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WAVE !**
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vol. 1 no. 23

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Scott Middleton

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No surprises at the polls: SAC voter turnout poor

by Paul Richardson

News Reporter

Humber Students' Association Council (SAC) wants you to get out and vote.

It's election time at Humber College's campuses and so far students aren't rushing to the polls.

"A lot of people wait for the second and third day," said Katina Constantinou, Chief Returning Officer (CRO) for the election. "A lot of people don't vote the first day."

Constantinou said she felt the number of ballots cast Tuesday was a good start to the three day voting period.

"We had, in total, 168 students voting," said Constantinou. "Twenty-seven students voted during the evening session which

is good; usually you only get two or three."

On Wednesday, Constantinou said she felt the turnout for the day was good, "158 people voted as of the close of voting (Wednesday)."

For those students who have yet to vote, polls will be open today (Thursday) until 4 p.m.

Current SAC President Steve Virtue said the number of students voting varies from year to year, but he feels this year's numbers would be typical of what has happened in recent years.

"Typical turnout of seven per cent, 850-1000 people," said Virtue. "Last year, we doubled that, there are other years we've done about half of that."

Virtue also said he believes the

candidates play an important role in how many students actually do get out and vote.

"If you don't get out there and tell people, 'I'm a candidate and I'm going to need your support,'" said Virtue, "if people don't know about it (the election), it's very difficult to expect that they're going to come out and vote."

Constantinou said students should go out and vote without the promise of incentives such as the chocolate bars which were offered to voters last year.

"I shouldn't have to give out chocolate bars to get people to vote," she said.

Vice-presidential candidate Stelios Kypri commented on Wednesday voting. "I think about 150 for today. There should be

more than that."

Vice-presidential candidate Ryan Johns expressed concern some people don't even know about the election.

"A lot of people still don't know voting is going on," said Johns. "As you walk through the Concourse all of the ads are there."

Virtue offers this advice to the candidate elected to office.

"Take it seriously, this is not a summer job, it's not candy coating, it's as serious as it can be, it doesn't get any more serious than this," said Virtue. "The health and welfare of 12,000 people, in some way or another will depend on how good a job you do as student body president."

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Teachers in tough negotiations

Upcoming Events

March 21, 1997

- International Day for the Elimination of Racism at the Ontario Science Centre.

1:00 p.m. to 3:00 p.m.

March 22, 1997

- Jamboree Arborist Competition in room G107 and Arboretum.

8:30 a.m. to 4:00 p.m.

March 24, 1997

- Humber College's Council of Student Affairs (CSA) to give a six-figure boost to needy kids.

March 15 to 27

- Toronto Fashion Week.

by Cheryl Waugh

News Reporter

Arbitration, in the on-going negotiations for a new teachers contract, is coming to a close as both sides presented their cases to the board.

The teachers' union made it clear during the process that they won't involve themselves in concessionary bargaining once negotiations begin after the ruling.

In his letter to the fact finder, Howard Law, negotiator for the faculty union, stated: "I have been explicitly directed not to contemplate any proposals or engage in discussions that could be construed in contractual terms as concessions."

Maureen Wall, president of the faculty union, said the union is looking to improve the teachers' position this time around.

"We don't want to go backwards. We will attempt to make moderate gains in terms of salaries and benefits, but our main focus is preserving jobs," said Wall. "We want to maintain the nature of those jobs. The role of teachers is slowly being eroded."

The issue to change roles and workload for professors will be a hot topic of discussion in the summer.

Management made a proposal to redefine job descriptions of instructors and co-ordinators.

Currently, instructors have a line in definition that reads, "and limited to instruction directed to the acquisition of a manipulative skill or technique."

Instructors are found more in the trade areas of colleges. Humber, according to union V.P. Robert Mills, has two instructors.

Management proposes to delete that one line. It could give instructors an opportunity to teach more classes and management power to hire more instructors.

Since it defines and separates professors from instructors, the deletion could redefine some professors as instructors.

"If management downgrades some professors to instructors, potentially that could mean an extra 200 hours in the classroom for \$20,000 less," said Wall.

Nancy Hood, director of Human Resources, said the Council of Regents, the College's governing body, wants changes to the workload and its formula.

"The Council of Regents wants some changes to the workload; not to increase the total number of hours, but to have a

little more flexibility than what we've had," said Hood.

Hood added there is a provision in the collective bargaining agreement, "that we won't reclassify a professor into an instructor if they've been hired as a professor."

The current workload formula used by faculty is 10 years old and the feeling among management is times have changed and the model is outdated.

In the Newsletter to College Managers, Ian McArdle of Human Resources Committee to the Council of Regents wrote, "we're not proposing new classifications of employees. We're not proposing to change the annual maximum teaching contact hours for Professors. We're simply asking for language that will allow us to be flexible in assigning the work professors do."

This issue is expected to be the biggest stumbling block when negotiations continue.

Meanwhile, both sides finished discussions with the arbitration board, one more hearing is March 24 for closing statements.

Negotiations were forced into arbitration after an impasse over salary structure early on in the talks.

The disagreement stems from

the Bob Rae era. The Social Contract Act of 1993, froze teachers' salaries for three years not allowing movement in seniority.

Teachers had a contract that stipulated promotions, raises, added benefits for 1993. They didn't receive them.

The union's disagreement is negotiations begin with automatic inclusion of lost 1993 raises, benefits in the last contract, enabling teachers to make some ground.

Management argues the contract is over because the union didn't give proper notification to preserve the 1993 increases, teachers must bargain for those benefits again.

Once closing statements are made, the arbitration board will make a ruling, the Chair writing a final report. No set time limit is in place to render a decision.

"We would hope that he would do the ruling within a month, but there is no set time so we have no way of knowing when it will get done," said Wall.

Given the fact it could be May before a ruling is made, it's unlikely any kind of action; a strike or lockout will happen this academic year.

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Snobelen's flack defends Harris' education cuts

by Chris Attard

News Reporter

Terrence Young, Minister of Provincial Parliament (MPP) visited Humber College yesterday.

As part of a province-wide program, politicians are encouraged to meet with post-secondary schools to get an idea of how schools are run today.

Young, the parliamentary secretary to Education Minister John Snobelen, with special interest in post-secondary education, talked to about 100 students and faculty.

During his speech, he reiterated education is vital to career advancement in the future. But as society progresses towards a new millennium, Young told students nothing new when he said technology is the way of the future.

"We are facing massive transformation in the workplace, labor force and our schools," he said. "We've got to prepare ourselves for the challenges of a changing world."

Young admitted the education system has been under harsh

criticism in the past and he defended the Tory government's stance on cutbacks in education and the way post-secondary schools are run.

"Education is being challenged, because we've been doing things the same way for a very long time," said Young. "The trouble is the world is changing rapidly and the education system hasn't been keeping pace."

Yesterday, 140,000 grade three students across Ontario began mandatory testing to determine the level of teaching they've received. The test's outcomes could change the way elementary school programs are taught.

Young repeated the provincial government's hard-line approach to the education system.

"We need to make changes and commitments now, so our children will not only be in the workforce, but thrive in it," he said.

To do so, Young defended the 10 per cent rise in next year's tuition: "we believe that colleges should take responsibility for setting their own fees," he said.

Student nurses spared by T.O. hospital closures

April deadline is given for hospitals to respond to cuts

by Chris Attard

News Reporter

Internships for Humber's nursing students are safe — for now.

Earlier this month, an eight-member, provincially-appointed, hospital restructuring committee, recommended the closure of 24 health care facilities across the province. The government claims they'll save an estimated \$1.3 billion over the next three years. And, Health Minister Jim Wilson said he'll reinvest a large portion of that amount back into more advanced, computer aided health care.

But half of the 10 Toronto hospitals listed for termination are used by Humber's nursing students for placements throughout the school year. The recommendations don't worry Gwen Villamere, chair of Humber's Nursing department. In fact, she said it may even be beneficial.

Villamere said while those five hospitals are slated for closure, it would only affect the placements

of 1996-97 first year nursing students. And even then, not by much.

"Even though those hospitals may close, they're only half full (with patients)."

Of the hospitals on the scheduled list for closure, Wellesley, Northwestern General, North York Branson, Queensway General and St. Joseph's Long Term Health Centre are used by the college's nursing students. All hospitals have until April 10th to respond to the committee's proposal for closures scheduled to begin in 1999.

Currently, Humber has over 600 internships with 40 area health care facilities.

Villamere said those partially filled hospitals will be amalgamated, thus allowing more placements for students. In the case of Queensway General, she said, "our first-year students will gain because of the new ambulatory service." Queensway General is scheduled to become an ambulatory centre after it merges with Mississauga General.

In lieu of the closures, Villamere said the idea of lowering enrollment in the nursing department won't be considered. Villamere said the College is in

close contact with the targeted hospitals to determine future placements, but she's optimistic that Humber students will have a better chance of finding a job.

"The province is, hopefully, putting more money into community care, and we're the only college that has students in those areas," she said.

In January, Jane Cornelius, then president of the Ontario Nurses Association (ONA) knew the Ministry of Health was preparing to revamp the way the province's hospitals are run today. She estimated that nearly 15,000 jobs could be lost, 75 per cent from the nursing area alone.

The government estimated about 2,500 nursing jobs will be lost. But newly appointed ONA president Barbara Wahl calculates nearly 10,000 jobs will be lost in Ontario. Last Thursday, hundreds of hospital workers in Toronto and Ottawa walked off the job for a 10-minute strike to protest the closures.

Canadian Union of Public Employees union President Sid Ryan joined hospital staff at Wellesley Hospital and told reporters he plans on many more protests across the province in the coming weeks.

SAC cuts Cox

Plans for holding a Mega concert are scrapped by SAC

by Chris Attard

News Reporter

liner Deborah Cox. After repeated calls to a person Forde thought was Cox's agent, both agreed on an amount just over \$5,000. But after waiting a few weeks for a callback to set up schedules for the concert, Cox's real agent was reached.

This second agent instantly doubled the price and asked for the money to be in American greenbacks, totalling \$14,000 (Cdn). Because of this increase, SAC cancelled the entire program rather than proceeding without the main act.

From what it seems, Forde said, "the first agent gave us a price that Cox, I believe, would have agreed to because she's lived around Toronto for 15-20 years."

Forde said SAC would have taken the money collected from ticket sales — \$10 for Humber students, \$20 for guests — and donated it to the Ontario Student Fund.

Most of council has not been informed of the concert cancellation and Forde said she's trying to initiate a boat cruise raffle to replace the failed mega-concert. She said there are no plans to resurrect the concert in the future.

I heard these guys talking in the hall the other day...

Humber to host Punjabi festival

by Rajesh K. Pallan

News Reporter

Punjabi Students Association of Humber College (SPSA) is organizing a show called Vaisakhi Mela '97.

"Vaisakhi (festival) is a kind of Thanksgiving Day. The aim of the festival is to promote our Panjabi culture and make people aware of our rich cultural heritage," said Paramjit Banga, president of SPSA.

The Punjabi festival has both religious and cultural roots: the religious one is the tenth Guru of the Sikhs founded the Khalsa Panth on April 13, 1699; the cultural aspect pertains to the harvesting season in Punjab (India).

Bhangra, skits, Giddha and a fashion show are slated to be included in the March 27 event.

"We are in the process of inviting Gurbax Malhi, M.P., as the chief guest of the show," said Banga. "In the show, we are going to have draws for prizes. The first prize, a gold chain, will be donated by Randhawa Jewellers."

Other prizes will include paintings by artist Sobha Singh, CD's and cassettes.

"Everybody is invited, without any consideration of caste, color or creed. We don't want to give the impression that we cater to the taste and temperament of Punjabis only," said Bhajan Mann, vice-president of SPSA.

Mann stressed, "we (Pun-



Club President Paramjit Banga alongside member, Surinderpal Lakhan (right) have profound reverence for all communities. But we desire to display the pageants of our culture, too, which is quite rich. We have Hindi, Panjabi and Gujarati items to regale our audience.

"We seek co-operation from all communities and also assure them of our help whenever they arrange any community event at Humber College," said Mann.

Future plans include the launching of a community awareness program as well as a counselling and tutorial help programs in order to help Punjabi students who need it.

"We desire this society to be

a 'drug-free' society and we will impress upon students the dire necessity for this," said Inderjit Singh, SPSA's cultural adviser.

SPSA is doing a wonderful job educating people about their culture, according to Shirley Forde, vice-president of Humber's Students' Association Council.

"It (SPSA) will help the Humber students unite. They (the students) will have a definite chance to recognize the values of other cultures."

The show is at Humber's North Campus and will start at 6:30 p.m. Tickets are \$5 and proceeds will be donated to Sick Children's Hospital.

Celestial events – magic in the skies

by Paul Richardson

News Reporter

It's a bird, it's a plane, no – it's a rare, cosmic triple bill.

Over the next three weeks, the sky will be lit up by a cosmic show well worth staying up for.

The astral show got underway, March 17, when Mars and Earth were at the closest points in their orbits.

If you take the time to look for it, a comet is also on the horizon. Comets are made up of mostly rock and ice and have somewhat egg-shaped orbits.

Astronomers have concluded comets are really debris left over

from the formation of our 4.6 billion-year-old solar system.

The comet, called Hale-Bopp, is the featured performer of this three-part celestial showcase. Hale-Bopp measures approximately 40 km in diameter and is the biggest comet to pass Earth in roughly four centuries.

Hale-Bopp will pass within 200 million km of Earth. In astrological terms, that's a near miss.

Basically, Hale-Bopp looks like a fuzzy star with a hazy tail and unless you plan on living for another 2,500 to 4,000 years, this will be your only chance to see it.

Those who want to see Hale-

Bopp will be able to do so without the aid of a telescope.

The third astral actor headlining in this heavenly triple bill will play its role, March 23, when a lunar eclipse will take place.

When this happens, the Earth's shadow will cover 92 per cent of the moon. Hale-Bopp will be extremely easy to see at this time because of the darkened sky.

The comet was named after Alan Hale and Thomas Bopp, two astronomers who discovered the comet on the same night July 23, 1995.

Cancer Society calls on College

by Victoria Pattison

News Reporter

Humber College has been asked to help find a cure for cancer.

This year the Canadian Cancer Society is asking for Humber students and staff to canvas the area around the college.

The Etobicoke chapter of the Cancer Society recently concluded that the northwest side of Etobicoke has remained relatively untouched by door-to-door fundraising efforts. Though the reason for this is uncertain, Humber lies in the northwest vicinity and could make a difference in support this year.

Pauline O'Riley, a Humber Public Relations student who is doing her internship with the Etobicoke chapter of the Cancer Society, has taken it upon herself to lead the campaign to get Humber motivated and involved in the fundraising.

"Humber has never been asked to canvass before and I think it's a shame. With over 10,000 full-time students, faculty and staff at the North campus, they are the perfect chance to raise a significant amount of money," explained O'Riley.

The funds raised not only go to cancer research but to health

promotion and patient care as well.

"Everyone I know has been touched by cancer somehow, whether it be the death of a friend or relative," said O'Riley. "Our key message here is we need to fight cancer today, so that we can help you tomorrow. Two hours now may make the difference later."

O'Riley said she's optimistic about the campaign, which is oriented towards twenty-somethings. Volunteers will go in groups of two or more to areas surrounding the college. They will only be asked to canvass April 2, from 5 p.m. until 7:30 p.m. After the good deed is done, the volunteers will get a free dinner.

Last year's canvassing expedition in Etobicoke raised over \$200,000. With the Humber area as an added target this year the total could be the amount it takes to make the difference.

"They are very, very, very close to finding a cure. We have to keep the money coming so they can keep up the research," O'Riley said.

Students and faculty can sign up at the SAC office or contact Pauline O'Riley at 675-6622, ext. 7990.

'Jamboree' showcased by Humber Horticulture program

by Robert Amoroso

News Editor

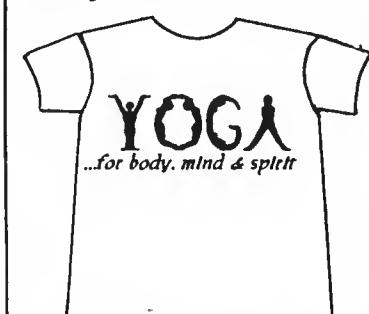
Events such as chainsaw-cutting and water-boiling contests will be showcased in an Arborist competition.

The event will be showcased by the Horticulture program on Saturday March 22, in room G107 as well as the in woodlot near the Arboretum.

Introductions will be held at 8:30 a.m. with the competition to begin at 9 a.m. It will all wrap up with an awards ceremony at 4 p.m.

It's a family event encouraging all to attend – complimentary coffee, pop and donuts will be served.

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Et Cetera



Guyanese faculty visit Humber

by Bethany Lee

News Reporter

Faculty from Guyana's post-secondary institutes visited Humber College to learn skills which they will implement in Guyana's education system.

The visit for the three faculty members was made possible through the Association of Community Colleges and funded by the Canadian International Development Agency (CIDA).

Vanessa Pollydore and Michael Turner are electronics teachers in Guyana. Pollydore has taught for two years at the Government Technical Institute (GTI); Turner

at Linden Technical Institute for eight years.

Travelling abroad to further their education is a first experience for both. All of the visitors were shocked by the cold Canadian winter weather.

At GTI, computer use is new. Computers are being introduced into business programs, mainly as word processors. The government uses technology, but it's generally unavailable to students.

"It's not that we haven't been exposed to technology in terms of its presence, but to see it at work is amazing," said Turner, referring to his experiences at Humber.

Turner and Pollydore are

working with James Cullin, media technologist at Humber's School of Media Studies.

"They will take back practical, hands-on experience," Cullin said. They will be able to manage what Cullin calls a mixed-platform computer facility.

Turner and Pollydore have been learning how to install operating systems such as Windows NT Workstation 4, Windows '95 and Macintosh System 7.5. They also learned to install memory CD ROM drives and network cards.

"Actually using the systems will help us to retain the information," said Turner. "It's much better than

just reading about it."

Carmen Munroe, a teacher at Carnegie School of Home Economics, is visiting Humber's School of Hospitality, Recreation and Tourism.

"Guyana is currently seeing a surge in ecotourism," Munroe said.

She said she came hoping to learn the skills being demanded by the influx of tourists.

"Workers in the Guyana hospitality service now require more skills than simple food service," said Monroe. "This has opened up new interests to me."



Visiting faculty members Carmen Munroe, Vanessa Pollydore and Michael Turner.

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Surf the Wave of the future

In the race for your Internet dollars, systems are speeding up to collect your dough

by Antonio Tedesco

Technology Reporter

Grab your cyber surfboards and get ready to surf the Net with Roger's new product, Wave.

If you've ever been on the Net, you know it can sometimes be painfully slow and can tie up your telephone line for hours. With Rogers' new coaxial cable hook-up, the speed is increased, connection is guaranteed, your telephone line is free and it will cost you, on average, about the same as a traditional dial-up account.

"Wave is for people who access the Internet, those who use it a lot. For those who need to download things very quickly," said Joan Simkins, director of public relations for Wave.

"You've got this fast and easy access, and it doesn't use up a telephone line so that means you don't have to pay for a second line," she said. "And it uses a broadband infrastructure so that it

can download a lot of things quickly and it doesn't interrupt your TV watching."

If it costs about the same amount of money to purchase Wave, why would anyone want to switch from a traditional dial-up service? For anyone who wants to experience the Internet, and all its fun, new and interesting applications, the traditional approach just doesn't cut it anymore. Companies have turned the Net

into a wild, multimedia experience, with 3D images, sound and movie clips — something a traditional connection cannot fully take advantage of. High-end Internet applications like Java and Shockwave become more practical with Wave.

By using coaxial cable and a special Rogers high-speed modem, "what took minutes using traditional dial-up technology will now take just seconds," said Simkins.

Coaxial cable can carry a lot more information than a thin telephone line — put simply, the



Courtesy Photo

this is a race we invariably win

Lightning speed Internet access is now possible with WAVE.

greater the bandwidth, the more information can travel along that bandwidth.

However, companies like Interlog Internet Services are sticking to their guns when they are asked about Rogers Wave. It seems the only drawback to Wave is that it relies on a single bandwidth. The bandwidth might be larger than a telephone cable, but there is only one cable for a certain number of users.

"When you're using Rogers WAVE you actually only have one bandwidth for your community,

that provides the speed you, supposedly, get," said Interlog Marketing Manager Phil Poulidis. "When more and more people in your area get that type of connection that slows your connection down.

"Your limitation is not bottlenecked from your

site onto us, whereas you would be with Rogers Wave onto Rogers," said Poulidis. "From our site out, we have the equivalent to, if not better than, what Rogers has going out."

Dial-up Internet providers, like Interlog, should not rely on this argument in order to sell their services, because Rogers appears to be one step ahead of them.

"We have very stringent standards of reliability and service speeds and it's at 99.9 per cent, which is at the same level as most telecom providers," said Simkins.

"So if we know that we are coming close to meeting a maximum level we can make it go to a smaller secondary hub of let's say 1,000 customers so they get the speed they're suppose to get."

But improvements always come with a price.

A full, one-time installation of Wave will cost \$150 with a monthly fee of \$55-\$65. Compare that to Interlog's, at \$15 a month for a standard account, the reality is most people don't take into consideration they would, more than likely, have to get another line to free-up the house line, a cost that would average about \$30 for Bell and another \$15 for the dial-up account. A meagre savings of approximately \$10.

While there are many reasons for not switching services the one thing that might get more people over to Rogers is the ease of hook-up. Because most people have less and less time to spend figuring out their computer, Wave is sure to attract some who have yet to venture close to the Internet.

"You don't have to worry about it. We'll make sure that you're hooked up," said Simkins. "Buy the time they (Rogers technicians) leave, you should be up and running."

Student Health and Welfare

<i>Donations to the Peer Tutoring Programme</i>	\$ 15,000
<i>On-Campus Student Employment</i>	\$ 59,772
<i>Student Health Centre</i>	\$ 68,880
<i>Student Drug Plan and Accident Insurance</i>	\$ 91,025
<i>Sub Total</i>	\$ 234,677

Et Cetera

Editorial

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Et Cetera upset by club's request

Prejudice is alive at Humber.

While this is probably no surprise to many people, an event in the Et Cetera newsroom has made us aware.

We at the Et Cetera take pride in representing all groups in a fair and unbiased manner. That is, in fact, inherent in journalism. We trust our reporters to approach each and every issue in the same manner; fairly, unbiased and without prejudice.

We do not tolerate prejudice within the pages of the Et Cetera, or within our newsroom.

During the past week, a member of a student group approached an editor about an upcoming event. This student expressed a desire to have the event covered by an Et Cetera reporter to appear in the next issue.

While this happens frequently and Et Cetera staff always try their best to send a reporter to any newsworthy event, it was the student's next request that caused concern to our editorial staff.

The editor was asked if he would please, send only a Punjabi reporter to cover the event.

The student was promptly told, "that's not the way we work here, I'll send someone down to cover it though."

A reporter was assigned the story, he wasn't Punjabi but simply the first reporter to express interest in the event. The reporter tried to do his job, but did not get the story.

The student group describes themselves as being one that welcomes everyone, "...without consideration of caste, color or creed." They didn't seem to welcome our reporter.

This student was asking that only someone of a specific race do the job. That kind of discrimination is not tolerated in today's society.

You would not accept being turned down for a job if you were told they preferred to hire someone of another race. We will not accept this kind of discrimination either.

And, all of this on the eve of International Day for the Elimination of Racism (March 21).

No one wants to be the victim of prejudice, maybe everyone should take a moment to examine their own prejudices.



Meat me for dinner

by Jae Burns

Environment Reporter

Vegetarian restaurants and health food stores are popping up everywhere these days, making life a lot easier for vegetarians. There are now 36 strict vegetarian restaurants in Metro. However, I recently discovered that we vegetarians have a long way to go before we are recognized as important customers in mainstream restaurants.

I went to a diner that I knew had a couple of vegetarian options.

I ordered my regular; a veggie-cheese melt and a tomato juice.

"I'm sorry, but we don't make that anymore," the waitress said.

I said that was a shame but I'd get over it and have the veggie burger instead.

"Actually, the owner has removed all the vegetarian items from the menu," the waitress told me timidly.

I was in shock. Anyone in the restaurant business should know the demand for vegetarian food is steadily increasing. In fact, membership to the Toronto Vegetarian Association has more than tripled over the last 10 years.

I told the waitress how upset I was and that I'd have to leave. She looked surprised and asked me to wait a moment while she went and talked to her manager.

As she left, I came to the realization that even in this age of increased health awareness, it is not difficult to find restaurants that still put the almighty dollar ahead of healthy eating habits.

The manager appeared and asked me if there was anything else on the menu I wanted.

Duh! I'm a vegetarian. If all the vegetarian items have been removed from the menu, what do you think, Sherlock?

The manager's ignorance troubled me. Do people really think vegetarians abandon their beliefs for a night out to dinner?

This is a call to action for all the vegetarians out there who have ever had to have a salad (Hello? not a meal) or a bowl of soup for dinner because the restaurant you or your friends chose had no veggie option.

Go to restaurants. Go in masses. Sit down and make the proprietor think she's going to make a huge profit. Make the waiter think he's going to get a huge tip. Then, if a suitable vegetarian meal is not among the entrees on the menu, leave. Politely tell the owner why you are leaving. Give her the number of the local vegetarian association and tell her to call when the menu has been graced with some vegetarian meals. Tell her you will return when this has happened.

And if she tells you to put a sock in it, ask if she wouldn't mind shutting you up with a carrot instead.

Letters to the editor

humber_etcetera@hotmail.com

• Head-to-head on smoking • Head-to-head on smoking • Head-to-head on smoking • Head-to-head on

Leave your big butts behind

by Robert Amoroso

News Editor

As of March 3, smoking in restaurants and bars in the City of Toronto was banned. The bylaw is seen as the toughest in all of Canada, with fines for both customers and establishment owners with penalties ranging from \$100 to \$5,000.

When the news came along the wire, I cheered and 16 days later, I'm ecstatic. Finally my rights as a non-smoker are being respected.

This battle will rage on until a solution is found to suit both parties. Well, not until hell freezes over.

I've made a decision that I will always stand by, I don't ever want the stale stench of cigarette smoke to infest my clothes or blacken my lungs.

The 'smoke police' have been patrolling restaurants to levy fines all around Metro. Ironically, restaurant owners can wash their hands clean a la just by saying they informed the customer not to smoke. This system must be ratified because it's still too lax.

Being a patron at any Toronto restaurant is my choice. If I choose to eat out I'd like to enjoy it. But when I have to sit near some-

body who smokes, I get a side order of second-hand smoke at no charge. How can I fully enjoy a meal when my sense of smell is assaulted by the malodorous cigarette smoke?

When I am at a bar I'm there to have a good time with friends. I try but the dark ominous (smoke) cloud hovers over me. When I finally leave it's a 'sigh of relief'. Well almost, I'm left with the stench of cigarette smoke on my clothes, hair and I've inhaled enough that I may as well be a smoker myself.

Everybody can choose to start smoking, just like everybody should have the choice to breathe smoke-free air. Is that so wrong?

Everybody has the right to smoke while having a meal. But it should only be within the lovely confines of their home where individuals lives are not put in jeopardy, especially children.

Choosing to stuff my face with cookies is voluntary. Being exposed to second-hand smoke is involuntary.

Public health officials maintain Toronto's new anti-smoking bylaw is justified if it can spare a few people from a horrific death due to lung cancer. I agree.

We've known this for the longest time. But what is forgotten is the bylaw's sole purpose is to protect people's health.

But it will always be the smoker's right to smoke and it will be first and foremost in their minds.

Maybe it's just a pipe dream, but I know all Canadians are law-abiding citizens and with time they will abide by the anti-smoking rules, I hope.

**"I cheered and still 16 days later, I'm ecstatic
Finally my rights as a non-smoker are being respected."**

- Robert Amoroso

The air ban rocks T.O. bars and restaurants

by Maryan Florio

Entertainment Editor

The law-makers of Toronto may mean well, and they may say they are doing it for the good of our own health but, in this case, they really should butt out.

Toronto is now a smoke-free environment, which is a hefty inconvenience to patrons and business owners all over the city.

Frankly, unless you are in your own bed in Toronto, it's impossible to relax with a cigarette. And nobody profits from staying in bed.

Picture it, all over the city, enjoying the prosperity of a new trend started by caffeine addicts, there are gourmet coffee houses, and sophisticated cafes, and tiny, little, hole-in-the-wall doughnut dives. It has been a long-standing tradition for most of the patrons of these places to enjoy a cigarette with their decaffeinated goat's milk cappuccino. Sometimes they are with friends, or sometimes they are killing time with a book, but chances are, at one point during their visit, they will relish these moments

of leisure, and extend them a bit by ordering another cup and lighting another smoke.

If a smoker can not enjoy a cigarette with his coffee... or his beer... or his meal... he will leave. He may stay the first time, but chances are he will not return, because something was missing from his idea of enjoyment. Something that is perfectly legal only a 10 minute drive west.

The owner of that business still has a chance to keep that patron, however. Although the sticker on the door of his establishment proclaims it is a non-smoking environment, in order to keep his customers, Joe Owner may take the risk of

getting slapped with a fine, by ignoring the ruling and allowing his clients to light up. If caught however, it is you the smoker who may also end up paying up to \$5,000 for sneaking a cigarette on your coffee break.

Ironically, it is now the non-smoker that suffers from the new smoking ban. As there is no designated area for them, they can no longer enjoy their coffee... or their beer... or their meal, in the relative-

ly smoke-free environment that was previously provided for their comfort.

The non-smoking patron is inconvenienced. The smoking patron is inconvenienced. And the owners of the businesses that make this city so prosperous, are crying for their customers to come back.

Thanks so much, Toronto. We can all breathe so much easier now, can't we?

Social Programming

Campus Clubs and Associations

\$ 9,000

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\$ 19,900

Entertainment Programming

\$ 21,000

Special Events

\$ 22,500

Student Orientation Programs

\$ 26,000

New Student Photo ID Cards

\$ 36,000

Total

\$ 134,400



Et Cetera
Lifestyles

Tribute exhibit shows amazing shoebox photos

Son puts together a collection of his father's beautiful, passionately constructed work

by Heather McKinnon

Lifestyles Reporter

She sits on a bench with her legs stretched out in front of her, her soft blonde hair illuminated by the sun. Shadows dance across her flower-patterned dress, and she appears to be thinking or wondering.

It's an image that speaks a thousand words and there are dozens more just like it. Each picture beautifully constructed, though not always staged, and each one depicts a story.

They are the lifestyle photographs of Irving Fistell, a self-

said his son Steven.

Fistell's passion for photography began when he and his brother opened a second-hand shop on Queen Street West "selling just about anything — luggage, watches, musical instruments, tools, electrical appliances and cameras".

His father, who had always been fascinated by mechanical things, brought the cameras home where he practiced on the most readily available subject matter — his family.

"He always had this natural talent and instinct to capture people in a very relaxed manner. He never intended for these photos to be in an art gallery. They were just simply family photographs to be kept in a shoebox at home," said Steven, as he gestures to the photos lining the wall.

But Steven, an art consultant, felt so inspired by his father's passion he had an idea of his own. After about a year of hard work, thought and preparation, he put together an exhibit of his father's work, The Shoebox Collection, that is running at the Photo Passage, York Quay Centre, through April 27.

"I didn't originally intend for the photos to be in sequence, but in order for me to make it an interesting show, it was only logical for me to arrange it so it would tell a story," said Steven. "I wanted to create an emotional impact in the show. These pictures are so beautiful, they trigger your emotions and conjure up all sorts of feelings that we can all relate to."

The exhibit begins with some romantic snapshots of his mother by the lake, when his parents got married, and then moves to a series of humorous shots of Steven as a small child pretending to be Superman. It then moves to

a cluster of contact-size photos of New York, each one arranged to draw you into the tiny-boxed frames as if peering into a tunnel to another point in time.

In essence, that is exactly what they are.

"They are extremely important because of their cultural significance, showing the end of an era.

"He never intended for these photos to be in an art gallery. They were just simply family photographs to be kept in a shoebox at home"
- Steven Fistell

They're archival and strongly evocative of the '50s," he said.

A group of small children pass by the cluster of photos and stop to point and giggle at one in particular. Within the frame, two lovers are locked in a passionate embrace ... kissing. It's the same picture that draws a round of giggles from all the kids, said Steven.

"My first sense of what it meant to put light and shadow together, to frame an image, to see beauty in the objects around me, came from my father and his photos," he said. "I have singled out images that I believe to be among the best of his work. I wonder, would my father have chosen the same ones?"



These photographs by Irving Fistell are being shown at the Photo Passage, York Quay Centre, through to April 27.

"He always had this natural talent and instinct to capture people in a very relaxed manner"
- Steven Fistell, art consultant, on his father, Irving Fistell

taught photographer in the late 1940s, who spent the last decade shooting family and friends.

But he doesn't want to tell any stories himself.

"My father's a really nice guy, very unassuming, but he's shy,"

For more Lifestyles stories visit us on-line:
<http://etcetera.humberc.on.ca>

Dads opting to stay home with kids

by Vince Asselstine

Lifestyles Reporter

Smoking ovens, overflowing laundry and backward diapered babies — is this what mothers can expect when dad is left home with the kids?

This is the stereotype movies like Mr. Mom, made 13 years ago, wanted audiences to believe; that men were all thumbs when it came to raising children.

The web site "Full-time Dads.com" disproves the notion that fathers are bumbling and are not nurturing.

Articles on the site showcase the trend of men opting to quit their jobs and take over the traditional mother role.

Tough economic times have made a dual income family a reality and a necessity. In some cases, working couples refuse to have their kids raised by strangers at an overcrowded daycare so they decide to downsize and have the parent who earns less stay home.

"It just evolved, where I would stay at home and raise the kids. We never really discussed it before we got married," said Bill Arnott, a stay at home dad, father of two girls, beekeeper and editor of Canadian Beekeeping magazine.

Since his eldest daughter's birth, Arnott has been the primary

caregiver to his daughters — now seven and 11.

"The title 'stay at home dad' is wrong, I'm a work at home dad. In today's society it takes two to raise kids, it's basically a diversification of interests and duties for us," said Arnott.

Many fathers on the website write about working part-time. For some of stay at home dads, their careers afforded them a flexible work schedule and an added support system.

A few men discussed issues of feeling isolated and expressed a need to talk to others in the same arrangement.

"Sometimes I could use a support group but, I'm lucky, musicians tend to stay at home so some of my friends are in the same arrangements. It works. I play with her during the day and play my music at night," said Dave Clark, a multi-instrument player who stays home with his seven-month-old daughter Hannah.

Typical work schedules — from nine to five — are a thing of the past for many working couples. Stay at home dad's tend to compensate by getting work done in the evenings or when the kids are playing — constantly juggling the roles of nurturer and worker.

"When they'd sleep or play, I



Dave Clark enjoys staying home with his daughter, Hannah.

would type. There wasn't many distractions, if they wanted to play we'd play stuff the envelopes game. You have to be creative," said Arnott.

"Hannah's my audience. Sometimes we'll drum together. If I happen to come across something new, I'll grab a tape recorder. The majority of my day is spent entertaining, feeding and caring for her," said Clark.

Stay at home dad's that are able to witness first steps and develop an equal closeness to what mothers have with kids.

"The greatest pleasure I get from staying at home is the experience of re-learning how to live my life," said Clark.

this family setup is normal," said Arnott.

The point to remember is that stay at home dad's have help.

Wives of stay at home dad's have some peace of mind knowing their husbands are caring for the kids and they can focus on their careers.

What many don't realize is that bread winning wives begin a second shift when they get home.

Working mothers get little downtime unless their spouse cooks and cleans.

"My wife gets them ready for school and often does more than I do," said Arnott, who credits his wife for the arrangement working.

"Full-Time Dads.com" offered these tips for fathers before they quit their jobs: try living on one salary (don't touch the other income), simplify your life by trading your car for a used or smaller model and hold off on plans for a bigger home in the beginning.

The rewards of staying at home are lifelong.

"Being a musician, I travelled a lot and was independent and maybe a bit selfish. When our baby was born, I learnt from my mistakes and opened up to my life," said Clark.

Information Technology

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New racism exhibit illustrates how prejudice affects science

This controversial exhibit shows how cultural bias has led to horrific disasters

by Adam Weissengruber

Lifestyles Reporter

The latest exhibit at the Ontario Science Center (OSC) wants people to confront their own biases and learn how racism and prejudice have affected the study of science.

"A Question Of Truth" consists of 39 different sub-exhibits under the headings of Point of View, Health, One Race, Prejudice and Community.

Project leader Dr. Hooley McLaughlin said, "scientists have pre-conceived views of the world due to their backgrounds and this determines scientific activity."

Unlike some exhibits the OSC has had in the past, the tone of this one is confrontational. The only way to enter the exhibit is through "The Gateway". This consists of four electronically-controlled doors which require you to wait after pressing the button to enter, or turn around before entering, and other tasks.

While all the doors will eventually open, the idea is to give you the impression that you are being judged and sorted. According to

Dr. McLaughlin, it is natural for scientists to put people, animals and plants into different categories to try to study them. But this exhibit tries to show the seemingly innocuous process can lead to discrimination and oppression.

Dr. McLaughlin said he feels such an up-front approach is the best way for people to learn about the exhibit. "Many times scientists try to over intellectualize these issues and make them hard for people to see how they apply to their lives."

The Health and Point of View sections revolve around how different cultures have approached science and how they apply them to their lives.

Many cultures have believed the sun and all the other celestial bodies revolve around the Earth. Dr. McLaughlin said there is a tendency from a western intellectual point of view to consider these

"Scientists have pre-conceived views of the world due to their backgrounds and this determine scientific activity,"

-Dr. Hooley
McLaughlin



"A Question Of Truth" has 39 different sub-exhibits that test our conceptions of the various backgrounds and races of the world.

people "backwards".

One of the displays shows, however, the indigenous people of the Pacific Islands were able to travel over vast distances with no knowledge of the stars. Centuries of studying the wave patterns enabled them to map unseen islands up to 80 km away.

"Different cultures arrive at solutions due to their environment, values, and other factors. This does not make them inferior," Dr. McLaughlin said.

The Prejudice and One Race sections are the most surprising and shocking according to Dr. McLaughlin. The first display confronts the viewer with models of three men, one white and the other two dark skinned. It asks you to figure out which two are

the most genetically similar.

The natural response would be to pair the two darker individuals. However, an outline of the genetic makeup of the men shows the white man and one of the darker men are more closely related genetically.

There are over 100,000 genes in the human genetic code and only a tiny fraction influence skin color.

What makes "A Question Of Truth" so provocative is that from this basic fact, it goes on to show how the bias that has been built up between different cultures has led to everything from the sterilization of those deemed "inferior" to the horrors of the Holocaust.

A video discusses how science and prejudice have sometimes gone hand in hand.

The infamous Tuskegee experiment in the United States involved 400 black men being deprived of antibiotics to study the effects of syphilis. At some stage scientists decided who would be included in

such experiments.

"There is a legacy in Europe and North America of racism towards black people. We want to show how damaging such biases can be, especially if it is sanctioned by governments," Dr. McLaughlin said.

The message of the exhibit is driven home in the "Confinement Box". A person walks into a dark metal box about the size of a phone booth. A voice discusses how the box's dimensions are similar to the cramped quarters Jewish people experienced while being shipped to the death camps and the ones African slaves endured while crossing the ocean. Then one of the walls slowly closes in on you until you can not move an inch. For 21-year-old Raffi Grzesz the experience was, "chilling".

Another researcher for the exhibit, Nicola Lisus, said the world of scientific research has come a long way from the time when, "we measured criminality by the kind of nose a person had or a woman's predisposition towards prostitution depended on whether her toes were elongated."

Dr. McLaughlin said he is hopeful scientists will become more open to evaluating the biases that might be behind some scientific theories.

On March 21, as part of the International Day For The Elimination Of Racism, controversial political activist and author Angela Davis will be at the OSC to discuss her role in the 1960s civil rights movement and her views on the state of human rights in the world. "

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Persistence key to Radio grad's success

by Jessica Lyall

Lifestyles Reporter

As much talk as there's been about how hard it is to get a job right out of school, Humber Radio graduate Jonathan Sinden is proof that doesn't have to be the case.

After two months of interning at the FAN 590, Sinden graduated from the Radio program in June of last year. Only two and a half months later, he was working full-time at a major market radio station in Toronto — Classical 96 FM. But it wasn't a simple task.

"Just looking for the job was a full-time job. I got up really early every morning, until I started getting results," said Sinden.

Determination and confidence played a huge role in Sinden's success.

Joe Andrews, co-ordinator of the Radio Program, said, "Jon took very seriously the marketing of himself. A lot of the students in the program were probably envious and not as dedicated as Jon was to getting a job. He wanted everybody to know that he was available and he sold himself. He was willing to do anything it took to get a job and that's what I try to use as an example."

Sinden spent many hours and just as much money — about \$750 — preparing packages filled with resumes, demo tapes, and more, to 'sell himself'.

"I didn't think it would cost that much money," he said. He sent the packages not only to radio stations, but some radio networks, advertising agencies and television stations as well. All 171 were in Ontario. The packages weren't sent out all at once — if Sinden didn't get a response fast enough, he would send a whole new set and repeat this over and over, until the letters started coming. Most of the letters, however, were basically the same,

"We appreciate your interest, but..."

"Just looking for a job was a full time job. I got up early every morning until started to get results,"

- Jonathan Sinden,
Classical 96 FM.

But this didn't discourage him. Some of the letters he received were very positive and complementary, but there just weren't any positions open.

"Every time I got a good [letter], I'd want to send more [packages]. It was encouraging. I knew I was going to get something — had to," said Sinden.

Andrews commented on Sinden's perseverance, saying Jon has come a long way and has learned many of the necessities for getting into the world of radio.

"He learned very quickly that for him to be employed in this industry, he has to have a professional attitude and he also has to back up that professional attitude with professional abilities, conduct, and content," said Andrews. "He's done very well. He also sets a standard that many of our students have to look at — it's a very high standard."

Sinden didn't limit himself to applying to only the big stations, but even to a five-man station way past North Bay.

Then one day, Sinden got a phone call for an interview at a large station in Brampton.



Jessica Lyall

Jonathan Sinden said the \$750 he spent to mail resumes and demo tapes was worth it to land a full-time job at Classical 96 FM.

Immediately after that, he got another call, and everything started happening at once.

Before he knew it, Sinden was on a three-month contract at Classical 96 FM and working full-time in his field of choice. He started writing a few commercials, and four months later, with his contract renewed, Sinden is both writing, and producing many of the stations commercials. He's

also voiced a few.

Sinden has had to work extremely hard to achieve what he has, but his perseverance has obviously paid off. As for advice to those wishing to have a career in radio, Sinden adamantly said, "stick to it, don't stop. If you keep on going, the better chance you'll have and the more response you'll get."

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Group provides mentors for black media students

by Paula Davis

Lifestyles Reporter

The Canadian Association of Black Journalists (CABJ) was created to bring journalists, communicators, and those in other media-related fields together, said Angela Lawrence, president of the CABJ.

"The other reason was to be role models for younger people who may be interested in different media professions, as well as to help students already enrolled in journalism programs feel like they have some sort of support and not be isolated," said Lawrence, editor of Canadian Select Homes.

The idea to start an organization had been there for years. After finding out CBC reporter Hamlin Grange was working on starting an association, Lawrence got in touch with him and they organized the initial steering committee meeting.

In February 1996, the official launch was held.

"We are really interested in getting young people interested in journalism in general and as a career," said Lawrence. "We want to educate them and we have workshops each month. We have different issues that we deal with and students can come out listen and also network with people already working in media."

Wendy Cyrus, a second-year journalism student at Humber, is a member and volunteer on the CABJ's students committee.

"I went to the launch a year ago," said Cyrus. "I thought it would be good networking, as far as looking for a job when I finish school and getting involved in the community and knowing who I can contact if I need anything."

Students can turn to the CABJ if they have problems.

The student committee of the association is the avenue that can be used to reach other members.



Veteran reporter Jojo Chintoh, said the Canadian Association of Black Journalists is a good way for young black journalists to network.

"We are basically here to reach students in journalism programs and those who want to enter and may have questions," Cyrus said. "The student committee is there to recruit them and get them involved and hopefully give them a pathway."

"They might be confused whether they want to take television or radio but by joining the CABJ, and meeting with other people there is a variety of different people they can contact."

Students, and any member of the CABJ, can contact other members easily. They are sent a membership list that has the member's area of expertise and contact number.

"I have approached people like Karleen Nation (CTFO reporter) when I needed an interview," Cyrus said. "I called her out of the blue and I told her that I met her once and that I was a CABJ member. I asked her if she could help me and she said 'no problem.' It does help if you are a member because at least they know that you are serious about

becoming a journalist."

Other members Cyrus found to be helpful were City-TV's Dwight Drummond and CBC's Hamlin Grange.

Recent Ryerson University graduate, and now City-TV's assignment editor, Trevor Hampden joined CABJ because he wanted to be close to an organization positive to the black community.

"I saw an organization that was reflective of me and I was at its inception. In an industry that is predominantly white, I saw a group of people that has forged a path in journalism and I wanted to be near them," Hampden said.

According to Hampden, the media often is not inclusive of minorities and CABJ can play an instrumental role in increasing awareness of this.

"Blacks are under-represented in the media. They talk about other industries but within their own realms there is discrimination. The networks do not represent diversity like the subway in rush hour," Hampden said.

He also said the CABJ can be a

resource to show students that to make a difference in journalism you don't have to be an announcer. They can also be part of the editorial process.

"There are great opportunities in journalism right now and students should seize the day," Hampden said.

City-TV's Crime Specialist and veteran Journalist Jojo Chintoh said the CABJ is an organization black journalists should be a part of.

"I thought it was a good idea and I think that young black journalists should join the CABJ. They get to meet people like myself who they can talk to about experiences and hopefully learn from them," Chintoh said.

According to Chintoh, networking is key to the journalism profession.

"My advice to young black or white people, if you want to get into this business you have to try to get into some organization, some company. Either a radio station, TV station or newspaper and be around that environment and get to know people. I find it beneficial to talk to veteran journalists about what they are doing," Chintoh said.

The CABJ's upcoming agenda includes their second-annual gospel brunch fundraiser in June, going to the National Association of Black Journalists convention in the United States in July and having a welcome reception for their student members in the fall.

Even though the CABJ has a few members outside of Ontario, the organization's goal is to evolve into a larger nation-wide association.

"Definitely our plan is to go nationally. It is part of our mandate, right now we need to create a foundation and then branch out," Lawrence said.

"What we really need is people in other parts of the country, like

Montreal to help us. To have some awareness and have some interest in at least getting a list of names of people that we can start to send materials to. We need representatives and people in those areas to get involved."

Another important goal is to establish a mentor program.

"We asked some of the members if they want to be mentors. If they don't mind students calling them up and asking them questions," Cyrus said. "A lot of the members do not mind. If students want to be matched with someone for a day like shadowing, we would set it up."

Cyrus said any program the organization sets up is for serious students.

"Black youths that show a definite, 100 per cent interest and nothing less, will benefit from the program."

"If the CABJ sets up an internship program I know it will be a good one because there are a lot of working journalists who are willing to help black people," Cyrus said.

Students need to get more involved in the organization, said Hampden.

"In this field it is who you know and who you are associated with. Now that we are here students should take advantage of the people we can introduce them to and help them," Hampden said.

Chintoh would like to see more interaction between members of the CABJ.

"I would like to see more socializing because in a social setting, we get to know each other. Don't forget when Hamil and I were growing up in this city, and this business, there were not many of us around," Chintoh said. "It's important to know that there are a lot of us out there. You can talk to veterans like myself and bounce ideas off of, it costs you nothing to talk to me."

The student fee is \$20. The CABJ meets every third Thursday of the month at the central YMCA downtown.

"Once you join the association and come to the events and monthly meetings, students can see that there are black working journalists out there. There are a wide range of voices and names that students may not know were black," Cyrus said.

The CABJ just celebrated its first anniversary and has increased its membership to 85. They would like to reach 100 members this year.

"The organization is here to stay. It's not a fly by night organization. That is why it has been really important for us to build a solid foundation," Lawrence said.

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Depression needs attention

by Rajesh K. Pallan

Lifestyles Reporter

Everybody has the blues or feels down from time to time. But people who suffer from depression have much more than the blues and their feelings can last for a long time.

Generally, depression is the most common problem for which patients must seek professional help. Nearly 10 per cent of Canadians suffer from depression and 10 to 20 per cent will suffer from depression at some time in their lives. About 25 per cent of Canadian women and 10 per cent of Canadian men will suffer from depression at some point.

Depression is often misdiagnosed or ignored because there may be no obvious physical symptoms. But depression is a true illness, caused by chemical changes in the brain.

Victims suffer from two types of depression — endogenous and reactive. Endogenous depression is genetic; and reactive depression relates to environmental factors such as a stressful event or a loss. Financial, social and marital problems may also trigger depression.

"Some illnesses such as multiple sclerosis or a stroke can also cause changes in the brain that

lead to depression. Sometimes the reactive and the endogenous are meshed together," said Dr. Bernard Lau, who works at a Medical Centre near Etobicoke General Hospital.

Depression can be diagnosed through symptoms like sleep disturbance, loss of concentration, prolonged sadness, agitated mood,

"I used to suffer from insomnia. I never felt like doing anything. I was always depressed. But meditation and a lot of exercise have worked wonders for me"

- Nirmala, who added that jogging also helps

lack of interest in pleasurable activities, lack of self-esteem and self-confidence, strong feelings of guilt and self-reproach, frequent thoughts about death or suicide

"I used to suffer from insomnia. I never felt like doing anything. I was always depressed. But meditation and a lot of exercise have worked wonders for me. In fact, I have jogged my way out of depression," said Nirmala, 45, who runs a retail business in Rexdale.

In our brain, chemical messengers called neurotransmitters help control our emotions. The two main messengers are serotonin and norepinephrine. The levels of their fluctuations change our emotions. When the neurotransmitters are balanced, we feel the appropriate emotion for the occasion.

"About 10 or 15 years ago, its treatment used to be just to calm down the mood. Nowadays, the best available treatment is to strike a balance in the neurotransmitters. Neurohormones or happy hormones seem to be depleted in depressed people and the medication stimulates happy hormones by which normal emotions come back and you feel pleasurable again," Dr. Lau said.

Counselling is another effective treatment for depression.

"Counselling is the proper way to strike a balance between the positive and the negative side of



Many people have said exercise helps depression.

emotions. And it has instilled self-esteem and self-confidence in me," said Sharanjeet, 45, who owns a sofa business.

Some patients may have Seasonal Affective Disorder. If you are depressed and experience less sunlight, the latest research recommends you "use little gadgets like eye-glasses which emit sunlight that stimulates glands, deep in the brain and thus balances the hormones," said Dr. Lau.

Other supportive measures can be adopted to treat depression. An evaluation by a doctor is crucial before an effective treatment plan can be designed.

"We do not try to prevent sadness. It is a normal part of life. However, we prevent patients from non-constructive behavior and vegetative signs, basically, suicidal tendencies. They must respect their body rhythms," Dr. Lau said.

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Collectables



Features editor: Pam Chynn
Designer: Anya L. Lewis

STARticles in hot pursuit of celebrity paraphernalia

by Lauren Buck

Features Reporter

Celebrities are all the rage these days. Faithfully we buy their CD's, attend their movies, and follow them in and out of the news, making it quite obvious why celebrity paraphernalia has become such a popular collector's item in our star-struck society.

Collectors of all ages and levels of interest tend to seek out the general autograph or celebrity picture, right up to movie props and costumes. Basically anything is sought after as long as it has been

directly associated with a celebrity — worn, used, signed, or owned.

"Celebrity paraphernalia can be a work of art," said Kirby Andersen who along with his wife Zan Gowrali co-owns STARticles Ltd., a virtual haven for star-struck fans. "It's historically important, it's a definite investment, and ultimately it's a way to show appreciation (towards a certain entertainer)."

STARticles, with locations in both Los Angeles and Toronto, specializes in the buying and selling of Hollywood film props and wardrobes, gold records, signed guitars, stage-worn items, auto-

graphs and other oddities.

"We're the only store of its kind in Canada," said Andersen. "There are very few stores in the world which specialize in celebrity paraphernalia."

What can a true collector expect to spend in this industry? It all depends on what you're willing to spend. Items can range from \$1 for physc Jo-Jo Savard's autographed index card to an \$8,000 three-piece green velvet suit worn on stage by the Godfather of Soul himself, James Brown.

There are really no limits to how much an avid collector is will-

ing to shell out, nor is there an end to what a buyer is willing to put into his collection. The watch Brad Pitt wore in the movie Seven is worth as much as \$5,000 U.S. while for the same price you can pick up Rocky Balboa's soft black leather sparring helmet worn while training for his re-match in Rocky III.

For those looking to spend a bit less, STARticles has an array of personal celebrity bank books for just over \$200.

Andersen said he figures the most interesting item he has sold during his career was the original Dorothy dress worn in the Wizard

of Oz which was quickly snatched up for a cool \$73,000.

My own personal collection is small but consists of various local and some big name celebrity autographs including an autographed shirt signed by Canada's own Celine Dion. My most prized possession, an 8 by 10 picture autographed by the Beatles themselves, Jerry Mathers, cost me a mere \$35.

Collecting heads no shrinking business

by Antonio Tedesco

Features Reporter

Some people collect stamps, some collect rare coins, but Bill Jamieson has managed to put together quite an impressive collection of shrunken human heads.

The interest in shrunken heads of this soft-spoken collector of art deco and side-show memorabilia was piqued while "hanging out" in South America about three years ago researching head-hunters for an article he was writing. While in South America, Jamieson spent the majority of his time in Ecuador.

"I wrote a fiction story about head-hunters, and I was down there (South America) hanging out with these people a bit," said Jamieson. "I had some first-hand contact and some great interviews and from there thought it would be kind of nice to have a token shrunken human head for my story."

From that moment on, his fascination with human trophies grew. Jamieson began collecting artifacts from one head-hunting culture, to those that shrunk heads, going as far as collecting the artifacts of cannibal cultures.

His fascination took him to

other countries in search of both shrunken heads and a variety of other materials from these tribes. Well-versed in these tribal cultures, his desire goes well beyond the mere possession of these artifacts.

"There's a lot more to this than a guy with a bunch of shrunken heads," said Jamieson. "I'm really into reading and learning about the cultures, I even go to the countries. I've spent six weeks out of the last year in Ecuador, with this one old warrior who would tell me all these interesting stories. Truth is way better than fiction."

Jamieson's first head came from a Queen Street antique market after he placed an ad in *The Globe and Mail*. As a result of the Globe's coast-to-coast classifieds, he was able to acquire a few heads in a short period of time.

"I found out that I couldn't afford one (a shrunken head). So I thought I would throw an ad in *The Globe and Mail* and I got three heads in three weeks. It pays to advertise," joked Jamieson.

Jamieson said he has bought heads from places as close as Hamilton and as far away as Germany, where he managed to add five more heads to his collec-

tion at a relatively low price.

His fascination with shrunken heads and other human trophies has changed Jamieson's views on life and death. "We're just another species going through the cycle," he said.

He rationalized his collection in words somewhat macabre in their tone. "It's actually true art done by masters or monsters," said Jamieson.

"It's like a car crash, where everyone wants to see but they don't want anyone to be hurt," said Jamieson. "People are drawn to see them. It's the macabre nature in everybody. In a sense it's art in human form."

From human skull baskets to bookends, skulls peer at you from every nook and cranny of Jamieson's deco-jungle apartment. Femur-bone daggers, mummified heads and jewelled skulls stare at you with hollow eyes, while he explained his unique collection has taken him many places and should take him to many more.

"I would never have an animal head, but I'd have a human head. It's kind of like 'we're not running out of humans,'" said Jamieson.



How to make a shrunken head:

The head of the victim is cut off. The skin is opened up from the base of the neck to the crown. The skull is then entirely removed, leaving only the soft, pliant skin.

Next, the skin is dipped into a vegetable preserve extract which dyes it a blue-black, and then the cut skin is sewed up along the neck to restore the head to its original form.

The cavity is filled with hot sand or pebbles. After the cavity is filled, the head is constantly turned and moved, in order to uniformly dry it. When the sand has cooled, hot sand takes its place. The entire process may take several days before the head is completely cured.

For more information you can reach Jamieson through his website at: <http://www.head-hunter.com>

Silver Snail leads a trail to Trekie

by Paul Richardson

Features Reporter

Prom Spock ears to fridge magnets, the list of Star Trek collectables is as long as the list of species that Captain Kirk got to know on a personal basis.

The Star Trek collectables universe includes cardboard cutouts of popular characters, toy phasers, tricorders, communicators, replica uniforms to plastic Spock ears. And that's just the beginning.

Silver Snail Comics in downtown Toronto has a Trek collectables section which includes 10 inch models of characters from the original Star Trek series which can cost as much as \$100. Silver Snail also has movie posters, toy ships, pins and action figures.

The recent launch of the movie *Star Trek: First Contact* sent Trek collectors into a feeding frenzy in order to collect movie memorabilia.

"It's not for everyone," said Laura Rawson, of Silver Snail Comics. "It all depends on the type of fan you are."

"Anything to do with *First Contact* were hot items," said Rawson. "Model Borg ships, posters, and action figures."

Science fiction magazines such as *Starlog* and magazines devoted to the Star Trek television programs include advertisements for those who want to send away for lithograph posters, pins from the Ferengi or Klingon home worlds, or there is even a Star Trek chess set with Captain Kirk as one king and the evil Singh as the other.

A line of trek-related jewellery was recently launched including earrings from around the galaxy and back.

For those looking for the latest in Star Trek memorabilia due to the 10th Anniversary of Star Trek: *The Next Generation* coming up next year, it is anticipated there will be all kinds of neat new gadgets and toys coming to a store near you.

by Jennifer Oxley

Features Reporter

The world of stamp collecting is rapidly changing and is leaving many buyers scrambling to keep up.

With the recent introduction by the United States Postal Service of their Marilyn Monroe stamps, the 1950s sex symbol has become the most popular face seen on stamps from around the world.

Small countries like Gambia, Sao Tome, Montserrat, Mongolia, St. Vincent, Burkina, Faso and Madagascar, which are normally considered too small to be a major exporter of anything, are now producing stamps and collectors are buying them up fast.

John van Emden, president of the International Collectors Society (ICS) said the popularity of stamp collecting is increasing due to the changes made to stamps themselves.

"In recent years governments have become refocused on popular images," van Emden said. "Four to

five years ago stamp producing governments started issuing celebrity commemorative stamps."

According to van Emden, anything that features a celebrity will sell fast.

Elvis Presley, James Dean and The Beatles are just a few of the countless others that have been immortalized on the face of a stamp.

Clearly Monroe has been tops with collectors for the past few years. When the U.S. Postal Service released their commemorative Marilyn Monroe stamp it sold out faster than their 1993 Elvis stamp.

The sheet of 32 cent stamps featured a star cut in each of the corners between each stamp on the sheet instead of the normal dot perforations.

Misprinted stamps are also a hot commodity among collectors.

A company called AJ Arts Ltd. Products & Services has located and purchased a quantity of these stamp sheets that were misprinted by the postal service. Apparently one of the stars has not been cut out of the sheet between the

stamps. The company said these stamps are rare and are selling the small quantity for \$129.95 per sheet. You can find out more on their website: www.webcom.com.

Stamp collectors buy up such misprints within hours of hitting the Net. The Internet seems to be a natural companion to any stamp collector. The sites offer full scale pictures of the stamps and online order forms.

Sites like Stamp World hold online auctions where collectors can bid on each particular stamp until they own it. Ordering on-line is usually ill advised by most credit card companies.

For those interested in surfing the net in search of some stamp treasures useful sites include:

- I.C.S. : www.kiosk.net
- Canada Post : www.mailposte.ca
- Stamp World : www.stamp-world.com
- Stamp Universe : stamp-universe.com

Like the U.S. Postal Service, the collectible stamps Canada Post issues have some historical context.

Last year, Canada Post issued a 45 cent stamp in remembrance of the Holocaust and its victims. This stamp features victims faces' and the date of World War II, 1933-1945. This stamp also looks different from any other commemorative stamp Canada Post has issued. Its size, approximately 3 cm by 5 cm, is much larger than regular 45 cent stamps.

Stamp collecting has a bit of everything; history, art, controversy and of course the draw of celebrities.

"Ken" you never stop playing with Barbie

by Victoria Jackson

Features Reporter

Have you ever heard of Barbara Millicent Roberts? How about her boyfriend, Ken Carson? If you're a Barbie fan, you've probably heard of both.

Barbara (Barbie) was born on March 9 1959, according to Mattel and has been dating Ken steadily ever since with no plans to marry.

Lisa Randjarv only really started collecting Barbies three years ago, but she has loved the doll for years.

"I have all my sister's original dolls and all the ones I got when I was a kid," Randjarv said. "Now I've started collecting the more specialized ones."

She added she has about 40 dolls on her own and with her mother and sister's dolls included there are about 150.

Collector Barbies available through catalogues and the Internet can range in price from \$20 to over \$200, according to Mattel Toys. The dolls are available in porcelain and vinyl.

"The most I spend right now is \$120, but some of the rare ones at the shows can be more than \$1,000," Randjarv said.

With her mother and sister, Randjarv has travelled to shows across Ontario and down to the U.S.

"At one show we met a lady who started her own business and now she works for Mattel as a sales rep," Randjarv said. "She sends out a catalogue each year to

people who join a Barbie collector's club."

Randjarv said she started collecting because she has always loved Barbie and now that she has a good job, she has the time and money to collect. But she said people have many different reasons for collecting.

"My mom says part of the reason she collects is, growing up as a child in Europe during the Second World War, she had everything taken away from her," Randjarv said. "She remembers having to leave a doll behind when they were running from a house."

Randjarv's mother buys "old, ratty Barbie's from garage sales," as well as collector dolls.

"She cleans them up and conditions their hair. She copies designer outfits for them," Randjarv

said. "You would never know they weren't new."

Randjarv's favorite doll is a rare redhead "Beach Barbie Teresa" she bought from a collector at a show.

"You have to trust these people and rely on the information they give you. I have looked around since I bought her and all the other Teresa dolls I've seen are brunettes," Randjarv said.

If you're planning on starting a collection, Randjarv said you should go to some shows and take special care of your dolls.

"I'm not even taking them out of the boxes anymore," Randjarv said. "You have to look for flaws in the clothing while the doll is in the box, because if a button is broken that

could lessen the value of the doll later on."

The Internet is a great source of information for rookie collectors. Some sites to check out are: www.barbie.com and www.primenet.com

An original Barbie in mint condition, never removed from the box recently sold for \$5,000, according to *Barbie Bazaar* magazine.

Randjarv said not all Barbies will go up in value because there were too many of them, but some of the old accessories could be worth a lot of money.

"I have the old trailer and the airplane with all the pieces that went with them. I remember the brown plastic dishes and the hidden drawers. It's amazing the things that stick in your mind," she said.

This year's special edition "Holiday Barbie" was one of the top selling presents at Christmas, according to Mattel.

Randjarv is looking forward to the soon-to-be released Marilyn Monroe Barbies.

"I definitely want to buy those, and there are some designer collectables coming out that I would like to get," Randjarv said.

Randjarv said she has an original "Skipper" that used to be her sister's and would be worth a lot of money, but she "cut the bangs off".

"I have a lot of Barbies with extra short hair, thanks to me," Randjarv said.

Will her children be allowed to play with their mother's dolls?

Randjarv laughs. "No way! But, they'll definitely get their own."



Courtesy photo

SAC

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Quote of the Week

"I am worried about my old fans' reactions. But most of them are dead."

Pat Boone (as said to US magazine), on his new album of heavy-metal standards.

Presidents settling down

by Scott Middleton
Entertainment Reporter

The Presidents Of The United States Of America are nothing if not different.

Their performances, both live and recorded, are filled with an energy missing in today's mainstream music scene. They have a unique ability to shed a humorous and sometimes nonsensical light on otherwise, serious subjects. They can make the listener feel like a kid again. Their first album was filled with a lot of three-chord rock played on a three-stringed guitar and a two-stringed bass. For this, they have gained a reputation as a group that isn't to be taken seriously.

Their fans disputed this notion by taking that album to double platinum status in Canada and quadruple platinum in Australia. Two years and one album later and they are still selling out shows around the world like Saturday's show at Lee's Palace.

The Et Cetera got drummer Jason Finn's take on the Presidents' music.

Et Cetera: Did you always want to be musicians because you have a different approach to it than other bands?

Finn: Yeah, definitely. In (guitarist) Dave's case he already had a professional career going. We've all played music since we were very young. But there's a big step you take between playing for fun and playing it for a living.

Et Cetera: What did you do before the Presidents?

Finn: I was in a band called Love Battery that put out a bunch of records on Sub Pop.

Et Cetera: But you weren't a plumber or anything like that?

Finn: No, I was not a plumber. I was a damn talented bartender. Bartending is great in that it's kind of like being a musician. You can sleep in and there's always beer around.

Elements of the Presidents such as lyrics and the head-bopping appeal of the music have been compared to the Beatles' Yellow Submarine era. Finn can see similarities but is reluctant to compare himself as if he's not worthy of the comparison.

Finn: The Beatles are definitely our biggest influence as a whole.

Chris (singer, bassist) had Sgt. Pepper's when he was around four.

Et Cetera: Any other influences?

Finn: Dave's biggest influence is probably Willie Nelson. Don't even get him started about it. He's like 'best song writer, best guitarist, best singer' which I'd have to almost agree with but I'm more of a punk rock person.

To prove Dave Dederer's love of Willie Nelson the Presidents played one of his songs on request at Saturday's show.

Et Cetera: Do you feel like you've been basically shit on by music journalists for not being cool, doing something that makes people happy?

Finn: We try not to let it affect how we do our process which is very simple and organic. We just play music. We're humans and we play music. You can't sit around and read all your press because it will depress you. I would say that most of the smaller level journalists, everything except Spin, Rolling

Stone and the British Press are pretty cool. They generally like us and that's why they write the story. They usually write nice things. It's when you get to the national level publications like Spin that they will always have to say how simplistic we are or how we are ruining music because we're not taking it seriously enough. These same journalists would love us if we only sold 50,000 records.

But because we've sold so many it's all of a sudden some sort of commentary on the music industry. **Et Cetera:** That all seems sort of strange when you seem to be getting back to what people wanted in the first place, something to feel good about.

Finn: That, I guess, is what we're trying to provide. We started out as an acoustic-cabaret-type thing and just got very popular in Seattle because people were enjoying coming to see us. They weren't going to see a rock show, they were going to see these morons on stage. That was what was fun and it has kind of gotten away from that. We're some sort of big rock band now and we play concerts in big hockey rinks. You pay all this money and there's this barricade and a huge stage. We sort of had to change what we do live to reflect that.

Et Cetera: Does that change the way you write songs?

Finn: It kind of did. The new record is more aggressive because those songs were written on



Scott Middleton

The Presidents Of The U.S.A played Lee's Palace March 15.

stages all over the world. Rehearsing those songs working them into the live set as we were writing them for the last two years. This last album was more of rock

It's great to make a rock album but we're going back the other way on the next one. It's all a process of staying happy.

Et Cetera: Is this album going to be as big as the first?

Finn: Oh, no, no, no. We've had our moment, we've grabbed the brass ring. Now we're settling in a few notches down, which is good because people don't bother you as much. We got in there pretty good with the first one, now we're settling down. Hopefully we might be the They Might Be Giants of the '90s.

For more Entertainment stories visit our website:

<http://etcetera.humberc.on.ca>

Life not Odd for Vancouver band

by Victoria Jackson
Entertainment Reporter

The Vancouver band Odds are looking forward to going home.

They left to tour their new album *Nest* on Feb. 12 and they'll head for home March 23.

Vocalist/guitarist Steven Drake said the band decided to turn left at the Great Lakes and tour through the U.S. on their way home.

"Normally we turn right and go up through Thunder Bay, but we thought for a change we'd skip the 24-hour trip through uninhabited wilds and go through the teeming multitudes of possible record buyers," Drake said.

The band has already been touring in the U.S. and is doing fairly well, Drake said.

"A lot of people talk about how hard it is for Canadian bands in America, but nobody talks about how hard it is for American bands in America," Drake said. "For every Canadian band that's having trouble, there's 200 U.S. bands that are having trouble."

Nest is the Odds fourth album.

The first single released was "Someone Who's Cool," which

Drake said is doing really well and their follow-up single was "Make You Mad."

The band was formed over 10 years ago.

Drake said he met bass player Doug Elliott first and Elliott told him to fire his bass player and hire him. So he did and the rest is history, Drake said.

"Actually my bass player quit," Drake admitted.

Elliott said the band has been very lucky.

"We got a record deal after three years," Elliott said.

Drake said luck is only part of it.

He said a person really has to want to play music.

"It's a bad job. There's no

security. The reality of being in a band is if you want to make money, go into real estate. If you want to play music and tour the country, then do that," Drake said.

He added it's hard to make it in music if it's your second thing.

"You can't let your second job take over so that your music is just a Friday night thing," Drake said. "You can't do that because music is a seven-day a-week job. If you get tied down with certain responsibilities, you can't be Mr. Beatnik guy, touring all over and you have to do

that to make it."

He said most people in the music industry aren't there because of the money.

"We're able to support ourselves and get our records out. What more could we want?" Drake laughed. "Except worldwide domination of all record charts."

Canadian content?

"I think we're approaching a time when that won't be necessary," Drake said. "That's good because Canadian content doesn't always offer advantages to Canadian bands."

Their favorite places to eat on tour?

Elliott admitted that every place has its own forte.

"Alberta has great steaks, Montreal has great bagels, and Ontario has the best donuts."

A lobster-feed the band had on the east coast also ranks high.

What scares them?

"The future," Elliott said, "it's like everyone. You say I'm doing all right now, but what about when I'm 65?"

Drake wasn't sure when the band would be playing in Ontario next.

Matchbox 20 full of substance

by Scott Middleton
Entertainment Reporter

In the sea that is pop-rock it is hard to come by a band with some substance.

Most bands in the mainstream chorus the theme of mediocrity and apathy. They tend to feel sorry for themselves and have nothing to sing about but their shitty little lives. Matchbox 20 isn't one of those bands.

The five-member band from the American south-east are not only musically talented (they play more

than three chords) but emotionally full. The lyrics are a large part of that fullness. The lyrics can, at times, pass for conversation. They tell a story that isn't always happy but it doesn't scream "feel sorry for me". It's that story and the band's attitude towards life that gives the band substance.

"I think it's not an emotional 'drag you down' but an emotional kind of 'build your character' thing," said Matchbox 20 front man and lyricist Rob Thomas. "I hate to do this but it's the only way I can

relate this. The song "Long Day" is not about everything really sucks but tomorrow it's gonna be okay. It's saying that everything sucks and it's probably not going to be better tomorrow. But it's not about it being okay. It's about how you relate and how you change yourself and adapt."

It may seem like they are a very serious and introspective band but Thomas assured they are "nothing but fluff and fun".

"We write serious songs so we don't have to be serious guys," said

Thomas.

"We come out every night and we feel these songs. And because of that, instead of being people who suffer for our art, we would suffer if it wasn't for our art," said Thomas.

The songs are of a serious and personal nature to Thomas. They are often written through the perspective of someone other than the writer to shelter Thomas' relation to the song but still convey the emotion and the situation.

"A lot of times when you're writing a song you are really close, especially when it's your first record. You don't have solitude to write it in," said Thomas. "I live with my girlfriend and it's kind of hard to be that personal about the subject matter around people who know exactly what you're talking about. It's kind of embarrassing sometimes to write it so plainly so I wound up writing like a code using different points of view."

"It almost always came out as a she. Sometimes 'she' is me and sometimes 'she' is my girlfriend or a family member or it could be just a couple of people I know."

One of the reasons Thomas can understand these other perspectives is the women in his life. He was raised by his mother and sister. His only role models, everything he knows about life, his whole experience up until now centres around what was brought about by those two women.

"Every relationship or every drunken boyfriend or every experience that had to do with learning about adult life, I learned through my mother and sister, which I thought were great teachers. It

teaches you patience and it teaches you character," said Thomas.

But the listener is supposed to forget about who the lyrics are about and just listen to the music. Like the title of the album *Yourself Or Someone Like You* the songs are meant to be listened to individually and the fact that someone was writing them is to be forgotten.

Matchbox 20 backs up all the feeling conveyed in the songs instrumentally. For this reason their live shows are said to be electrifying.

Songs range from surging rushes of "Busted" to a somewhat rustic "Back 2 Good". They have been said to sound a little like the Counting Crows.

This similar sound is attributed to sharing common influences such as Van Morrison.

"We were a local band when they were," said Thomas. "They came out before us and they were compared to Van Morrison. I think if we had come out first we would have been compared to Morrison and then maybe they would have been compared to Matchbox 20. It was just a beautiful coincidence that we have a similar sound."

"If people listen to our stuff and realize there is some substance there, it would set us apart from a pop band but not from people of substance," said Thomas. "It just puts us in that realm which is where we want to be. We just want to be a pop band that writes good songs."

Matchbox 20 is currently on tour with Collective Soul and will be playing Lee's Palace on March 22.

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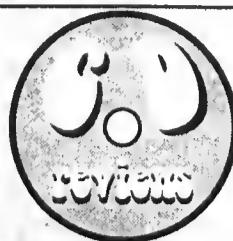
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**MATTHEW SWEET**

Blue Sky On Mars

(BMG)

Despite many ups and downs in his career, Matthew Sweet is reaching for the sky and grabbing a piece of it in his latest album *Blue Sky On Mars*. From the first track "Come to California" Sweet pulls you along for a ride that is surprisingly light and upbeat. He followed 1991's *Girlfriend* with *Altered Beast*, and *Son of Altered Beast*. But neither made a ripple in the music world. Sweet's next album *100% Fun* (1995), with the successful single "Sick of Myself" was more up-tempo and reminiscent of *Girlfriend*. On *Blue Sky On Mars*, Sweet plays almost all of the instruments himself. In some of the songs this lends itself to a noticeable synthesizer sound, but Sweet makes up for that with his melodic blend of guitar and vocals. The sounds on this album are drawn from a variety of sources, ranging from being Beatie-esque ("Back To You") to an R.E.M. sound ("Missing Time"). There are soft and hard styles, romantic and sarcastic songs. It's a nice mix that keeps you listening until the end.

— Victoria Jackson

GLUELEG

Clodhopper

(EMI)

From the blaring horns on their title track "Pistons", to the soft fiddle of Ashley MacIsaac on "See Saw Man", Glueleg has charged back onto the music scene with their second full length CD *Clodhopper*. The Toronto quartet, sounding like Rage Against the Machine with a horn section, have created an album that stands out on its own, with funky keyboards and samples, to heavy bass and guitar-laden tunes. If ever a band was trying to be original with their sound, Glueleg has done it.

— Darren Leroux

ENTERTAINMENT

High Life Big Apple bound

Canadian play heads to the big lights and big city

by Bernice Barth

Entertainment Reporter

It's easy to see why *High Life* is New York-bound, a feat accomplished only twice before by a Canadian theatre company.

A remounted play by Lee MacDougall, *High Life* first ran during last year's du Maurier World Stage in Toronto and was a huge success.

The play's popularity is largely because of the cleverly written story and the superb acting skills of Brent Carver, Randy Hughson, Ron White and Clive Cholerton.

The four-man ensemble is back in the darkly humorous play.

Everything about the play is stark — the stage, the story and the audience to the gritty, dark realism of *High Life's* world.

The apartment setting, designed by Glenn Davidson, is threadbare and open. Lighting, designed by Bonnie Beecher, rings the four sides providing a striking contrast to the darkened stage each time the scene changes.

Cholerton, who plays Billy, describes director Jim Millan's interpretation of the set as "four heavyweights getting into the ring and then, with the lighting around it, just sort of letting us get to it."

At times, the set's exposure is almost uncomfortable, as if the audience is seeing something they shouldn't be.

The voyeurism is reinforced when the setting changes to the inside of a stolen car.

During this pivotal scene, the actors spend virtually the entire time looking outside of the car, underlining the fact that the audience is watching from the outside in.

The story revolves around the needs of four morphine addicts to feed their habits.

As Ron White's character, Dick, points out they are all "disciples of

the Evil Morph."

Cholerton described his character, Billy as "a very mixed up, confused, desperate little fellow, who has no clear plan, but rather goes from fix to fix."

Dick hatches a bank heist idea that will set all four men up for life, so he brings together Donnie (Carver), Billy (Cholerton) and Bug (Hughson) for the big score.

"Dick is the sort of character who wants to get people to realize their dreams and maybe to help them out and also to help himself out," White said, "to grab the brass ring and not be dictated to by a screwed up society."

Problems surface, however, even before the team meets. Donnie, Billy and Bug don't like each other very much. Bug and Billy have murderous streaks and Donnie is afraid of them.

The only reason the three men agree to do the heist is because Dick persuades them.

But there's more to the play than just a robbery scheme.

"It's about bonding and fellowship and just the fact that these people live a different kind of lifestyle doesn't negate the fact that they have feelings just like everybody else," White said. "They have those feelings maybe just as deep, slightly warped perhaps, but just as deep and heartfelt as everybody else's and they have dreams and desires just like everybody else."

MacDougall comes by his insight into the lives of morphine addicts from a friendship he developed in Halifax.

"Out of the blue he [MacDougall] comes up with this play," White explained. "He was billeted in Halifax in the Neptune Theater with some people who he found out were all morphine addicts. He didn't partake but they got to know him so he hung around with them in the house and listened to all their stories."

About a year later, he got the bank heist idea and wrote the play.

Part of the play's brilliance is MacDougall's fine writing.

White described the play as an

absolute blast to act in: "it's a riot to come to the theater because nobody is carrying the show. Everybody's got their stuff to do and it's such a great mix. The four of us just can't wait to get on stage every night."

Not only is MacDougall's writing tight and well-paced, but he also draws in the audience. He accomplishes this through the audience's sense of voyeurism and by creating the same kind of tension in them that is playing out in the action and between the characters on stage.

For example, he delays Dick's revelation about what the bank heist is. By the time, Dick finally does reveal his plan, the audience's curiosity has been teased beyond endurance.

They are as tense as the characters right up to the climactic ending when the play's pace quickens and the action creates suspense.

Between the audience's interaction with the high tension created on stage, the characters' brewing hate for each other and their addictions making them agitated, *High Life* crackles.

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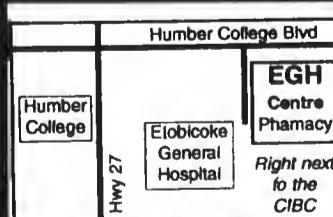
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Et Cetera

Milky Way shoots for the stars

by Ira Haberman

Entertainment Reporter

Milky Way is about exploring directions and ideas based in grooves.

At least that's what you'll find on their webpage.

For many, that statement would conjure up thoughts of Stevie Wonder's album *Reflections*, while others may be reminded of *Bitch's Brew* by Miles Davis. Whatever the preference, perhaps a trip down the righteous path to The Milky Way is needed.

Milky Way is Toronto's own improvisational jam band rooted in jazz, rock and soul. This quartet knows how to groove and their newly formed following can certainly attest to that.

Formed in late August, Milky Way are already veterans of the Comfort Zone on Spadina and Cervajeria on College in downtown Toronto. The band is made up of Justin Olds on lead guitar, Steve Perzow on bass, Robbie Grunwald on keyboards and Steven Mensher on drums. All four contribute vocals, and songwriting.

Perzow, Grunwald and Mensher (not the law firm) were all in a band called "Guava" until Perzow graduated from Vaughan Secondary School three years ago. Perzow was toiling around with other bands and jamming with friends, when he met Olds. They seemed to have clicked one evening at a friend's place when Perzow suggested that Olds hook up with him and his old Guava pals. Since that hot August evening "it's all been a slice of heaven," said Perzow at a rehearsal in North York.

Describing their sound is a difficult task, and suggesting their sound is merely unique

certainly does not do the band any justice. Perzow who is a very talented bass player leads a steady rhythm section

One of the butt jigglers, Eric Machdinger, a Vaughan alumnus and a pal of Perzow was really impressed at the band's perfor-

"The place is packed, and I am having such a good time, there is always a good Milky Way vibe when these guys play here," said Cosmic Steve, the manager of the Comfort Zone.

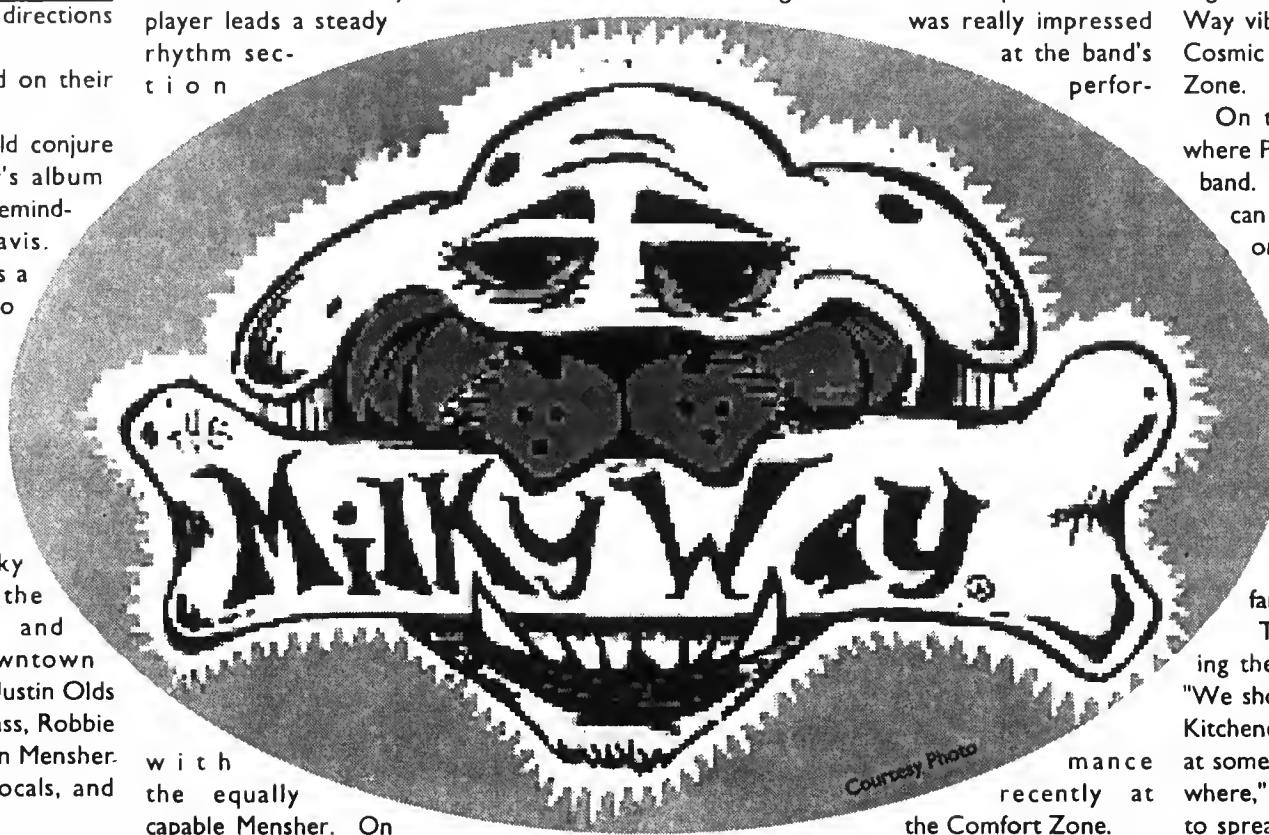
On this night, the band was close to where Perzow claims he feels best about the band. "I think we play our best when we can stretch out and improvise, not only on progressions, but on time and key as well," said Perzow.

The standards the band has set for themselves are very high. They have all at one time been fans of the Grateful Dead who they heavily admire as musicians. Though they would like to humbly distance themselves from that whole "deadhead" scene, certainly they share some of the same fans.

The band isn't resting on the following they've developed in Toronto either. "We should be going to Kingston, Montreal, Kitchener, London, Waterloo, Peterborough at some point soon. We want to play everywhere," said Perzow. The band is committed to spreading their sound to college and university aged audiences across the province and country.

Right now, Milky Way are anxiously awaiting studio time. "That's actually a main priority right now, and as soon as we can secure some time, and money, it will be done. We're pretty picky about sound, so we want to make sure it's done right. We record all our shows, as high quality as possible, usually on DAT format, for our personal use, as well as for anyone who wants a copy," said Perzow.

For more information: <http://web.idirect.com/~shloof/milky.html>.



with the equally capable Mensher. On

top of what seems like an endless strand of thick bass lines, Olds and Grunwald scribble high-octane notes lead by both genius guitar solos and explosive Hammond B-3 organ escapades.

The band thrives on instrumental jams, but some lyrics accompany a few numbers. Subject matter ranges from country roads to spaceman identification, and they stray far away from the bleakness of top 40 bands like Smashing Pumpkins and Nirvana. Their sound has a soulful and vibrant tone to it that leaves many fans shaking their butts on the dance floor.

"Steve was telling me how good the band was playing, and he invited me to jam with them, but I never knew what they sounded like until now. Man, I wish I would have gone to a few rehearsals and played with them, they smoke." On that night, it seemed the Comfort Zone was packed with Vaughan alumni who had come to see "their boys" perform.

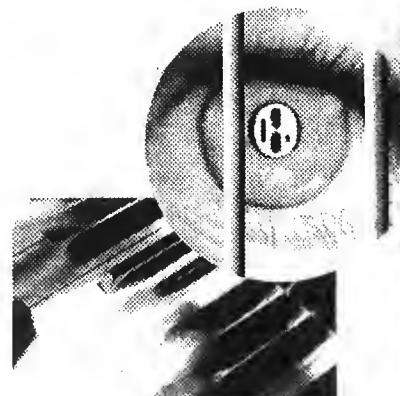
Naomi Lefkowitz, another Vaughan alumnus, was thoroughly impressed with the quartet. "They are really good. I mean seriously. They sound good and people are having a really good time."

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The Student Appreciation Awards

Indie movie not full of Secrets and Lies

By Djamila Assam

Entertainment Reporter

"Oh what a tangled web we weave...", and things get even more complicated from there. Deception and dishonesty run rampant in director Mike Leigh's film *Secrets and Lies*.

A small independent film, *Secrets and Lies* had been existing pretty quietly until the recent Academy Award nominations. Getting the nod for Best Picture, Best Actress (Brenda Blethyn), and Best Supporting Actress (Marianne Jean-Baptiste) yhe secret is now out - this is a remarkable film.

Leigh takes the audience into their very own homes, examining family and the complicated connections it brings.

Cynthia (Blethyn) and her cranky daughter Roxanne (Claire Rushbrook) have been living a dull and unfulfilling existence. Together they live in a shabby flat and, like many families, rarely get along with each other.

On the other side of town lives Cynthia's estranged brother

Maurice (Timothy Spall) and his wife Monica (Phyllis Logan). Their seemingly perfect suburban existence is quiet and resentful.

In walks Hortense (Jean-Baptiste), the daughter who Cynthia instantly gave up for adoption at birth. Hortense has been searching for her birth mother and when she finds her is as shocked to learn that Cynthia is white, as Cynthia is to discover Hortense is black.

The plot progresses slowly, but it is both moving and hysterically funny. The scene that captures the essence of the film is a family barbecue in honor of Roxanne's birthday. Here secrets are revealed, hearts are broken and swell with pleasure, and the cards are laid on the table.

What the audience learns is these characters are achingly true to life. These characters are far from perfect. They are human beings who have come to learn that keeping secrets can develop into life's greatest obstacle.

Pathfinder Books promotes socialist views

**Pathfinder Bookstore
specializes in communist
and socialist literature**

by Carlos Puster-Bergero

Entertainment Reporter

Upon his return from exile, Pietro Spina, the idealistic chief protagonist in Ignazio Silone's novel, *Bread and Wine*, chastises two former classmates for their compliance with the dictatorial ways of the Mussolini regime in Italy:

"You can live in the most democratic country in the world; and if you are lazy, callous, servile, you are not free, in spite of the absence of violence and coercion, you are a slave."

The setting is Pathfinder Bookstore - 827 Bloor St. West - not Fascist Italy. The idealistic protagonist is Bob Cantrick, a volunteer at the store, not Spina. The audience is three highschool students, skimming through the writings of Karl Marx and V.I. Lenin.

The message, however, is the same: "young Cubans like you," Cantrick said, to the three students, "volunteered to defend Angola's sovereignty against South Africa's racist apartheid government."

Every Friday, the Militant Labor Forum is held at the bookstore. That night's forum, highlights the role Cuban internationalist volunteers played in defending Angola against the invading South African army in the early 1980s.

According to Cantrick, most forums consist of a documentary presentation, followed by a question period.

Tonight's documentary was provided to



Bob Cantrick volunteers at Pathfinder Books.

the bookstore by Cuban journalists.

According to Cantrick, most of the bookstore's employees are politically affiliated to the Communist League and the Young Socialists.

"Pathfinder has a political history of carrying out activities out of the bookstore," he said.

Recently, employees of the bookstore walked the picket line with the striking Air Ontario employees.

"You guys might be interested in joining the Young Socialists," Cantrick said to the students.

The students looked at Cantrick blandly and did not respond.

Pathfinder specializes in carrying the speeches and writings of "revolutionary fighters whose struggles against capitalism, racism, and all forms of exploitation and oppression point the way forward for humanity."

The bookstore carries over 250 titles by "revolutionary leaders" such as Karl Marx, Frederick Engels, Leon Trotsky, Fidel Castro and Malcolm X.

"You guys want to see the catalogue?" Cantrick asked.

Again, no response.

Cantrick said some people view the bookstore's content as being radical.

"We do have radical things," Cantrick admitted. "However, it's radical on the side of the working class and its allies: women, oppressed minorities, Native peoples and students."

Furthermore, the employees at Pathfinder "are proud to be activists in the Socialist and Communist movements."

Cantrick said he encourages people to become actively involved in the Socialist or Communist movements.

Pathfinder books - speeches by Malcolm X and Karl Marx's *Capital* - are carried in "mainstream" bookstores such as Coles and

Chapters.

"Sales are steady and very encouraging," Cantrick said.

Cantrick said he believes that in the early 90's, sales were lower than they will be in the future.

"Because of the crisis in capitalism and the deepening depression and threat of more wars. More and more young people, like you see in the bookstore today, will be interested in socialist ideas from all around the world; wanting to read and study these issues."

According to Cantrick, the class struggle permeates every society around the globe.

Therefore, it is the duty of any employee in the bookstore who works in a factory, to spread the socialist gospel in the workplace.

"As a rule of thumb, anybody who is in a factory should be able to sell at least two books a month," Cantrick said.

Cantrick keeps a few of Pathfinder's books in his backpack and in "the drop of a hat, I will pull them out and show them to you and talk about them."

According to Cantrick, mankind's greatest education is yet to come.

"The greatest education of all will be when, in Canada, we are able to make a revolution like they did in Russia or Cuba - Havana is the capital of the future, and New York city is the capital of the past."

"Does humanity have to become extinct, like the dinosaurs, because one social system has reached the end of its rope?" Cantrick asked. "Here at Pathfinder, we are trying to find an alternative - a way to move humanity forward."

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Sibling rivalry in the Attic

By Lauren Buck

Entertainment Reporter

Nothing could burst with more potential than a play that promises three fine girls, one of them a highly acclaimed novelist.

Anne Marie MacDonald, Canadian actress turned playwright turned novelist turned actress again, co-stars with Martha Ross and Leah Cherniak in the gripping *The Attic, The Pearl and Three Fine Girls*. It is a

study of three sisters separated by the individual lives they lead and brought together again by their father's death.

Sibling rivalry is once again at the heart of Theatre Columbus' Chalmers nominated play resurrecting all the mystery, mayhem, and melodrama that made it so hauntingly appealing to audiences during its initial run two years ago.

"It's (about) three sisters in crisis, in a crisis situation," explained Ross whose original efforts earned her a 1995 Dora award.

The three Fine sisters are each strongly developed characters notwithstanding the pressure of carrying the entire play alone while still keeping the audience alert and at the edge of their seat.

Jelly (Cherniak) is a seemingly naive free-spirited artist. Jayne (MacDonald) is a suave-but-uncomfortable lesbian career woman. And Jojo (Ross) is the very neurotic older sister who appears to be suffering through the beginnings of a mid-life crisis.

The plot unfolds while the three women are preparing to fulfill their father's last request — a farewell party in his honor. As the party date nears, emotions explode forcing the women to explore the bright and dark corners of their childhood's, rivalries and overall relationship.

"I think that despite everything, if one can maintain a sense of connection to your siblings it's probably the single greatest force in one's lifetime," said Cherniak. "If you can find your way through to the end of your life and you have some relationship with them there's great beauty and strength in that."

The Attic, the Pearl, and 3 Fine Girls is a powerful look at the bittersweet experiences of childhood, for both the characters and the audience, and is a must see for anyone wanting to explore their feelings and thoughts on sisterhood and other relationships.

With files from Bernice Barth



The Attic, The Pearl and Three Fine Girls is at Buddies in Bad Times Theatre.

Sports

Humber's man of steel

One of Humber's greatest players has raised his game from hotdogging on the Jane and Finch playgrounds of his youth, to leading Humber into the Canadian Championships with his team leadership. Jason "super J" Daley, a member of the Humber Dream team squad, will always be seen as not only a leader on the court, but also an inspiration to the kids who look up to him.

by Vince Versace

Sports Reporter

Choosing between basketball or gangs. Discovering the gracefulness of the basketball court or experiencing the brutality of the streets. Becoming an elite basketball player or becoming just another youth crime statistic. These were the choices that faced Humber's Jason Daley growing up in Toronto's Jane and Finch area.

"The reason I played basketball is because it was a way of keeping out of trouble," said Daley. "I could have gone one way and just hang out with my friends but I chose basketball."

Daley's earliest memory of basketball is playing with his older brothers when he was 11 years old. Daley also played volleyball and soccer but there was a special allure to the game of basketball for him.

"I watched my brothers play and saw the reaction the crowds had when something great happened. I wanted to do those things," he said.

Daley also looked to his boyhood idols Magic Johnson, Michael Jordan and Isiah Thomas as inspirations to play the game. Thomas and Phil Dixon (a former Toronto high school hoops star) were the players he related to the most.

"Thomas was a little man, like me, that did a lot of damage," Daley explained. "I used to go watch Phil Dixon play. He played an exciting game of basketball, showtime ball."

Daley played basketball competitively for the first time at Rummymede High School in Toronto. There, he went to the OFSAA finals once, but did not play due to a knee injury.

"I was happy for my teammates but disappointed because I couldn't play."

One of those teammates he was happy for was Al St. Louis, of whom he speaks fondly.

"Al is my best friend, we can talk about anything. We've been through a lot. We stayed in touch even when he went to school in Virginia. We have so many things in common."

Having St. Louis as a teammate at Humber has made his playing years here special. They both compliment each other's style.

"Al has the ability to carry a team; he can provide leadership. He can sit down and talk with players in areas, I go out there and do it by example. He has the ability to lead this team."

In Daley's first season at Humber, he said nothing was really expected of him. However, he felt he had to prove something to himself, prove he could still play his game at this level, after his knee injury. The best advice he received that first year came from players Rick Saunders and Hugh Riley.

"They told me to play within my abilities. I knew what my old game was. By playing within my abilities, it would be a matter of time when I could play the way I used to."

After four years of playing at Humber, Daley now finds himself giving advice and taking teammates under his wing.

"I always talk to Rowan (Beckford). He's the future of Humber College. He's a Sagittarius like me," said Daley. "I tell my teammates, like Rowan, it's about heart. As long as you have heart and desire, you can win."

After a crucial win versus Sheridan this year

Beckford said, "Jason is an All-Canadian. He's helping me, he's passing on the tradition."

This attitude of "heart and desire" has helped Jason have a spectacular career as a Humber Hawk. Some of his greatest accomplishments are his three OCAA all-star selections, one CCAA tournament all-star selection and MVP of the 1995-96 OCAA Championships. The one award that has eluded Daley is the All-Canadian honor.

"The All-Canadian award is the best individual award. It would be nice, but I'm more concerned about the team," Daley said. "The National (CCAA) tournament award is the one I'm most proud of. It showed I can step up in big games."

This ability to "step up" and contribute, when it counts, is something Daley said he sees as the mark of a great player, a champion. Recently, Daley was selected to the Humber Dream Team. This team consisted of Humber's all-time greatest players, grouped into two teams. Some of these players Daley had played with and had admired.

"I was honored, I looked up to all the players picked. It took me by surprise. I can see myself on the second team, not the first," Daley said. "It gave me something to strive for. They all carried their teams to the promised land, like I want to."

Getting to that "promised land", winning the 1994-95 provincial and national titles, is Daley's fondest memory of his years spent playing for the Hawks.

"We won it all and had the best starting five in the country," Daley recalled. "In the National Championship game against Seneca College, Steve McGregor had fouled out with 10 minutes left. We knew we could rely on our bench to come together as a team and still won."

Daley has regarded this season as the most disappointing. It has been injury plagued and the team is in a rebuilding stage.

"We were S-S this year and in my last three years here we only lost five."

This demonstrates Daley's immense passion and will to win. It has not gone unnoticed by his peers.

"The best defensive player and the most diverse we've had. He can play any position effortlessly," said Athletic Director Doug Fox.

"At his size, he throws his body around so much. Pound for pound he's an incredible player. There is just so much you can say about Jason," Head Coach Mike Katz said.

Daley acknowledged this admiration and respect he has earned from his Humber basketball family. He said quite a few of his peers at Humber helped him learn life's lessons.

"I'd like to say thank you to Mike Katz, Doug Fox, Rick Dilena, all the coaches we've had. They helped me through some personal trials besides basketball. There are so many people I could thank. I could say thank you until I'm blue in the face."

Ultimately, Daley's decision to play basketball was not just about the game, it was about life. Basketball helped him learn about life and he would love to pass on his knowledge he said.

"I'd like to teach little kids. I'd teach them to love the game for what it has to offer. I'd tell them, 'Some people see it as a way out.'

"If it's a way to get out, talk about opportunity, your head straight."

Photo manipulation by [unclear]



DALEY BY THE NUMBERS

Career points : 562
Games : 41 *
Average : 13.7 *
OCAA Titles : 3
Team MVP : 2
MVP of OCAA
National Championships : 1
OCAA All-Star Selections : 3
Rookie of the Year : 1993-94
Championship : 1995-96
National Championship
Tournament All-Star : 1994-95
OCAA Tournament All-Star : 1994-95, 1996-97
* does not include the 1996-1997 season

Jays camp a hit

by Jenn Hoeschen
Sports Reporter

With the baseball season only one month away, 12- to 18-year-old boys are teaming up with certified baseball instructors to learn the fundamentals of baseball.

The first day-long Blue Jay baseball camp was held at Humber March 10 to 14. Sixty boys from Metro Toronto and surrounding areas hit balls and ran the bases. Mark Leno, manager of Business Development and Director of baseball camps, said they had a good turnout Friday considering the bad weather.

"The camp was sold out, so we were real pleased," Leno said.

Julian Franklin, Business Development co-ordinator at Humber was one of the nine instructors running the camp.

"These are certified baseball instructors with a long standing affiliation with the Toronto Blue Jays. They are not Blue Jay players or coaches and do not play professional baseball, but are knowledgeable and certified," Franklin said.

"We welcome the opportunity to be the site for major events in the city. By having the Blue Jays (camp) here it enhances Humber College's presence in the community," said Jim Bialek, facility manager.

Participants and parents said the camp was very good. It was very active and the youth were involved in activities all day. Equipment including batting cages, balls, bats and bases was provided by the Blue Jays. The day-long camp cost \$325 for the week and participants were paying for instruction, T-shirts, lunch and snacks. Gary Mills whose son



A Blue Jay wanna-be takes a cut at a fastball during the baseball camp held over the March break at Humber College.

attended the camp from Owen Sound said he will be back.

"His grandmother asked him yesterday if he was glad the camp is over. He said yes and no. No, because this is what he likes to do most and yes, because it is very tiring," Mills said. The boys were running five laps around the gym first thing Monday morning.

"It's all about fundamentals, hitting, base-running, throwing, pitching, catching and positional plays. We really don't spend a lot of time on the fluffy things like bunt defenses," Leno said.

The youth were divided into two groups, 12-14 and 15-18.

"The older kids have got a little more strength and power so we like to get them in a separate group and work among themselves," Leno said.

Paul Kornatz and Billy Marcos from the younger group said they learned a lot.

"I had real fun. We learned about the proper stance for batting, the fielding stance and fielding plays like covering up and cutting into the ball," Kornatz said.

"I learned some valuable pitching skills that will help me this season," Marcos said. Marcos said if the camp was running again next spring break he would like to come back.

Leno had fun running the camp this week and said the people here at Humber have been better than he imagined.

"The facility is perfect and this is a great venue. We would like to come back."

Bialek said Humber College is recognized as one of the top facilities in all of Metro.

The Blue Jays run other camps throughout the year. One week sessions in the summer and one session during March break are offered. Regional camps are also offered throughout Canada including western Canadian clinics.

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Toronto Blue Jays

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Centre Fielder-Devon White

Right Fielder-Joe Carter

Short stop-Tony Fernandez

Third base-Kelly Gruber

Second base-Roberto Alomar

First base-Fred McGriff

Catcher-Ernie Whitt

Designated hitter-Paul Molitor

Starting five & Closer

First starter-Dave Steib

Second starter-Pat Hentgen

Third starter-David Cone

Fourth starter-Jimmy Key

Fifth starter-Jack Morris

Closer-Tom Henke

Toronto Maple Leafs O' 1990's

Centre-Doug Gilmour

Left Wing-David Andreychuk

Right Wing-Mats Sundin

Defense-Dave Ellett

Defense-Sylvain Lefebvre

Goalie-Felix Potvin

Toronto Raptors

Point guard-Damon Stoudamire

Shooting guard-Alvin Robertson

Small forward-Doug Christie

Power forward-Carlos Rogers

Centre-Marcus Camby

Sixth man-Tracy Murray

Toronto Argos

Who knows?

THE FUTURE?

We in the Sports Section dusted off the crystal ball and took a look into the future. We came up with these five predictions:

1. The entire Dallas Cowboys team is traded to the City of New York for a large bag of crack and two strippers to be named later.
2. The Maple Leaf's run out of options, and with no 40 year old's left in the league, they draft the entire population of a condo in Florida.
3. The Jays? Can you say 1997 World Series Champions?!
4. A.C Earl is forced by the Milwaukee Bucks to cut his hair.
5. The city of Cleveland is awarded the Houston Oilers team. They ask for a refund.

the Pro Image "not so hard"

Sports Brain Teaser

The first non-journalism student that gives the correct answer in the newsroom (L234) Monday after 10 am. receives an authentic NFL hat.

Which former NBA superstar averaged a triple - double for an entire NBA season?

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Do you know a student, faculty or staff member who provides leadership in a non-academic manner on a volunteer basis? Do you know someone who provides service, dedication, and commitment to improve student life at Humber? Ensure this person is recognized by submitting a nomination form for a Humber College Student Appreciation Award. Nomination forms can be picked up from Sac North or Sac Lakeshore.

Deadline for nominations is March 31, 1997.

For more information contact Maggie Hobbs,

The Student Appreciation Awards



Learn how to make a kick save! Administrator Bob Visentine, a ringer from George Brown College, watches the puck trickle past him during a Humber faculty game.

Staff rock'em sock'em hockey

by Kris Scheuer
Sports Reporter

At 4:13 p.m. on Wednesday, Pat Kelly, director of purchasing at Humber, dashes out of the College, into his car and races over to the arena. In the locker room, he trades his work attire for hockey pads, skates, and a stick and gets ready to thrash around the ice with 21 of his co-workers and friends.

Meeting with other male administration faculty and staff to play hockey has been a weekly ritual for Kelly since 1975. It was then the idea originated, and two separate teams were formed; one from Lakeshore's campus and the other from North. They joined up back in the 1980s to form what is known today as the Humber Staff-Stars.

Kelly said, "people just wanted to do it for some exercise and fun. It is 'friendly competitive'." He elaborated, "you can't put a hockey stick in Canadian boys' hands and expect them to be nice."

Although the game can get physical since everyone on the team knows each other, no one is going to intentionally try to hurt

anyone, said Kelly who also plays on a much more competitive hockey team in Mississauga.

Kelly said he enjoys the camaraderie and experiencing a different side of the people he normally sees in their professional roles. The dressing room provides the perfect place for "a lot of jokes and kidding around". But he added, "there's a lot of business done here. We discuss problems that occur at the college. There is a real cross section of staff here."

This cross section includes people who are no longer working at Humber.

Darrin Caron was Student Council President at Humber back in 1984 when he first joined the team. He went on to work at the school for nine years before becoming the manager of contract training at George Brown College.

Caron, who is one of the goalies, said, "it's one of the few times I get to 'go out with the boys'." It is a lot of fun, but "every so often tensions run high. But a second later it's gone."

Most said they agreed they are there to have fun and it's not really competitive. In fact, there is no

score keeper so at three different points in the game no one even knew what the score was.

That didn't stop comments and jokes from the bench such as, "what's the score? What do you think we are playing hockey for, the fun of it?" And when there was a goal one team member yelled, "not bad for someone who is retarded. I mean retired".

Some said the friendly rivalry on the team can be attributed to the mix of staff.

Dave Darker, a professor in Restaurant and Hotel Management, said although the game is friendly "we are competitive with the administration. We try to check and trip up Mike [Lancelotte]. In real life you can't pick on your boss, but here you can." Darker who has been with the team since its inception in 1975 is known on the ice as "the chopper" and is also a hockey scout for Cornell University.

One of the administration

Darker talks about tripping up is the Associate Dean of the Liberal Arts and Sciences department,

Mike Lancelotte.

While in the dressing room Lancelotte, who has been with the team as long as Darker, said he sees this "as an opportunity for

administration faculty and staff to get even."

Lancelotte has even added hockey to his list of job requirements when he is hiring, joked another player, Jim Watson. Watson was hired by Lancelotte to teach at Lakeshore and has been with the team for 16-17 years now.

The players said the Wednesday afternoon romp around the ice, at Centennial Park Arena, is really about a chance for them to get exercise, have fun and mingle with Humber staff outside of the College.

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Bikes back in season

by Adam Weissengruber

Sports Reporter

With spring just around the corner, cyclists are looking forward to dragging their bikes up from the basement for another season.

But for many people with an old clunker, it means a trip to the bike shop to pick up a new set of wheels. If the large crowds at the recent Toronto International Bicycle Show were any indication, a whole lot of people are looking to upgrade.

According to Nelson Miguel, a salesman at bike retailer Cyclepath, more and more people are buying mountain bikes, rather than their thinner, lighter cousins—the racing bike. "I'd say if you walked into one of our stores, the ratio would be 70 to 30 in favor of mountain bikes," he said.

"Most people prefer the stability of the wide tires, the upright positioning and the abuse they can take from city commuting."

One accessory that used to be found only in more expensive

machines is front suspension forks. These are slimmed-down versions of the suspension systems found on motorcycles. They help to smooth the ride whether you are jumping logs in the woods or flying over giant potholes.

Miguel said you can find bikes with front suspensions for around \$300, but he warned they are a poor investment because cheaper models can't be serviced and can lose their resiliency in under two years. If you want to spend \$500 or less, Miguel said he feels it is best to get a bike with the best quality components rather than buying a lesser bike with front suspension.

Keep in mind when looking at new bikes under \$1,000 most share very similar parts and frames and what you are really paying for is the brand name. Make your choice in terms of the best components you can get at a particular price point, rather than brand recognition. It is a good idea to read different magazines to

learn what level of component will fit the type of riding you want to do.

If you feel your bike is still usable, but it has some squeaky or rusty parts, many stores offer spring cleaning deals. "For \$39.95 we do a cleaning of all the nuts and bolts, lubricate the moving parts, adjust the brakes, put in new bike cables and take a look at other problems your bike might have," Miguel said.

If you want to learn how to fix your own bike, Sport Swap on Yonge Street offers free maintenance workshops in the spring and summer. They promise to focus on whatever you want to learn and all you have to do is bring your bike.

When you have your bike up and running, decide what accessories you want. Gerrard Yeates, a salesman at Paulmar Cycle, said everyone should get a helmet, but added, "the provincial helmet laws only apply to those 18 and under. So people still have a choice."

To make your riding more enjoyable, Yeates recommended investing in a good pair of cycling shorts. "The shorts can really improve your comfort. They wick away moisture and provide extra padding. You can get a quality product for around \$40," he said.

Since Toronto is known as a haven for bike thieves, you will want to protect your investment. Ron Downey, a sales rep from Norco, said the popular U-shaped lock is the best locking device. He points out that some new models have some improved features.

"In the past, the bottom bracket of the lock, stuck out past the U-shaped part. Newer locks trim the bottom bracket so now the two pieces are at the same length. This configuration improves the protection from some of the more common techniques thieves use to break locks, such as pump-jacking."

Downey also said newer models have improved key systems and locking mechanisms that help

to protect against the popular technique of freezing the locks and smashing them with sledgehammers.

When you buy a new lock, be sure to fill out the warranty that comes with it. Many manufacturers offer rebates of \$1,000 if their lock is compromised in a theft. Downey mentioned you have to register your bike's serial number with the police before the warranty can go into effect.

Downey stressed that a lock is only as good as what it is locked to. He said to avoid chain-link fences and other flimsy locations.

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Pump up at home

by Corey Schacter

Sports Reporter

For people who are on the go and refuse to be humiliated in public, a home gym is the way to go.

The problem is there are so many varieties of home units that people don't know what to buy.

What you need to decide first is, are you going to use the equipment to lose weight and tone up, or to build muscle?

Enrique Sanchez, fitness consultant at Mayfair Parkway Racquet and Fitness Club in Markham, said there are two things when it comes to fitness: free-weights and resistance.

"Resistance isolates a specific target muscle, therefore not using secondary muscles as much. For example, multi-jointed exercises where you take an elastic and pull down, that's specifically triceps. Now if you did free weights and you lay on your back and pushed the weight up, you're using your shoulders, forearms, wrist, there's more secondary muscles being used, so you get more of a workout. You develop more with free weights," he said.

Uneducated consumers will assume the higher the price the better the product. That, according to Shawn Zigelstein, sales associate for The Sports Authority in Thornhill, depends on what you're getting out of the machine.

"A machine you buy for \$900, can be better than a machine you buy for \$1,600," he said.

Zigelstein recommended before customers buy a machine, they think about what they are using it for. They should also check fitness

magazines like Men's Health, Flex, or Muscle and Fitness to see the latest in home equipment. Consumer Reports, he said, is really good because it gives ratings and reviews of all the latest machines.

Unlike computers, brand names

age of 14, the only reason for buying a gym was because he was too young to join a club. At the time, he was a competitive figure skater and found it easier to work out at home as his training took up a lot of his time.

sphere of a club, and "the safety of it alone is a lot better than what I can do downstairs. It's a lot cheaper."

Sports Authority's Zigelstein explained for a complete home gym, "they're looking at a treadmill, approximately \$1,000, plus if they want to go a machine route, another thousand or so there, then you can go with some additional free weights, which will run you another \$100 or so, plus a bench for about a \$150. You're getting in the range of about \$2,500, minimum."

The worst part about buying the machines is that they cannot be upgraded.

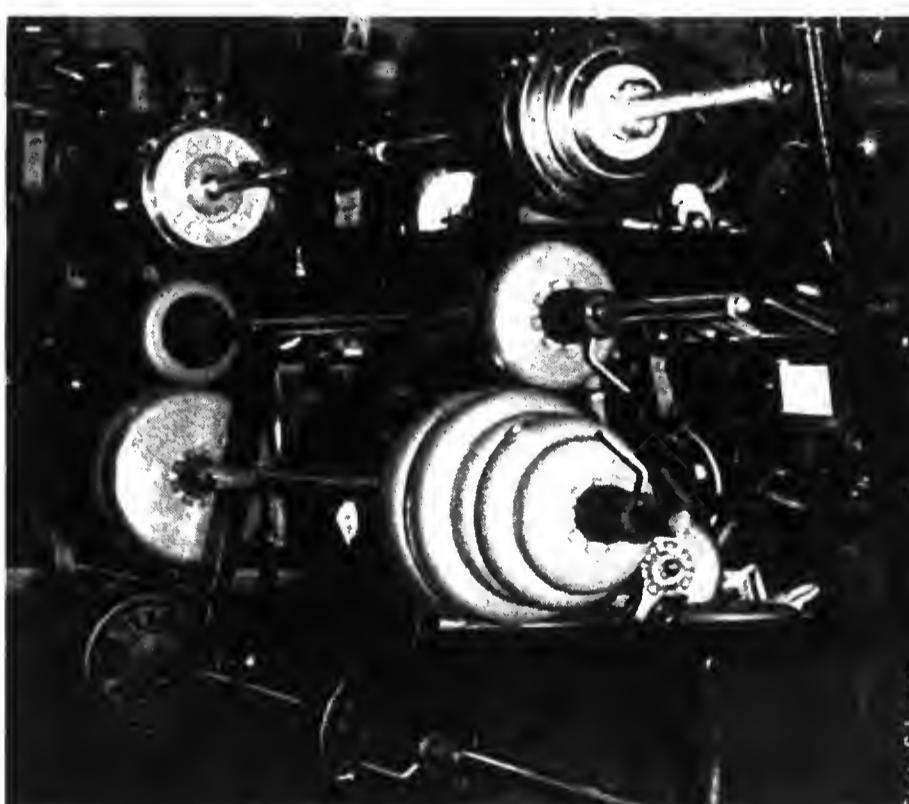
"You have to buy a whole new unit, you can't upgrade them at all," Zigelstein said.

Free weights, on the other hand, are very inexpensive and can be very easily upgraded. Zigelstein explained people can usually find free weights for about 80-cents a pound or 36-cents a kilogram, it all depends on the weight.

"Free weights will let you do a variety of different exercises while the home gym will focus only on major areas."

Sanchez, however, recommended anyone interested in buying a home unit should at least spend one year at a fitness club.

"You'll gain a lot of knowledge, a lot of specific techniques that will help you down the road. Don't play with your body, you'll end up getting injured."



Free weights that can be used at home to develop your secondary muscles.

actually mean a lot when it comes to a gym. "With some equipment, you're going to look for the major names. Weider is really known for home gyms, it all depends on what you're looking for," said Zigelstein.

With the upswing of fitness clubs, many people who own home gyms are joining real gyms. What's the better choice?

For Greg Clee in King City, owner of a home gym since the

Clee said with the price of a home gym, you might as well take out a membership at a club. He explained since he only pays about \$30 a month, a home gym setup would equal about a three-year membership.

He still keeps his equipment because if worse comes to worst, he said, he can just work out at home.

Clee said he misses the atmos-

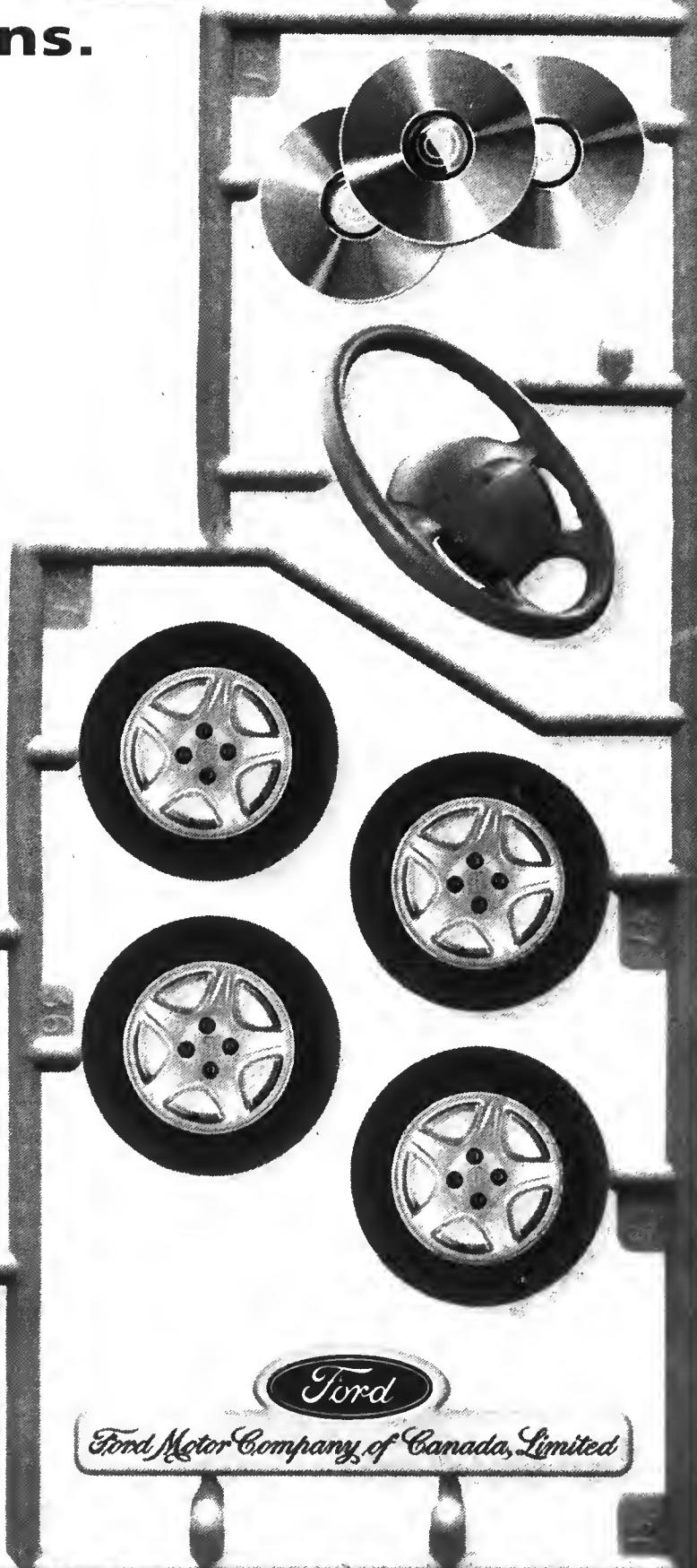


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