, dealing with authority figures and conducting interviews. The last thing I wanted was some minimum-wage snot giving me attitude during what should have been a nice, quiet, relaxing dinner.

But that's exactly the kind of bad luck I encountered when mom and I decided to try out a new restaurant in Richmond Hill.

The dinner started off well, a pleasant hostess greeted us at the door. But from then on, it was totally downhill. Fast.

First, the prices were a little high. But I can handle that. I'd gladly pay a few extra bucks if the food sweeps me off my feet. So, with great expectations, I ordered my favorite dish, chicken parmigiana. Mom ordered pasta.

After ordering, Miss I-Don't-Know-How-To-Smile walked away, leaving her polluted attitude hovering over the table.

High expectations quickly soured as dinner finally arrived. I don't know what she brought to the table but it was definitely not what was described in the menu. The taste proved me right, it was absolutely despicable. It was when I asked if I could get something else, that attitude kicked into high gear. Diane Chambers turned into Damian. She did everything

but spin her head 360 degrees.

Returning with the new meal about a decade later, she slammed it on the table. "Is that better now?" she snarled.

After the blood returned to my face and I unclenched my teeth, I tried to eat. However, my appetite had left the building.

I had always believed that restaurants want every customer who walks through their door to feel welcome, to be treated with respect, to enjoy their experience.

The whole idea is to impress you so much that you will tell your friends, and they will tell their friends, and so on, and so on. The ultimate goal is to keep everyone's business, and never lose a customer.

Or so I thought.

Well, we paid the bill, and my mom left a tip. She feels bad walking out without leaving something. Not me. I will never pay for rude and sarcastic treatment. And this experience had been right up there.

Service personnel, such as waitresses, need to know how to deal with the public. That's their job. If they've had a bad day, I don't want to feel the after-shock.

At the end of a long day, all I want is a good meal, and wait staff who like doing their job well. Is that too much to ask?

campus wire

University of Toronto

Once a week, 1400 students crowd U of T's Convocation Hall for a mandatory biology course. This class is estimated to be the largest in Canada. Normally Convocation Hall is only used for graduation ceremonies, but it's the only space on campus big enough to hold this class.

Sheridan College

The sad souls at Sheridan's Davis Campus are without a pub. At the moment "The Fridge" is being used as a storage room for the student union's furniture. But, do not fret, our Sheridan peers will have a bigger and better "Fridge" to cool off in by the end of September.

University of Western Ontario

Students from different political clubs at Western are coming together to rally for Canada. When Jacques Parizeau arrives at Western next week students will meet him with a strong message about unity. Organizers of the rally, titled "I am Canadian," want to take this rare opportunity to support a unified Canada. Way to go Western!

The marijuana blues

by PAUL VAN HOOYDONK

It is time to de-criminalize marijuana. The law has to be changed, or at least equally enforced from region to region.

For the most part, marijuana users are not criminals but your average chip-munching, incense-burning, Homer Simpson watching, normal people who will continue to smoke pot regardless of the law.

This is why the law must be changed, so people who are not criminals are not accused as such.

The efforts of law enforcement are not well-directed. Too much effort is being concentrated on the small-time possessor of the "evil" weed.

My confusion begins when a group of giggling drug induced teenagers driving the back roads of some pot-hole of a town get caught for smoking a couple of joints and fined.

Meanwhile in places like Toronto the same kids standing in an alley smoking a couple of joints will get their joints

ripped up by cops and maybe get a finger waving, "No no. Bad teenager."

Maybe they will be fined, but Toronto courts are overrun with people charged on small misdemeanors and cops know that the judges don't want to see that every other case they try is just a useless possession fine which amounts to nothing more than a speeding ticket. Toronto cops want the pusher, not the possessor (unless the drug in question is a hard-core drug like heroin or cocaine).

But in towns where people actually slow down for yellow traffic lights, the courts are empty. There are no steady lines of thieves and demented rapists and murderers, just the humdrum of nose-pickers and the odd person caught smoking a joint. Every once in a while small town cops stumble onto a big drug-bust.

If the legal system is unwilling to enforce the penalty for marijuana possession equally, not with the sliding and

increasing scale of intolerance that exists as you venture further from the big cities— then legalize it.

Make the possession of marijuana no different than alcohol or cigarettes. If you're not 19, you can't smoke pot. And if you do smoke it while underage, you know exactly that you will be fined and what you will be fined.

But come on, how many times do you see a cop in a cruiser slam on the brakes while passing a high school, leap out of the car and arrest every kid with yellow teeth and a cigarette hanging from their lips. Never.

Teenagers will always find pot to smoke, just like they find cigarettes and alcohol, so why not remove some of marijuana's criminality and make possession of it no more than what it is for booze and smokes. At least this way I won't have to read my neighbor's kids names in my small-town paper.

Good Canadian



Premier Mike Harris

No, really! Premier Harris has been spearheading the unity issue over the last month with vigor! Harris has been busy reminding the other premiers and federal government that Quebec may well face a provincial election in the spring, and another referendum shortly thereafter.

By forcing the other provinces' participation to do something now, Harris is orchestrating what might be the plan to save Canada. After avoiding the unity issue for months, the honorable member is now acting both honorable and statesmanlike, by attacking it head on.

Bad Canadian



Attorney Ken Murray

Paul Bernardo's former attorney was arraigned on charges recently for attempting to obstruct justice and possession of child pornography. The charges are in connection with videotapes of Bernardo and his then-wife Karla Homolka raping and torturing Kristen French and Leslie Mahaffy.

Instead of turning the crucial evidence over to the police and Crown attorney at the time he retrieved it, Murray held onto the tapes for 16 months before relinquishing them to Bernardo's trial lawyer John Rosen.

It is a widely held belief that if Murray had turned over the tapes immediately, the Crown wouldn't have cut a deal with Homolka who testified against Bernardo in return for a lighter sentence. This deal sees her eligible for parole in 1998.

Good Canadian, Bad Canadian is brought to you by LIAM LAHEY

Et Cetera

September 18-24, 1997

Et Cetera Health

HIV testing more advanced in U.S.

by NOREEN O'LEARY

Health Reporter

When it comes to HIV testing, needles and blood tests may soon be things of the past.

Orasure, an oral test designed to detect HIV antibodies in saliva, was released in the United States more than a year ago and may soon make its way to Canada.

"As of right now, the Ministry of Health does not use oral testing in Canada," said a counselor for Toronto's AIDS hotline. "However, we have not ruled out the possibility that oral testing may be available sometime soon."

The makers of Orasure claim it is the most accurate test and the only way of testing for HIV without any form of blood test.

The process is simple. The patient places a pad between his or her lower cheek and gum for two minutes while supervised by a health care professional. The pad draws out any HIV antibodies present in the saliva. The pad is then placed in a vial and sent for testing. The results are mailed or faxed back to the medical clinic or doctor within 72 hours.

Orasure claims to have a 99 per cent accuracy rate. Studies show that Orasure gave the correct results in 3,569 of 3,570 tests.

The public's hesitation surrounding the accuracy of the test may be one of the main reasons Orasure has not yet been brought to Canada.

"Oral testing has not been approved by Health Canada yet," said Joan Anderson from The AIDS Committee of Toronto. "There is still a lot of concern about the accuracy of these tests, and I think a lot of people are happy the Federal government is taking its time looking into this issue."

Anderson is also concerned that if home HIV testing kits became available in Canada, people would not receive the counselling and services that are available to them through clinics.

However, Michael Leonardo, an Orasure representative said, "the apprehension as far as accuracy is concerned has to do with the way Orasure tests for HIV — orally rather than through blood. Orasure is very accurate. Factors such as gum disease, medication, drug use and oral surgery do not affect



Getting a needle is not a pleasant experience. The Orasure saliva test is painless and fast.

the results in any way. It took a lot of clinical tests, but the U.S. FDA has approved Orasure."

Orasure claims to eliminate the risk of occupational HIV transmission through needles. Orasure representatives say their product is safer for both health care professionals and patients.

The product has no side effects other than a salty aftertaste, and is perfectly safe

for use on pregnant women.

Orasure costs about \$100 per box of three tests. The price includes the shipping and handling and laboratory fees.

Orasure is currently available only through health clinics and doctors in the United States. It has not been released as a home testing kit.

"We are studying the potential for a home test kit," Leonardo said. "If one is

Physicals are a touchy subject

Having a check up is one embarrassing day out of 365

by DANA JAMES

Health Reporter

Every year men and women avoid having their annual physical.

Many people are afraid to go to the doctor if they have embarrassing questions or think they have an STD.

"I find a lot of young women are more aware of their bodies, while young men try to act macho and don't ask questions," said registered nurse Pat Chiswell.

In her book, *Your Sexual Health*, Dr. Jenny McClouskey said, "the human body is a complex organism, yet in many ways has a great tolerance of dysfunction. After all,

Abnormal lumps or tender spots in the vagina are examined by the doctor by feeling with one or two fingers.

It can shake off a common flu, recover from the measles and attack foreign bodies in the blood stream. Many sexually transmitted diseases, however, seem to have the upper hand."

Successful treatment of sexually transmitted diseases depends on early diagnosis. The longer the person allows the infection to go on without treatment the more damage it can do. Some STDs cause loss of fertility, permanent disability and even death.

Having a physical is important for both men and women.

Women who are on the birth control pill simply cannot avoid a physical. It's very simple. No physical, no pill, no sex. So, once a year, women enter their doctor's offices. With pounding hearts and sweaty palms, they dread the moment their feet slide into the stirrups.

First-time patients hear so many stories about what is going to be done, the physical itself is usually not as bad as the anticipation.

Chiswell said, "The most common question young women ask is, 'Is this going to hurt?'"

The answer is no. It doesn't hurt, although some women do experience slight discomfort.

The doctor will explain each step of the examination so there are no surprises. The doctor will look for rashes, sores or lumps around the vagina. An instrument called the "speculum" is inserted in the vagina to examine the cervix and walls of the vagina.

The speculum slips in easily, especially if it is warmed first and the patient is relaxed. Don't be afraid to ask your doctor to warm up any instrument. It will make the

examination more relaxing.

Some women become tense during a vaginal examination. Counting to ten and breathing deeply helps the body relieve tension.

Abnormal lumps or tender spots in the vagina are examined by the doctor by feeling with one or two fingers. This is the most uncomfortable and embarrassing part of the examination but it's



This may be embarrassing, but it's necessary during a man's physical.

over quickly. Swabs and scrapes are taken to see if there are any abnormal or cancerous cells.

The rest of the physical is a

breeze. The doctor will do a breast examination and teach the patient how to examine herself for lumps.

The rest of the physical concentrates on examining the eyes, ears, nose and throat, height, weight and blood pressure. With the consent of the patient, the doctor will take blood to screen for STDs and HIV.

Men should have a yearly physical, especially if they are sexually active.

"Men can avoid physicals easier than women, except if they're latex sensitive. Then, they have to go. If they don't, they're screwed," said Patricia Farnsworth, registered nurse, "and then they can't screw."

Most men dislike physicals because they dread "the finger up the bum" examination. The truth is boys, you don't have to worry about that form of checking for prostate cancer until you're 40. For men under 40, doctors check for prostate cancer by holding the testicles while the man turns his head and coughs. The testicles will jiggle naturally and the doctor can feel for abnormalities.

A man's physical includes checking blood pressure, eyes, ears, nose and throat. The main focus is checking for STDs.

"More young men call because they are in fear that they have been in contact with something, and want to make sure that everything is okay before starting a new relationship," Chiswell said.

The doctor starts the STD examination by looking at the

pubic area and feeling for any lumps or bumps, continuing down to the scrotal sac to see if there are any genital warts or tender spots. The eye of the penis is then examined for warts or rashes. The

"I find a lot of young women are more aware of their bodies, while young men try to act macho and don't ask questions."

- Pat Chiswell

foreskin, depending on whether the patient is circumcised, is pulled back to check underneath for obvious symptoms.

The penis is checked for gonorrhea and chlamydia by using two different swabs. The physician inserts a lubricated swab into the eye of the penis, until the cotton is covered.

These tests make everyone cringe and cross their legs. But it's important to be tested so STDs aren't spread to others.

The doctor will then do a blood test, with the consent of the patient, to check for syphilis, hepatitis B and HIV.

So no more excuses. Get off your butt and get going. There is only one first time.

Asthmatics breathe easier while working out

Breathing techniques and medication helps during exercise

by LOUISE SHERIDAN

Health Reporter

Asthma is a disease that places an icy grip on the lungs of five to 10 per cent of the Canadian population.

That doesn't mean asthmatics have to sit at home huffing and puffing while everyone else plays sports and enjoys physical activity.

"We encourage all patients with asthma to get active," said Mary Bayliss, an asthma educator and respiratory therapist at the Asthma Clinic of Centenary Hospital. Bayliss said the key to living with asthma is managing the disease.

Chris Haromy, an asthma educator at the Asthma Society of Canada, said "If the asthma is under control — that means taking anti-inflammatory medicine like corticosteroids — asthmatics shouldn't have to do things differently than those without asthma."

Haromy said asthma is triggered mainly by allergies like pollen, mold, dust mites, smoke and chemicals like those found in perfume. Chest infections also trigger attacks. Foods can trigger asthma, especially additives like MSG and tartrazine, a yellow dye added to some foods, Haromy said.

Valerie Cahill, 25, has lived with asthma for eight years and describes an asthma attack as "gripping and terrifying". "My lungs get tight. My chest and neck muscles get tense. I get scared, nervous and have trouble breathing out of my mouth," she said.

Despite her condition, Cahill is not afraid to participate in sports. She is a former ski instructor and now trains on a football team in North York. She claims activity actually improved her breathing overall. "I believe activity is beneficial. Whether it's walking or running, any sport, it gets the lungs working and breathing," she said.

Haromy suggested asthmatics take part in sports with built-in breaks. He pointed out that although swimming is recommended as a low impact sport, "the chlorine and chemicals can sometimes be a trigger for asthma."

Bayliss recommends asthmatics breathe through the nose to filter and warm the air. Proper warm ups and cool downs are critical to relax and regulate breathing. Patients diagnosed with exercise induced asthma should take reliever medicine five to 10 minutes before exercising. Bayliss said patients should seek the advice of a physician.

According to Haromy, many Olympic athletes do not let asthma stand in their way. "Ten per cent of Olympic athletes, American and Canadian, are asthmatic. American athletes with asthma in the last Olympics won more medals than those without asthma," Haromy said.



Asthmatics can exercise but should keep an inhaler close by.

Tired of being tired all the time?

by TAMMY SEDORE

Health Reporter

The red ribbon stands for AIDS awareness, but does anyone know what the blue ribbon stands for?

The blue ribbon symbolizes Chronic Fatigue Syndrome (CFS), an illness that has been studied for many years but with few results.

Although the symptoms of CFS have been determined, the causes are still being researched.

Judy Popkin, a technical director for a sleep disorder clinic in Toronto, said for most patients "fatigue is present even after a normal night's sleep." She also said a person may have CFS if he or she had a good night's sleep and the next day was fatigued just doing normal activities and exercises.

Carol Mously, a technician for the sleep disorder clinic at Toronto Western Hospital, said some cases are more severe than others.

"For some people, it can be debilitating enough that they either can't be in school anymore, or can't be working because of it," she said.

Technicians and doctors at Toronto Western Hospital

are studying patients with chronic fatigue, as well as patients with fibromyalgia (a similar illness). Irene Bowen, a technician at the hospital, said there are a few tests designed to determine if her patients have CFS.

"Part of the assessment is a tender point count. There are 18 different spots on the body. In a normal population, if you use your thumb and put pressure on these points, it won't bother them. But

in people with (CFS), at least 11 out of the 18 points will be sensitive. They'll react as though they're in pain," she said.

Bowen also studies patient's brain patterns and brain waves while they sleep to determine if they have CFS.

The severity of the illness differs from simply being tired after activities, to being bedridden and completely disabled.

Lucie Dorais, of Ottawa, suffers from CFS.

"When I crash, I spend a day or two in bed. Then, for a few days, I have to be careful. I start doing normal things, and getting tired all over again," she said.

Dorais said she had CFS for almost 10 years before she was diagnosed. Doctors didn't recognize the illness, so she was told to see a psychiatrist. Luckily, she found a doctor who took her seriously even though he wasn't sure what was wrong. She was finally diagnosed in 1984, but her illness had become increasingly worse.

"The illness caught up with me and I had to quit work in 1988. I did try to work part-time for a year and a half, but did not get better. Finally I retired in 1991," Dorais said.

Dorais, who is now 50, found other interests to fill her time. It's difficult for her to go out, and when she does, it can't be for long periods of time. But Dorais taught herself computer programming, and produced her own website.

"Describing this illness by one symptom is like defining

Tuberculosis as 'Chronic Coughing Syndrome,'" Dorais said.

Though Dorais has had CFS for years, not all cases last that long.

Trell Huether, a first-year public relations student at Humber College, was diagnosed with CFS in grade nine. It took a long time and a lot of tests to diagnose.

"I went (to the doctor) after a week because I felt like I was knocked out. I thought I had mono because I had all the signs, but I tested clear. I got a test done prac-

tically every week trying to figure out what I had. They said 'you have chronic fatigue, but we don't really know what it is,'" said Huether.

Though Huether's illness did not last as long as Dorais', he still lost a lot in seven months. He missed four months of school, and had to take summer school to make up for failed classes.

"There was no official diagnosis because they didn't know what it was. I have no piece of paper saying 'I had chronic fatigue', but that's

what they told me," Huether explained.

Causes and cures of this illness are not yet known. But case studies have proven it does exist.

Popkin knows how seriously ill some patients can become, and suggests anyone with symptoms, such as pain in lymph nodes, and lack of concentration, should get checked.

"The message is you shouldn't ignore it. You should get treated," said Popkin.

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Entertainment

Big Sugar cranks the decibels at Caps

by JEFF HEATHERINGTON
Entertainment Reporter

Living up to their billing as 'Canada's Loudest Band', Big Sugar boomed their way into Caps last Friday night leaving fans with their heads ringing.

The 28,000 watts of volume they used was more than enough to overpower the crowd. "I've seen these guys before and they are definitely the loudest band on tour right now," said Steve Portt, manager of Caps. "We wanted to make sure that ear plugs were available for everyone."

Playing mostly songs from their latest album *Hemi-Vision*, the band's highly energetic two-hour long show also featured three encore songs.

"As long as I'm playing every night or almost every night, I'm happy," said Johnson. Most of the band lives in the Toronto area, but that doesn't necessarily mean it's their favorite place to play. "When we play at colleges and universities in Toronto, people go nuts," said Gordie Johnson, leader of Big Sugar. "When we do a bigger show downtown, people tend to be a little more reserved, but I know that about Toronto, so it

doesn't freak me out. They don't go as berserk as people do in Vancouver or Edmonton, but at the same time we've been called out as many as three times for encores in Toronto. So we know that the fans are still appreciative."

The band's fourth album, *Hemi-Vision*, has gone platinum in Canada since its release by A&M Records of Canada a year ago.

With *Hemi-Vision* soon to be released in Australia and various parts of Europe, the band is planning to tour other countries in the near future.

"We'd like to go once a year to Europe," Johnson said. "We've been to England twice this year and we're going back again in November. This will be our first time there with label support so we're anxious to see how it goes."

Big Sugar members also include Kelly Hoppe (harmonica, sax, melodica), Gary Lowe (bass), and



Gordie Johnson doesn't take sugar in his coffee.

drummer Paul Brennan (ex of the ODDS & the Mae Moore Band).

Johnson was born in Windsor, and spent a few years in Medicine Hat, Alberta.

Johnson returned to Windsor in

1983, when music started to take precedence in his life. "I really didn't have much interest in school at all," Johnson said. "I got my grade 12 and that was it. In my first year of high school, I was making a couple hundred bucks a week just playing around town, so that's where I focused all of my energy." Johnson hooked up with Hoppe's blues band in Windsor, before moving to Toronto in 1987.

By 1992, the band was pretty much together when they were approached by Hypnotic Records, an Indie label. "They said that they wanted to make a record with us and I hadn't even considered it, to be honest. We didn't set out to go looking for a label. It just fell right into our lap."

Since then, the band has taken off, receiving such honors as gracing the cover of *Billboard* magazine in 1995. The band's first three albums, their '92 self-titled LP, *El Seven Niteclub* featuring Big Sugar,

and *500 Pounds*, were all released by Hypnotic Records. They also released the highly acclaimed five-song EP, *'Dear M.F.* featuring a cover of Traffic's *Dear Mr. Fantasy*. It got a huge ovation from the Humber crowd at Caps.

Having performed 400-plus shows since the release of *500 Pounds*, the band tries to mix it up a little every time they go on stage. "We do different things every night," said Johnson. "We try and do different songs whenever we can, and the songs that we do play every night, we try to put some variation into them from one night to the next, so that it doesn't get boring."

Big Sugar is so busy touring that their recording time for new music is very limited. "We really don't have time to take three months off to record a new album because we're always touring," said Johnson. "So everything we do is very gradual. By the time our new record is out, *Hemi-Vision* will just be getting released somewhere else."

Big Sugar will continue to tour Ontario colleges and universities before starting a national run in the late fall.

What's On

Sept. 15 - 24

Thursday

Catherine Wheel, The Warehouse, \$17.50

Caps, giving away a direct TV satellite dish
Dr. Faustus opens, Buddies In Bad Times Theatre

Friday

Elvis Tour Of Champions, Maple Leaf Gardens, 7:30 p.m.

Earl & The Broadcasters, The Whoo Tavern, \$10

Saturday

Maclsaac with Mollies Revenge, \$15 in advance

Mouskouri, Massey Hall \$28.50

Sunday

Dickson with Geezer and Puller, Government, \$15.50

Monday

Accessible Island, Canadian Stage Theatre, pay what you can

Tuesday

Funy Division, Lee's Palace, \$8
The Designated Mourner, Tarragon Theatre, 7:30 p.m., \$20-\$30

Wednesday

Zeppelin, Lee's Palace, \$9

Comedian has Caps in tears

by DAVY PALUMBO

Entertainment Reporter

Rick Bronson is loud, obnoxious, energetic, and eccentric, but that's what makes the comedic genius so much fun to watch.

The proud Canadian, who entertained a crowd at Caps last Thursday, says his spontaneous and exciting style is the only way he likes to do his stand up.

"Rick Bronson, the comedian on stage, is about 10 times more obnoxious than he is here, right now, with you," said Bronson. "If I tried to maintain my stage character off stage, I'd die of a friggin' heart attack 'cause I just bounce around like a lunatic."

Bronson has a fascinating talent for involving audience members in his performance. He uses them to create jokes that stick for the entire act and never lose their punch.

"I find audiences are more appreciative of comedy if they think you're just making it up on the spot, right there, for them," he said, "as opposed to standing up in front of a mic and making it look like you're reading off a teleprompter."

A Montreal native, Bronson says the market here is so small that it is virtually impossible to get celebrity status without going south of the border.

"In Canada, we don't call somebody a celebrity until they've left Canada, made it big in the United States, and then we're quick to label them Canadians. If we treated our entertainers like we treat our hockey players in Canada, we'd have a star system," said Bronson.

Bronson has toured colleges, universities and clubs all across North America and was named the 1997 Canadian University Comedian of the Year. "I don't care if there's 10 people, as long as they're laughing really hard, and are into the show," said



Rick Bronson on his regular college stop.

Bronson, who's done shows with April Wine, the Smothers Brothers, and Phyllis Diller among others. "I've done shows with as few as 10 people and as many as 10,000."

Bronson began his career after watching a friend practice his routine at a local club 13 years ago. He said his friend "really sucked" and that he could do better, so he tried it.

"I went up there, the club owner loved

me, and it just snowballed," said Bronson. "I was 15 years old and probably talking about my zits and my pecker back then."

Now, 13 years later, Bronson has expanded to writing and producing, and has a television production company in Edmonton with two other partners.

"I never cared about being a big star," said Bronson, who's in the developing stages of a Christmas stand-up comedy special his company is producing called *Ho Ho Ho Ha*.

"If I can get online as a staff writer with a sitcom, that would be great. If I end up in front of the camera because I'm a ham, and that's where they want to put me, then great too."

In Bronson's finale on stage at Caps, he asks for the assistance of two audience members to perform a funny card trick. Amazingly, the girl he summoned to the stage had been called upon by Bronson at a show about a year ago.

"I was part of his show before, about a year ago, but it's fun," said Lili Salman, a first-year Interior Design student. "It's a little embarrassing at first, but you get used to it."

Salman said Bronson is "one of a kind" and will definitely become a force to be reckoned with in the comedy scene.

"He's got great stage presence, and he really knows how to work an audience," Salman said.

Bronson said he'd like to be remembered as someone who didn't smell, and was a happy outgoing person all the time, not just when he's performing on stage.

Son Volt, not your everyday sounds

by **TREVOR HICKEY**
Entertainment Reporter

Jay Farrar's unique lyrics and stylish rhythm section have put Son Volt on a straightaway to success.

Farrar took drummer Mike Heidorn their former band. He rounded up brothers Dave and Jim Boquist. The rest of Son Volt is made up by tambourine specialist; Pauli Ryan, and Eric Heywood on pedal steel and the mandolin.

The Boquist brothers, along with Heidorn, are the heart of this country-blues-rock-folk rhythm section. Jim Boquist is the backup vocalist and bassist, while brother Dave works on guitar, banjo, fiddle, and the lap steel.

The one thing that Son Volt has going for them is their ability to create a unique sound. The band, themselves, can't define with certainty what style their music is.

"Country-blues-rock would be pretty good," laughs Heidorn. "I would hate to have to work at the label and market us because we don't stay on any one thing. We get bored easily. We like

country, blues, rock, and folk but we don't like all of it all the time," added Heidorn. "We're kind of a mishmash sort of band," he said. Son Volt's sound has been compared to the likes of early R.E.M. and Neil Young.

"I've heard that R.E.M. thing before, but Neil Young? Wow, we could be compared to a lot worse bands. It's nice to be compared to him," said Heidorn.

"I used to listen to country folk music when I was a teenager," says

Heidorn. "We also used to dig up some of Jay's parents old records when we were younger. I think that was a big influence on us. Our major influences were bands like Bob Dylan, The Rolling Stones, Clash and Black Flag."

There's no doubt that the wide variety of instruments used by Son Volt are what account for their unique sound. "I mean Jay alone writes on acoustic guitar and harmonica, and the pedal steel adds tremendous texture to our songs.



Kind of a mishmash sort of band.

And when you throw in a banjo and a lap steel, it just fits right in to what he's singing," said Heidorn

After putting out three albums with former band Uncle Tupelo, Heidorn and Farrar are enjoying the immediate success of Son Volt. They released their first album in 1995, called *Trace*.

"I felt fortunate with *Trace*," says Heidorn. "We didn't sell millions, but had a fairly good amount of radio play then we toured our

asses off across the country. I mean we didn't really know what to expect from our first album. We didn't know what was out there. We just wanted to play."

Their new album *Straightaways* is well on its way to catching up to *Trace* in the numbers category, but it hasn't really reached Canada yet. Heidorn says that's probably because most of their road time has been in the U.S.

Heidorn was a little surprised by the amount of Canadian interest in the band. When he learned that the first song off the new album, *Caryatid Easy*, was on the radio, he was surprised. "Yeah, I've felt that we have neglected Canada in the past." Heidorn and Son Volt are friends with other Minneapolis bands such as Soul Asylum, the Refreshments and the Jayhawks, and have gained experience from jamming with them.

"It's a spirited, friendly, musical community up there," said Heidorn. "We play gigs with them, enjoy jamming, staying up late, boozing it up, playing our instruments," said Heidorn.

According to Heidorn, Son Volt are a bunch of easy going laid back guys who love their music. Be sure to check them out at the Phoenix on September 27.

Correction

In last week's story, *Jazz Program Full Blast*, Eddie Sossin was incorrectly identified. Sossin is the music program co-ordinator, Brian Lillos is the program director. We apologize for the error.

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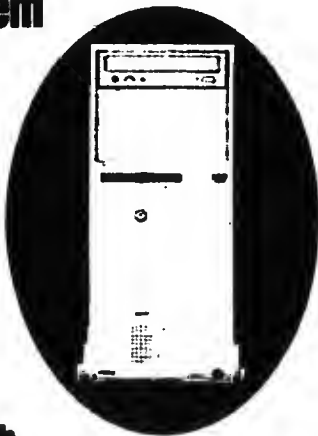
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King Cobb Steelie not adult contemporary

by MICHAEL STAFFORD

Entertainment Reporter

Adult contemporary.

That is how King Cobb Steelie guitarist/vocalist Kevan Byrne describes the band's sound. Now hold on. Before the legions of screaming, teary eyed Celine Dion fans tear themselves away from Oprah and come running this way, there is something you should know. Adult contemporary is a euphemism for a musical style that isn't easy to categorize, but is essentially pop music.

"It's a synthesis of various elements of popular music," said Byrne. "It has roots in dub and reggae and hip hop as well as roots in punk, what is called 'world music', and now, even more so, experimental and avant garde. But at the end of the day it's a pop band."

Byrne would like to hear King Cobb Steelie's music described as "Feia Kuti meets Lalo Schrifin on a drag strip."

Having such a diverse sound did not make it easy for

Guelph/Toronto based King Cobb Steelie (rounded out by bassist Kevin Lynn, percussionist Mike Armstrong, drummer Nathan Lawr, and guitarist Eric Chenaux) to break into the Canadian mainstream rock and roll market. Now, after five years and three albums, they are beginning to hit their stride.

"We found a small, dedicated audience at first," said Byrne, "but it never grew. Now with this album, it's finally growing."

The growth of their audience may have to do with the media's recent popularization

of D.J. culture and electronica. It has made King Cobb Steelie's music more palatable to Canadian listeners.

"Our lineage, as a band, comes

from Europe and the States," explains Byrne. "I don't feel we have a lot in common with other music in Canada. We're not a part of a musical community."

Despite finding media attention, and having a video, *Rational*, nominated for two Much music Video Awards, Byrne says that his main goal is still to make an emotional connection with the audience.

"You want to create a really great piece of art," he says. "Something that stands the test of time, so that in 20 years it will still be around and considered

innovative."

As far as innovation is concerned Byrne says that the band is getting more experimental. He credits guitarist Eric Chenaux, who has been touring with the band, for inspiring the other band members into new musical territory.

Byrne says that he sees the band's music as becoming more cinematic, and hints that the next album may have more quiet, meditative material, like *Thinking Man Vs. Stupid Action Man* from their current album, *Junior Relaxer*.

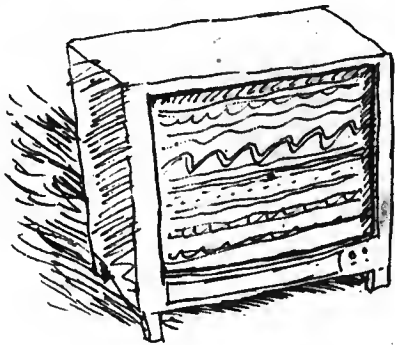
"When I wrote that song, it was like sitting in an apartment in France. Everything is grey and melancholy and I'm staring out the window, reflecting."

If that's not enough to dissuade you from taking the Adult contemporary label seriously, then you must know that Byrne insists that he is not going to change the lyrics to *Rational* in order to create a misty ballad for the princess he never knew.



Guelph rockers, King Cobb Steelie, defy definition.

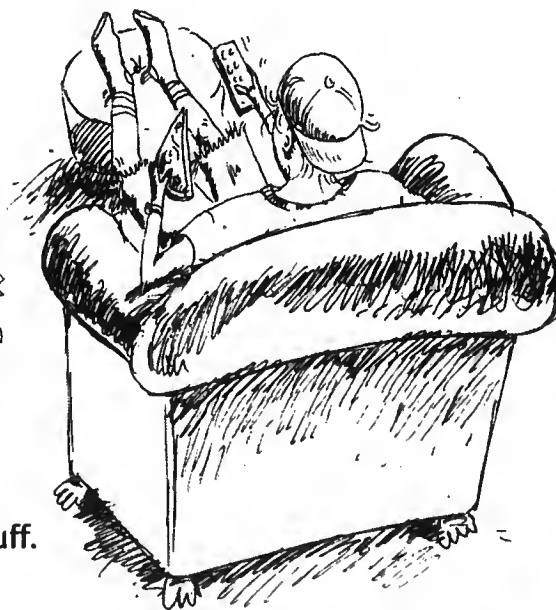
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Marvelous Murals

by COREY SCHACTER

Entertainment Reporter

He has left his artistic mark virtually everywhere you go to eat and dance.

David Arrigo is not just any artist, he is also an entrepreneur. For the past four years, the 27-year-old Woodbridge resident has been designing murals for companies, including Molson and Labatt's breweries.

"I'm a businessman before I'm an artist," Arrigo said.

Over 60 restaurants, bars, and clubs have an Arrigo mural.

Not all of his work advertises a product. Some of his murals may be re-creations of prints.

"I don't do standard. Today, things have to be erotic. Sex sells," Arrigo said during an interview at Kaboom Night Club in Brampton.

After a brief period at George Brown College for graphic design, Arrigo left, never completing the course. He says it was more layout than actual art.

Menial jobs came his way, but it wasn't until his first break when he designed a picture on his jean-jacket of James Dean on a motorcycle with, of all things, a toothbrush.

"I wore it in a bar, and was approached by a representative from Molson to design something for him."

The rep liked his stuff, and

asked if he could do the same thing on a wall. Unsure if he could do it or not, he accepted the challenge.

Currently, Arrigo has his own company called CyberAd Creative Services. "Cyber means manipulation of the mind, and Ad for advertising. I'm surprised no one else thought of this name."

He explains that, in a sense, his murals act subliminally. People will order a certain beer just because the ad is in front of them.

At the moment he single handedly runs the show. "I would like to take on some people so I can work a few places at the same time," Arrigo said.

What he hopes to achieve in all his murals is photo realism. He says he can do this by looking at something in terms of its shapes and colors. "An arm is not an arm, it's a certain shape. This is how I can work on the murals while standing so close to them," Arrigo explains.

Some places where you can see Arrigo's work are Montana's, Kaboom Night Club, Newz, Shock, and the new Chick 'N Deli North.

He says he always has to stay realistic with the notion that mural art could end tomorrow. Maybe it's just a fad. "With my talent, I know I can apply what I do to other things."



A sample of commercial artist David Arrigo's work at the Chick 'N Deli.

Dionysian Smile on their way up

by JEFF HEATHERINGTON
Entertainment Reporter

As fast as they can jump around on stage, Dionysian Smile has stormed their way onto the Canadian music scene.

Known for their captivating and energetic live shows, Dionysian Smile is turning heads and gaining recognition across Canada and the U.S. with the release of their third CD, *Worse Comes To Worse*.

"This is definitely our best work so far," said bassist Roxie Shields. "We have come a long way since our first album, and this is definitely the one that is getting us some recognition," Shields said.

The band's other members include singer/songwriter Paul Lahey, drummer Chris McConnell and guitarist Greg Howley. The band has toured all across Canada, including several shows and festivals in the Toronto area.

Although they received great reviews at last summer's North by Northeast Festival, the band agrees it's a lot more fun playing in Western Canada.

"Toronto fans are very fickle," Shields said. "They clap and holler, but nobody likes to dance. Anywhere west of Winnipeg, everybody's 'up moshin' and going crazy, which makes the show a lot more fun for us. It's easier to throw out energy when you're get-

ting some back," Shields said. After moving to Canada from Ireland in 1989, Shields took up playing and writing music after

"This is definitely our best work so far"

-Roxie Shields

studying jazz at Humber College. Lahey, the founder of the band, really got the ball rolling when he hooked up with Daisychain, their current label. They are now receiving national distribution



Dionysian Smile making a name for themselves in Toronto.

across Canada by Page Music Distribution.

They admit that, if they weren't all involved in music, they probably would never have met. "It's weird how it worked out," said Shields. "We are all really good friends now. We're different people."

Following a few mini-tours to college and university towns in Ontario and Quebec, the band plans to relocate to Vancouver, and do another cross-Canada tour.

A CD release party for their new album is being held in Toronto on September 30 at the Reverb Room (Queen and Bathurst) to promote the album.



Russell Crowe as Detective Bud White in Warner's latest release.

L.A. Confidential

by PAUL RICHARDSON

Entertainment Reporter

Sssh! It's a secret.

Los Angeles in the 1950s. Bright lights and colorful characters all trying to make it big. Or, keep others from doing the same.

L.A. Confidential is based on the novel by James Ellroy. It's about three L.A. cops: Jack Vincennes (Kevin Spacey, *The Usual Suspects*), the celebrity cop; Bud White (Russell Crowe, *The Quick and the Dead*), plays the gravel-voiced tough guy, and Ed Exley, (Guy Pearce, *The Adventures of Priscilla, Queen of the Desert*) is the idealist bent on changing the world. They try to solve the Night Owl massacre, in which one of their own is killed.

As they go about solving the case, they fight among themselves and discover that the line between

the good guys and the bad guys is becoming more and more blurred.

Spacey is wonderful in his portrayal of the slick and cocky Vincennes, a cop who is as popular as some of the celebrities he protects.

L.A. Confidential has many colorful characters like Sid Hudgens (Danny DeVito, of *Get Shorty*), editor of a celebrity tabloid, and Lynn Bracken (Kim Basinger, of *Batman*), a mysterious high-priced call girl who becomes involved with Bud White.

The film, shown at this year's Toronto International Film Festival, opens in theatres across North America September 19. If you're a fan of really great cops and robbers movies, then this one's for you.

After all, it won't remain confidential for long.

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Sports

Balance is important for Wilkins

Wayne Wilkins looks for success both on the court and off

by HIMANI EDIRIWEERA

Sports Reporter

High school football's loss was Humber College's gain.

When the football program at Westview Centennial Secondary School was cut, Wayne Wilkins took the opportunity to play for his school's volleyball team.

"If it wasn't for that program being cut, this wouldn't have happened," Wilkins, Humber's Men's volleyball coach, said. "Once I got into it, I loved it and never went back."

Now in his fourth year as a coach Wilkins is looking forward to a new season.

While Wilkins worked towards his diplomas in general arts and science, and in business administration at Humber, he spent time on the courts as a player for the school's volleyball team.

Following completion of his education, in 1993, the Bell Canada employee began coaching volleyball in the evenings at Humber.

He found the transition from player to coach a challenging move. Many of his team-

mates were the same men he ended up coaching a couple of years later.

"It's an internal conflict. You're sitting in a pressure situation thinking about what you would do as a player," said Wilkins. "Sometimes, you get that urge that you have to get in there and play. I have to step back from it and figure out how I can help them, as a coach."

Wilkins has a competitive spirit, and that quality is more than evident with the success of the men's volleyball team. The team has been ranked in the top three schools in Ontario, every year Wilkins has been coaching.

He is looking forward to fresh players for this season's volleyball team. He sees it as an opportunity to show everyone where his coaching talents lie. He hopes to develop a team that will be competitive, and successful.

"I believe competition within the team is very important. It is necessary to have a competitive attitude, and you have to work at it. You have to give it 120 per cent, because everyone else does," said Wilkins.

He pushes his players to the edge because he wants to see how much pressure they can handle.

"I'm constantly testing my players," said Wilkins. "I'm not just teaching them about volleyball, I'm teaching them about life."

Wilkins' beliefs on talent?

"It is a natural thing. Either you have it, or you don't, but skills can be taught," said



Wilkins sees volleyball as a stress reliever.

Wilkins. "Anyone who is six-foot-six, and wants to try out, definitely. I can teach them how to pass, how to set, but I can't teach someone how to be six-foot-six."

There are many things that Wilkins looks for in a team player. Aside from skills and talents, a winning team is also developed with players who have similar interests, and a lot of chemistry.

"It's not the six best players that get on the court. It is the six players that play the best together," said Wilkins.

When he's not working, coaching, or playing volleyball, Wilkins enjoys spending time with his two children. His three-year-old son is already a die hard volleyball fan, and plans to play for the national team. Wilkins vows he has had no influence on his son's aspirations in life.

To Wilkins, volleyball is his form of stress relief from his usual job at Bell Canada. It is a sport that he speaks of passionately, and considers it to be a preservation of his sanity. Through all his success, he remains a modest man.

"I've got lots to learn, and I have lots to share. As long as I can balance everything, I'll be all right," said Wilkins.

As head coach, Wilkins wants to see that his players succeed on the courts, and in life. He wants his players to remember why they are playing for the school volleyball team. It is an educational institution, and it is mandatory that his players maintain an acceptable grade point average.

His predictions for the following season?

"I think we're going to be competitive. I know we are. I don't think we are going to drop from our previous rankings. We're going to be just fine."

Soccer teams get their kicks

Women's soccer team has chemistry

by JOE SILVA

Sports Reporter

Slowly, but surely, the Humber women's soccer team believes that they are going to be a more explosive team this year.

Coach Vince Pileggi lists that this year's squad will have more of an offensive look.

"This year our offense is definitely the strength. We have four or five players who could easily be OCAA All-stars," Pileggi

said. In two pre-season tournaments, one at Durham College, the other at Fanshawe College, the team has scored goals against

the Lady Hawks

in both tournaments and finished second in each

one. A returning player from last year, attributes the team's chemistry to team chemistry. They've bonded closer with

these away tournaments, so we know how each other plays, she said.

Layne added that the pre-season tournaments have made a difference because last year's squad saw no pre-season action. It resulted in a slower start for the team.

A new face on the team, Filomena Aprile, also agrees that

to watch for, according to Pileggi. She netted four of the team's eight goals at the Durham tournament.

Pileggi likes the fact that the team is balanced with both rookies and veterans. There are eight returning players and 11 rookies. He likes the leadership that the veterans are showing and is thankful that this squad doesn't have any "bad apples."

The Lady Hawks, who open the season September 19 at home against George Brown, have already been bitten by the injury bug. The original 19 player roster will likely be cut to 18 by the opener. During the tournament at Fanshawe College, sweeper Maria Stangerlin suffered a severe knee injury that will keep her on the side-line for the remainder of the season. The extent of the injury is unknown. X-rays were inconclusive due to the swelling in the knee.

Pileggi believes that Stangerlin tore her Anterior Cruciate Ligament (ACL).

Regular season play begins September 19, against George Brown.



Coach Vince Pileggi runs a practice with his team before their season opener this Friday at home.

the pre-season games have been beneficial to the team's chemistry. "You just can't come together as a team on the first try-out," Aprile said.

Aprile is one of the new players

Men's soccer looks strong already

by SHAWN GIBSON

Sports Reporter

Over the last three years the Humber men's soccer team has been to the Canadian College Championships twice and reached the Ontario finals once.

This year the Hawks are very confident again.

Confidence is important in sports, especially when the tradition factor is there like it is with men's soccer. Rookie Jesse Calabro, who scored a goal in exhibition play, has been impressing a lot of people on the sidelines and hopes to go far with the team.

"Everybody knows the great past seasons of this team, I just want to help carry on the winning tradition," says Calabro. "I've been getting a lot of help from the veterans and I'm looking forward to winning with them as a team."

Even though almost half the team is made up of high-hoped rookies, there is the odd veteran to bring them down to earth.

"The good thing about this team is that I trust all the players including the rookies," said second

year player Terrence Campbell. "It's extremely important that the veterans trust the rookies or else we'd be reluctant to give them the ball. Luckily the whole team looks to be in sync."

The Hawks have looked great in tryouts and exhibition games. They have had some great passing

"The good thing about this team is that I trust all the players..."

-Terrence Campbell

plays as well as showing signs of a great defense to come.

What really matters is the regular season games. That's what Coach Germain Sanchez is looking forward to.

"These are only tryouts, so the real test is going to be their first game. That's when we'll see what they can do. I am impressed though. I feel we have a strong team and we are going to go far."

With tryouts complete and the Hawks first game on September 18 against George Brown, it looks as though Humber soccer fans are in for another great season.

CFL rivalry more than just a game

The difference between Argonaut and Tiger-Cat fans is their enthusiasm

by VINCE VERSACE

Sports Reporter

The Toronto Argonauts against the Hamilton Tiger-Cats is the oldest North American football rivalry, dating back to 1873. The two teams have clashed 166 times since then. However, the games are not just about the players on the field but about Southern Ontario clichés and bragging rights. It's about the blue-collar, steel-mill working Hamilton Tiger-Cat fans against the white-collar, paper-pushing Toronto Argo fans.

"We just hate the Argos and their fans," said Dave Ambrosia, a Hamilton resident, during halftime of the yearly Labor Day Classic game between the two long standing rivals. The score was 22-3 for the Argos and Tiger-Cat fans at Ivor Wynne Stadium were bitter with both their team and the Argos.

"The Labor Day Classic game is always the most heated one in the rivalry," said Argo running back Mike 'Pinball' Clemons. "Their fans really get into the game. They're the type of fans you hate [to have] against you but you love to have as your own."

The 18,000 plus fans who packed Ivor Wynne Stadium epitomize what football fans should be.

They are loud, proud, nasty and relentless with both their team and the Argos.

The Tiger-Cat mascot continually runs over, tears apart and beats up a dummy in an Argo jersey.

There is a sense of community throughout the stands. People stop and say hello to each other and scream various Ti-Cat chants in unison. Heck, Ivor Wynne Stadium is in the middle of a downtown Hamilton neighborhood. Local residents will let you park on their lawn for five dollars.

The Labor Day Classic turned into another classic beating suffered by the Tiger-Cats. The final score was 46-3 for the Argos and left Ti-Cat fans feeling bitter and wishing for the glory days of the past.

"It just isn't the same any more like in the fifties and sixties. They have great fans but if they don't lookout, we'll all be gone," said Dale Maguini, a Ti-Cat fan of over 30 years.

Two weeks later, the Argos and Tiger-Cats hooked up for the last time this season in Toronto at the SkyDome. Over 20,000 fans turned out, the largest home crowd this year for the Argos. Unfortunately, the crowd was scattered throughout the huge stadium and was lost by the 30,000 plus empty seats.

The Argos, again, dominated the game and easily skinned the Tiger-Cats 34-9. Chants of "A-a-a-r-g-o-o-o-s" filled the SkyDome.

"The Tiger-Cats stink just like Hamilton does," said Tim Hayward, a die hard 'Argo-Nut.'

The SkyDome provides such a sterile environment for a foot-



Reaching out: the Argos are working to keep their fans involved in the game.

ball game that fans cannot help but feel left out of the game. The majority sit quietly and need to be prodded into cheering.

"Argo fans don't seem to react the same way, as a collective," said Barbara Ghidotti, an Argo season ticket holder. "They just don't have the same unity as Ti-Cat fans. We are so scattered and there are too many polite and shy fans."

The contrasts between the two cities seems to still fuel the rivalry. The Argos have won the last six regular season games outscoring the Tiger-Cats 212-68.

"The Hamilton fans still hate us. The

games don't mean as much now because we were horrible for a couple of years and now they are," said Toronto Argo receiver Paul Masotti who was born and raised in Hamilton.

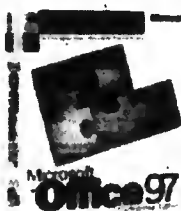
Having been to both the quaint Ivor Wynne Stadium and the state-of-the-art SkyDome, one thing is obvious--pride is what is on the line for fans. It's about which city can claim bragging rights until the next game. It's still about that steel mill worker and that paper pushing bureaucrat, punching in for work and taking pride in what they do and who they are.



A sense of community and pride is what every die-hard Hamilton Ti-Cat fan brings to the games at Ivor Wynne Stadium.



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New partnership in the fight against abuse

by MARK SUBRYAN

Sports Reporter

This summer the Canadian Hockey Association (CHA) and the Kids Help Phone Line created a partnership to help young hockey players who have been abused mentally, physically, or sexually.

"The CHA has set out initiatives to combat abuse and harassment of its young players," said Heather Sproule, national director of the Kids Help Phone Line. "There is a need for public education for parents, players, and coaches so that everyone can learn about these types of child abuse and how to respond to it," Sproule said.

The initiative was started in August and is known as the 'Speak Out Campaign.'

The partnership is being looked at as a resource for abused players who felt that in the past they did not have anyone to turn to for help.

In fact, the CHA approached the Kids Help Phone Line, after the increasingly large number of allegations by current and former junior players of sexual abuse by their coaches.

The most famous of these cases and the one that touched off this maelstrom of allegations was that of former Boston Bruin player Sheldon Kennedy.

In January of this year, Kennedy came forward with shocking revelations of sexual assault at the

hands of his junior hockey coach, Graham James.

Kennedy accused James of sexually molesting him while he was a player with the Swift Current Broncos of the Western Hockey League during the mid-80s.

James is currently serving a three-year prison sentence for two counts of sexual assault.

Sproule said that many amateur and junior athletes are abused and do not come forward to report the abuse because they are simply afraid to speak out. This program is in place to ease those fears.

"Unfortunately, these types of abuse are not only restricted to hockey players," Sproule said.

"There are gymnasts, runners, cyclists, and other amateur athletes who are abused and are afraid to come forward for whatever reason. This program was also set up to be used by them."

The Canadian Hockey League (CHL) will be announcing a plan to ensure that professional hockey players and draft-eligible juniors will also have a program that will protect them from any assault they might experience during their careers.

Any hockey player who has been mentally, physically, or sexually abused is encouraged to contact the program by calling either their local chapter of the Canadian Hockey Association, the CHA head office in Ottawa at 1-(613)-748-5613, or Kids Help Phone Line at 1-800-668-6868.

Katz at the 'Worlds'

Humber's coach first college coach of national university basketball team this past summer

by CINDY STEINMAN

Sports Reporter

Humber's coaching staff is one up on the competition: we have Mike Katz.

This summer, Katz, head coach of Humber's men's basketball team, was chosen to coach the Canadian Men's University Basketball Team at the World Student Games. Canada brought home the silver.

The tournament, held every two years, took place in Sicily. The basketball league, composed of 16 teams, offers student athletes the chance to compete against other talented players from across the globe.

Katz was honored to be offered such a position, especially since this was the first time a college coach had been chosen.

"For them to have chosen a college coach was personally satisfying," said Katz. "And it helps our league and association."

The final game against the United States definitely represented the level of skill and competitiveness of the teams in the tournament.

"This was a very good team we were playing. There were 17 lead changes, which indicates a pretty

close game. But I feel very good about the silver medal," Katz said.

Some of the American players will likely end up in the NBA. Many of the Canadian team members were All-Canadians, or had scholarships in the United States.

"The talent in the league is significant," Katz noted.

He said that he couldn't have done such a fine job without the help of two other remarkable coaches. He was assisted in Sicily by Dave Deaveiro, his assistant coach at Humber, and by Peter Campbell, a Laurentian University coach.

When discussing coaching, Katz says "Players are players. They have the same tendencies, desires and attitudes. They all want to win."

And Katz is no stranger to success. He has coached Humber College to four national championships in the past six years. He has also had three years experience with the Canadian National Team.

Will all this experience help Katz bring something to Humber's team? Katz believes it's the other way around.

"You're always going to bring something back, especially when you're involved in a higher competition level," he explained. "But what I learned at Humber, and accumulated by way of experience here, helped me to coach at that level.

When you achieve a certain degree of success as Humber has, it brings credibility to players who know of your experience."

He'll put that experience to the test November 12, at Humber's first regular season game.



Coach Katz hopes to pass on his valuable World Student Games experience at this year's tryouts.

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 - b) 11:45am Topic: Financial Planning
 - sources of money (incl. OSAP)
 - fixed & variable expenses (from tuition to clothes)
 - example of one night's entertainment (cost of)
 - budgeting tips, etc.
 - c) 12:40pm Repeat of a) - For OSAP Recipients
 - d) 1:35pm Repeat of b) - Financial Planning
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Judge's dog sexually nuzzled women?

NEW YORK (Reuter) - A Connecticut judge sexually harassed women and obstructed their access to courts by allowing his dog to go up behind them and put its snout under their skirts, a lawyer alleged last Thursday.

The class action suit was filed last year on behalf of all women who were allegedly attacked in Connecticut Superior Court in Danbury by Kodak, a golden retriever.

The dog allegedly "aggressively nuzzled" the lead plaintiff, raised her skirt and "projected its snout upward toward the plaintiff's crotch," according to the suit.

The suit alleges that the plaintiff's constitutional rights were violated because the judge was acting in his official capacity when he allowed the dog to assault women and interfered with their access to the courthouse.

A federal judge in Connecticut had dismissed the suit, finding that Superior Court Judge Howard Moraghan was not acting "under color of state law" but as a private citizen when he brought the dog into the courthouse.

Nancy Burton, the plaintiff's lawyer who was also attacked by the dog, disagreed and told the appeals court that Moraghan was able to bring his pet into the courthouse because he is a judge and that allowing the animal to harass women was an "extension of his judicial persona."

"This was not a casual, random act on the part of the judge ... it was ritualized," Burton told the panel.

She said the judge would bring the dog into the clerk's office, unleashed and unmuzzled, and watch "with a smirk on his face" as it harassed women.

Burton said the suit also alleges gender discrimination because the dog only went after women wearing skirts.

Robert Clooney, Moraghan's lawyer, argued that the district's judge's ruling should be upheld because his client was not acting in his official capacity when he brought the dog to the courthouse.

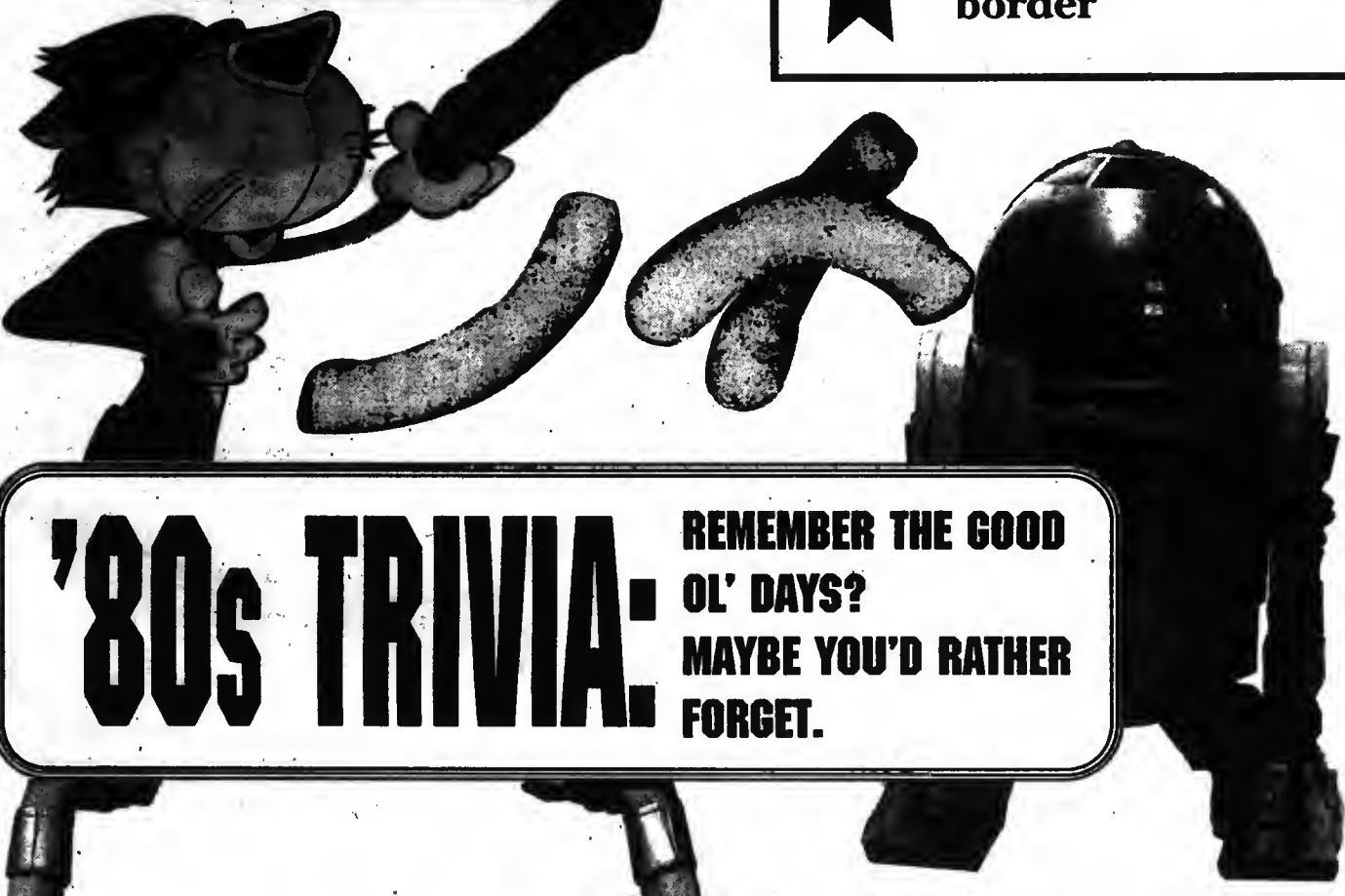
Circuit Judge Ralph Winter and Jon Newman questioned Cooney as to whether the dog was allowed into the courthouse only because Moraghan is a judge.

Cooney said that Moraghan was not performing any judicial function at the time, and was merely walking to his office.

"He wasn't trying to keep anyone out of the clerk's office," he said.

But Newman responded that the case is not about a judge keeping a dog by his side.

"This case is about a dog harassing women," he said.



'80s TRIVIA: REMEMBER THE GOOD OL' DAYS? MAYBE YOU'D RATHER FORGET.

1. What was the original, darker title to RETURN OF THE JEDI?
2. What is the neighborhood built over in POLTERGEIST?
3. ID this song: "Loving would be easy if your colors were like my dreams...red, gold, and green."
4. During 1983 what long-running television sitcom aired its first episode to 125 million viewers?
5. Who is Andrew McCarthy's snobby pal in PRETTY IN PINK?
6. Nicolas Cage made his big screen debut in what movie? Name the movie: "Nobody steps on a church in my town!"
7. Ready for the World has one #1 billboard topper. Name it.
8. Michael Jackson was filming a commercial for this product in 1984 when his hair caught on fire.
9. What actor became the talk of the bootleg video community when a tape he'd make of himself in a sexcapade in 1988 got loose?



ANSWERS: 1. REVENGE OF THE JEDI 2. Cemetery 3. Karma Chameleon 4. M*A*S*H 5. James Spader & FAST TIMES AT RIDGE MOUNT HIGH 7. GHOSTBUSTERS & Oh Sheila 9. Pepsi 10. Rob Lowe



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