



Soccer brings home bronze, pg 16

# HUMBER

## et cetera



NOVEMBER 16, 2000 Vol 29 Issue 10

## Elevator service going way down

by Kevin Waddell

After several complaints and at least one email to Humber President Robert Gordon, a malfunctioning elevator in E wing is getting some serious attention.

"Eventually, the elevator is going to fail when there are people on it," the e-mail from Management Studies Instructor Joe Grogan reads. "Somebody then may be killed. At least, people will be injured."

Director of Facilities Management Bruce Bridgeford said he'll recommend a system where only students or staff with key access can use the elevator that is the only means for disabled people and equipment to reach the top two floors of E building.

The recommendation comes on the heels of several complaints about the old elevator, and at least one e-mail to Humber President Robert Gordon.

When asked, Grogan said he did write the message and stands by it, though he refused to comment further.

Bridgeford said the elevator does have problems, but, it "won't fall from the sky."

The message, distributed at last week's Academic Council meeting, describes several situations where the elevator has failed.

The email states that when the elevator was down earlier this year, "a disabled student in a wheelchair literally crawled down the stairs from one of the upper floors."

Bridgeford said the elevator's problems are mainly due to overheating, caused by overuse. "It's a freight elevator," he said, not a passenger elevator. "It wasn't designed for constant use."

Schindler Elevator Corporation, the college's elevator contractor, will be in to replace parts of the hydraulic system Friday night, Bridgeford said.

Also, if Schindler had any safety concerns with the elevator, they would shut it down.

*"If the elevators are unsafe, we will remove them immediately from service."*

— Dev Chopra

Bridgeford also said vandalism and abuse of the elevators have been reported. Sometimes, he said, people put pennies or screws in the door's track, preventing it from operating.

Being trapped in an elevator can be scary, Dev Chopra, vice president administration, said. But he assured students that Humber doesn't "want people to get injured."

"If the elevators are unsafe, we will remove them immediately from service," he said.

Bridgeford explained that there's no chance of suffocation in an elevator because there's ventilation into the elevator shaft. Bridgeford also pointed to a letter from Schindler's Service Supervisor, Dave Halliday, that states, "the average home is a lot more air tight than the average elevator."

Bridgeford encouraged students to take the stairs instead of the elevator in E building to help minimize the overheating problems, a point that HSF President Toby Warnell reiterated.

"Students that don't need to be using the elevator shouldn't use it," he said.

Bridgeford said his department has added a cooling fan and ventilation system in the elevator machine room to keep the system cool.

Instead of returning to the key system, he's also pricing proximity card readers, which could cost roughly \$25,000 for the three North elevators. The plastic cards could be reprogrammed, and potentially save the college money in key-cutting costs.

The extreme solution to the elevator woes, he said, would be a new, passenger-only elevator. Bridgeford said the price tag could be nearly half a million dollars, money, he said, that could be better spent elsewhere in the college.



MICHAEL STAMOU

**ON THE CATWALK** – Fashion Arts student Mimma Furfaro gives this year's look on the runway during one of three mini fashion shows taking place in the concourse Wednesday. Yesterday's fashion shows were in preparation for the final fashion show at the end of the year.

## Humber SMS hits the jackpot

by Kevin Waddell

Humber's School of Media Studies received nearly a million dollars from the provincial government Tuesday to establish Ontario's first film and television post-production training centre.

"This is a fabulous testament that Humber is innovative and competitive," Kris Gataveckas, vice-president Business Development, said at the government announcement.

The Ontario Centre for Post-Production Training will provide high-end editing, special effects and 3-D video art training, William Hanna, dean of the School of Media Studies said.

Hanna said he would have pursued the centre "whether we got this grant or not." However, "in order to make it happen, you need cash up-front."

"I'm looking at developing for strength," he explained, and

noted that Ontario, despite being a major player in the film and television industry, does not have a centre dedicated to post-production training.

"I deliberately chose not to compete with Sheridan with animation," he said of the college renowned for its animation program. Hanna said animation "is a limited market," and placed his bet on post-production.

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et cetera asks

Do you think Humber has adequate wheelchair accessibility?

To make your opinion known, log on to



Results in next week's issue.

# Spirit of adventure leads to Humber

by Kim Sinclair

A wealth of worldly experience and education, not to mention a decent golf game are what Dev Chopra, Humber's new vice president of administration, brings into his first year at the College.

Chopra joined the faculty in late June and promptly made a name by bringing home a second place trophy from the Humber Golf Tournament with President Robert Gordon this summer. The trophy sits proudly in his office and could foreshadow achievements to come for Chopra.

Chopra brings university education from two countries, 27 years with Ontario Hydro, and a newcomer's ambition into his first position within a college administration.

"I had a lot of interest about getting into education partly because of having two daughters that I've worked with over the years," Chopra said. "I thought it would be interesting, and the opportunity was there."

Chopra has come a long way from his birthplace in New Delhi, India where he graduated with honours in 1969 for Mechanical Engineering. At 22, he made the decision to come to Canada.

"I had a spirit of adventure," Chopra said. "I had graduated, I had a very good job, and I kind of said to myself, 'I could be doing this



KIM SINCLAIR

**A WORLD OF KNOWLEDGE** – Dev Chopra the new vice president of administration has a handle on his golf swing and is working hard to get up to par on education.

for the rest of my life, and there's a whole world out there.' I was at an age where I thought I could take a risk," Chopra said.

He came to Canada alone, and enrolled at McGill University where he would earn his MBA.

"I came to study, but more

importantly to get a feel for how the rest of the world lived," he said.

He got an "interesting introduction" to how Canada lived after arriving in Montreal during the FLQ crisis of 1970. Seeing tanks rolling down the streets of Montreal were some of his first memories of

Canada during the declared state of emergency in Quebec. Not even that could turn him away, and what began as a short-term visit became a permanent relocation.

"My first two years at McGill were two of the most enjoyable and educational years of my life,"

Chopra said. "I lived in a graduate student residence where 120 students represented about 60 countries, so it was an enormous experience for someone who had lived all his life in India."

Chopra has now lived and worked in Canada for the majority of his life and sees this society as generally accepting of diversity. At Humber College, he is happy to be a part of a faculty and student body that can pride itself on its own diverse population.

"I think Humber is an excellent example of how diversity leads to understanding," Chopra said.

"Once you understand, it becomes easier to accept."

The father of two successful daughters, Chopra says he values what he does over how much money he makes. He will be working to maintain and improve the quality of education and services available to Humber students over the course of his first year.

As well as tending to the financial backbone of Humber and serving on a senior management team that will be formulating strategies for the future, he'll need to keep up his golf game if he wants to bring back a first place trophy with President Gordon in next year's tournament.

"I hope to be here for a fairly long future, and participate in the growth and the future success of the college," Chopra said.

## X marks the spot at student residence

by Pamela Lidstone

Many students living in Humber's residence didn't vote in this week's municipal election because many didn't know that they could.

Even if your permanent address was not in this riding, like many of Humber's residents, proof that you live here and a form of identification was ample information to allow students to vote.

"It is a very simple process," said poll manager, Alex Fiebig.

Although the polling station that was set up in the residence was not very busy, the number of voters that turned up was about average.

"It is normal numbers for this poll, but we wish there were three times as many voters," said Fiebig.

The registration process took no more than two minutes.

First-year Radio Broadcasting student Jeff Kahl was eager to get his vote in.

"Since there's been a hoopla against the American election, I figured that my vote counts," said Kahl.

Scott Barager, a first-year Culinary Management student, was late for work because he wanted to practise his civic duty.

Employers must give an employee time off to vote if it is requested, according to the election officials.

Many students, unfortunately, didn't choose to vote, even after they were told that they were

eligible for this riding.

One student said "Lastman's going to win, my vote doesn't matter."



PAMELA LIDSTONE

**AND THE SURVEY SAYS** – Humber students had the chance to vote on their on turf when a polling station was set up at rez.

## Municipal council winners focus on community issues

by Nicole Montreuil

Suzan Hall and Irene Jones are going to City Hall.

Hall, 58, won the Ward 1 council seat in Monday's municipal election beating her nearest competitor, Vince Crisanti by 97 votes.

"I haven't done this for the glory," Hall said. "Overall, I have proven myself over the last 16 years. I actually accomplish what I set out to do."

She plans to focus on community safety and allocation of city resources in her first term.

Hall was one of four Ward 1 residents running for council. Her victory knocked incumbent Bruce Sinclair off council.

Irene Jones, the Ward 6 incumbent retained her seat with 10,442 votes. David Rifat, her nearest competitor, had only 1,617 votes.

"I had a large learning curve," Jones said of her last experience on council. "The sheer volume of work means it's impossible to do everything."

Jones was first elected to council in 1988. She plans to focus on economic, environmental, and safety issues.

As expected, Mayor Mel Lastman held his spot with

483,041 votes. Tooker Gomberg, his nearest competitor, had 51,063.

Voter turnout was low. Only 11,668 of 36,708 potential voters came out from Ward 1 and only 13,432 of 42,845 possible voters came out from Ward 6.

Official results from Monday's election will be released on Nov. 16 at noon. Results are available online at [www.city.toronto.on.ca/vote2000](http://www.city.toronto.on.ca/vote2000).



COURTESY

**SUZAN HALL** – won her seat in council by 97 votes

# Pumping up the curriculum

by Kevin Waddell

Two new Humber programs were given life while another faced the axe, this month's Academic Council meeting revealed.

A new course called Music Fundamentals will add to an already rich Humber program, while Fitness and Lifestyle Management will be breaking some new ground. The accelerated Package and Graphic Design program has been dropped.

Fitness and Lifestyle Management is a joint effort between Athletics and the Hospitality, Recreation and Tourism Alliance, HRT Assistant Director Susan Goodman told council.

Goodman expects graduates to be hired by health clubs and corporate and public fitness programs. She that the four-semester program will offer entrepreneurial training because many students may opt to become personal trainers, fitness counselors, or corporate fitness coordinators.

Account Manager Joanna McLeod told council that graduates of the program will get "certifications that are required, or desirable" by employers, such as CPR and first aid certificates. A "special populations" course will train students on techniques and needs of seniors, and pre- and post-natal fitness.

Currently, George Brown College offers a similar program, but Goodman says they turn away

more applicants than they accept. She's optimistic that Humber's program will be a success. Humber expects to fill 35 spots at North campus by the second year.

Music Fundamentals, the other program expected to attract students to Humber, is expected to attract an additional 33 students to Lakeshore by its second year.

It will be an "intensive and rich program," Cathy Mitro, co-ordinator of the Children's Music Program, told council.

Mitro explained that music instruction "is declining in the secondary system."

She said that when students apply, "they're not prepared to handle the work load" at the college level. Students may not lack the talent, she said, but are weak in other skills. "We find many young, talented students, [that need those skills,]" she said.

"Students have to be highly motivated," Mitro said. The two-semester program will help students interested in a career in the music industry.

Currently, Humber's three-year Music program receives 730 applicants per year, Mitro said. Of those, 295 audition and 109 are accepted.

"A number of people withdraw before the audition," she said.

The Music Fundamentals certificate will not mean instant acceptance to the three-year program, but students with the certificate could apply for exemptions, or be put into an advanced level of study, instead of intermediate.



DEREK MALCOLM

**BIGGER, STRONGER, FASTER** – Humber Information Systems student Charles Luczon works out in Humber's weight room, but he expressed the need for more personal trainers in the workplace. "It'd be nice to have someone here to answer your questions."

On the flip side, the accelerated stream of the Package and Graphic Design program is on Humber's chopping block, Richard Hook, Vice President Academic told council. Graduates from both streams ended up with "roughly the same

salaries, and roughly the same positions" he said.

Accelerated students were hard to attract, Assistant Director of Media Studies Nancy Burt said, and they weren't filling the seats. This year, the accelerated program

wasn't even offered.

The two-year diploma remains strong, however, and Humber graduates are valued by industry. There are no plans to cut the remaining Package and Graphic Design program.

## 'Uninspired' they're not Film cash infusion

by Stacey Roy

Months of mouse clicking and Msound checking paid off for Humber students last week at the 2000 Telefest awards in the Central Event Theatre, Toronto.

Humber students Melissa Remark, Bob Mather, and Geoff McLean received a third place finish for their work on a Kinder Surprise Commercial in the Corporate category and for the song, 'Uninspired,' in the Music category.

Third-year film and television students Mather and McLean's goal for their song 'Uninspired' was to excite the crowd. Mather compared it to "jumping into the water like a polar bear."

The song/video project took a combination of four months to perfect, including three months of preparation, four days of production, all while editing along the way.

The presenters for the evening were comprised of some top professionals including Animator, Rick Green and singer/songwriter Maria Del Mar.

Telefest 2000 gives students a chance to network and have a industry insider critique their work, as well as providing professionals with a preview of up and coming talent. This year 179 entries were received from 19 colleges and universities.

"I want to do music videos, but first and foremost I want to be a rock star," Mather said.



STACEY ROY

**REEL WINNERS** – Humber Film & Television students Bob Mather (left) and Geoff McLean bask in the glory of their third place finish at the 2000 Telefest Awards.

Mather is letting nothing stand in the way of his dreams and he's taking Quddus', the host of the awards and TVO's new show Vox, advice, which is simply: "Just do what you do."

Other nominees from Humber College were Chrissie Fiasche and Tammy Roussv for the Volt award and Mathew Bedard for the Best of Craft nomination in editing and photography.

*continued from page 1*

"Virtually every film will have post-production in it," he said, and web technologies will create more demand as more content is designed specifically for the wired world.

The government will foot the bill for \$972,565 of the \$4.8 million project. The money comes from the Strategic Skills Investment Program, a \$130 million multi-year program intended to shore up needed skills in Ontario's work force.

The rest of the \$4.8 million dollars will come from industry partnerships and college funds.

Companies will donate or offer deep discounts on equipment and software for the college,

Hanna said, adding that some pieces of equipment can cost up to \$15,000 a piece.

"It's in their interest at the training door to get their stuff in there,"

Hanna said of the industry partners, because it means more people are skilled on the companies' platforms.

Also, Hanna said if companies want government support and grants, they must demonstrate that they're "concerned players."

Main industry players that have teamed up with Humber include Media 100 Inc., which specializes in Internet video delivery, Avid

Technology, specializing in non-linear editing and Internet

video delivery, and Sony of Canada Ltd. a well-known consumer and commercial electronics manufacturer and supplier.

In addition to these equipment suppliers, Humber has a labor partnership with the Director's Guild of Canada/Ontario.

"We'll place students in some of the high-end post-production companies," Hanna said.

Normally, Humber would have to pay a fee for this, he said, but the partnered companies will waive those fees.

The initial market for the centre will be people looking to upgrade their skills, or retrain and

start a new career, Hanna said, and in theory, a post-diploma program could be offered by September, 2001.

Forty full-time students will be able to take advantage of one year certificate program, and 60 students a year can take part-time studies at the centre.

Also, Hanna said that students already in Humber programs should have a shot at using the equipment and up to 230 full-time students from related programs will take post-production courses through the centre.

According to a Strategic Skills Investment Program document, the film and television industry supports 28,000 jobs in Toronto alone, and post-production jobs are increasingly in demand because of industry growth.

# CAMPUS LIFE *et cetera*

*"He gets the freestyle going and it gives the audience a chance to get involved."*  
 -Bonnie Joslin  
 see 'DJ Swift'

## Lend a helping hand at Humber's food drive

by Patricia Lima

The Humber Students' Federation (HSF) is looking to extend a lending hand to financially-strapped students by having an on-campus food bank.

"We heard it a lot last year where, come second semester, students, especially in residence, had difficulty because they ran out of [credit on] their meal cards," said HSF President Toby Warnell.

"We want to set something that'll be successful from the beginning [so that] it could be easily flowed into the new student government that comes in the following year."

HSF Vice President Stephen Anastasi said he has spoken to student government members of Nipissing University about their food bank so that HSF can be adequately informed and prepared to develop their food bank.

constructed so that food bank users would not have to risk being seen.

"The idea is to try and make it a little isolated," he said.

HSF, which first announced the possibility of a food bank in September, is still unsure of a date for the food bank opening.

Warnell said he hopes to have it up and running by Christmas or the New Year when people are low on cash.

But Anastasi said he hopes to have it running by the end of the school year.

"I'm trying to get it done as quickly as possible," he said.

Anastasi added he is concerned about the possibility of having the food bank run out of donations.

"One of the biggest [issues] is getting enough food," he said. "I don't want students to rely on it and then have no food be there."

Don Henr-iques, general manager of food services, said he would not hesitate to donate leftover food to the food bank.

"I would be happy to help out," he said.

Anastasi said HSF would organize food drives to replenish its food bank.

However, HSF's charitable efforts this year have not been too successful.

"We don't have that much food right now," Anastasi said of the donations collected at HSF movie nights, where students get free pop and popcorn in exchange for a food donation.

Antonides said the food bank must be publicized in order to work.

"The counselling office, even the registration front desk people, should know about it so that if a student mentions something like that to us, we can refer them to it."

Donations can be dropped off at the HSF office.



JENN MOSSEY

**FOOD BANK** - Time to open your cupboards and hearts.

Margaret Antonides, manager of financial aid, also said there are students who could make use of a food bank.

"I have had several students in here who have said they didn't have sufficient money to even buy food. They had not eaten that day," Antonides said.

"So if I could say, 'Well, why don't you go to the food bank. There is some food available for you on campus,' I think they would probably be quite happy."

Warnell said HSF needs to develop the groundwork for a food bank in order to make it work.

"We don't want to set up something that is unsuccessful or that's run poorly," he said.

Anastasi said Humber will follow in Nipissing's footsteps by having a food bank that guarantees its users confidentiality and privacy.

"They open up the food bank during [the school's] off-peak times, it sounds like a good setup," Anastasi said.

Warnell said privacy is a key factor in making the food bank a success.

"We wouldn't put it in the middle of the student centre because it's difficult [for people] to ask for help if they need it," Warnell said.

Warnell said HSF is considering the empty office space by the games room as a possible food bank location. However, he added that an outdoor entrance would have to be

## New kid on the HSF block

by Alejandra Mantilla

Humber Students' Federation brought in the big guns when they hired Stephen Murdoch.

Murdoch, the new marketing and communications co-ordinator for HSF has been working in the HSF office now for almost a month.

Originally from St. Catharines, Murdoch earned a degree in political science at Brock University.

Following with a post-graduate public relations certificate at Niagara College.

With HSF being a political organization and having been recently incorporated, Murdoch felt this to be a perfect opportunity.

"He's got the desire, he is a hard worker, without a doubt," said Toby Warnell, president of HSF. "He has been working hard as can be since he's been hired on and that is something that's been a definite benefit to the organization."

Murdoch is hoping to launch a new Internet site for HSF. The site, which will be up and running soon and will include personal links, information on HSF, and cool links.

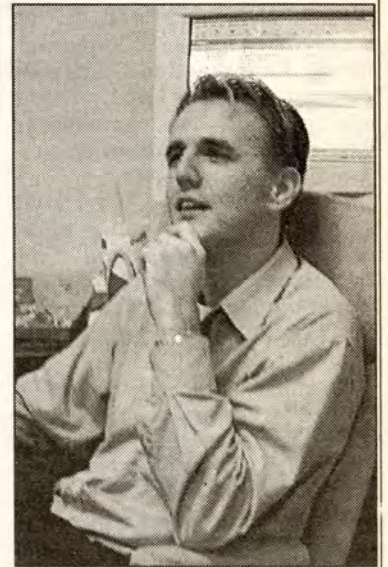
*"I encourage them to come and speak with me if they have a concern or question."*

-Stephen Murdoch

"Compiling the information and using that information and then actually taking achievable steps to successfully implement new services or whatever the students want," Murdoch said.

Murdoch will also be implementing an HSF newsletter and working on distributing media releases for the school and, in the future, *The Toronto Star* and *The Toronto Sun*.

With the two goals of HSF being to provide services and to lobby



ALEJANDRA MANTILLA

**MAGNUM PR** - Stephen Murdoch, the new guy.

government on issues such as tuition and financial aid, said Murdoch.

Murdoch is currently putting together marketing packages to encourage more vendors to come to Humber.

Murdoch discovered the Humber job while searching on the workopolis.com site. He said this job incorporated his three loves: public relations, marketing, and politics.

"Stephen Murdoch has been a great help around here, since he came on. He has provided a lot of new ideas and new ways of doing things," said Bryan Barcelona, vice president of administration of HSF.

When Murdoch is not playing sports or watching the weekly Leaf game, his primary responsibility is marketing HSF to staff, support staff and students in order to establish stronger marketing plans to gain greater student awareness.

"Get involved and take part," said Murdoch.

"I encourage them to come and speak with me if they have a concern or question," said Murdoch.

## DJ Swift gets his Humber groove on

by Lindsay Robertson

Humber DJ Swiftnicity spun underground hip-hop and jazz-fusion for a lively audience at the Idler last Saturday.

DJ Swiftnicity (aka Zack Cooper), a first-year Radio Broadcasting, spins at the Idler on a monthly basis.

"I do it for fun, but I'm always looking to improve," said Cooper. "It makes me feel good."

Cooper has been spinning for a year and got into it by experimenting with music and then buying turntables and various other equipment.

Cooper's influences include the Roots, Gangstarr, Common, Blackstar, and Cut Chemist from Jurassic 5.

He said that anyone wanting to get into Djing should make sure it's what they want, because it's a very expensive habit.

"But I do it for the love, I don't care about the paycheque," said Cooper.

Second-year Advertising Media Sales student Tammy Pender enjoyed the show.

"I think that it's great that young people have a chance to express themselves like this."

Pender was at the show last month and will probably go again next month, she said.

"He gets the crowd involved at the end by getting people to come up and freestyle," she said.

First-year Multimedia Production student Paul Probert liked

the atmosphere at the show.

"It's not like a dance club. It's a more intimate environment," said Probert, who is also a musician. "I'm impressed by the selection of hip-hop tracks."

"Everytime I come, the crowd seems to grow, and the fun with it," he said. "I can't wait for December's show."

First-year Photography student Bonnie Joslin said she had a good time as well.

"He gets the freestyle going and it gives the audience a chance to get involved," she said.

DJ Swiftnicity, will be spinning at the Idler again next month.

Details about DJ Swiftnicity can be found on his Web site at [electricjoshua.com](http://electricjoshua.com).



LINDSAY ROBERTSON

**UNDERGROUND** - DJ Swiftnicity at the Idler.

Ten to 15 per cent of depressed people take their own lives.

- [www.depression-net.com](http://www.depression-net.com)

One in eight are affected by migraines.

- [www.healthinfocus.co.uk](http://www.healthinfocus.co.uk)

# HEALTH et cetera



CHARLOTTE BROWN

**SPLITTING HEADACHE** - Soothe migraine pain with cooling pads. They are proven to help relieve the discomfort.

## Battle migraines with cooling gel

by Charlotte Brown

Migraine sufferers can rely on a new cooling therapy to treat their pain without the mess of a cold compress.

Early last spring the Mentholatum Company of Canada launched a new campaign for Cool Comfort Cooling Pads, precisely designed cloth pads infused with a soothing water-based gel.

As one of the newest migraine therapies on the market, the self-adhering pads are easy to use and are available for the forehead, back of neck, and temples.

The pads are easy to apply and remove, and leave no residue on the skin.

The compress provides instant soothing, cooling action, and can be placed at the point of discomfort.

Cool Comfort pads are safe to use with medications, and are drug-free, so there's no anxieties about drug interactions.

"We want to stress that the cooling pads should be used as part of an overall pain management program," said Derek Spence, marketing manager of the Mentholatum Company of Canada.

"They contain menthol and mild aromatherapy ingredients with a water-based gel. The pads work through evaporation, provide cooling relief...but they're not meant to replace over-the-counter medications," he said.

Spence added everyone should be aware of the pads because migraines can start around puberty, and can continue into adulthood.

The Mentholatum Company works in conjunction with the Migraine Association of Canada, which provides a migraine diary to monitor a person's migraines and severe headaches.

According to the American Medical Association Web site, a migraine is a neurologic disorder that is character-

ized by recurrent attacks of headache, with pain most often occurring on one side of the head.

Various combinations of symptoms such as nausea, vomiting, and sensitivity to light and sound usually accompany the pain. These attacks can last from several hours to several weeks.

Carol Ayton, an employee of Glaxo-Wellcome, said she has been incapacitated by a migraine once a month since she was 14.

"The migraine lasts for 48 hours, no longer, no shorter," she said. "If the pads work, then I will buy them...I will use anything that works since I'm usually forced to take aspirin, and the ingredients just make me sick."

Like many others, Ayton has tried cooling therapies such as a cool cloth on the forehead, but most of these are inconvenient and take up too much time.

However, depending on the type of migraine (hormonal, cluster, tension-type, etc.) cooling therapy might not help.

Limiting the triggers of migraine is more important to the prevention of the attacks.

Common triggers are diet and lifestyle.

Cutting back on the intake of caffeine, staying away from strong odours, tobacco smoke, and strong, glaring, or flickering lights will help in avoiding migraines.

However, some triggers cannot be avoided, like puberty, pregnancy, and menstruation.

"The most important thing is to try to avoid activities that are going to cause you to have a migraine, but once you have a migraine, the Cool Comfort Pads can be used to reduce the pain with the help of other medications," Spence said.

The pads are available at most drug stores and are fairly inexpensive at \$7.99 for a pack of three.

## Getting help before it's too late

by Sara Szulc

Depression has become as widespread as the common cold and it has become increasingly evident at Humber's Counselling Centre.

"Depression is an issue among students, a very big issue," said Camille Hannays-King, a counsellor at Humber.

Maureen Carnegie, counsellor and special needs consultant at Humber, said many of her clients are depressed because they are having a difficult time.

"There has been some change in the severity of issues of the clients we see are dealing with," Carnegie said.

A few of the more extreme problems some students face are poverty, homelessness, physical and sexual abuse, and clinical depression.

Carnegie said the counselling centre this year is dealing with a lot of clients compared to previous years.

"We're certainly very, very busy, and people are having to wait a few days sometimes to see a counsellor. Normally by this time of year, things have slowed down quite considerably," Carnegie said.

Depression can occur for a myriad of reasons, such as fami-

ly and relationship problems, school, work issues, pregnancy or coping with grief or loss.

"If a student is thinking about suicide in any way, it is really important that they talk to someone about this so that he or she can get the help they need to deal with suicidal feeling," Carnegie said.

Although depression is a growing problem facing youth, it's difficult to know if young people have always suffered from some form of depression, she said.

"It's hard to say if depression is occurring more often, or if we're just becoming more aware of its existence - it's not as taboo as it used to be to admit you are depressed, and ask for help,"

Carnegie said.

Hannay-King believes young people are more aware of the symptoms of depression than before.

"I think young people who come in recognize the symptoms themselves faster than maybe before," Hannay-King said.

There are a number of different forms of depression.

"There's situational depression, which is based on what's going on in your life right now. There's more biologically based depression which is a true illness like diabetes or a heart condition," Carnegie said.

Humber counsellors can't diagnose someone with depression or provide medication, but they do provide trained advice and support for students.

### Signs that you are depressed

- You report a depressed mood or the people around you think you seem depressed.
- Your interest or pleasure in nearly all activities is highly decreased.
- You are not dieting, you have gained or lost weight, or your appetite has decreased or increased significantly.
- You sleep a lot or not enough.
- You are slower or faster in your movements.
- You feel tired or low energy.
- You feel worthless or unreasonably guilty.
- You have a hard time concentrating and making decisions.
- You have repeated thoughts about your own death or suicide, you may have a plan to kill yourself or even attempt to do so.

If you are experiencing at least five of these symptoms for at least three-four weeks, contact your family doctor or the Humber Counselling Centre.

## MOCK TRIAL PRESENTATION

Wednesday, November 22, 2000  
6:00pm to 9:00pm  
Lecture Theatre, E135

by Humber Business School Law Faculty

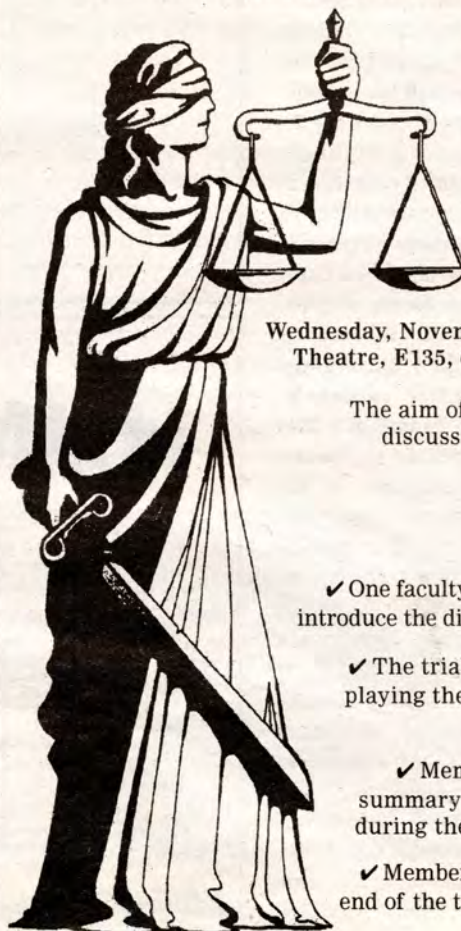
All Humber students and staff are invited to attend a mock trial presentation by faculty members teaching in the Law Clerk and Court and Tribunal Agent Programs to be held on

Wednesday, November 22, 2000 from 6:00pm to 9:00pm in the Lecture Theatre, E135, concerning a criminal case of Criminal Harassment.

The aim of this presentation is to demonstrate trial strategies, discuss legal concepts, and generally cover the law involved with a criminal trial in our legal system.

To further assist those students observing, the trial will have these added features:

- ✓ One faculty member will moderate the entire proceeding, and will introduce the different segments and take questions from the audience
- ✓ The trial will be stopped at key intervals to allow the faculty playing the role of Crown Attorney, Defence Counsel, and Trial Judge to explain their function before proceeding
- ✓ Members of the audience will be given a program with a summary of cases and key sections of the Criminal Code used during the trial to allow fuller participation in the discussions
- ✓ Members of the audience will also have an opportunity at the end of the trial to ask questions of the faculty, who are all lawyers



This presentation will be an excellent opportunity to observe and ask questions about the work done by lawyers at a criminal trial. We hope you can make time to attend.

# EDITORIAL

## et cetera

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## It's three more years of Mel

Who's gonna kick Mel Lastman out of Metro Hall's most powerful office?

The resounding answer on Monday night was noooooobody!

With a typically low voter turnout – around 36 per cent – Mayor Mel left his would-be opponents in the dust. The controversial Lastman has a way of polarizing public opinion, but anyone who didn't think he'd win this election in a landslide isn't familiar with the Toronto political scene. Despite the low turnout he still received almost half a million votes.

None of his opponents could be viewed as serious threats. Tooker Gomborg, the loud, radical former

Edmonton city councillor finished a distant second to Lastman. The margin of victory was almost 450,000 votes, clearly no contest.

Regardless of what his detractors might say about him, he was the clearly the best choice among the candidates for mayor. He has the most experience in Toronto politics of any of the candidates, and with so many important, difficult issues facing the new council, the few Torontonians who bothered to vote realized that inexperienced, one-issue candidates are not the best choice for issues that are so important to Toronto's future.

Interestingly, one of the fringe candidates, drag queen Enza

Anderson, received more than 13,500 votes. That's more than the winners of both Etobicoke North council races combined.

So what can Torontonians expect with three more years of Mayor Mel?

Lastman said after his victory on Monday night, residents can expect "the most exciting three years ever." With a very large agenda awaiting a new, smaller council, it will almost certainly be his most challenging.

Upcoming items include refurbishing the waterfront, the final funding proposal for the 2008 Olympic bid, and the ever present housing for homeless and low income residents.

The election also produced some council casualties for Lastman, as some of his allies were not returned to council.

Fortunately for Lastman, a few of his key lieutenants, including deputy mayor Case Ootes, did survive the election. Ootes, one of Lastman's key advisors, provides the necessary patient, calmer counterbalance to the excitable mayor.

Lastman admitted that the re-election of Ootes was vital to his administration. Ootes will be relied upon heavily by Lastman to help get those extra few votes needed to get things done on council. The new council will require Lastman and Ootes to do more consensus build-

ing with the influx of left-of-centre councillors.

A newer, more balanced council will need a mayor who can choose his battles carefully, give ground when necessary and stand firm when pressured by special interests.

As Lastman showed with the garbage issue, he is not afraid to take a position on an issue that is going to be attacked.

With fewer right-wing councillors returning, Lastman will have to use all his veteran political skills to guide Toronto through so many important policy issues.

It should indeed be an interesting three years.

## Media studies gets \$1 million for new facility

Who wants to be a millionaire? Humber College Media Studies will step up and take that honour, and from the Ontario government no less. In this day and age when you rarely get something for nothing, a contribution with no strings attached, is hard to believe. A million dollars is a large chunk of change and Humber is going to utilize this opportunity in every way.

On Tuesday, Humber received \$972,565 to help establish Ontario's first film and television post-production training centre. The rest of the \$4.8 million needed to build the centre will come from industry partnerships and college funds.

The money that could have gone to the project can now be re-allocated to other projects in the school, which is good news for all students. Film and Television students will now have the opportunity to compete bigger and better in the workforce.

Since the centre will be the first of its kind in Ontario, students lucky enough to get a spot in the program will be given top notch training that others in the industry may never have the opportunity or the funds to have.

Placing students in the high-end post-production facilities actually

costs money, but by having this centre at Humber students enrolled in the program won't have to pay. By getting this education students will have the edge on the post-production sector, which in essence means more jobs and higher pay for those graduating.

As well, other students at Humber will be able to utilize the centre. This will allow other students to get a more hands-on experience in differing facets of post-production. It could, in essence, have a ripple effect throughout Humber, with major companies and government donating rather than taking money from students.

It also places Humber at the forefront of the high-end post-production industry in the eyes of many Toronto citizens. The industry may perk up their ears to the invasion of Canadian kids in the post-production industry and bring more companies to the Toronto area creating jobs in all sectors which will benefit even more students.

The Ontario government has done right in the eyes of many students, since we now have a million dollars goes a long way when you're dealing with people's futures or their votes.



## HUMBER

### et cetera

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 Office 231, 205 Humber College Blvd.,  
 Etobicoke, ON, M9W 5L9.  
 Phone (416) 675-6622 ext. 4514.  
 Fax (416) 675-9730.  
 Please direct all advertising inquiries to  
 (416) 675-4390 ext. 231

<b>Editor-in-Chief</b> Cameron French	<b>Photo Editors</b> Alys Latimer Marlon Colthrust	<b>Entertainment Editor</b> Bernice Couto	<b>Editorial Advisors</b> Terri Arnott Chris Vernon
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# OPINION

et cetera

## The mind is a terrible thing, pass the sardines

Horse walks into a bar, bartender says why the long face? Horse says, you think that's long, wait till you see my...

Ohhhh. Somebody stop me. But seriously folks, if bullshit were a whistle, I'd be a brass band.

If verbal diarrhea were a drop, I'd be Niagara Falls.

That's why this weekly column is a joke. The fact that I have this forum to share my lacklustre and hollow opinions with you makes me laugh till I pass gas. Speaking of which, I think I should probably slow down on that three dollar Cuban rum my Pops bought me. Cheers by the way, if you're still reading.

Picture this. It's 3:09 a.m. Saturday night. I'm sitting here hammering out these useless and soon-to-be-forgotten words for your enjoyment (or lack of). Elton John's Greatest Hits, specifically Bennie and the Jets, is playing on my Sanyo ghetto blaster, and my eyes are bloodshot and burning like someone poured gas into them and set them alight.

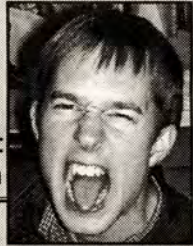
3:15 a.m.— I'm bare-ass naked, with Hellman's mayonnaise spread all over my waif-like excuse for a body. I've got crackers and sardines, and I'm rubbing the crackers in the mayo, while the runny and yellowish sardine juice streams down my torso. Mmm sweet sardine bones, so soft and brittle. Eases the pain.

3:21 a.m.— I'm talking to the goldfish, but he's not talking back.

This is what it's come down to. Three months into the semester, and I'm at the end of my tether. I'm just sick of life's frantic pace, and its beginning to catch up with me. I like school, it's just wish I had more time to myself.

Homework's got me down. Work's got me down. Transit's got me down. Rent's got me down. Empty fridge has got me down. My

Brett Clarkson



torn underwear's got me down. Don't ask about that last one.

And just like Ozzy Osbourne, I'm going off the rails on the crazy train. Yeah, that's right, I'm going insane. Bonkers. Nuts.

Hehehe, nuts.

Late Tuesday— Just spoke to my friend James on the phone. He tells me he's made a conscious decision to go crazy. "You should try it sometime," he says. "Besides, you don't have to be held accountable for your own actions."

Sounds reasonable to me. So how do I become the irrational lunatic I've always wanted to be? Hmm.

This Friday, what I'll do is get up early in the morning and get myself into a garbage bag. I'll cut out eye holes to see, slits to breathe. Then I'll go out on to the lawn and wait. When the garbage man comes, he'll reach out to grab the bag I'm in, and I'll tear out of it like a chicken from an egg, all the while yelling "I'M NOT THE GARBAGE SOCIETY WANTS ME TO BE, MAN!" at the top of my lungs.

Performance art.

Yeah. Okay. Whatever.

Don't you love it when people blame society? Like those bad high school poets in trench coats who would always talk about the how the establishment's bringing them down.

Being that it's now 4:45 p.m. Tuesday night, all I can say about the so-called establishment is that its keeping me up.

## Mulroney's clone is named Stockwell Day

Stockwell Day is Brian Mulroney's clone.

Now don't get me wrong. I don't dislike Day quite the way I hold Mulroney's government in contempt. I think Day seems like someone I might even sit down and have a beer with. Mulroney, on the other hand, seems to be too full of himself.

It seems like Day is following many of the same paths as Mulroney when he took Canada for a ride all those years ago.

It can be seen in something as simple as an election photograph.

One of the most memorable photos of the 1988 federal election was of a beaming Brian Mulroney waving from the captain's seat of his campaign plane, the Manicougan.

Twelve years later, on the front page of *The Globe and Mail*, in another November election, we see the Stockster, in pretty much the same pose.

Day is following Mulroney's lead in more than one way.

A recent *Ottawa Citizen* front page headline heralded "Day vows to end patronage."

## Keep those pedophiles locked up

I am fed up. Fed up as a parent, taxpayer, and as a concerned Canadian citizen with the way our judicial system handles individuals who are obvious threats to society. And there is one individual in particular that I have a beef with and his name is Peter Whitmore.

Whitmore, a convicted pedophile, was released last month only to reoffend. He has twice been convicted of child molestation. During his incarceration he refused to get any help or treatment for his sickness.

Hearing this disturbing information I ask one question, why was he allowed back into society? Whitmore refused treatment during the five years that he was

Sixteen years ago, in his first run for Prime Minister, Mulroney won the election on the strength of taking then-PM John Turner to task for his patronage appointments. Then, once in power, Mulroney awarded old friends with plum appointments far and wide.

Day may find it hard to keep his own patronage promise, what with a whole host of power-starved party workers ready to be aptly rewarded if the Alliance sweeps to power on Nov. 27.

But most damaging of all to Canadians, is that Day has considered forming a partnership with the Bloc Quebecois, should a coalition government be necessary. Allowing any separatist into a government is heresy. All Day has to do is look at what it did to Mulroney's government.

In the 1980 federal election, the Tories won a single seat in la Belle Province. Four years later, under Mulroney, the Tories swept the province. The only way Mulroney was able to pull this bit of political magic off was by making an unholy alliance with the separatists. Mulroney even brought well-known

imprisoned.

On Monday, Whitmore was caught in his hotel room with a 13-year-old runaway male. He was charged with breach of recognizance, one of the conditions placed on his parole. This condition required that he not be in the presence of children 14 and under unless accompanied by an adult approved by the police.

Given the circumstances of Whitmore's past convictions, and God forbid any other possible unreported incidents, he should have not been released in the first place.

The crimes that this man committed are unforgivable, and as a mother of two young girls I have no compassion in my heart for this

Desmond Devoy



separatists like Marcel Masse and Lucien Bouchard into the federal cabinet.

By 1990, Bouchard had stabbed Mulroney in the back, helping kill the Meech Lake Accord, then going off and forming the Bloc. It was the cursed Bouchard who nearly single-handedly killed this great nation on Referendum night, 1995.

In January, Day and Mulroney broke bread at a meeting in Montreal to talk shop and pick each other's brains. In a TV interview with the CBC's Brian Stewart, Mulroney confirmed that the meeting had taken place, but distanced himself from suggestions that he was behind Day's decision to run for the leadership of the Canadian Alliance. Day, too, should start to move himself away from Mulroney's legacy, for his sake as well as our own.

Michele Ho Sue



man, only disgust. These abused children are now scarred for life.

Peter Whitmore and others like him are mistakes that we can not afford to make. Our children and future depend on it.

I think pedophiles should be jailed indefinitely until our government puts funds into successful rehabilitation programs. Until then lock Whitmore up and throw away the keys.

## Word on the Street

## Which accent is the sexiest?



Kim Perras  
Recreation and Leisure  
Second year

"Definitely Australian."



Tristan Barter  
Paramedic  
Second year

"I'm all over South African."



Sean Russo  
HRT Diploma  
First year

"Italian."



Erin Martin  
HRT Diploma  
First year

"Scottish, because of Sean Connery."

# LIFESTYLES *et cetera*

*"Men have to learn to delay ejaculation, which is quite the accomplishment for a lot of men."*

*- See Spiritual growth*

## Spiritual growth through Tantric sex

by April Labine

When you hear the words Tantric sex, chances are you'll either have visions of orgies and partner-swaps or you'll draw a complete blank.

"It's partly a bad rap but there is some truth to it," said Al Link who, along with his wife Pala Copeland, has been teaching Tantra for three years. "I think we're all just going to have to face up to that. There's a lot of things out there that people put the name Tantra to and it's sort of a disguised promiscuity or even prostitution, sex for sale."

In theory, Tantra is not about sex so much as it is about sensuality in a broad sense. The word Tantra means expansion tool (tan-expansion, tra-tool). It is also something intended to be practiced by people in committed relationships.

The sexual union is considered to be the union of all things in the universe. By joining the male and female bodies, minds and souls, they merge into one. Sexual union is seen as a means of achieving divine bliss. Sexuality is seen as a pathway to ecstasy, not just ecstasy at that moment, but in your life as a whole.

"Tantra offers both sexual fulfillment and spiritual awakening," Link said. "It marries the two. It's really one of the few ways that

you can put those two things together, and in fact, Tantra is the only spiritual path that I know of that couples can do together."

The Tantric school of thought says the orgasm can be a whole body experience rather than something limited to our genitals.

It is about relaxing into pleasurable experiences and developing an energy connection with your partner. The orgasm is seen as a glimpse of eternity, but you do not focus on the orgasm as the goal. Instead you focus on relaxing and enjoying each moment of intimacy. Tantric training allows you to extend the orgasmic state. Women and men can be taught to enjoy multiple orgasms. Men, in particular, learn to delay ejaculation.

"What would most certainly happen after a period of time is they would have an orgasm but not the ejaculation. Assuming that you stay relaxed, which is a revelation to men that that's possible," Link said.

Tantra is not exclusive to heterosexual couples. Though it is based on the male/female union, it is more importantly meant for those who want to develop more intimacy in their relationships.

Tantric practices are said to renew your zest for life, expand your boundaries of consciousness, embrace all aspects of yourself, let go of cultural, mental and emotional con-

ditioning and of course, improve your relationships on all levels.

"It really means all aspects of love-making," Link said. "A close, intense, personal connection between the lovers and some of which is, of course, intercourse."

Tantra is rooted in Hindu and Buddhist practices and today there are many different schools of thought. It combines eastern practices of yoga, meditation, and humanistic psychology. If you follow it by the book, there are many rituals and philosophies involved in Tantra. However, it is not necessary to follow these. It only matters that the intention is to improve yourself and your relationships.

In Tantric practice, sex is very important for spiritual growth. It is about quality not quantity, requiring time and focus. Foreplay begins long before you even touch each other. The focus is on the pleasure of the experience. The process of intimacy, foreplay and intercourse will often last for several hours.

"The reason why most people aren't experiencing these things is the lovemaking typically lasts five or ten minutes," Link said. "But, of course, to do that, men have to learn to delay ejaculation, which is quite the accomplishment for a lot of men."

Different teachers will teach different things in Tantra. Link and Copeland have

been practicing it for 14 years. A participant would find no nudity or orgies at one of their workshops. Link and Copeland are a monogamous couple who teach techniques that work for them in their own relationship.

"The emphasis is really on the couple to find a way to go to whatever heights of relationships that are possible," Link said. "Take it to another spiritual level."

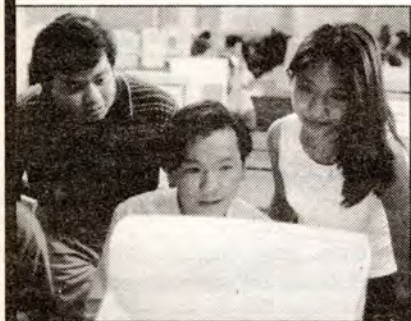
The spiritual search has been gaining popularity over the years, and with it, people have been discovering things like Tantra. Link pointed out that celebrities like Sting, Woody Harrelson and Woody Allen have publicly declared practicing Tantra.

"There's a recent flurry of interest and it's almost become a fad," Link said. "As with most things that work that way, somebody that people admire or look up to or who captures the attention of the media and so forth, can spark the way."

Link and Copeland will be taking their practices to Toronto on Nov. 26 when they will be conducting a workshop. They will be teaching couples and singles how to become fully orgasmic and how to transform lovemaking into a spiritual experience.

For more information visit the Website at [www.Tantra-Sex.com](http://www.Tantra-Sex.com) or call 1-800-684-5308.

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## Doing Yoga to get fit and relax

by Brianne Thom

The Western world hasn't completely said goodbye to traditional Jane Fonda workouts, but a new wave of muscle and flexibility-enhancing exercise has emerged.

Yoga, originally a form of Hindu worship eventually found its way over to Western culture. It has taken off as an exercise routine, according to Paola Meredith, a fitness instructor.

Meredith, who is currently training to be a yoga instructor, said yoga is popular among the baby boomer generation because they have injury-prone bodies and are looking for a different way to exercise.

"The baby boomers have done the Jane Fonda workouts, but with their age, they're looking for a workout but with no impact," Meredith said.

Meredith said one form of yoga is Surya, where each move is derived from old Hindu sun-worship rituals.

According to Meredith yoga is a mind and body workout that works a person's muscles, increases flexibility, and relieves tension. The 12 positions of yoga include the tree pose, the corpse pose, and the warrior pose.

"Yoga is extremely beneficial in de-stressing," Meredith said. "I noticed a big difference within a few months."

Second-year Advertising and Graphic Design student Jennifer Cortez had first-hand experience with the yoga mind and body workout when she participated in a 25-minute yoga session.

"They make you do weird things

and I couldn't balance," Cortez said. "You've got to be able to clear your mind and concentrate."

Cortez said that yoga is a form of relaxation for some people but that she's not sure if she'll ever do it again.

First-year Business Management students Alex Bielaszewska and Anna Krawjec took three yoga classes and said they could feel the difference almost immediately.

"I was more flexible after doing yoga three times," Krawjec said.

Both girls said that they'd probably never participate in yoga again despite the fact that it made them feel very relaxed.

"I think that people do yoga if they're stressed and need to get away from their problems," Bielaszewska said. "You have to get into it."

According to Meredith, people come to a yoga class to try something different, and some people participate in traditional aerobics and then do yoga afterwards to relax themselves.

"Yoga works hand in hand with other forms of aerobics," Meredith said. "You want to counterbalance."

And according to yoga practitioner and certified health and fitness instructor Judith Sherman-Wolin, in the November edition of *Yoga Journal*, yoga has been recommended to cancer patients because it gives the patients a sense of control and increases their participation in health and healing.

Meredith recommends at least two yoga sessions each week for an hour each time to relieve the stress of daily life.



BRIANNE THOM

**RELAXATION** – Yoga Instructor Annette Munro at Fit City said yoga helps to improve your posture and works the hips and the waste.



*"I've never bought anything online because I don't entirely trust it yet."  
-see E-commerce*

# BIZTECH et cetera

## Controversy plagues effectiveness of Vapor Injector

by Jessica Markoff

As fuel prices continue to soar, several companies are marketing devices they claim can increase a car's mileage.

PVI International Inc. is one of them. It claims that the Platinum Vapor Injector can increase a car's mileage, save money at the gas pumps, and reduce emissions.

"We offer a no risk way of guaranteed savings of 15 to 30 per cent or your money back," said Darren Golka, vice-president of PVI International Inc.

Platinum and rhodium are proven catalysts that have the ability to combust unburned fuel. Rhodium reduces the formation of nitrogen oxide, which is a major element of pollution.

The PVI dispensing device is designed to allow platinum and rhodium to be continuously dispensed into the engine's combustion chamber. The company says this helps more fuel to burn and decreases the amount of pollution emitted.

CBC's *Market Place* recently ran a story about PVI International Inc. and its product. Their investigations turned up differing results.

Mark Greenwood, owner of

Amey's Taxi in Kingston, is testing PVI on 13 of his taxis. Eight of the cars came back with positive results and five came back with little change.

The US Environmental Protection Agency recently tested the PVI unit and found that the product did not save fuel. The EPA installed the PVI unit on one vehicle and then ran a test for eight minutes.

Joel Robinson, inventor and patent holder of the PVI unit, declared the test void because EPA only tested one vehicle for eight minutes. The instructions that come in the PVI installation package say to drive the vehicle for at least 1500-km before recording gas savings and increases in mileage.

Mike and Darren Golka, who founded PVI International Inc. in October 1998, in Hardisty, Alberta, stand behind their product 100 per cent, despite what the EPA says.

"If it didn't work then why are we still here," said Darren Golka. "All our staff here are willing to help people save money and our whole goal is to do that. If we can't satisfy our customers they've got their full money back guarantee."

The two brothers grew up in a farming community and always val-

ued and cared for the environment.

"The number one reason we started this business was to reduce pollution. My brother and I grew up on a farm for 30 years, and our family ran a GM dealership and service shop for 25 years. With our experience we knew that PVI was not a gimmick," said Golka.

Mike and Darren Golka continued to test PVI on their vehicles until they were convinced that the product worked.

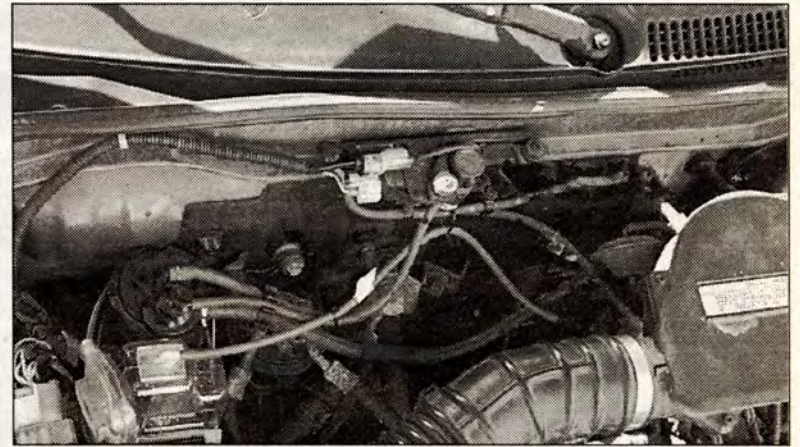
PVI is compatible with engines that run on gas, propane and diesel. Mileage results vary depending on the type of fuel.

The increased concern about pollution levels and their devastating effects on the environment make PVI a promising technology for the future.

"Pollution levels are the highest ever and Canada cannot meet its Kyoto Protocol for CO<sub>2</sub> reductions. The only way to reduce CO<sub>2</sub> is to reduce consumption," said Golka.

Golka added that the most frustrating thing about his business is that PVI is one of the solutions that can help to reduce pollution, and no one in the government is listening or doing anything about it.

PVI can also help clean up the engine by potentially removing car-



COURTESY PHOTO

**WHAT THE-** Inventor Joel Robinson says the PVI unit will absolutely cut fuel consumption by 15 to 30 per cent.

bon build up, which may help extend engine life. Other positive results customers have claimed include a smoother running engine, an increase in power and cleaner oil.

PVI International Inc., a member of the Alberta Better Business Bureau since October 1998, has a clean business record with no complaints.

The PVI package comes with everything that is needed to install the dispensing device, along with

instructions and a technical support phone number in case of difficulty.

Once PVI is installed, you must add the platinum solution to the dispensing device every 10,000-km.

More information about this technology can be found at their Web site, [www.pvitech.com](http://www.pvitech.com).

The PVI costs \$288.89 including GST and has a 120-day money back guarantee. For more information or to place an order, PVI International Inc. can be reached toll free at 1-877-LESS GAS.

## E-commerce tries to gain consumer confidence

by Susy Passos

Toronto was hit with the e-commerce wave last weekend, just in time for the holiday season.

The first Internet Shopping show in Canada came to the Metro Toronto Convention center to make consumers aware of online shopping.

According to a recent Angus Reid poll, Canadians are not yet comfortable with buying online products.

The aim of the show was to provide e-trust, e-confidence and e-knowledge, said show manager Lisa Colt.

The Internet has opened a world of possibilities. It's like the biggest library in the world with any book right at your fingertips.

Imagine never having to wait in a supermarket checkout line. Want to get home for Christmas? Compare prices for bus, train, or flight tickets at 2 a.m.

While all this is available on the Internet, knowing how to access this information is critical.

There were Interactive seminars aimed at educating consumers about trends, transaction security, and the basic steps of e-shopping.

The hottest computer equipment, from PC to i Mac computers and laptops, was on display and seminars were offered on everything from online investing to cooking.

"We wanted to have a real event for the virtual marketplace," Colt said. "This is the first Internet show so all the exhibitors are breaking new ground."

According to Colt, more than 20,000 visitors were expected to explore what 70 exhibitors had to offer.

Exhibitors included *The Toronto Star*, HMV, Nygard Fashions, E-Bay, Hotjobs, Canada Post, Chevrolet and many more.

Canadians are typically cynical about online shopping and most people don't entirely trust the security or privacy aspects of buying stuff off the Internet.

"I've never bought anything online because I don't entirely trust it yet, but today I've gotten some good information that has dispelled some of my concerns," said Peter Smith a 25-year-old Web developer, one of the many people who came down to the show.

Smith went on to say that his trust issues with buying online also had to do with the fact that he likes the person to person contact of going to the store.

Participants at the show were shown how to pay their bills online, shop from their cell phones and even find out how to take professional courses on the Web.

Posting resumes and looking for jobs at Hotjobs ([www.hotjobs.com](http://www.hotjobs.com)), were also hot topics.

"E-commerce is here to stay,"

said Tina Tulikopi director of marketing and promotions for Nygard Fashions.

Tulikopi said clothing is probably one of the last things that people want to buy online because of the touch and feel aspect, but the company was at the show to increase awareness of their brand.

Nygart fashions and its seven divisions make up the number one women's apparel company in Canada.

"Women who know our clothing and sizing don't really have a problem with buying online because they know us," Tulikopi said.

New consumers can go to the

company Web site ([www.nygart.com](http://www.nygart.com)) and see what they have and then head down to the store.

HMV was also trying to get increased awareness of their Web site and promoting online shopping.

Until Dec. 18, all shipping in Canada is absolutely free, and they are also promoting in-stock guarantees.

Like most of the online companies at the show, HMV is promoting getting all your holiday shopping done from home without having to face the cold or stand in line to pay.

"It's great. All you have to do is

go to [www.hmv.com](http://www.hmv.com) and order what you want. You won't find every CD you're looking for in the store but it will be in stock on the Web site," said Sara Ross, Internet marketing manager.

Ross added that HMV has added more staff and new warehouses just in time to accommodate the holiday online rush.

Internet shopping expos are also being planned for Vancouver, Calgary, New York, Los Angeles and Atlanta.

Plans for next year's show have not been finalized but according to Colt, it should fall at around the same time of year.

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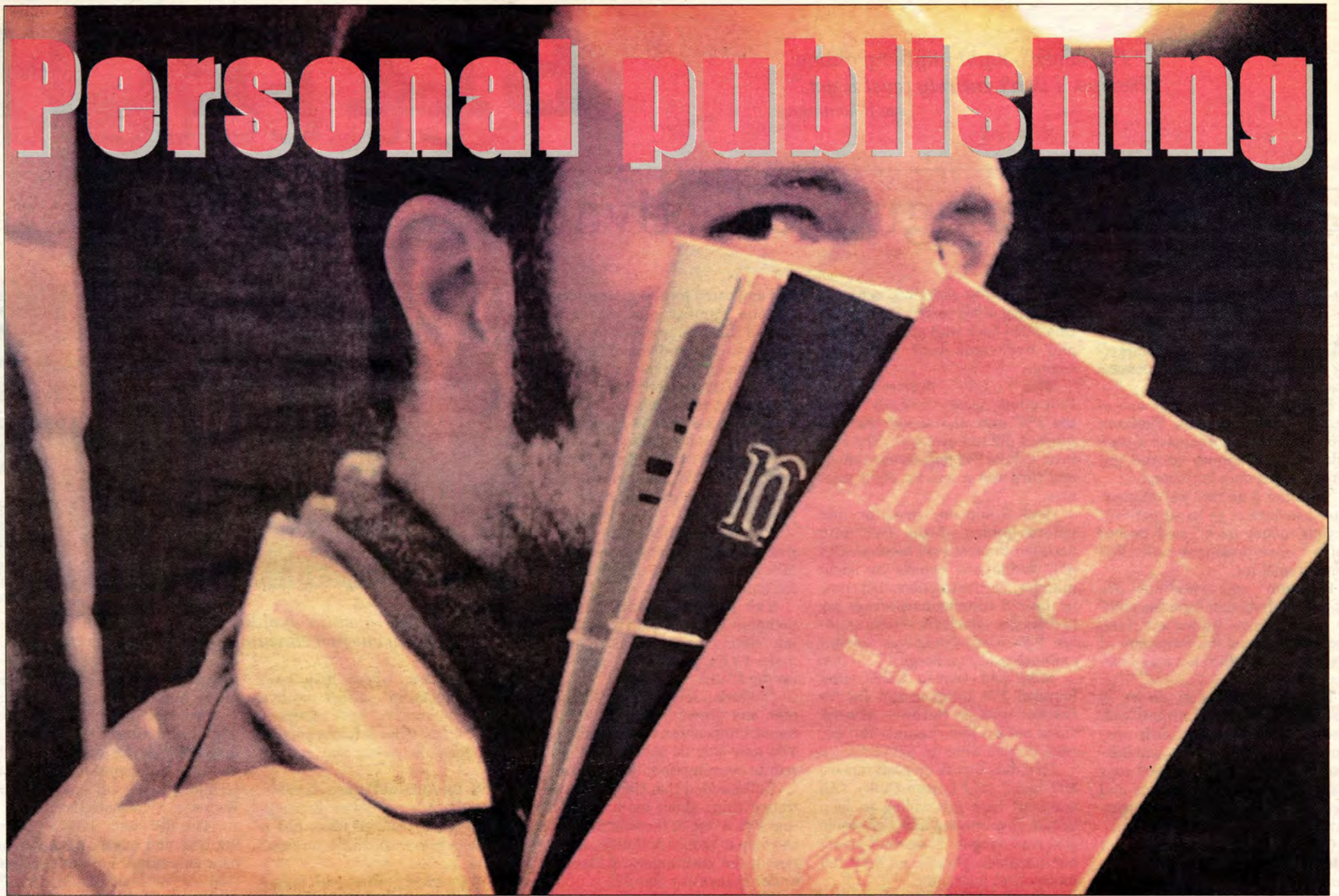


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KIM SINCLAIR

**WAY OF THE ZINE** - Matthew Blackett lets his zine, *m@b*, do the talking as he stands in a Toronto alley. His experience has leant itself to great fodder for his zine.

by Kim Sinclair

Matthew Blackett arrives inconspicuously for his interview. No groupies or paparazzi in pursuit of the *m@b* creator, the urban comic growing in profile and recently recognized as zine of the month for September in *Broken Pencil* magazine.

He arrives by the phone booths outside The Brunswick House in jeans and running shoes, with a tattered backpack and a friendly grin. He looks more like boy scout ready to help an old lady across the street than to deliver a rigid, condescending interview about the complicated culture of Zines, and his growing success within it.

Straight from work, forgoing dinner or rest, he sits in a side street coffee bar and talks about his zine and the under-

belly of the zine world.

Proof that life after Humber does exist, Blackett nurses a beer in the smoky candlelit atmosphere of The Green Room and explains the lengthy strides he has taken since his successful days as a Humber journalism student. Winning several notable awards for his work, redesigning the school newspaper, and being asked to teach at Humber right after graduation were only some of his many student achievements. All were small steps that led to his present double life where by day, he fills the role of Art Director at *Hockey News* magazine, and by night he is the humble one-man-show behind his zine *m@b*, and Web site [mattb.com](http://mattb.com).

"I started drawing these comics because I just needed to draw. The first zine of *m@b* came out, and it was more or less about me, my roommate, and a couple of friends," Blackett said.

"It was for a group of about 20 or 30 of my friends. They passed it on, and people started asking me when I was going to do another issue.

Nine issues later, Matt seems genuinely flabbergasted at the success of *m@b*.

"It's mass now. The people that read it are about 75 per cent people that I don't know. I have subscribers now. From my standpoint it's nuts," he says.

"Once a week I get a cheque in the mail for \$20 or something because somebody wants my back issue package. It's crazy, it's really crazy."

The little mouthless Matt in the cartoon is the "thinner more svelte" version of his creator Matt Blackett, and his daily run-ins with his landlord, his ex-girlfriend, or the crazy person on the bus, are all real life experiences that have made their way to the page. The cartoon has a distinct humour to it, and the humour stems from the truth behind the captured moments of human experience. Most of these

experiences happened to Blackett after moving from North York to downtown Toronto.

"I have a comic in one of these that says, 'I never knew how crazy people were until I took public transportation regularly. And it's because you see the underbelly of life, and you really see the make-up of the city,'" Blackett said. "I'm not the only one that sees these things. These things happen to everybody and that's why people identify with it."

He doesn't think he's the only one to ever see a man on the subway stare intensely at another man's crotch for the entire length of a subway ride, or witness a homeless man announcing that he wants to 'fuck America up the ass' to a bus load of commuters. All amusing *m@b* material that may have never come to life if Matt had remained in the habitat of North York.

"If I still lived in the burbs, no fucking way. This is a 100 per cent urban comic," he said.

The *m@b* is quite comfortable holding his place in the zine community, and will likely never see his way to mass syndication.

"I submitted my stuff for syndication and they turned me down because they said they didn't believe they could do justice to my efforts," Blackett said. "There's swearing, I talk about discovering that one of my friends is a lesbian, there are references to drugs, and there are anti-establishment references. They may be subtle, but they're still there, and people get nervous about anything that's not safe, right?"

A beer and a few apologies later for what he thinks have been excessive rants on politics and activism, it becomes clear that *m@b* is a much needed outlet for the less than straight-laced Blackett. He's not a normal cartoonist (is any cartoonist normal?) and his animation when reliving his trip to the WTO protests in Washington, his experiences with his politically active friends, and his admirable shame when admitting to occasionally buying lunches in styrofoam containers all allude to the unconventional frame of mind behind Matt Blackett's unconventional comic. And that's what zines are ultimately about; individuality for the sake of itself, whether that means a readership of five or 500. "Zines are not about becoming popular. They're accessible, democratic, and there are no limitations to what you can do. I could write a zine that had 30 pages with the word fuck on them, and no one would stop me from doing it," he said. "I wouldn't do it, but I'm so for it."



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# Independent publishing rip Toronto's mass media mess

by Ryan McLaren

Once seen as the voice of the underground, zines (pronounced zeens) or e-zines (Internet zines) are becoming more common as a place for people to have a voice. Zines are created by anyone who has ideas they want others to hear. It's not uncommon to browse through a zine only to discover the writer is 13, 21, 45, or 67-years-old.

Zines are a crude form of expression, whether it's political, social, philosophical, creative, or artistic. Zines are ideas cut, glued, photocopied, and stapled together. The result is a mosaic that represents the author.

Chris Berry, a 20-year-old New Media student at Ryerson Polytechnic University, publishes three zines.

"I do it mainly for a creative outlet and I try to make people think," Berry said, while overlooking his table at this year's Canzine, at the Canadian zine festival. "I want to hopefully affect change."

All three of Berry's zines are carefully cut, pasted, and photocopied. On average they are 20 pages and cost 50 cents a copy. *Timberline* is a zine dedicated to politics and social commentary. *Static-Toe* is a collection of diary-like anecdotes, and *What Was To Be a Routine Operation* is a collection of creative fiction inspired by events in Berry's life.

The term "zine" is pretty broad and encompasses a number of things. *Broken Pencil* defines a zine as "an independently published, not-for-profit publication." That can be a magazine dealing with many topics with many contributors or a pamphlet on one topic by a single author. Most zines are collections of stories or articles from one person talking about the things that interest them.

It may be difficult to find a zine on a particular topic, but it no doubt exists. Zines are independently published and distributed. Finding, or becoming aware of a zine on a particular subject can be daunting. That's why it's almost essential to check out Canzine or browse a zine resource like *Broken Pencil*.

Held the first Sunday of October, Canzine is Canada's largest celebration of zines and alternative culture. Canzine has been held at the Big Bop on Queen St. W. for the last two years. It's four floors of narrow, winding staircases, hallways and has the occasional open room with couches set up for seminars or film viewing. People will browse, listen, buy, and trade. It's like a literary bake sale. It's an arena to find new zines, talk to the authors and other zine enthusiasts while participating in discussions and seminars throughout the day.

At the Big Bop on the dank, smokey first floor, Hal Niedzviecki, editor of *Broken Pencil* and Canzine creator, said it is an achievement to celebrate independent culture.

"But why shouldn't we have [Canzine]? Why should we have these orgies of mainstream consumer culture, like, weeklies, and dailies. And then people go 'what is this?' This is the aberration; this is what we should be having daily. [Canzine is] needed, a lot more is needed. This is just the beginning of what we need to do," said Niedzviecki.

*Broken Pencil* is like a mini-celebration of zine culture that comes out twice a year. Dedicated entirely to zines, the magazine is put together to appeal to its audience. It's simple, black and white, primarily text, and feels like it's been photocopied and stapled together: cheap but effective. *Broken Pencil* publishes features on media, literature, and pop-culture, but its main focus is on reviewing zines. *Broken Pencil* examines a zine's content and it tells readers where and how to get a zine, who writes it, and prints excerpts from the cream of the crop. *Broken Pencil* is available just about anywhere, from Pages Books to Chapters.

Zines are distributed in two main ways: either they come to you, or you go to them. Print zines are commonly mailed to a list of people who have expressed in interest, and paid money, to get a copy of a zine. Some zines can be found at

independent record shops and bookstores, but with zine culture becoming more popular, more stores are beginning to carry them.

Pages Books and Magazines on Queen St. is a franchise that now carries zines, and Tower Records on Yonge St. recently moved their zine rack from the back corner behind a pole, to the front next to the art and literature magazines.

However, larger chains like Indigo and Chapters don't consistently carry independently published works, although

ated *canadian content* ([www.tracko.com/cc](http://www.tracko.com/cc)), an e-zine focused on letting Canadian contributors write about anything ranging from articles, interviews to reviews, and photo essays by using rants, poems, and cartoons.

"We started *canadian content* as an e-zine because of the absolute impossibility of ever starting a print-based publication in this country," said Horner. "We also weren't particularly interested in publishing something that would have to be 60 per cent advertising in order to pay the bills."

The restrictions of having to sell a certain amount of advertising, or a certain quota of print copies is a non-issue, so the staff is under no pressure to provide a certain kind of content or to market to a certain demographic. This means that they just have to provide content and let the audience come to them, following an 'if you build it, they will come' philosophy.

"Frankly, we have been kind of happy existing in a zone where we aren't accountable to anyone but our readers," Horner said. "We started *canadian content* because of an interest in the voice of average Canadians."

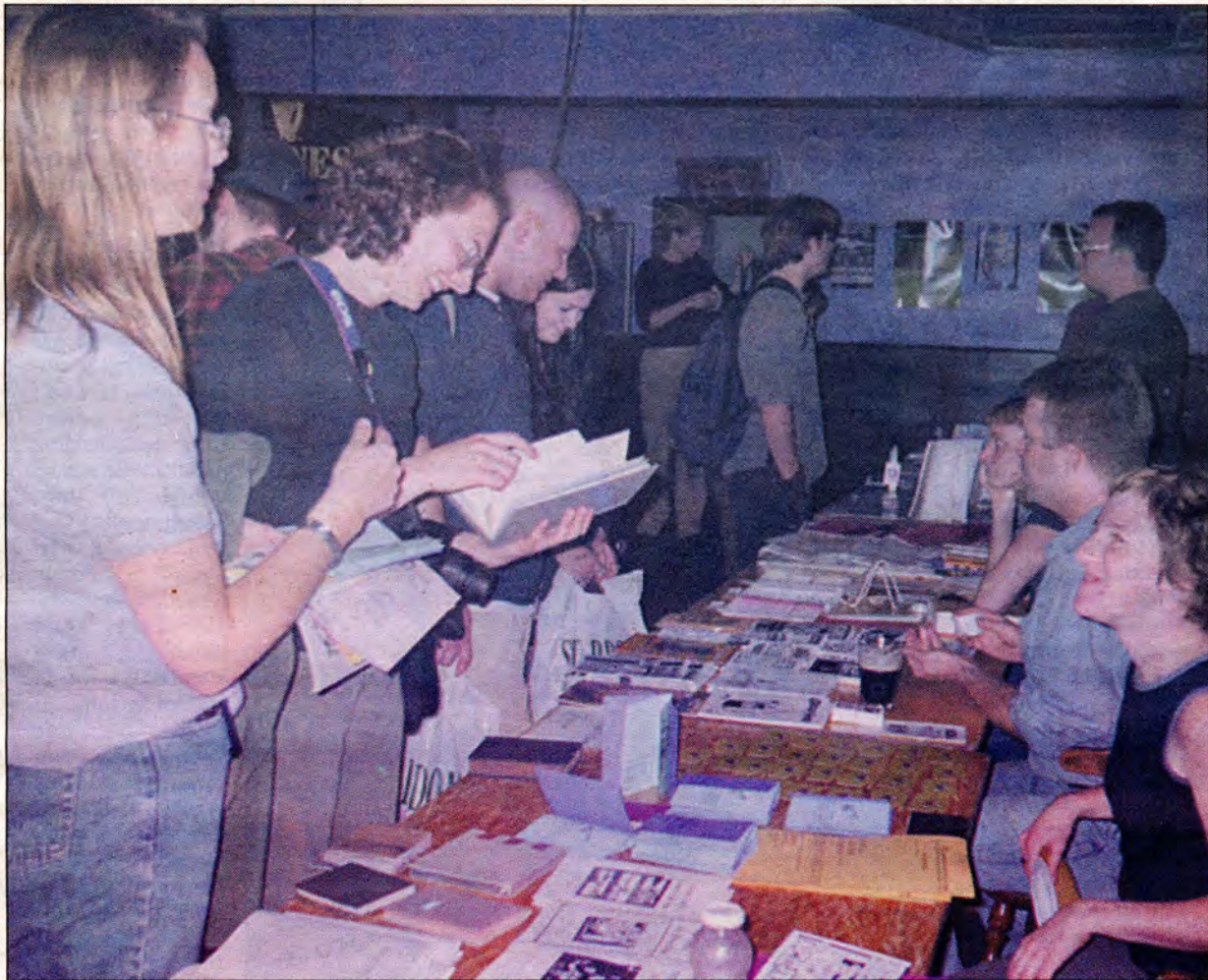
Horner and his partner Khan said they wanted to get a different view from normal, "non-academic" people.

"This didn't exactly happen, but the sort of material we were getting was intriguing. Acting as editors for *canadian content* gave us the opportunity to open a dialogue with a lot of interesting people."

The problem with being an online-only zine with scarce advertising is that it also means scarce income. Writers aren't paid, so it makes it difficult to attract contributors. Horner and Khan are applying for government grants to keep the project afloat.

Zines allow freedom of expression without the need to adjust or conform to suit advertisers or a demographic. It's a way for anyone to speak without fear.

Niedzviecki is just one person who is interested in how people can find ways to express themselves through a mediated environment. "It's fairly evident in society that the media channels that we have aren't quite sufficient, they're not giving people a voice," he said. "Zines are the response to this."



RYAN MCLAREN

**EXTRAORDINARY** - Zine fans get to see the fruits of Toronto's labour every year the first week of October at the Big Bop located on Queen St. W. This two-year festival is a mixture of seminars, film viewings, and book sale.

they don't have policies against them.

"They have to come to our attention in some way," said Tracy Nesdoly, a public relations spokesperson for Indigo. "And if they do, and we think they are valuable to our customers, we'll include them."

Suspect Video and Culture has probably the largest zine collection of any store in downtown Toronto, at both Queen St. and Markham St. locations.

Online zines are a little easier to access, as long as you have a connection to the Internet. E-zines are distributed in the same manner as print zines. Many are emailed out, like a newsletter, to people on a mailing list. Other online zines come in the form of Web pages, free for anyone to view. These sites will normally let you read archives of past stories or articles. A bonus to e-zines is that one site will often link to others, which will link to others, and so on. It's a great way to access a community of Web sites and people that share your interests.

The Internet has created a revolution in the world of zines. While it could be argued that e-zines don't have the same care put into them as a cut and paste print zine, e-zines are easier to access and reach the greatest audience.

The biggest pitfall of a print zine is cost. Paper and ink cost money and so does distribution. That's why some zines can cost as much as \$10 or must have a tonne of advertising. Most authors would prefer to keep their zines free and get them out to as many people as possible, but it would take quite a bit of financial stability to fund the cause.

That is why a lot of zine creators have turned to the Internet. The Internet is a much more cost effective way to get an idea out to a worldwide audience.

James Horner and Iram Khan, both in their late 20s, cre-

**The following is a list of places around downtown Toronto that offer a good selection of zines and independent publications.**

*This Ain't The Rosedale Library*, 483 Church St.  
*Record Peddler*, 619 Queen St. W.

*She Said Boom! Records and Books*, 372 College St., 393 Roncesvalles

*Rotate This*, 620 Queen St. W.

*Glad Day Bookshop*, 598A Yonge St.

*Tequila Bookworm*, 490 Queen St. W.

*Beguiling Comix Shop*, 601 Markham

*University of Toronto Bookstore*, 214 College St.

*Pages Books And Magazines*, 256 Queen St. W.

*Tower Records*, 2 Queen St. W.

*Suspect Video and Culture*, 619 Queen St. W.,

605 Markham St.

# ENTERTAINMENT *et cetera*

## One story, one film, the debut

by Jeff Russell

At the end of a new documentary, Humber College Professor and author Wayson Choy describes his life like writing a novel.

"It's one page at a time, one paragraph at a time, one surprise at a time."

And did he ever get that surprise.

It's not every day someone discovers at the age of 56 they have been adopted, but Choy did.

Shortly after the 1995 publication of the *Jade Peony*, his novel about growing up in Vancouver's Chinatown in the 1940s, Choy received a phone call from a woman named Hazel who claimed to have just seen his mother. Choy told her she was mistaken - his mother died 18 years earlier.

But she meant his real mother. Hazel was off the mark when she said she saw Choy's real mother - a Canadian-born woman who died on a visit to China - but she was right about the adoption.

"The adoption caught me by surprise," said Choy. "I'm quite content with the idea that I was adopted because, as I tell everyone when I finished my autobiography about growing up in Chinatown with my adoptive parents, I think the bottom line is family who loves you. I was greatly loved by my parents and the family that took us in. So I have no complaints."

*Wayson Choy*, the documentary, is directed and produced by fellow Humber College professor Michael Glassbourg. As the promo poster says, it's about "the rich and extraordinary life of a storyteller, teacher, and social activist through [Choy's] words and memories."

It will be screened for free in the Humber Lecture Theatre on Nov. 23 at 7 p.m., and both Choy and Glassbourg will be in attendance to answer questions afterwards.

"What's really important to me is this screening," said Glassbourg. "I feel that both Wayson and I get a lot of support from the general Humber community, be it from administration, or fellow faculty, or from students. The first people I want to share the documentary with are the people here at Humber. So in a way it's a world premiere. When a big audience first sees something... it's a passage of sorts. It's worth celebrating and I want to hear what people think."

Most of the documentary revisits Vancouver Chinatown and follows Choy to significant places from his childhood, like his old school and the house he grew up in. It explores the meaning of family and the importance of learning your history.

Choy didn't think of Vancouver in terms other than as a place where he grew up and did his

research for his novels, until he was approached by Glassbourg to make the documentary.

He felt present-day Chinatown had become a ghost town and that it was imperative that his memories of it must be told.

"I wanted people to be enthusiastic about their own life, about their own story because we as Canadians have been greatly Americanized, and until recently we didn't have Canadian histories that were interesting," said Choy.

"I'm hoping through my book, and perhaps Michael's film, that we tell people to tell their stories to be part of the Canadian tapestry and that everyone's story is important."

While he filmed the documentary, Glassbourg - who wrote Jim Carrey's first movie, *Rubberface*, and is currently working on *Boys Will Be*, a script about men and violence towards women - says he tried to capture the essence of Choy, his history, and his message.

"I think what he is saying is that we must tell our stories, that our stories are important, and it is incumbent upon parents telling their children, grandparents telling their children. All our stories, no matter how we feel they're mundane and boring, they're really good and important. I think that's been an

inspiration to a lot of people who have read his books and have actually seen the documentary."

*Wayson Choy* isn't filmed like conventional documentaries where a host narrates the story. The viewer only sees and hears Choy.

"[Choy] saw it as a way of expressing himself in a way that he can't or hasn't in his books," Glassbourg said. "It's a different expression for him. This is Wayson the person. I wasn't trying to say anything other than to

show somebody who I admire. Hopefully the film will give access to people who otherwise wouldn't meet him, and then they'll read his books which are also wonderful. If I've accomplished that, then I've made a very nice documentary."

Choy was born in Vancouver in 1939 and moved to Toronto in 1962. Five years later he found a full-time job at Humber College, where he continues to teach classes such as writing, communication, and introduction to literature. He's also a regular faculty member of the Humber School for Writers.

If his future books continue to garner the recognition of his previous ones, it won't be long before Choy does become a household name.

His two published books - *The Jade Peony* and 1999's *Paper Shadows*, a memoir of his childhood - have attracted a lot of critical acclaim.

*The Jade Peony* has won three prestigious awards. It co-won the Trillium Book Award (best English-language book in Ontario) with Margaret Atwood, received the City of Vancouver Book Award, and the American Library Association acclaimed it as a

Notable Book for 1998.

*Paper Shadows* was shortlisted for the Drainie-Taylor Biography Prize, the Charles Taylor Creative Non-Fiction Award, and Canada's Governor-General Award for Non-Fiction.

Choy may soon be adding a few more credentials to that list.

He is currently working on his third book, *The Ten Thousand Things* - a sequel to the *Jade Peony*.

"It's given me a lot of pleasure knowing that I'm able to write for people who are willing to read my books," said Choy. "I feel that I've achieved something by being able to write at a level that makes sense to other people, because I've taught my students 'write it clearly, write it simply, write it well.' I'm glad I'm able to do that because I enjoy writing very much."

The idea to document Choy, said Glassbourg, conceptualized from his meetings at the book club he belongs to. He heard Choy's *Jade Peony* was a good book, and chose it, when it was his turn, as a book for the club to read.

Everyone loved the book, which was a first, says Glassbourg.

"Always, somebody hates the book you choose. I thought this would be neat, and maybe I'll invite Wayson to come to the book club because no one will insult him," Glassbourg said.

Ever since that, Glassbourg had Choy on his mind.

A few days before the reading, Glassbourg woke up in the middle of the night and thought that he should film it. He went back to bed and woke up a half hour later and figured he should make a documentary on Choy.

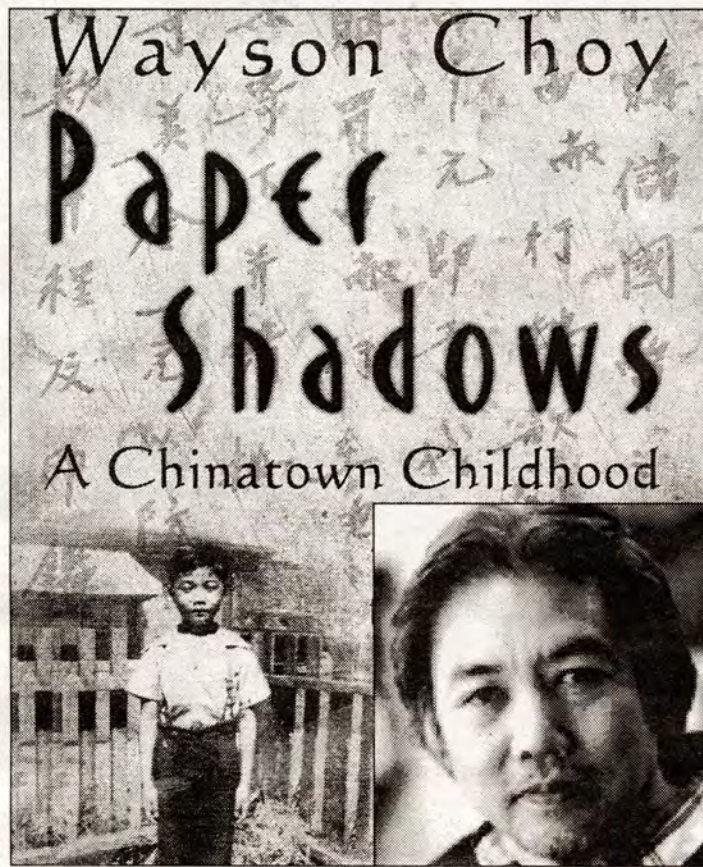
"The words on the page are fantastic, but his life goes beyond what's on the page, and a number of authors don't," said Glassbourg. "A number of authors are wonderful writers, but they are not the subject of movies, they are not the subject of documentaries, but I felt Wayson was."

And from the sounds of it, Choy was a delight to work with.

"He definitely had no hesitation," said Glassbourg. "He was very open, and very willing to be very truthful with us and be open with us on camera, and he had the ability to do that - some people don't. Some people, you turn on a camera and they are not who they are. But he has the ability to ignore the camera, and not get intimidated by it, and that really helps me a lot."

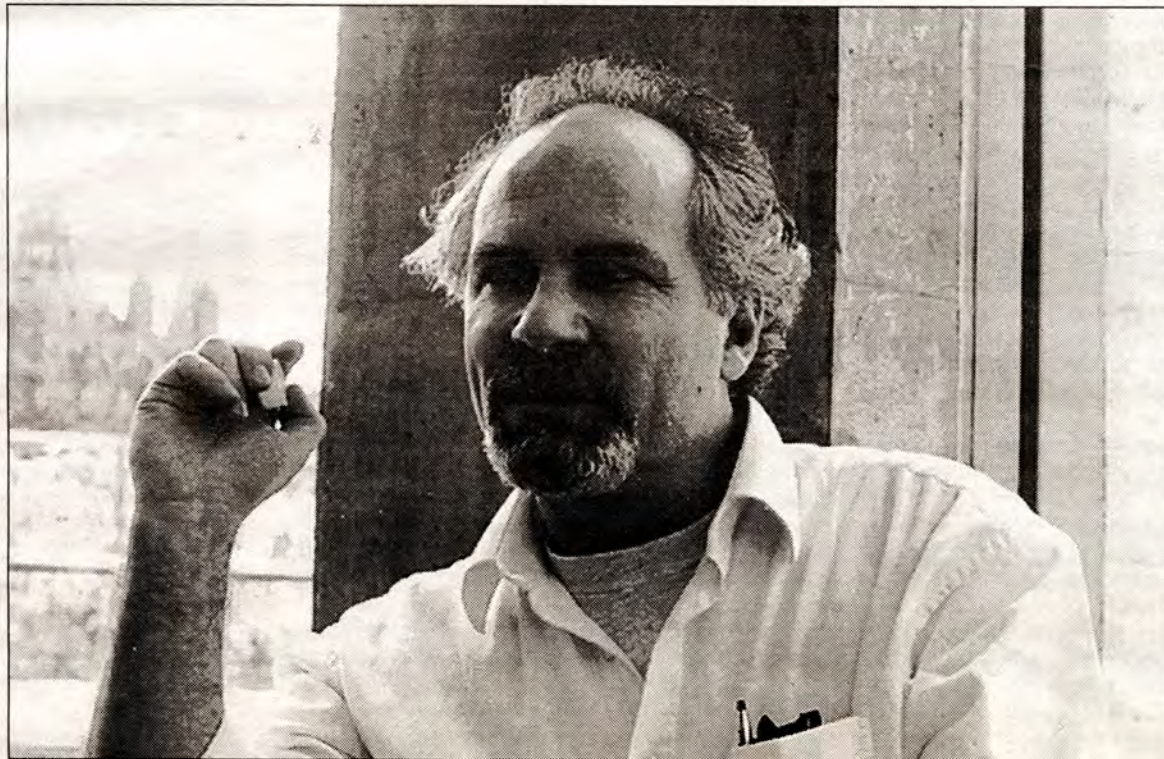
*Wayson Choy* hasn't been picked up yet, but its future seems bright.

TV network Bravo has already offered to buy the documentary, but Glassbourg is awaiting offers from CBC, A&E, and TVO, and also plans to enter it into film festivals to attract other potential distributors and broadcasters.



COURTESY

THE SUBJECT - Humber's own Wayson Choy



COURTESY

THE FILMMAKER - Michael Glassbourg brings his teaching to life

Nov. 21st: *Roots, Slum Village, Bahamadia, Talib Kweli, Dead Prez, and more, at the Warehouse*

Bebel Gilberto graces the Phoenix, Nov. 23rd

International Turntablist Federation National Championships, Nov. 17th at the Reverb

## A film festival beyond mental stability

by Brett Clarkson

Close up on a pristine sink, its surface white and virginal. We see a large, looming circular drain: it's plugged and the sink is half-full of water.

Everything looks nice, calm, normal. The water is crystal clear.

Suddenly a drop of vivid, plum-red blood falls in. Its bulbous shape expands for a second, only to be torn apart by the water. Another drop hits, then another. Seconds later, the water is crimson.

Camera then closes in on Jane, who's standing in front of the mirror and looking positively exhausted. Her nose is bleeding. Maybe it's the stress of everyday life, or maybe she ran into a door.

Whatever the case, Bruce Spangler's *Protection*, which has its Toronto premiere tonight, never makes it clear why the blood is flowing out of Jane's nostril. I would guess it's the stress.

After all, Jane's life isn't exactly filled with joy: she's a thirty-something social worker who specializes in dealing with hopelessly broken families. Somehow, she remains stoically professional despite the dark cloud of futility hanging over her duties. At night Jane ponders the overwhelming powerlessness of social workers in their attempt to fix troubled families, while during the day she deals with irate mothers, distraught fathers, death threats against her, and her cases attempting suicide.

That said, *Protection* is an intense and realistic study of the various emotional and mental challenges caregivers face in their day-to-day duties. Expertly shot in lucid colour, Spangler's film is a visually rich piece of work that wraps itself around Jane's struggle to deal with the Herculean task of assisting profoundly dysfunctional families.

Her latest case involves a strung-out mother named Betty, and Joe, her

drug-dealing boyfriend. In attempt to wean Betty off heroin, Jane has Betty's two kids removed to a foster home, saying that Betty should first confront her own problems of addiction before concentrating on the well-being of her children. In the end, Jane's decision sends Betty spiralling into a desperate wave of despair, and with her world collapsing all around her, Betty's thirst for heroin gets out of control. Ultimately, the film ends with a masterful display of what Neil Young would call the needle and the damage done.

*Protection* is one of the 26 films being screened as part of the Rendezvous With Madness Film Festival, which opened last night with a gala showing of British director Julien Temple's *Pandaemonium* at the Royal Cinema in Toronto.

Currently in its eighth year, RWM is aiming to provoke and stimulate discussion surrounding issues of mental health and addiction. The festival itself is presented by the Workman Theatre Project, a non-profit theatre operating out of the Centre for Addiction and Mental Health on Queen St. West. The theatre was created to integrate Toronto's mental health and artistic communities.

Festival Director Lisa Brown has worked as a psychiatric nurse at the Queen St. centre since 1982. Brown hopes RWM filmgoers to come away with a better understanding of mental health, and if the films shed some light on the perplexity of madness, then she'll have done her job.

"The arts are a vehicle to express very difficult issues, and mental ill-

ness is not that easy to understand. We don't know why mental illnesses necessarily occur, we don't necessarily know how to treat them, so we're still stabbing in the dark," said Brown. "Certainly various art forms can help to express those very difficult issues in ways people might understand a little better."

Brown also sees RWM as a way to combat the various stereotypes and stigmas clouding the public's perception of madness. As both a psychiatric nurse and a dabbler in theatre since 1987, Brown is disappointed with the way most filmmakers tackle mental health in their work. She says directors need to invest more time and effort in their approach to mental health.

"If they're going to write a piece, or direct a piece dealing with mental health issues, then they really need to dig down because there's so many people that have mental health problems," said Brown. "The accurate portrayals are few and far between."

Other highlights of the festival include Pierre-Paul Rende's *Thomas in Love*, which won the FIPRESCI Prize at the 2000 Venice Film Festival (Fri., 7:30), Patrice Toye's *Rosie*, about a 13-year-old Belgian wild child (Sat., 8:45- lead actress Aranka Coppens (*Rosie*) to attend panel discussion), and Mia Trachinger's *Bunny*, about an emigre couple who take on jobs as pink street-corner bunnies (Sat., 6:30).

*Protection* plays tonight at 7:30 with *When Morning Comes*, a 19 minute short film by Canadian filmmaker Charles Officer. Both filmmakers will be in attendance, with a panel discussion scheduled to follow the screenings.

All films will be screened at the Workman Theatre, 1001 Queen St. West. Admission is pay what you can, with a suggested donation of \$8. For more information, including complete listings of all the films, contact the Workman Theatre Project at 583-4606.



JEFF RUSSELL

MMM NEEDLES – Nicole LaPlaca as Cindy in *Protection*

## Das review



You've probably heard her voice, even if you don't know her name. She provides the haunting background vocals on 'Stan,' Eminem's latest single about a crazed fan who is driven to suicide.

She also sings 'Here With Me,' the track that's been popping up everywhere, from the theme song of tv's *Roswell* to the promo for Gwyneth and Ben's new movie.

Her name is Dido, and her identity won't remain a secret for much longer. Judging from her debut album, *No Angel*, she is destined to become the next big thing in Lillithesque pop.

Lucky for us, she's not just another in the long line of Sarah McLachlin-wannabes.

Dido's songs break free from the forgettable and sugary ballad formula that dominates the female pop genre. *No Angel's* mix of acoustic and electronic sounds blend to form a memorable album.

From the ethereal 'My Lover's Gone' to the poetic 'Thank You,' Dido spins yarns about love and loss. 'Here With Me' showcases the singer's incredible vocal range, which is probably why it was chosen as the first single.

The most exceptional track is 'Honestly Ok,' which melds stripped-down lyrics with moody electronics.

Unfortunately, *No Angel* is weighed down by a couple of filler songs, such as the lame, girl-power inspired 'Don't Think of Me,' and the perky bonus track 'Take My Hand.'

Still, *No Angel* is an impressive debut. I'm sure we'll be hearing a lot more from Dido in the future.

-Jennifer McDonnell



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# HUMBER COLLEGE 2000 ACADEMIC AWARDS

## THE BUSINESS SCHOOL

### PRESIDENT'S LETTERS

- for Highest Academic Standing in the Graduating Year\*

\* Awarded annually to the student with the highest Honours Standing (80%) during the Fall, Winter and Spring 1999/00 semesters. Must complete a minimum of four subjects/16 credits.

Semester

### BUSINESS ADMINISTRATION

JULIO OLIVEIRA 5th

### BUSINESS ADMINISTRATION

JEFFERSON McCREATH 6th

### BUSINESS ADMINISTRATION

CO-OP PROGRAM JENNIFER CHARTER 5th & 6th

### BUSINESS MANAGEMENT

ERROL MUIRHEAD 3rd

### BUSINESS MANAGEMENT

EWA ITECKA 4th

### BUSINESS MANAGEMENT

- FINANCIAL SERVICES ISABEL RAPOSO 3rd & 4th

### BUSINESS MANAGEMENT

FLIGHT & AVIATION IAIN BROWN 5th

### HUMAN RESOURCE MANAGEMENT

KATHERINE PITULKO 1st

### HUMAN RESOURCE MANAGEMENT

TRACI TAGGART 2nd

### INTERNATIONAL MARKETING

ANTONIA CASTRO 1st

LIQUDMILA MIKHAILOVSKAIA 1st & 2nd

### INTERNATIONAL PROJECT MANAGEMENT

DIANE SIMPSON 1st & 2nd

### INTERNATIONAL PROJECT MANAGEMENT

KEITH JOHN WOODEND 3rd

### MARKETING MANAGEMENT

ALEJANDRO ROCHE 1st

### MARKETING MANAGEMENT

PEDRO JOSE PEREZ 2nd

### MICROCOMPUTER MANAGEMENT

EMILY AU 3rd

### MICROCOMPUTER MANAGEMENT

RENIER ABCEDE 4th

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Semester

### BUSINESS ADMINISTRATION

PATRICE ROBERTSON 5th

### BUSINESS ADMINISTRATION

MARIANA IACOB 6th

### BUSINESS ADMINISTRATION

PROFESSIONAL GOLF

### MANAGEMENT CERTIFICATE

JASON RIDEOUT 1st

### BUSINESS ADMINISTRATION

PROFESSIONAL GOLF

### MANAGEMENT CERTIFICATE

DON MURPHY 2nd

### BUSINESS ADMINISTRATION

PROFESSIONAL GOLF

### MANAGEMENT DIPLOMA

DONALD KAYE 5th

### BUSINESS ADMINISTRATION

PROFESSIONAL GOLF

### MANAGEMENT DIPLOMA

DONALD KAYE 6th

### BUSINESS MANAGEMENT

AGNIESZKA ZIELINSKI 3rd & 4th

### FASHION ARTS

VANESSA WARDLE 3rd

### FASHION ARTS

SYLVIE ROY 4th

### LEGAL ASSISTANT

SUSAN ANDERSON 3rd & 4th

### MARKETING DIPLOMA

AMANDA MONTAGNESE 3rd & 4th

### OFFICE ADMINISTRATION - CERTIFICATE

GLORIA RADZELI 1st

### OFFICE ADMINISTRATION - CERTIFICATE

MARY BERTUCCI 2nd

### OFFICE ADMINISTRATION - LEGAL

ALLA GORBATCHEVSKAIA 3rd & 4th

### PRESIDENT'S LETTERS

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Semester

### BUSINESS ADMINISTRATION

SILVANA SOARES 1st

### BUSINESS ADMINISTRATION

OLENA TORYANYK 2nd

### BUSINESS ADMINISTRATION

MARY SUMMERS 3rd & 4th

### BUSINESS ADMINISTRATION CO-OP

HOLLY SAMSON 1st

### BUSINESS ADMINISTRATION CO-OP

ELENA KHRIPOKO 2nd

### BUSINESS ADMINISTRATION CO-OP

HEATHER COOK 3rd & 4th

### BUSINESS MANAGEMENT

TAMARA BURNS 1st & 2nd

### BUSINESS MANAGEMENT

- FINANCIAL SERVICES

ROXANA RAICU 1st

### BUSINESS MANAGEMENT

- FINANCIAL SERVICES

OLEKSIY CHERNOV 2nd

### BUSINESS MANAGEMENT

- FLIGHT & AVIATION

CHRISTOPHER HEALEY 2nd & 3rd

### MICROCOMPUTER MANAGEMENT

SAORI WATANABE 1st & 2nd

### PRESIDENT'S LETTERS

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Semester

### BUSINESS ADMINISTRATION

CATHERINE MITLINEOS 1st

### BUSINESS ADMINISTRATION

HIAM RABAH 2nd

### BUSINESS ADMINISTRATION

JEFFREY SMELLIE 3rd

### BUSINESS ADMINISTRATION

YASMINE JAFFER 4th

### BUSINESS ADMINISTRATION

PROFESSIONAL GOLF MANAGEMENT DIPLOMA

JOHN O'BRIEN 1st & 2nd

### BUSINESS ADMINISTRATION

PROFESSIONAL GOLF MANAGEMENT DIPLOMA

JULIE MAC NEIL 3rd & 4th

### BUSINESS MANAGEMENT

JENNIFER SUNDARARAJ 1st

### BUSINESS MANAGEMENT

MATT STIPIĆ 2nd

### COURT & TRIBUNAL AGENT

SHANNON McCORMICK 1st & 2nd

### FASHION ARTS

TERESA SUE 1st

### FASHION ARTS

MARY-LOU GAGNON 2nd

### LAW CLERK

LUCIA PIRES 1st

### LAW CLERK

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Donor FIRST CANADIAN TITLE

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Donor GOODMAN PHILLIPS & VINEBERG

Winner TIANA McPHEE

### PAT GOODMAN AWARD OF ACHIEVEMENT

Donor PAT GOODMAN

Winner DOROTHEA CEOLIN

Winner NICOLE ROACH

Winner JEFF SMELLIE

### DAVID HASELL AWARD

Donor FRANCA GIACOMELLI

Winner CANDICE WILSON

### HESLIP AND KARN AWARD

Donor HESLIP AND KARN

Winners TIM COWLING

KATHLEEN DALE

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### AWARD

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Winners MATT STIPIĆ

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Humber's women's soccer team captured its first National medal with a third place finish in Vancouver B.C.

-see "A Bronze tale"

The men's hockey team blew early leads in both games last week against Conestoga and Seneca.

-see "Hawks cough up"

# SPORTS

*et cetera*

# Bronzed bombers

by John Edwards

Although they didn't strike gold, the Humber Hawks came out on the right end of the stick with a third place finish at the National championships.

Humber's men's soccer team wrapped up their 2000 outdoor season last week in Vancouver, B.C. with their second CCAA championship bronze medal in the past three years.

The Hawks finished off a stellar season losing only once during the regular season and capturing gold at the OCAA championships and bronze at the Nats.

The Hawks had an opportunity to play for gold, but a John Abbott Islanders victory over the Capilano Blues during round robin play, ended the Hawks gold medal hopes.

Humber went on to defeat the Alberta Colleges Athletic Conference Champion Concordia Thunder 2-1 in the bronze medal match.

Humber defender and tournament all-star Jason Mesa was playing in his first National championships.

"It's something that I'm always going to have with me and memories I'm always going to cherish for the rest of my life," Mesa said.

The Hawks opened the scoring early in the first half when midfielder Mark White crossed a pass over to All-Canadian striker Jesse Calabro, who put it past surprised Thunder goalkeeper John Hawrelak to give the Hawks a 1-0 lead.

Concordia got on the board early in the second half when striker Sergio Maione put it past Humber goalkeeper and game MVP Mike Silva to tie the match at one.

Concordia had a glorious scoring chance when Sinsia Matic smoked a bullet towards the Hawks net, but Silva made a diving save tipping the ball over the goal that delighted the crowd and caused the Hawks bench to erupt.

Humber then sealed the win after Calabro split the Thunder defence and knotted his second of the game and final goal in a Humber uniform.

"It feels good to go out on a winning note scoring two goals," Calabro said.

Veteran Hawks Hugo Lopes and Matt Carr were named honorary captains for the bronze medal match.

"This was my gold medal game, I gave it all the heart I had and we won the bronze and that is like the gold medal to me," Lopes said.

It took 120 minutes of regulation play and a shootout to decide a winner between the Hawks, and

The Hawks put the boot to the Concordia Thunder 2-1 in the bronze-medal match, to bring home some National hardware



JOHN EDWARDS

**NATIONAL HEROES** - The entire Hawks men's soccer team celebrating a bronze medal finish in Vancouver and capping off a great season.

the Quebec provincial champion, John Abbott Islanders.

In the end, Islanders goalkeeper Marco Maiolo was the difference, stopping three Humber shooters in the shootout to give John Abbott a 2-1 victory and a trip to the gold medal match. The Islanders would eventually lose to the hometown Lanagra Falcons in the final match 5-0 giving the Falcons back-to-back National Championships.

The Islanders struck first on a

*"It's something that I'm always going to have with me and memories I'm always going to cherish for the rest of my life"*

-Jason Mesa

Nino Sansone penalty kick early in the first half.

The Hawks tied it up in the second half after a Hawk was hauled down inside the box giving Joey Tomaselli a penalty kick. Tomaselli hit it off the right post and in the goal to knot the score at one.

The Hawks would gain the

advantage when John Abbott received a red card and were forced to go down a man.

Humber gained several chances to put the game away in regulation, but were unable to capitalize.

In the first frame of extra time, Tomaselli smoked a ball off the left post and out of bounds.

The overtime solved nothing and the match went into the dreaded shootout.

Carr, Tomaselli, and Mark White all missed for the Hawks. Mesa and Lopes netted makers in the penalty shootout, but it wasn't enough. Sansone, Jonathan DiBuono, and Eric Cesari scored for the Islanders to give them the victory.

Humber midfielder Mehmed Mehmedoglu was named the game's MVP.

Mesa said even though the Hawks played well, the loss was "heartbreaking."

Calabro had many chances to put the game away, but missed on several opportunities.

"We dominated the game, but like always we were unable to finish," said Calabro.

The Hawks were playing their first game on the artificial surface, but midfielder and game MVP

Mark White felt the Hawks played well on the unfamiliar surface.

"The game was really quick on the new turf, so all the guys had to adjust to it. By the second half, I think we were adjusted a little better than we were," said White, who played for Capilano last season.

The fast-paced match was a tight battle with both teams garnering limited scoring chances in the

opening period.

The Hawks took control of the game in the second half and scored on a Peter Curic header at the sixty-fourth minute to give the Hawks the lead.

Humber went down a man after defender Jeff Tait was given a red card for spitting.

Humber goalkeeper Mike Silva, who recorded his third playoff shutout, said he was ready for whatever style the Blues threw at him.

"I pretty much have to take care of the box, so it all depends on the game. Whatever the situation is, it really doesn't bother me. Whatever style the other team plays I just have to adapt to it," Silva said.

Humber defender and co-captain Jeff Tait, who was playing in his second National championships, said this one was special.

"Being in a big city like Vancouver, we had a chance to go out and see things that we can't see in Toronto and to hang out with the guys," Tait said.

Hugo Lopes is one of many Hawks not returning next season.

"These guys were my family for four years and I'm going to miss them," Lopes said. "My four-year stay at Humber was incredible."

Humber athletic director Doug Fox said it is always great to go on the winning end.

"After you achieve a bronze medal, it's a wonderful feeling. You end your season on a win and if you go into the gold medal there is no guarantee of that, so at least both teams are feeling great about it, I'm feeling really positive. It's a tremendous finish for this team," Fox said.



JOHN EDWARDS

**I FORGOT SOMETHING** - The Hawks' Joey Tomaselli is stopped by the Islanders defender and left without the ball.

# A 'Bronze' tale for Hawks

by John Edwards

For the first time in Humber women's soccer history, the lady Hawks brought home some hardware at the National stage.

The Hawks capped off their season with a bronze medal victory at the Canadian Colleges Athletic Association championships in Vancouver, B.C. last week.

The Hawks defeated the Mount Royal Cougars 1-0 in the bronze medal match ending their outdoor season on a high note.

The first half was evenly played, with both sides getting several scoring opportunities.

The game was deadlocked until early in the second half when Hawks forward Filomena Aprile knocked a loose ball into the Cougars net to clinch the victory for Humber.

Co-coaches Vince Pileggi and Mauro Ongaro have guided the lady Hawks to back-to-back National appearances.

"When you win a medal at the National level, that's truly special. We are going to look at this as the biggest achievement we've had to date," said Pileggi.

Hawks midfielder and Co-captain Adriana Cataldo was happy with the victory in the game.

"The game could have gone either way," said the tournament all-star. "We played hard and with heart, but luck was on our side, so we won."

Humber midfielder Rosa Adriano was named MVP of the bronze medal match.

"If there was any game I would want to be named MVP in, this was

it. This is what I got and I am grateful for it," Adriano said.

The Hawks qualified for the medal round with a 6-1 victory over the University of New Brunswick Saint John Seawolves.

Hawks midfield mainstay and veteran, Claudia Marmo, was happy with Hawks' performance.

"I thought we played our game," said the tournament all star. "We played the ball on the ground and completed our passes. We didn't communicate well out there, but we passed really well."

Hawks' striker and CCAA player of the year Joanna Vitale blew past the Seawolves defence and put a shot into the corner past goalkeeper Jennifer Pade to score the opening goal for the Hawks. Vitale would add another marker in the second half.

Forward Allison Read netted two goals including a one-timer off of a Lucia Sinisi pass to give the Hawks a comfortable two-goal cushion.

Aprile and Cataldo rounded out the scoring for the Hawks. The Seawolves got on the board late in the second half when Julie Goodwin netted one for the Seawolves.

Cataldo was named MVP of the match, but does not take all the credit for the honour.

"If there was an award for a whole team, I think we would get it. Individually we all played well, so I share it with everybody," said Cataldo.

The Hawks' gold medal hopes ended in their first game with the eventual gold medallists the Capilano College Blues.



JOHN EDWARDS

**SUCCESSFUL HAWKS** - The Humber Hawks women's soccer team celebrate their third place finish and the program's first medal at the Nationals in Vancouver B.C.

The Hawks would fall to the Blues 2-1 in a sudden-death extra time thriller.

Midfielder Lucia Sinisi flew down the right side of the pitch, cut into the middle and put a low shot past Capilano goalkeeper Christina D'Andrea to give the Hawks a 1-0 lead at the nine minute mark of the opening half.

The home side would knot the game at one on a Ciara McLoughlin marker late in the first half.

Both sides could not capitalize on numerous scoring opportunities in the second half and as a result the game went into sudden death overtime.

The Hawks had a glorious opportunity to clinch the game when Vitale was hauled down inside the box giving Humber a penalty kick.

*"When you win a medal at the National level, that's truly special. We are going to look at this as the biggest achievement we've had to date"*

-Vince Pileggi

Aprile, who was playing in her final Humber tournament, put the ball over the crossbar.

Ongaro said he was confident with the decision of Aprile to take the crucial penalty kick in extra time.

"There are about four girls, who know and are confident over the course of the game to take it, and Filomena was one of them," Ongaro said. "She stepped up and it happens to the best players in the world. You can't second guess yourself, it can happen to anybody. We were disappointed with the result, but not with the decision the girls made."

Capilano would clinch the victory on a free kick that went off the

head of a Hawks defender into the their own goal.

Cataldo felt the Hawks played well, but lacked an important element in the game.

"I know we should have won this game, I know we are a much better team than B.C. We were unlucky and luck wasn't on our side today at all," Cataldo added.

After an undefeated regular season and a second straight provincial championship, Pileggi is looking to next year in hopes of bringing home National gold.

"I think this is a learning experience for us we have to go back now and realize that we can compete at

this level and we have to ensure we stay focused and hope that a lot of girls will want to come back and try to win the National championship next year," said Pileggi, who along with Ongaro, was nominated for the CCAA coach-of-the-year award.

Ongaro said he and Pileggi were very proud of the team and feels the bronze medal is a tremendous accomplishment.

"It tells us that the program is on the right track. It gives us a good gauge of where we stand right now, and it gives us more motivation to get better and improve," Ongaro said.



JOHN EDWARDS

**ENTANGLED** - Hawks midfielder Lucia Sinisi gets all tangled up with the opposing defender during match play.

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# Hawks cough up easy leads to lose two

by Jason Thom

After winning their hockey season opener, the Humber Hawks looked to be in good shape to start the season with a bang.

First, they demolished the Sault 9-3 early last week.

Next, they needed to beat the Conestoga Condors on Thursday, and carry that momentum into a tough game against the defending champion Seneca Sting on Saturday.

But, Humber lost both games by one goal after coughing up leads both at home against the Condors and on Seneca's home ice.

The game started out well at home against Conestoga when Mike Gardner opened the scoring four minutes into the game off a pass by Colin Gillespie.

Four minutes after that, J.J. Dickie picked up his third of the season to send the Hawks into the first intermission with a 2-0 lead after 20 minutes of dominating play.

The second period was a goaltending battle between the Hawks' Terry Gilmer and Conestoga's Ryan Ketner.

Neither goalie would budge until the last two minutes of the second period when Matt Turcotte picked up a giveaway in the Hawks' end and fooled Gilmer to make it 2-1 heading into the third.

Humber looked sloppy in the

defensive end throughout the final period, and without Gilmer making some outstanding stops, the Hawks could have been down early.

Eventually, Greg Thede ripped one top corner on Gilmer for a power play marker to tie the game at two.

It stayed that way until the final 14 seconds when Dave Stewart finished a nice 2-on-1 to give the Condors the 3-2 win.

After the game, Head coach Joe Washkurak, came out to stop the Zamboni driver from flooding the ice.

He disappeared back into the dressing room to suit up and followed his team back out onto the ice for an impromptu skating practice.

"When you're in a situation where a team comes out that you really should beat and don't beat, I get concerned that the effort wasn't there. Sometimes you have to do things to light sparks under guys," Washkurak said.

Winger Morris Marshall said the team got the message.

"I think it just made us realize that we have to play 60 minutes. Maybe we didn't skate 15 minutes so we skated 15 minutes after the game," Marshall said.

Despite giving up two late goals, for the first time this year, the Hawks got solid goaltending from Gilmer who stopped 30 of the 33 shots he faced.

With the uncertainty of who is going to be logging most of the minutes backstopping the Hawks this year, there is an added element of pressure.

"I think it's hard because all three of us want the number one spot so every time you step on the ice you have something to prove," Gilmer said.

Duane Crocker got the call against the Sting and had help in the first period as the Hawks totaled 16 shots and played a strong defensive game by holding Seneca to only four shots.

One of those four beat Crocker as the Sting found themselves on a 3-on-1 break while short handed.

Locky Gelinas finished a tic-tac-toe passing play to make it 1-0.

The Hawks stormed back a minute later when team captain Chris McFadyen knocked in a centering pass from Dickie to tie it at one.

Just a couple of minutes later, Marshall notched his second of the season on a nice pass from Jamie Visser for a 2-1 lead.

Humber held on to the lead for the next 20 minutes until Ryan Preston tied it up on a nice goal and it looked like déjà vu for the Hawks.

A shot was deflected into the Humber net to make it 3-2 at the end of the second.

The Hawks struck first in the third when Eric Hobor ripped a Marshall pass to tie it at three.

But the next four minutes seemed like an eternity for Crocker.

Seneca scored three times in those four minutes including a giveaway off the stick of the netminder who was pulled after the damage was done, six goals on 17 shots.

"Goaltending did hurt us tonight, no doubt about it," Washkurak said. "Two soft goals and the winner on a dumb play."

The Hawks did stage a late comeback as they fired 17 shots the way of Seneca goalie Arthur Strojny but came up short 6-5.

"There's 25 guys in the dressing

room. Everyone's to blame because no one's bigger than the team and no one's smaller than the team," Marshall said of the loss.

Although upset about the loss, Washkurak didn't feel he needed to send another message to his team.

"I think we played a pretty damn good game here tonight, it's a tough place to play," Washkurak said.

"They're the champs and we didn't get many bounces for us here tonight," he said.

"You're never happy about a loss but I'm happy about the effort for sure," added Washkurak.



JASON THOM

**FACING-OFF**— A Hawk player tries to win the draw against a Condor on the weekend at Westwood Arena.

# Hawks beat Sting, lose to Grizzlies

by Randy Cooray

The Hawks Men's Volleyball team rebounded from a tough loss on Thursday to defeat the Seneca Sting in their home opener 3-2.

Like the previous game, Humber took a 2-0 lead going into the third set only to relinquish their lead once again. Reeling from their tie-breaking loss against the Grizzlies, the outcome proved different as Sting Head Coach Ed Drakich was issued a yellow card in the final set.

Although he said it was not a great game, head coach Wayne Wilkins says it was exciting, but feels consistent problems were evident that allowed the Sting to come back.

"We have a focus problem and a concentration issue and we are going to have to address it," said Wilkins. "We go out and if we only have to play two games then we would smoke

them but the unfortunate part is that we have to play two games and one more to close up."

Since the beginning of exhibition season, Wilkins has addressed that passing is a concern and feels it is more of an issue after giving the Grizzlies their first win of the season recently.

"We have guys who are 80-90 per cent passers in practice and pass less than 60 per cent in a game," said Wilkins.

Rookie Bart Babij says the team does not play with the same mentality throughout the third and fourth set as in the beginning.

"We don't play with the same intensity that we do in the first and second set," Babij said. "We seem to come out flying in the first and second set and just stop mentally."

Wilkins said the effort his players had against the Sting was an improvement with the game against the Georgian Grizzlies where the Hawks lost the final three sets and the game.

"Last night's game was a combination of us playing okay [in the first two sets] and Georgian playing terrible," Wilkins said. "Tonight we were playing a lot better and they [Seneca] were playing their average game, so it was totally a better situation tonight."

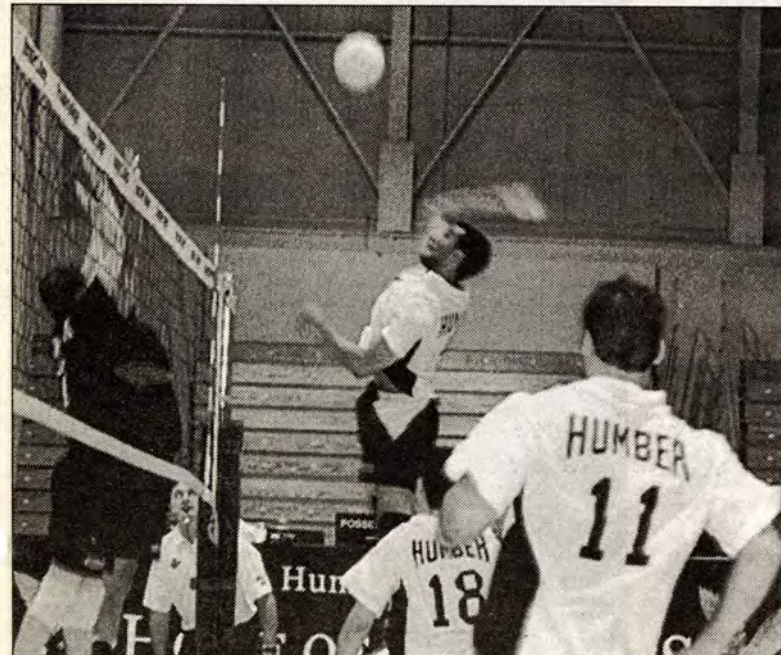
Although the team was happy to get a free point when Drakich was issued the yellow card, rookie setter Mark Southasa said his team remained alert in the deciding set, which allowed the Hawks to earn their first victory of the season.

"I think that was the point of the match for us," Southasa said. "It was just one point and I don't think it cost them the game but we managed to stay focused and played through it and that is what we needed to do."

Although the season is two games in, Southasa believed that his team was faced with a must win situation as two losses to start the year would be hazardous for the Hawks.

"We had to prove a point and we had to come out firing and we did. We didn't want to come out 0-2. I am glad we are 1-1 and now we are on the right track," Southasa said.

The Sting will try for redemption as the Hawks look to make it two in a row when they travel to Seneca on Thursday.



RANDY COORAY

**SPIKE!**— A Hawk player gets airborne during a game last week as he tries to gain a point for the team.



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# Hawks stampede over Colts

by Luc Hébert

The Hawks men's basketball team have evened their record to 1-1 thanks to an 88-75 victory over the Centennial Colts last Wednesday.

Humber came up with balanced scoring, like their previous wins. Point guard Jeremy Walters led Humber with 17 points while Chris Bennett (13), Fitzroy Woolery (12), and Dexter Miller (10) helped pace the Hawks to a 15-point victory.

When Humber passes the ball they are extremely difficult to beat.

In six of their seven victories this season, the Hawks have had four players score in double figures. The only exception came early in the season during the Hagen tournament in Montreal, when three Hawks scored in double figures in a win against Dawson College.

The final score of Wednesday's game was definitely not indicative of the type of game that was played.

The first half featured several lead changes before the Hawks went on a two-and-a-half minute spurt to take a 10-point advantage into the locker room. The run would prove to be the difference in the game.

"We pretty much kept it around ten the whole [second] half," said Centennial Head Coach Gerard Carlse. "But it was hard to come back from 10 points because that meant we were going to have to play a lot better than them. We lost by 15 points, but with how it was dispersed, we feel as good as you can feel with a 15-point loss."

The win helped the Hawks snap a three-game losing streak, counting exhibition games but the consensus around the locker room seems to be that there is still much room for improvement.

Humber's Ben Sanders says although his team played better, they faced a weaker team.

"We have to play up to our team's level, but a win is a win," said Sanders.

Forward Chris Bennett agreed this was an important win.

"We're now 1-1 and we're going to aim at the top because that's where we want to be," said Bennett.

"We want to show that we're the best team in the league, and we are. But we have to play like it. We have to play hard every minute and every second of every 40 minutes, and then some if it goes into overtime."

Head Coach Mike Katz concedes Centennial was not as good as the teams Humber faced during their three game skid.

"We're not playing particularly well right now, but we got the win," said Katz. "I think we played a weaker team that's probably getting better. We're not playing consistently well. We have moments and we also have lapses, so good teams can turn it around on us."

In a game that featured more bad turnovers than the bakery department at the local Price Chopper, Centennial players were the ones who left the game with a bad taste in their mouths. The Colts had 25 miscues throughout the game while Humber had 19.

But that's like comparing apples to oranges. Humber had to face a full court press designed to force another team into making mistakes, while the Hawks' defensive game plan began at half court.

The Hawks were disoriented against George Brown's press last week, and worked on beating the press during practices last week. Again, though, the Hawks feel they are underachieving.

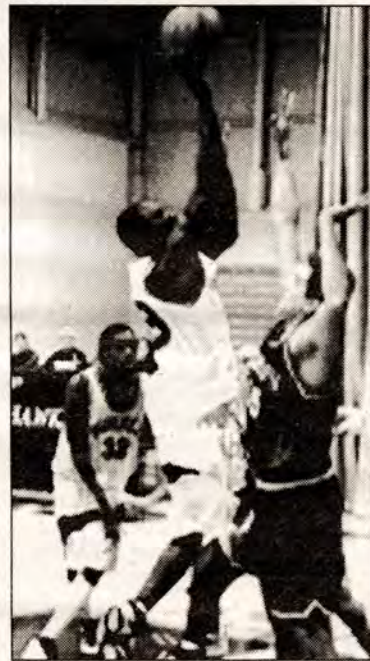
"We worked on our press break

all week," said Assistant Coach Dave DeAveiro. "There's still some confusion about who's throwing the ball in and who's going where, but it's better than it was last week."

Chris Bennett agrees, and said his team just has to keep working on the press break to perfect it.

"We never had a press break, and now we have one," said Bennett. "It's still not perfect, but it's just going to get better with every game and every practice."

The Hawks travel to the University of Regina to participate in a tourney which they hope to gain more experience that will help them achieve their lofty, yet attainable, goals.



MICHAEL STAMOU

**DEFENSIVE WISE—**  
*Rupert Thomas doesn't have many chances to score, but when he does, he sinks it.*

# Hawks dig talons deep into Grizzlies

by Jeff Neal

Put a handful of Grizzlies in a room with a handful of Hawks and let them go at it. Who wins?

The Hawks do, and somewhat easily.

The Humber women's volleyball team beat the Grizzlies last Wednesday, taking three straight sets, 25-12, 25-17, 25-14, in their first regular season game.

"Coming into this match we knew that Georgian wasn't a particularly strong team. Because the league is so balanced between strong teams and weak teams, what's really important is the way we play," said Humber Assistant Coach Chris Wilkins.

The Hawks played a strong game. Starting off adequately in the first set, they began to dominate the Grizzlies a quarter of the way through and never looked back, building a 10-point lead and winning by 13.

"We showed discipline. Everyone received a lot of playing time tonight and we stayed at a consistent level. We really did not drop down. We played as hard as we needed to," Wilkins said. "We have to play smart against the weaker teams and not drop down to their level."

Georgian improved in the second set but Humber was just too talented to lose.

However, the Grizzlies did not let the Hawks win by double digits this time.

"We're coming together really well now. It's just a mental thing; being aware that we have to stay on our toes now. We know each other

and what everyone is capable of. We have to trust one another now," said Hawk co-captain Michelle Richmond.

Setter Laura Solski served Humber to a five-zero lead to open the third set. Georgian broke the serve, but the Hawks took it back and co-captain Jennifer Edgar kept it, as Humber went on an 8-0 run.

The Hawks had the opportunity to put the nail in the coffin but Georgian cut the lead to eight late in the set, but Humber prevailed, winning by 11.

"We still have to work on finishing. We get in a roller-coaster mode. We let them gain five or six points on us. That's hard to get back. We have to keep it up, and not get down on each other and ourselves, and keep the momentum. It's a win. Overall, we played really well," Edgar said.

"There's been some tremendous growth with our middles. Kirsty [Goodearle and Carrie [Moffat] have been putting in some solid work and are starting to see the benefits of hard work and practice," Wilkins said. "We're in the season now and from here on in this is when it counts. Winning tournaments and stuff is important, but this is the bread and butter."

Humber plays Seneca tonight at 6 p.m. They return home on Nov. 21 to play Sheridan.

"Our game vs. Seneca is going to be tougher. They are a scrappier team and have a few girls that can hit the ball. We're going to have to come out ready," said Wilkins. "I anticipate if we go out and play as well as we did, we'll be fine."

# Royals crowned by fierce Queen Hawks

by Patrick Campbell

The women's Humber Hawks basketball team won their third straight game of the season, beating the Redeemer Royals 70-42 last Friday.

The Hawks have redeemed themselves, going 3-0 to start the season after a lacklustre showing at the Vanier tournament in Montreal three weeks ago.

*"Humber is a good team and we had our hands full, but at the same time I knew that we're a growing team with a lot of rookies."*

—Redeemer Head Coach, Moses Silva

After going up by eight points early in the first half, the Hawks proceeded with a 12-point run to go up 20-6 before the Royals spoiled the run with a lone free throw. The Hawks kept a comfortable lead, sparking a 7-0 run to finish the half.

The Hawks headed to the dressing room with a 13-point lead, 28-15.

"Our big difference tonight was the fact that we missed a lot of shots," said Redeemer Head Coach Moses Silva.

After some missed opportunities in the first half, the Hawks came out determined to increase the margin.

*The Hawks are out-scoring their opponents by a total point differential of 245 - 125 over the first three games.*

After trading baskets early in the second half, the Hawks added 13 points onto the dismal first half taking a commanding lead 41-23. The Hawks continued to dig their talons into the Royals, going on an unanswered run of 10 points before Redeemer broke out for a seven point streak.

Humber continued to steam-roll with runs of 12, eight, and six to finish the game with a bang. The Hawks tried to put the nail in the coffin with some last second three-pointers, but couldn't kill the Redeemer demon.

Team captain Lindsay Higgs' 18 points and Beth Latendresse's 19 led the Hawks, while Jennifer Gilchrist chipped in with 14, helping to secure the victory.

The intensity of third-year players Brenda Chambers and Elaine Morrison helped spark the Hawks, who dabbled in fouls for most of the game, tallying 15 all together.

"Humber is a good team and we had our hands full, but at the same time I knew that we're a growing team with a lot of rookies," said Redeemer Coach Silva. "I was proud of my girls tonight. Defensively we did some good things,

*"We were running our offense through. Our help-side defense was really good."*

—Hawk player, Jenn Gilchrist

but offensively the flow wasn't there."

Humber Assistant Coach Heather Curran, who took the head coaching position for the game, agreed.

"We were really slow in the beginning, but we were playing [defensively] very well," said Curran. "They're a much better team than they were last year. We're still working on the little things."

"We were running our offense through. Our help-side defense was really good," said Jennifer Gilchrist.

"Usually when we meet up with that team we don't play up to our level," said fellow Hawk player Denise Marshall. "The second half we got it together, and we picked up our defense. But we can't be a second-half team. We need to learn how to produce in the first half. It's a win. We'll take it."



PATRICK CAMPBELL

**LAYING IT UP—** Hawk Forward Beth Latendresse goes for two points with a lay-up.

# BIZZARTIFACTS *et cetera*



**OWW, THAT HURTS** - This is 207 pound Joey War Eagle (top) applying a reverse chin lock on the Canadian Wildman who resembles the late Big John Stud of professional wrestling way back in 1984. The event was the Boxing Club show staged at the North Campus gym. Ahh, what it was like to be an old-school wrestler, hairy and ugly.

## Hey Juan Valdez! Have a Java man

- Africa and Arabia are the birthplace of coffee.
- According to legend, coffee was discovered by an Arab goat herder named Kaidi.
- The first drink made from a coffee tree was wine. In fact, the word coffee has its origins through the Arab word "Qahwah" meaning wine.
- Oxygen is one of the worst enemies of coffee. It causes it to go stale.
- The average coffee tree produces 1.5 pounds of roasted coffee, and 4,000 hand-picked beans to make a pound of coffee.
- In the 17th century, the first coffee house opened in London, England.
- In 1686, the first cafe serving coffee opened in Paris, France. Le Procope is still in business today.
- In 1909 the first instant coffee was produced. Decaf was invented in 1903 by German coffee importer, Ludwig Roselius.
- In 1475, a Turkish law was enacted that made it legal for a woman to divorce her husband if he failed to provide her with her daily quota of coffee.
- The first modern-day espresso machine was perfected by Achilles Gaggia in 1946.

Source: [www.nwlink.com/~donclark/java/world.html](http://www.nwlink.com/~donclark/java/world.html)

### Say What? "1996"

"Thank you Josh! I still need lessons from you on how to be cool. Tell me that line about Kenny G again."

-Clueless

"Take the greatest orgasm you've ever had, multiply that by a thousand and you can't come close to it."

-Trainspotting

"Do you think I actually listen to what these girls are saying? I just nod my head, watch their mouths, and somehow, I come out as some wonderful guy."

-Swingers

"No, but you can trouble me for a warm glass of shut the hell up."

-Happy Gilmore

"Opinions are like asses. Everbody's got one."

-The People VS Larry Flynt

"Don't be confused when the fuse is up, and you're taking a leak into your brothers cup. When the cup is filled, you can run or be killed."

-Minus, Beck

"Maybe, maybe it's the things we say, the words we've heard and the music we play. Maybe it's our cheapness."

-Trash, (London) Suede

### What's your sign?

**♏ SCORPIO**  
23 October - 21 November  
Your guide to eternal bliss rests solely on your ability to drink milk though your nose. What they say about milk doing a body good is true. Got milk?

**♉ TAURUS**  
20 April - 20 May  
A wise man once said, good things come to those who wait. You seem like a patient person and good things might come. But did you know the wise man was beaten to an inch of his life because he didn't know jack. Keep waiting pussycat!

**♐ SAGITTARIUS**  
22 November - 21 December  
Good morning Sagittarius! How do you feel today? Well, don't get your hopes up. Someone from the opposite sex is planning to sabotage your whole week. That's what you get for stabbing them in the back with a butter knife.

**♊ GEMINI**  
21 May - 20 June  
Your raw and take-no-prisoners attitude will get you far this week. Yeah right, and the world is shaped like a square. Who the hell do you think you are anyway? You need to be smacked upside the head. Your attitude sucks.

**♑ CAPRICORN**  
22 December - 20 January  
Your timing couldn't be better this week. Now's the perfect time to work your way up the corporate ladder of success and become a social icon. Failure to do so will result in countless hours of agonizing torture from grandfather time.

**♋ CANCER**  
21 June - 22 July  
Life got you down Cancer? Go home, slap on a cape, and skip around the house humming the Star Wars Imperial theme song. It's guaranteed to make you feel better.

**♒ AQUARIUS**  
21 January - 18 February  
An apple a day keeps the doctor away. And so do the worms. Don't worry, it's all good.

**♌ LEO**  
23 July - 22 August  
Remember the saying "be true to yourself, and you can't go wrong?" In other words, do whatever you want, and to hell with what everyone else thinks. They are clueless!

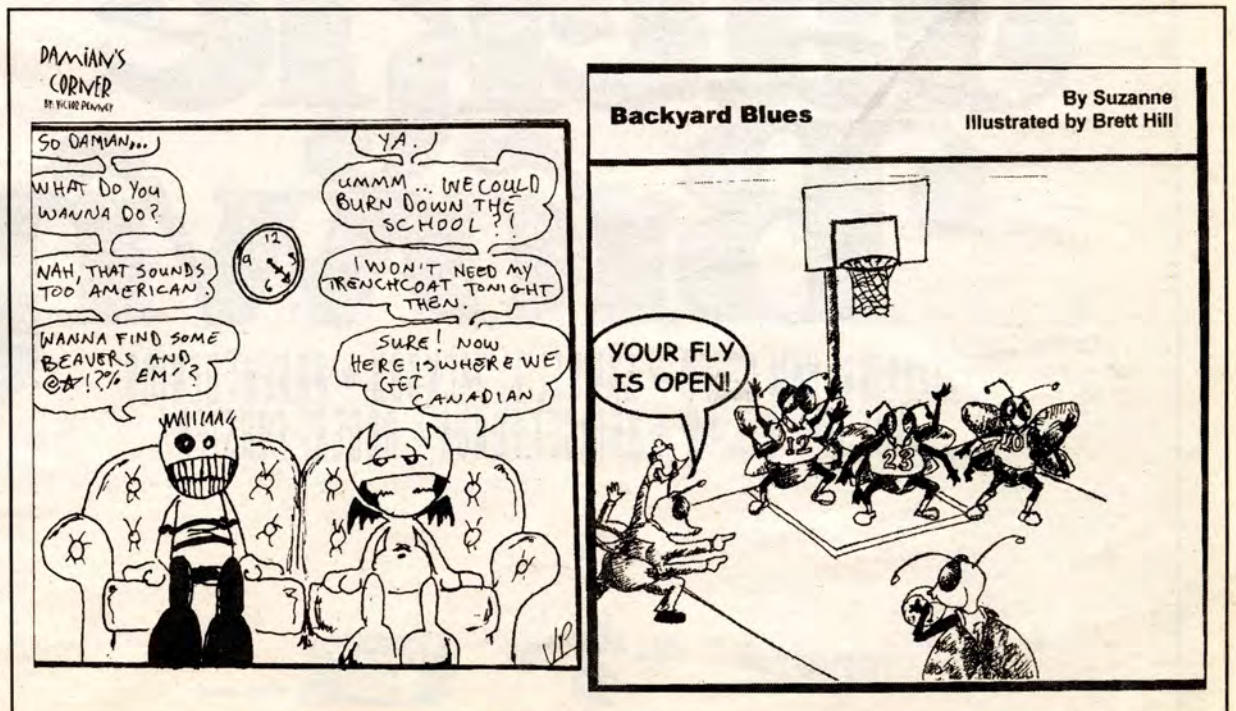
**♓ PISCES**  
19 February - 20 March  
Take a load off this week. Sleeping in the nude will work wonders for you and so will cuddling with your favourite teddy bear.

**♍ VIRGO**  
23 August - 22 September  
There is no answer to your problems. You are a problem child who leads a sorry, pathetic life. Nevermind, keep doing what you do!

**♈ ARIES**  
21 March - 19 April  
This is the week to be "master of your domain." Your colleagues will be rooting for you, so don't disappoint. You can do it!!

**♎ LIBRA**  
23 September - 22 October  
Would you like fries with that? Thank you, please come again...next week.

For entertainment purposes only.



### Backyard Blues

By Suzanne  
Illustrated by Brett Hill

YOUR FLY IS OPEN!

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MEAN BROTHER,  
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