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Religions of the world unite

CHRIS PEARCE

As the light by which we daily live gradually gives way to a prolonged and ever colder, darkness, we find ourselves too rapidly approaching a new millennium with an ostensibly fading sense of morality.

World leaders exploit the global citizenry, accumulating avaricious degrees of wealth, thus effecting a top-down degeneration of society; extremely liberal attitudes towards sexual behaviour dry-out traditional

morals, spreading the wildfire of sexually transmitted diseases; while armed conflict and nuclear proliferation continue unabated.

As ominous as the modern patterns seem, they're hardly as telling as the agnostic values guiding our society.

Either we don't want to associate ourselves with any type of God, or we'd prefer to develop a faith in some 'Supreme Being' on our own terms, separate from any established religious organization. Basically, we're tired of being told what to do and are ready to make up our own rules.

There's just one problem inherent in this type of existence: we are not God; and eventually we come to the crossroads between our physical

reality and the spiritual obligations upon which the true form of morality is based.

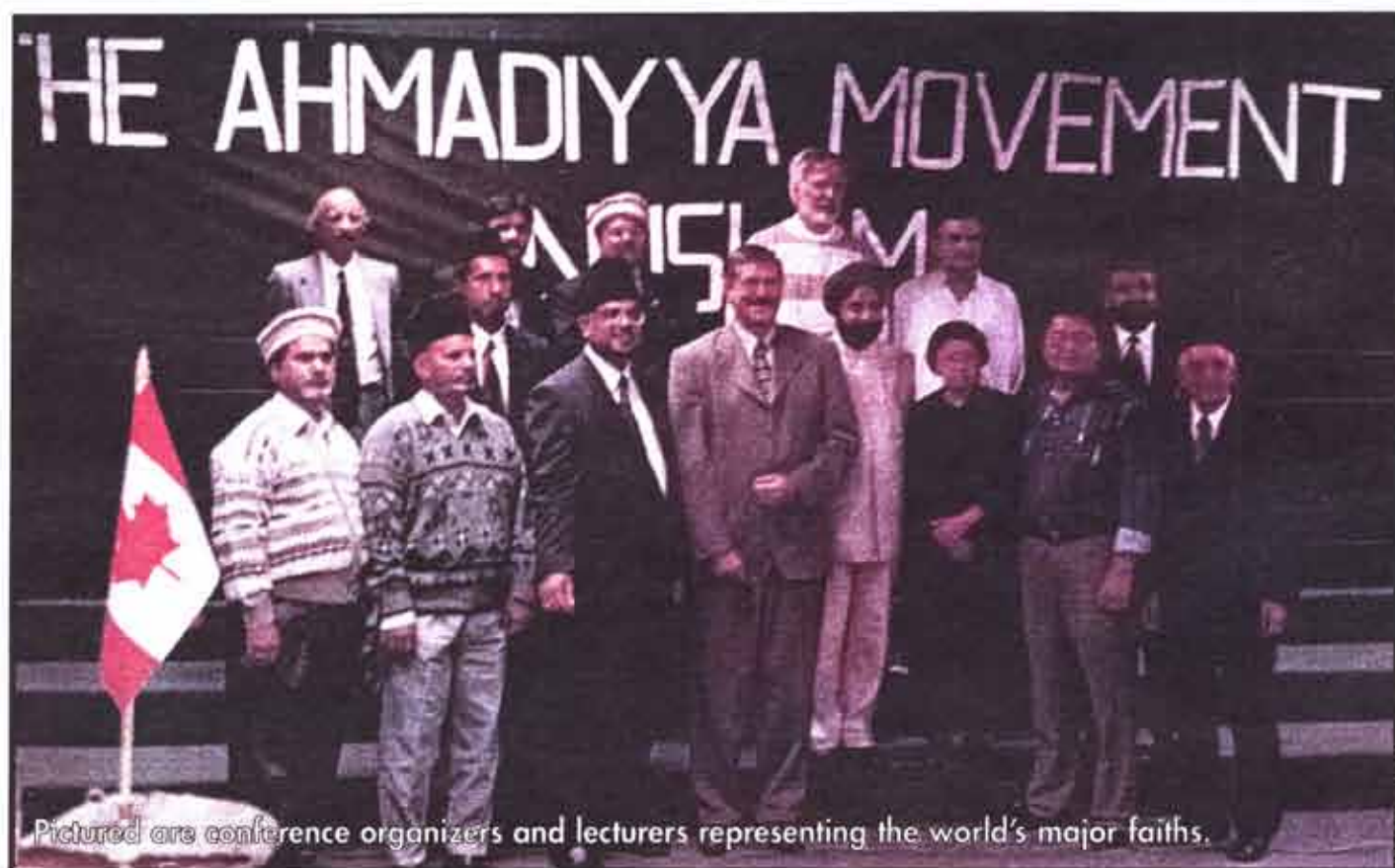
It is exactly this true form of morality from which the great religions of the world have originated and though they've met divergent paths throughout their development, putting different faces on the concept of God, they remain based upon primarily the same virtues. This fact was evident at the World Religions Conference for 1999, held last Sunday in Brantford, Ontario.

The Conference, organized and sponsored for the 19th consecutive year by the Ahmadiyya Movement in Islam, brought together delegates representing the world's oldest and most celebrated, faiths. Included in this group were

lecturers on the Native people's view of religion, Judaism, Buddhism, Hinduism, Sikhism, Christianity, and of course, on Islam.

The symposium for this year's conference centered on the concern "Morality in the Next Millennium: Implications for our society", and while the speakers took different approaches to their respective lectures, some themes were nonetheless present in all. Particular among the latter was the notion that the 'new' morality (though several

Some themes were present in all the lectures.



Pictured are conference organizers and lecturers representing the world's major faiths.

CHRIS PEARCE

speakers made a point of denying the existence of a changing morality, stating instead morality is an absolute, and therefore, constant) should be etched according to the principle 'we should treat others as we would want to be treated'.

The speakers each provided an insightful introduction into their respective faiths and practices, with several offering explanations, based on religious doctrine, of the current state of affairs in the world. Other recurring concepts included: the importance of truthfulness - supreme importance in the Sikh view; the need for political leaders to incorporate spiritual values into their agendas; and the complex role tech-

nology and the Internet are playing in relation to morals.

Given the fact religious tensions are as much a threat to peaceful coexistence now as ever they were, conferences of exactly this nature are of intrinsic importance to the stability of our collective future.

One need not look that far back to find yet another example of religious leaders targeting one another with verbal aggression. On October 14th, a Roman Catholic priest in Italy initiated an all-out attack on the Nation of Islam based on a statement made to him by a Muslim leader who said, "Thanks to your democratic laws, we will invade you [Europe]. Thanks to our religious laws, we will domi-

nate you."

It is incidents of this type which have encouraged this liberal Islamic movement to make the conference an annual event, as they believe, "such events mark a new era of global peace and harmony between the followers of all religions and philosophical traditions." Let us hope this tradition will continue well into the new millennium so we might continue to take advantage of our abundant religious freedoms in Canada, while exploring and emphasizing the commonalities that exist, without dwelling on the divergences which proven at least unfruitful and at most dangerous.

Candidates speak at Open Forum



The by-election candidates look on as Dave Brydges, current BOD member asks his question.

LUKE MARTYN

KRISTINA SPENCE

Candidates for the October 20 WLUSU Board of Directors (BOD) by-election gathered in the Concourse to present themselves personally and professionally to the Laurier community.

Two of the candidates, Adam Delle Cese and Maham Lodhi were not present at the

forum. Chief Returning Officer (CRO), Jill Osborne, was informed by Lodhi that she had a class during the Forum's timeframe. Delle Cese did not provide any regrets for his absence and he does not have any posters advertising his candidacy.

A third candidate, Peter Turkington removed himself from the election due to per-

sonal reasons.

The forum began shortly after 1:00 p.m. as Jill Osborne allowed the candidates to present their opening comments.

Most candidates chose to reiterate the statements written on their posters and in platforms, some reading directly from notes, others opting to maintain eye contact with the audience members.

Judith Borts presented herself as a true voice of the students, arguing her ability to speak up and status as a woman would make her an effective Board member.

Jeff Carver focused mainly on communication, noting the lack of discussions among university organizations and administration and stated communications will increase the BOD's accountability to the students.

Joe Overvest stood out as a well-prepared and goal-oriented candidate, mentioning both current issues of a Brantford Students'

Union and future concerns about the lack of revenues that will come from students entering university at a younger age.

Nick Ritchie appealed to athletic, fine arts and music students looking for more representation as he promised to speak with more people to learn all about the issues and encouraged students to speak out also.

Bryant Sullivan confidently discussed his knowledge of Union organizations as he pointed to keeping the Union visible to students and welcoming students into the Union office for discussions with their BOD members.

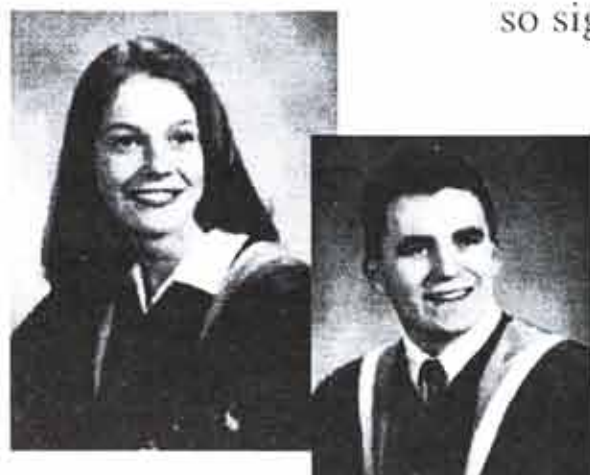
Holly Wagg emphasized the growing gap between the students and administration, the importance of student opinion and the controversy she hopes to use by opposing the current status quo on the BOD as she thoroughly answered all questions.

Jill Osborne allowed the candidates to present opening statements.

• See Open Forum page 4

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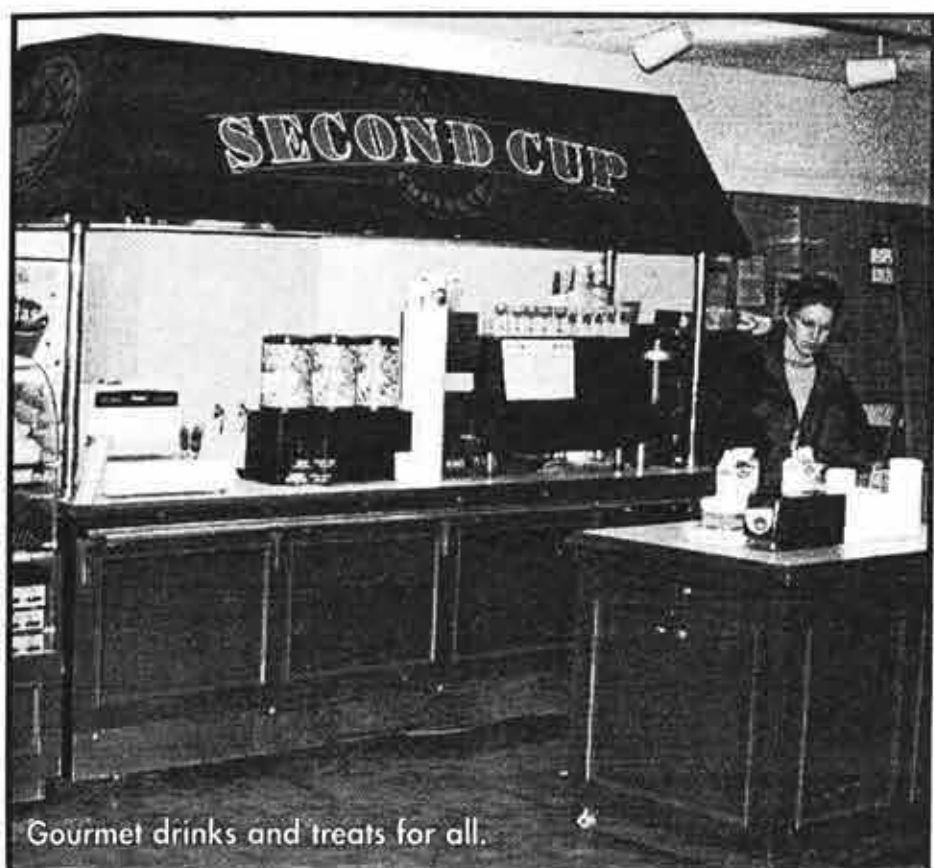
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JIM DONNELLY

As the last remnants of summer slowly fade away and the mercury begins its lazy decline, a battle most unusual has begun to heat up within Laurier's halls. It isn't, however, a conflict which can be settled on a football field or frozen ice rink, nor in a plush board room - this is a war fought with stir sticks and creamers, little sugar packets, and handy travel mugs.

The combatants: Tim Horton's and Second Cup, two virtual heavyweights in Canada's coffee market each looking to take a substantial bite out of Laurier's java cravings. Upstart Tim Horton's, despite rumours of an alleged exclusivity

contract signed by WLU and Second Cup, has recently opened up shop and taken a definite chunk out of the more established company's market.

"We've done far better than we expected," says Tim Horton's manager Anne Grabowski. "The week after the fall term began we even had to install a second display case, something usually reserved for only the busiest locations."

Grabowski attributes this initial success to the well-known Tim Horton's name, plus the courtesy of her staff. "We try very hard to treat the customer well and make them want to come back. So far, we've received a great deal of positive feedback from students."

Laurier Second Cup owner/man-

ager Elizabeth Berger, however, remains unimpressed. "We have noticed a decrease in sales, but you always have that with new competition," she says. "People naturally want to try it out."

Berger, a former Laurier student who with her husband has owned and operated all of Laurier's Second Cup locations since 1994, maintains that most of her regular customers from previous years have stayed just that.

"People honestly think that we have a very good product, but the biggest reasons people want to stay with us is customer service and speed. When people go to the Second Cup, they know they're getting a product which is customized to their needs."

All of this, however, avoids the sticky question behind this situation: namely, is there room for competition at Laurier? And, more specifically, are the rumours of an exclusivity contract between Laurier and Second Cup - a contract which would give Second Cup the right to a virtual monopoly of the Laurier coffee market - false? According to WLU President Bob Rosehart, the answer is a resounding yes.

"There is absolutely nothing in those contracts that prevents Tim Horton's from operating on university property," he says. "Our experience with Tim Horton's has been extremely positive for everyone involved."

WLU Dean of Students David McMurray echoed Rosehart's senti-

ments.

"The university does not view this situation as a contract dispute. We don't view the two as being in competition, but rather as supportive of each other."

"The university was underserved concerning food services, and the installation of Tim Horton's is an attempt to try and remedy that situation."

Second Cup officials, however, remain skeptical. When asked about the contract, the company's Leasing Coordinator Karen Hirst would only give a brief, general statement: "We're in the process of dealing with this situation with the school, and it wouldn't be in anyone's best interests, especially our franchisees, to comment."

Berger, as well, holds reserva-

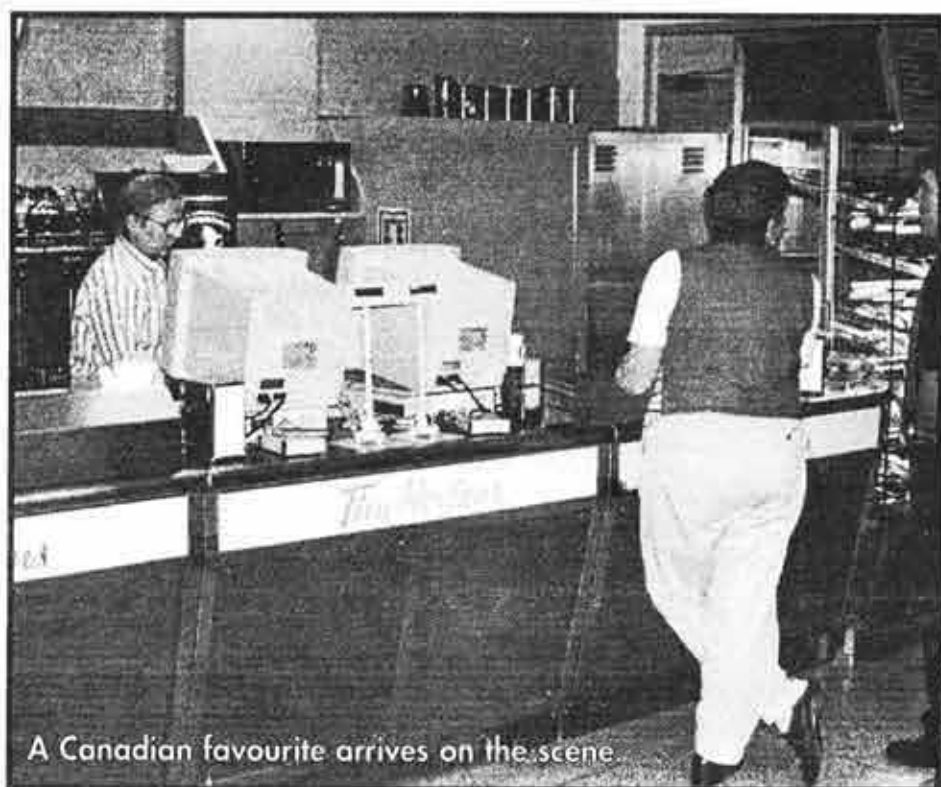
tions. "It's an uncomfortable situation. After only a month, it's difficult to say (whether there's room for competition)." She declined to give sales figures for her opening month.

Whether any of this legal wrangling and side-stepping really matters to Laurier students is another question altogether.

What counts is that the opening of Tim Horton's, along with the services of Second Cup, gives students and faculty a choice of where they can get their favourite cup of coffee. Both companies, however, appear confident that they will hold an edge in the new millenium.

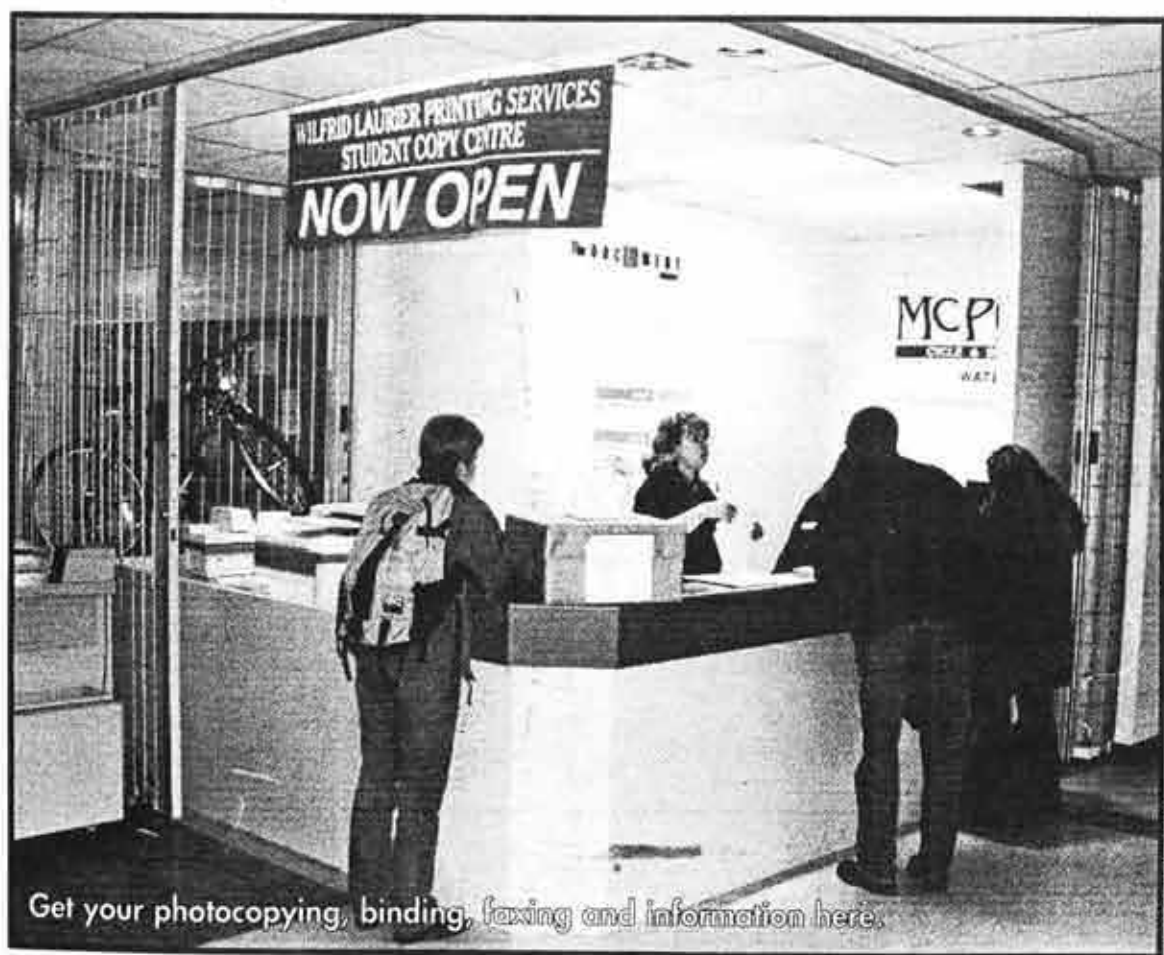
"We're going to be growing even more in the future," says Tim Horton's Grabowski.

"I think we're only going to get bigger and more successful."



A Canadian favourite arrives on the scene.

The new student copy centre



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KRISTINA SPENCE

Is it an information booth? Is it a copy centre? What is it exactly?

As of September 13, 1999, the Laurier Student Copy Centre opened for business.

In the first few weeks of operation, employees found that most students were not as interested in the Copy Centre services as they were in directions and campus information.

The Student Copy Centre is one of the newest initiatives developed in the Concourse to provide more services for students. The

Copy Centre currently offers photocopying, binding and faxing services.

Students can choose to wait while the services are performed or they can hand over their materials to be picked up at a later time.

Within a month or two the Copy Centre hopes to provide digital services whereby students can produce direct print-outs from diskettes in either black and white or colour formats.

Manager of Print Services, Shelby Daudlin, manages the operational and marketing elements of the Copy Centre and Rob Laurie acts

as co-ordinator, creating the schedules of work for the 10 students the Centre employs.

The main benefits of the Copy Centre are its convenient location and long hours of operation. Daudlin estimates that almost every student walks through the Concourse each day making the Centre's position almost ideal.

"I think it's great. There's more exposure in the Concourse," Daudlin said.

The Copy Centre is also open seven days a week: Monday to Friday, 7:00 a.m. to 11:00 p.m. and Saturday and Sunday from 12 noon until 4:00 p.m.

The idea for the Copy Centre was explored in May and its development occurred gradually over the summer months.

It took over a month for the telephone lines to reach the Copy Centre and the network hook-up has yet to be completed.

First year Economics student, Marisol Victorino, works at the Copy Centre part-time and feels the Copy Centre enables a lot of students to acquire the services they need.

"We have a list of what we offer but most people actually come here for information - they think it is an information centre," Victorino said.

Campus Clubs have recently been informed of what the Centre has to offer them and Michael Bartlett of the Undergraduate Business Games organization is one student who has taken advantage of the new facilities.

Bartlett, a fourth-year HBBA student, chose to use the on-campus Copy Centre instead of an off-campus business.

"We're allowed to go wherever but most of our meetings and stuff are held here," he said.

Having worked at a variety store, third-year Economics student Sarah Wathy knows how to deal with public and enjoys her time at the Centre.

"I love it. It's really fun," Wathy said.

Wathy finds the Copy Centre is busiest "between noon and six when everyone is busy at school."

She found during the first few weeks of operation a lot of people came to her for directions. Wathy was glad she could usually point them in the right direction.

While revenues have not been large, business has been brisk from week to week and Daudlin is currently researching further forms of advertising for the Copy Centre.

Recently students were given the opportunity to fill out a ballot to win a bicycle through the Copy Centre. No purchase was required for the draw and Rob Vickers won the prize.

In the future, Daudlin hopes the Copy Centre can offer a variety of services to students.

"I'd like to see all the services made available within the next year - a full-fledged post office with the courier services. I'd like to see the Centre taking over a bigger area too."

The Copy Centre is open for business seven days a week.

Millennium Budget

KRISTINA SPENCE

On Monday afternoon at 4:00 p.m. a small crowd of Senate members, staff and faculty gathered in the Science Building to voice their opinions on last year's model for Budget 2000.

Being the first of three Town Hall meetings, most of the questions and suggestions were directed towards general areas of concern such as new initiatives, professor hiring and campus cleanliness.

President Bob Rosehart joked about the size of the crowd reflecting the size of the problems with funding issues but quickly moved onto the serious issues.

Despite the increased number of students at Laurier, Rosehart expects the budget "...will have some fairly serious challenges" this coming year.

As in most years, the budget relies heavily upon the provincial government funding which is usually not disclosed until the spring months of March and April.

With a slightly higher wage increase than originally forecasted, the salary settlement for Laurier professors will be one of the factors that contribute to the tightness of the budget. Even with the expected five per cent increase in tuition, the university will not have the money it needs to provide provisions for all "new initiatives" as requested by

various departments.

Instead of the 'wish lists' once submitted to the university, Rosehart and Bob Byron, Executive Director: Finance and Administration, requested all proposals for funding outside of current budget allotments be submitted with the support of a large number of people.

Rosehart admitted the budget committee has not determined how the process will work but he did say

tives through deregulation which Rosehart does not consider to be well-received at Laurier. Thus, the administration cannot guarantee all requests will be granted.

"We don't want you to spend a lot of time on them where there isn't a lot of money," he said.

Future hiring of professors and part-time faculty was the second major issue of discussion.

Doug Lorimer, Chair of the

Rosehart brought up the issue of structurally small classes at Laurier compared to most Ontario institutions. Rosehart believes that Laurier is the only school without a classroom that can seat at least 400 people. The creation of such a classroom has not yet become necessary but it can be a consideration.

"I have mixed views. As long as we don't have it, we don't have the temptation to build it," Rosehart said. "I'm just thankful we don't have a 500 seat amphitheatre because we'd use it."

Along the lines of class size growth, the university is considering the value of increasing the number of students in Honours programs.

One means of acquiring more interest in Honours programs could be through the creation of a joint Honours Arts or Science degree with a teacher education program.

"We would capture those students and generate more money per average student," Rosehart said.

The creation of such a program would be heavily dependent on government funding.

Lastly, the issue of campus cleanliness was brought up. Rosehart admits that the school needs to figure out how to utilize the custodial staff in the best way, especially with the increased traffic in every building.

The President has kept an eye on the situation by counting the number of days a certain cookie has remained untouched in one particular building. Rosehart commended Food Services for their contribution to the clean up but realizes there is much more to be done.

"Cleaning is a real problem," Rosehart said.

The budget is still in its early stages of development. The second Town Hall meeting will be held in January.

The 2000 Budget "...will have some fairly serious challenges."

that "...groups will need to lobby for support" and that the section of the budget itself will need to be better organized.

"The idea would be you have to convince more than the Vice President that something is warranted," Rosehart said.

Last year, requests under the "new initiatives" section totaled \$3.6 million. Byron cited the number not to discourage people but to inform them of the demand imposed upon the university.

"We simply could not manage it," Byron said.

Other universities have raised the necessary funds for such initia-

History Department, expressed his worries that a growing amount of stress is being placed on faculty and part-time faculty cannot be relied upon.

"In the budgeting process there should be some longer term planning for renewal and retirement," Lorimer said.

Rosehart responded by suggesting a different approach to the acquisition of new faculty. Instead of seeking out professors to fill the entry level positions, Rosehart is considering hiring at all stages of seniority as a potential method of obtaining the faculty needed to service Laurier students.

Laurier will not experience the same retirement of faculty soon to be experienced by other Canadian institutions but the retirements cannot be avoided.

The discussion then moved towards class size and Laurier's goals for growth.

In both 1998 and 1999, actual enrollment exceeded expectations by 20 per cent though the greatest enrollment experienced at Laurier occurred in 1992.

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The 2000 Seminar is in Zimbabwe (southern Africa), and is held for six weeks from mid-May to late June. Participants cover a portion of their costs, travel with a selected number of Canadian students and faculty, and conduct a research project while in the host country. Course credit may be available, pending your home department's approval. Applicants are interviewed by Laurier faculty and staff, and then entered into national competition.

For information and applications, contact Dr. J. David Black, Communication Studies Program, ex. 3990 or dblack@wlu.ca. Deadline for applications is **Monday November 1**. Completed applications may be left in Dr. Black's mailbox in the Communication Studies office, Woods 3-215.

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Open Forum

CONTINUED FROM COVER

Jeff Xilon directed the majority of his comments towards student apathy and the need to make students realize that their opinions matter if they are communicated, such as through the voting process.

When the question period opened up to the audience, excellent questions arose from past and present BOD members and as well as concerned attendees.

One particularly good question, asked by Dave Prang, forced candidates to reveal their direct experience with the BOD meetings.

Only Jeff Xilon attended the most recent Board meeting — the other candidates admitted to never attending a meeting.

Holly Wagg later responded to a question which revealed that she had read the BOD member's handbook and Joe Overdevest spoke of his extensive discussions with current BOD and Union members to discover the positions currently available to the next elected Director.

The only surprising question came from Chris Schafer who questioned Holly Wagg's campaign posters depicting the activities of lemmings.

Wagg responded to the attack saying that the posters were to illustrate the tendency of groupthink and that her campaign was to fight against groupthink.

In addition to the polls here in Waterloo, full-time students at the Brantford campus will be given the opportunity to make their voices heard. The 39 eligible voters have been bombarded with posters and information about the elections. Deputy Returning Officer (DRO), Melissa Howie, will regulate the polling in Brantford from 10:00 a.m. to 2:00 p.m.

Osborne expects to begin counting the ballots around 9:00 p.m. on Wednesday evening. She, along with a minimum of five DROs will count the ballots in the company of the Election Council and selected scrutineers. If the difference between the second and third placed candidates is twenty votes or less, Osborne and her staff will recount the ballots. It is hoped that the results will be known by midnight.

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Domestic Dispute

0305hrs Thu Oct.7/99

Officers responded to a report of a disturbance in front of Bricker Residence. Investigation revealed that a couple was having a loud argument. Officers established that no assault or anything of that nature occurred or was going to occur. No further action was taken.

Assist Police 0250hrs Thu Oct.7/99

Officers assisted Waterloo Regional Police in searching for an individual who had fled from them after a traffic stop.

Medical Assist

1120hrs Thu Oct.7/99

An officer responded to the Aird Building after receiving a report that someone was having difficulty breathing. On arrival the individual was breathing normally and declined medical attention.

Mischief 2315hrs Thu Oct.7/99

Person(s) unknown damaged a smoke detector in the hallway on the 3rd floor of Bricker Residence.

Mischief 0208hrs Fri Oct.8/99

Person(s) unknown threw a billiard ball through a car window in lot 4.

Trespass 0030hrs Mon Oct 11/99

A number of people were evicted from the Athletic Complex when they were found wandering around inside after closing time.

Noise Complaint

0005hrs Tue Oct 12/99

Officers responded to a complaint of excessive noise on Willison Field. The individuals were requested to keep the noise down and complied.

Theft Under \$5,000 Oct 9-11/99

Person(s) unknown siphoned gas from PP&P vehicles.

Theft Under \$5,000

Mon Oct 11-Tues Oct 12/99

Person(s) unknown stole the front grill from a vehicle parked in lot 7.

Theft Under \$5,000 Tue Oct 12/99

Person(s) unknown removed a quantity of coin from a vending machine at the Athletic Complex.

Mischief

0200-0405hrs Thu Oct 14/99

Person(s) unknown broke off one of the gate arms at lot 20.

Unauthorized Soliciting

1615hrs Thu Oct 14/99

A non-WLU male was warned when he was found stopping people in the Food Court attempting to sell products.

Fire Alarm 2105hrs Thu Oct 14/99

The Fire Department responded to a fire alarm at Conrad Hall. The source of the alarm was found to be a small fire on a stove element in one of the lounges. Windows were opened to release a large amount of smoke. No other damage was done.

Possession of Stolen Property

0120hrs Fri Oct 15/99

Two WLU students were apprehended when they were observed carrying a stop sign on Bricker Ave. The sign had been removed from the corner of Sunview & University Ave. The matter will be forwarded to the DAC.

Cause Disturbance

0310hrs Fri Oct 15/99

Officers responded to a report of a number of individuals who were banging on windows at Bouckaert Hall and imitating people. The matter will be forwarded to the DAC.

Suspicious Person

0110hrs Fri Oct 15/99

Officers responded to a report of a suspicious male sitting in a vehicle in the Conrad Hall Quad. Investigation revealed the individual was waiting for his girlfriend. No further action was necessary.

Theft Under \$5,000 Fri Oct 15/99

Person(s) unknown removed a quantity of coin from a parking meter.

Theft Under \$5,000 Fri Oct 15/99

A parking sign at lot 12 was found to have been taken.

Medical Assist Fri Oct 15/99

An ambulance was called for an individual who appeared to have consumed alcohol to the point of having difficulty remaining conscious. The individual was taken to hospital.

Medical Assist

0110hrs Sat Oct 16/99

An ambulance was called for an individual experiencing seizure-like symptoms at the Turret. The individual was attended to and the seizure stopped. Further medical attention was refused.

Break, Enter & Theft

0220hrs Sat Oct 16/99

Three unidentified males entered a Willison Hall Lounge through the window and removed a iBud Light neon sign and a Canadian flag. Anyone having any information about this incident is asked to contact WLU Security Services.

Trespass 2355hrs Sat Oct 16/99

Several males were evicted from University Stadium when they were found wandering around under the stands.

The individuals were from an Oktoberfest function at the stadium gym.

New high school admissions

KRISTINA SPENCE

With the help of an ambitious sub-committee and Senate consent, students of the four-year high school system will soon have a map to help them chart out their paths to Laurier.

President Bob Roschart began the meeting by reporting on the activities of university Presidents. The Presidents marched to Queen's Park to protest their need for funding and were sponsored by the opposition to reach the Press Gallery. At a meeting of Canadian university Presidents in Brandon, British Columbia, Roschart discussed the tremendous demand for university faculty expected to hit most universities within the next 10 years.

UBC has initiated a development of housing for faculty in hopes of attracting interest in their teaching positions. UBC is expecting 45 per cent of its faculty to retire within eight years. "The statistics are getting to be quite scary," Roschart admitted.

Moving to the Registrar's Report on the Fall 1999 graduates, the Senate passed the 604 graduating students in the current term. The university is granting 354 undergraduate degrees and 205 graduate degrees at the upcoming ceremonies.

The Academic Planning Committee then began the bulk of the meeting's discussions, starting with the background of the high school curriculum changes. Dr. J. Metcalfe of the Registrar's Office

argued on behalf of the committee to approve the new expectations of students completing a high school degree in four years.

"It is an important fact to state what our requirements will be after they finish grade 12," Metcalfe said.

Metcalfe admitted that "...we don't know what the other university's are doing" because the other institutions are keeping their discussions to themselves.

The provincial government is pleading with universities to establish regulations early so that students can best prepare themselves and ensure their academic success. "Laurier is very much ahead of the game; we've basically charted out

new admissions," he said.

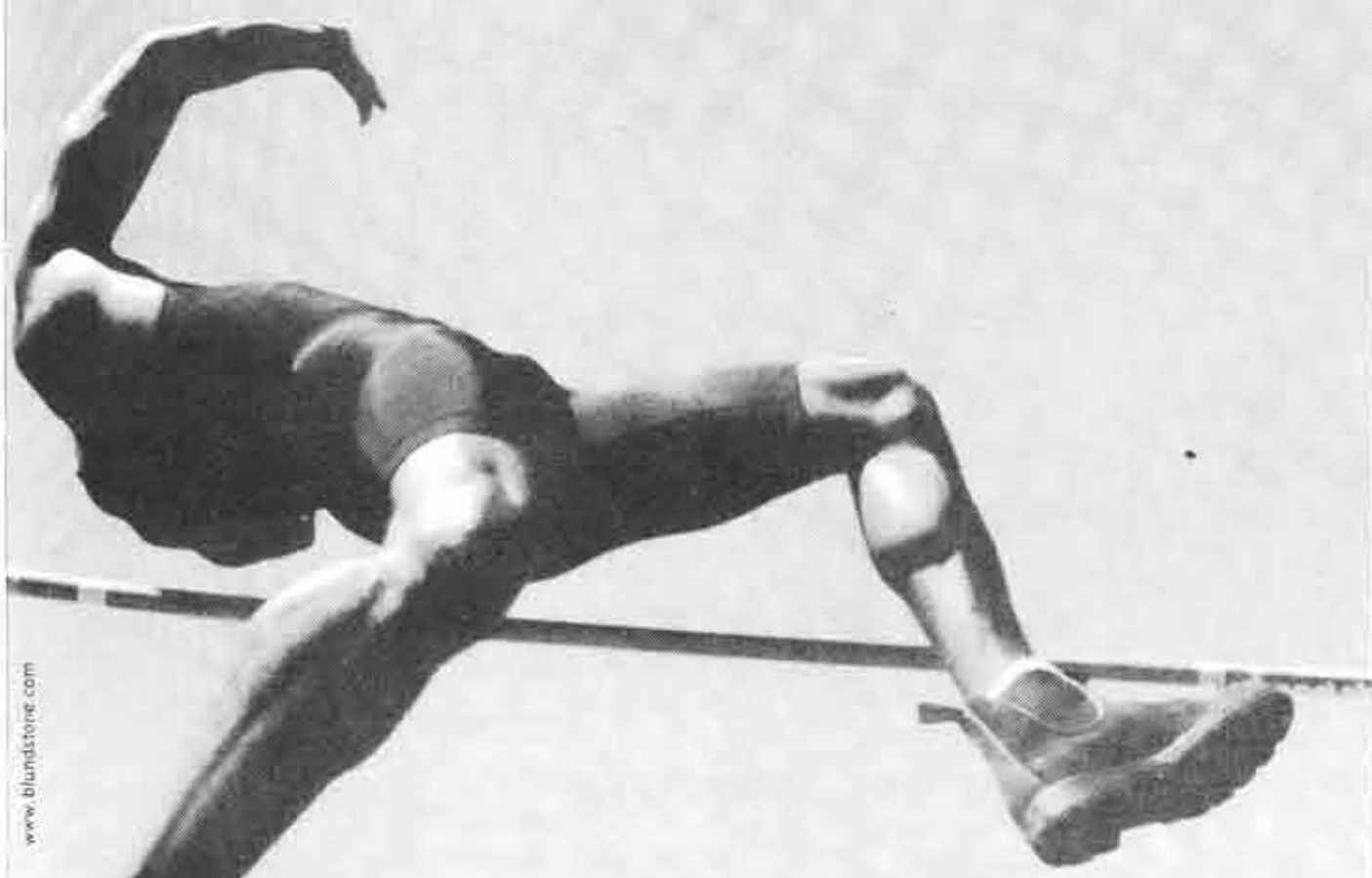
The basics of the new admissions policy is that Laurier will require that each student have (a) a completed Ontario

Secondary School Diploma, (b) grade 12 University Preparation English "Studies in Literature," (c) three additional grade 12 University Preparation courses and (d) any additional requirements required by the particular program.

The grade acquired in the English course will be included in the admission average to which several Senate members expressed disapproval. The motion passed despite opposition. The Senate then viewed a presentation for Recruitment and Admissions of out-of-province and international students before adjourning.

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Chris Pearce

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Poor Competition

Recently much has been made of the Toronto Star being distributed for free on York University's campus. Ryerson almost signed an agreement with the Star - before administrators realized such a contract would violate campus policies on non-university publications - and Carleton University has been approached by the Ottawa Sun.

Tariq Hassan-Gordon, president of Canadian University Press, has said such free distribution of major newspapers will "erode the student press." Representatives for the Star say it will get students reading newspapers again, indirectly benefiting campus papers by increasing readership.

The real issue has nothing to do with readers; it has everything to do with money. Canadian University Press, which represents 68 students newspapers (but not the Cord), argues that once major dailies build up readership on university campuses they will eventually take much needed advertising - especially flyers - away from campus papers.

Many university newspapers, like Ryerson's Eyeopener, have negotiated exclusivity contracts preventing the distribution of outside publications on campus specifically to protect their advertising revenue. Being not-for-profit organizations and designed to provide students with a free source of information on the university community, campus newspapers rely on advertising to exist.

At most, if not all universities, a very small percentage of student organization fees go to student publications, providing

some revenue - Laurier students pay approximately 15 cents per issue of the Cord. So advertising revenue accounts for almost the entire cost of producing a campus paper. Without advertising student papers would cease to exist.

What makes student papers so appealing to advertisers is their access to a condensed niche market. Campus papers reach exactly the people many advertisers want. Is it sad that without advertising students wouldn't have a consistently available

Without advertising revenue, student papers would cease to exist.

form of campus communication? Yes. Would students be willing to pay more for campus papers? Probably not. Do students want a campus paper to keep them informed about what is going on at the university and in the community? I think so.

At Laurier, an exclusive distribution policy is in dispute. The existing operating agreement gives Student Publications (i.e. the Cord) the right to collect advertising revenue. The university does not interpret the agreement to mean non-university publica-

tions cannot be distributed. Hence, the K-W Record is distributed for free to all residences, copies of the Princess Cinema schedule can be found and occasionally, despite the Cord's best efforts, papers like eye and Echo appear. The School of Business and Economics pays for its copies of the National Post, so it really doesn't count.

I would not argue the Cord is in any immediate danger due to competition. However, students should think about what they're doing when they pick up a Princess Cinema guide or a competing paper on campus. We are indirectly supporting the demise of the Cord by encouraging advertisers to go elsewhere. If advertisers can reach the university market more cheaply, they most certainly will. If campus papers lose their advertising revenue, they will not be able to publish.

York's problem with the Toronto Star is not unique, but it is the most visible incident in a trend that is sure to reach every university campus if it is left unopposed. If students want to continue receiving free, consistently available student publications they must oppose the distribution of major daily newspapers and non-university publications on campus.

PATRICIA LANCIA
FEATURES EDITOR

The opinions expressed in this editorial are those of the author, and do not reflect those of The Cord Staff, the editorial board, or WLUSP.

LETTERS TO THE EDITOR

THIS WEEK, WE
HAVE NO
LETTERS TO THE
EDITOR. AT
LEAST, NONE

THAT ARE
PRINTABLE. IF
YOU WANT TO
WRITE A
LETTER, PLEASE

REFRAIN FROM
PERSONAL
ATTACKS THAT
MAKE YOU
LOOK FOOLISH.

Womyn's Words

Some Are More Equal Than Others

AMY WRIGHT

October 18th represents 71 years of women being legally recognized as persons under the law. Before this drastic change, the Supreme Court of Canada ruled that "person" under Section 24 of the British North America Act did not include women. The law declared that: "Women are persons in matters of pains and penalties, but are not persons in matters of rights and privileges."

This gigantic step in the battle for women's rights was fought for by "The Famous Five" - who included such legendary Canadian feminists as Nellie McClung and Emily Murphy. It took years of battling, humiliation and degradation - but girls, we got 'er done...didn't we?

I often wonder about the actual status of women in Canada. Feminism has indeed made many leaps and bounds since the

1920's, but there remains a long road to travel. I'm sure the majority of the population wishes that we feminists would just shut up. What are we complaining about, anyway? We can vote, we can work and we can walk around in public with no shirt on. What else could we possibly want?

Injustices for women remain plentiful and appallingly relevant.

The sad fact is that injustices for women remain plentiful and appallingly relevant as we approach the new millennium. Oppression knows no race or class, or no demographic or age.

Issues such as poverty, increasing violence against women and inequities in both

the work and home prevent women from obtaining a full partnership in society. Despite my commitment to the fight for women's rights, how can I help but become discouraged?

The face of feminism has changed much over the years and is beginning to look wrinkled and tired. Women are exhausted from fighting this century old fight - especially when improvements to the status of women are few and far between.

But it is now, more than ever that we need to stand up for ourselves and address the existing gender inequalities. I am quite sure that our feminist pioneers must have grown tired of fighting: for the right to vote, the right to work, the right to divorce - and most importantly the right to be recognized as human beings. But they persevered and we enjoy many liberties today as a result of their determination.

It is our social responsibility as women to keep the movement alive and to continue fighting for what we have been blatantly deprived: equality. In the words of Nellie McClung herself: "Never retreat, never explain, never apologize. Get the thing done and let them howl."

The Right Perspective

The National Association of Tyrants

CHRIS SCHAFER

The last official count was 65,000 Canadians. A low point in the election cycle, undoubtedly, but 65,000 Reform party members nevertheless. The point in making this statement resulted from an article that appeared in the Cord last week. In his column, Michael Berry stated that the closest thing to bringing "down the wrath of the government on innocent people...in Canada being if say Preston Manning ever became the Prime Minister and we were all subject to his tyrannical whims." Now what exactly does Michael mean by tyrannical?

What is so tyrannical about demands for real tax relief and debt reduction, not as ends in themselves, but because of the benefits that will ultimately flow to Canadians as a result? What is so tyrannical about a political party that espouses a vision of Canada "where economically disadvantaged regions and people, including aboriginal people, are given the tools to direct and create their own economic future by participation in a free enterprises, market-based economy, not the obsolete dependency-creating instruments of government planning and socialist economics"?

Secondly, what is so tyrannical about pursuing a guiding principle that embraces the protection of the lives and private property of Canadians, and a principle that places the protection and consideration of Canadians ahead of the rights of the unlawful?

Moreover, what is so tyrannical about regarding the family as the most important organizational unit of society, and as a result, not hesitating to implement the "notwithstanding" clause to overturn the recent judicial decision to allow the possession of child pornography in British Columbia? Surely, if it values children, the government will put their right to protection ahead of any adult right to possess child pornography.

Subsequently, what is so tyrannical about an Official Opposition that has a vision of the proper relationship between the executive, parliament and the judiciary, as set out in the Constitution and several centuries of British constitutional conventions and precedents? Is it so tyrannical to state that "We have seen the courts increasingly encroach on the prerogatives of Parliament to the point that some might argue that one cannot fully interpret the

Speech from the Throne until after hearing the Speech from the Bench"?

In the end, by stating that Preston Manning is tyrannical, one effectively labels 65,000 other Canadians as equally tyrannical. One could easily make the argument that Chretien, who governs with an iron fist, is much more of a tyrant. Just ask those 64 Liberal Members of Parliament who signed the Reform-initiated petition calling for the invoking of the Notwithstanding clause in regards to the child porn decision and then bowed to Chretien and voted to defeat the same petition. Perhaps, just perhaps, if Preston Manning were to become Prime Minister and we were all subject to his tyrannical whims, this country would be a better place.

One effectively labels 65,000 Canadians as tyrannical.

The Pen Is Mightier

JOHN GRANT

There is no doubt in my mind that television is a direct cause of stupidity and unimaginative thought. The MACH 1 account of the Wilfrid Laurier student runs a close second.

Recently my Mother signed up with Bell Sympatico, and every day since I've had little reminders about clean socks and Vitamin C intake. She even went so far as to describe one of her days as "shitty." I have never heard my Mother swear in my life, but as soon as she jumped on to the E-mail train there it was.

The real issue with E-mail stems from the type of relationships it creates, regardless of what you are receiving from your Mother. (Although, anything that is forwarded to you should immediately be deleted, unless you really need to know how many York students it

Laying It Down

takes to screw in a light bulb.) Whether we realize it or not, E-mail kills any sense of personal intimacy. Nothing can be expressed as well over E-mail as it can in person, or over the phone.

The result is E-mail along the lines of, "Hey, what's going on? Things are cool here, but school is

want of detailed information.

One of my greatest concerns with E-mail is how it manages to keep relationships alive that should have died a long time ago.

Everyone has that old high school friend who could be in jail and you wouldn't know it, except that you use E-mail to keep in touch. It's a friendship based on nothing. Maybe that is a good thing though, as an astute professor of mine once suggested that anything of consequence should never be typed to begin with. His rationale was that the first thing that pops into your head gets typed, and you're on to the next thought so fast that no consideration or reflection takes place.

Realistically I may as well be lumped in with Classical Marxists. My struggle toward an "E-mailless" society has no chance. My point is that there is no reason why we couldn't make Robertson Davies proud by writing a real letter. And isn't a letter in your mailbox infinitely more exciting than one in your inbox?

Email kills any sense of personal intimacy.

really busy. Hope you had a good weekend. Talk to you soon. Later, John."

In the rare case that you write a whole page describing some major event, your phone will be ringing later that night anyway, due to a

we want your damn letters

THE CORD GUIDE IS COMING!

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WORLD WATCH

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TREATY SHOT DOWN IN SENATE



Washington, USA

The Republican majority Senate failed to ratify a nuclear test-ban treaty that had been proposed for 44 nuclear-capable states. The treaty was an attempt by the world community to prevent nations from testing their nuclear weapons, therefore hindering their ability to effectively develop nuclear weapons. US President Bill Clinton, who signed and supported the treaty, said the final word on the treaty had not been heard. The vote in the US however, is expected to hinder American credibility on the issue of Nuclear testing and proliferation. The foreign ministry of Russia stated that they were 'disillusioned and seriously concerned' about the decision, while Japan felt "the result is very regrettable."

RUSSIA SLICING UP CHECHNYA



Chechnya, Russia

Large scale fighting broke out in Chechnya on Sunday perpetuating the Russian invasion of Chechnya. Moscow has denied that they are planning a large scale operation, while refusing to negotiate with Chechnya's elected leaders. There has been little foreign response to the events in Russia. Canadian Foreign minister Lloyd Axworthy, has said that the Kremlin has a right to take forceful measures against terrorists, meaning that Canada 'understands' the Russian attack of Chechnya. The media response in Russia has reportedly been heavily propagandistic.

COUP IN PAKISTAN DISTURBS INDIA



Pakistan

Pakistan's military overthrew the government on October 12th in a bloodless coup. Elected Prime Minister Nawaz Sharif had tried to fire the military's chief general Pervaiz Musharraf while he was out of the country, but Musharraf returned and quickly seized control of the country. The general was considered by many to be behind the Pakistani military's excursions into Indian Territory during the summer, which, along with nuclear tests by the two powers, have escalated historical tensions between the two nations. Pakistan has been ruled by its military for 25 of its 52 years. The international community has not reacted favorably to these events, with many calls for the restoration of democracy.

European Vacation

RUTH STADELMAYER

Haven't you ever had the slightest inclination to travel or find excitement in escaping into the unknown? Travelling has the potential to be so many things, and it can be something different to everyone. I found my love for travelling last year as I traded my second year of university, here at Laurier, for the sights and experiences of Britain.

In September of 1998 I entered the doors of Laurier excited and apprehensive. Excited about meeting so many new people, hoping to do better than ever in school, (didn't really happen!!) and living on my own. The apprehension came from entering a place where huge life decisions were supposed to be made. For example, what to do for the REST of your life! No doubt that first year was a unique experience; however, the excitement slowly turned into stress. About half way through first year I made the decision to take off for a new and thrilling land. Second semester flew past me in a blur and the next thing I knew I was getting on a plane that would take me into a new world I never knew existed.

I set foot on British soil and walked around the airport in London, extremely overwhelmed. Very quickly, I was forced to learn how to survive in a strange environment on my own. Some people may wonder what would possess anyone in their right mind to throw themselves into a situation where they know no one, have never been before and can hardly understand the accent of that crazy Londoner running you over in the street. The thrill is what kept me going. Every day of the 10 months I was there brought forth an amazing new adventure and opened my eyes to a life and culture outside of Waterloo, Ontario.

After being in London for one week my lungs had had enough pollution and my pockets had been robbed of too much money. (OK - the exchange rate took most of it!) So I bussed it up to Edinburgh, Scotland. It was in this magical city (no exaggeration) that I stayed for my first three months. Don't assume that I had enough money to last me

that long. That would have been virtually impossible! Through Travel Cuts here at Laurier I was set up with the SWAP program, which helped me get my working/holiday visa. With my legal permit to work in the U.K. I could work in England, Scotland, Wales, and/or Northern Ireland. Please take note of the incredible opportunities this visa sets out in front of you. It wasn't that I was just travelling, I was also working, which allowed me to settle down in one place and get an in-depth perspective of different cultures and their histories. The history of Britain may not interest some of you, as it is a prominent feature of everyday life, but there are definitely aspects of the Scottish life that are just as or more thrilling. For example, the numerous amount of pub-crawls available! These things are incredible! The pubs of Britain are basically telling you to drink lots and be merry! Here, take a T-shirt for your bravery in drinking 10 Guinness in one night, says the doorman watching you stumble out the door. Occasionally, I would meet those travellers that thought the pubs were the only reason for being in Scotland, and would sacrifice working for precious sleep time after a killer night of drinking. Be careful of this lifestyle and those drunk travellers who try and persuade you to think that working is a



They may take our lives, but they will never take our...ALCOHOL!

time travelling around the best cities in Europe!

For about 6 months I was travelling and working around England, which is a place to be praised for its beauty. Spending time in Northern England in a village where the population of the town was probably close to 10, I had a lot of time to hike

back to Laurier and the university life.

As I was heading home all I could think about was seeing the people I hadn't seen in almost a year. Excitement overwhelmed me as I remembered the comforts I had left, such as flicking away at the t.v. on my comfy, comfy couch or returning to my greatly missed bed. (I didn't mention how uncomfortable some hostel beds were!).

However, after one week my comfort zone was more unappealing than appealing and I yearned for the adventure I had when travelling.

Now I'm in my second year here at Laurier and have struggled to fit back into this organized and structured lifestyle. I realize it's a necessity in gaining a degree and eventually a good job, but when the word travel or overseas hits my ear that's when I feel alive!

That's why when the international stands were set up in the concourse advertising to study abroad it took me no more than 2 seconds to run around to all the booths and gather as much information as I could. School is really important to me and I enjoy it, which is why I've returned; however, travelling is something that keeps my heart racing and mind wandering. The combination of travelling and studying is a dream come true!!

The point of this article was not to persuade people to travel, but rather put forth the idea that anything is possible and if things don't feel right then try something new. The greatest thing that came out of traveling for me was the discovery that there is no set way to get through university or life, but rather, each individual has to find their own way through this world cram-packed full of opportunities.

I encourage each and every student at Laurier to search for those things that make life so great. School is about learning, so get out there and learn from experience in every way possible.

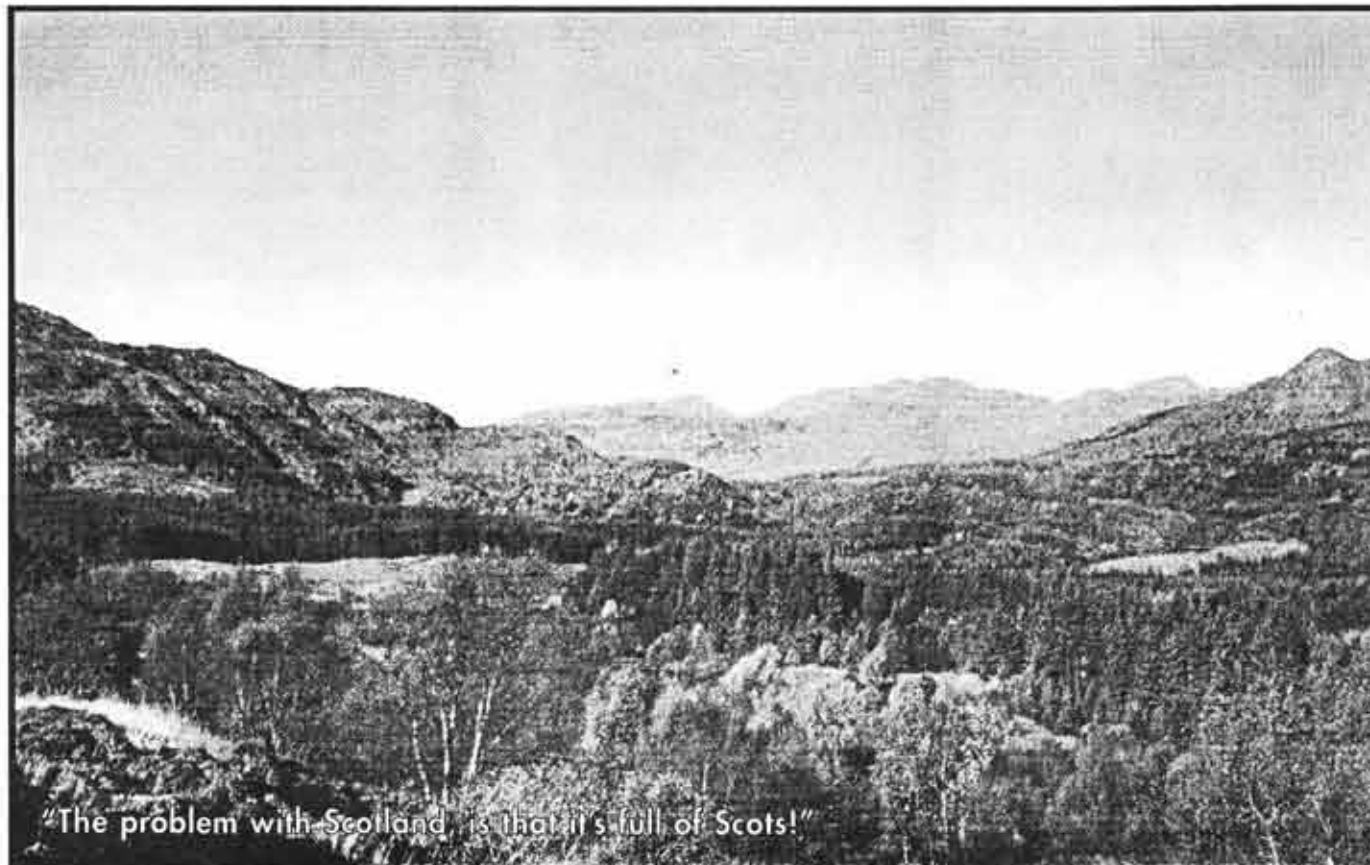
The combination of travelling and studying is a dream come true

waste of time.

It was because of my two jobs in Edinburgh that I was fortunate enough to visit the land of the leprechauns. This column is limited to fewer than 5000 words so I'll spare you the details! I will say, however, that Ireland has so much to offer. Close your eyes and just imagine the perfectly poured pint of Guinness, or how about the best looking guys on earth!!!! Also, with my accumulated pounds (that's the currency, not the weight measurement!), I took a boat over to Paris and spent an amazing

through the hills and valleys of the Lake District. If you have no interest in nature, you can always set yourself down in the pub, chat with the locals (who loooooove Canadians), and become a master at the game of pool!

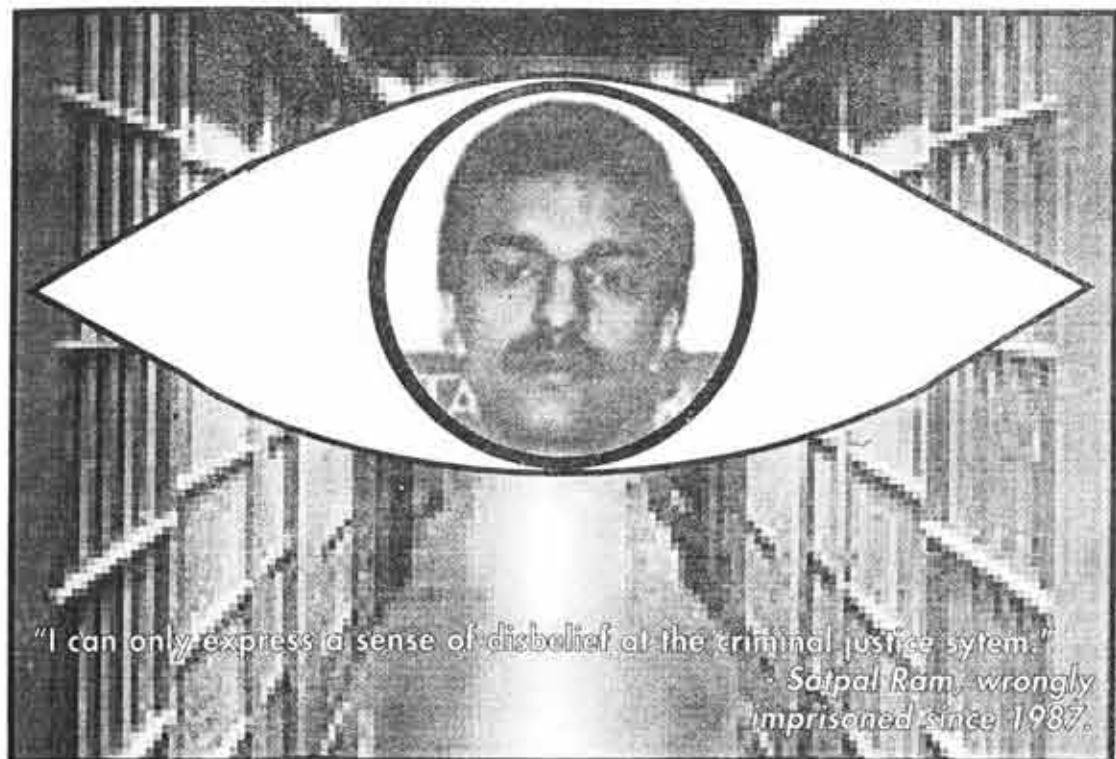
The month of May came way too quickly because I didn't feel ready to head home on June 30th. By this time I had developed an accent and made so many contacts that living in Britain for the rest of my life was completely possible. Then reality hit me and I knew it was time to head



"The problem with Scotland is that it's full of Scots!"

COURTESY PHOTO

Cord International's Eye on Human Rights



"I can only express a sense of disbelief at the criminal justice system."
Satpal Ram, wrongly imprisoned since 1987.

COURTESY PHOTO

ASAD KIVANI

It's hard to shatter widely-held misconceptions. The idea that the English are a very prim and proper, stable, restrained people is not necessarily accurate. To attempt to characterize the English judicial system as such would be to turn a blind eye to the blatant human rights abuses that have been and continue to be perpetrated and condoned by all levels of British institutions, from the police to the courts to the government and the Prime Minister himself.

In a continuation of the atrocious human rights abuses that were inflicted upon its colonies around the world (including present-day Northern Ireland), the English judicial system is failing to support, aid or even fairly treat those who have obviously had justice denied to them.

In 1987, Satpal Ram was convicted of murder after fatally stabbing a man inside a Bangladeshi restaurant. The only catch was that Mr. Ram was attacked by a group of racist thugs, that he was defending himself after being verbally abused, harassed and physically attacked, including two stab wounds to his face and arm, and that the man he stabbed refused medical treatment. The lawyer assigned to Satpal held one 40-minute session with him, during which he changed Satpal's defense argument from one of self-defense to one of provocation. At the trial, the lawyer never called Satpal as a witness and there was no interpreter to take the evidence of the restaurant's Bangladeshi staff. The judge declared that he would serve as interpreter despite the fact that he knew no Bengali.

At his appeal, only evidence from Satpal's attackers was considered. The appeal judge did, however, commute his sentence from life imprisonment to 10 years. Yet it is 1999 and Satpal is still in jail for a crime that wasn't committed. He has been moved from prison to prison 59 times, including late August, just one week before a demonstration to free him was to take place. His parole hearings have been delayed and denied for over two years, despite the appeal judge's recommendation of a ten-year sentence.

Zoora Shah, having been sexually abused, exploited and tortured by a well-known member of the criminal underworld, finally saved herself from a certain death by killing her abuser, Mohammed Azam. Despite over-

whelming evidence demonstrating the conditions under which she lived and recent such as the acquittal of a woman accused of murder under nearly identical circumstances, Shah is still in prison. This in spite of the fact that her response was purely motivated by self-preservation.

Apparently, the British judicial system has decided that self-defense is a crime.

This is not the only such instance of wrongful imprisonment. If one is Irish, then a similar bias is presented. The Birmingham Six and Guildford Four are only among the most high profile to be wrongfully convicted and spend years in jail. Both groups were accused of fatal bomb attacks that were allegedly linked to IRA activity in the United Kingdom, and both were convicted in spite of tremendous evidence in their favour, including statements from the IRA that the men accused of the crime were not the ones responsible. Both groups have since been released, but their cases touch on all that is wrong with the British judiciary system.

Upon the release of the Guildford Four, retired British judge Lord Dennig commented "if they had been hanged, they would have been forgotten and the whole community would have been satisfied."

Further abuses are to be expected, especially due to legislation introduced in the wake of the tragic Omagh bombing. The British government enacted law which Prime Minister Tony Blair called "draconian". One key part of the legislation is that prosecution will be allowed

to continue on the basis of the suspicions of a senior police officer, and that any attempt by a suspect to retain their right to silence will be seen as corroboration of the police officer's evidence.

This is ironic in light of the fact that while condemning the Omagh bombing, the British government simultaneously endorsed American bombings of suspected terrorist sites in Sudan and Afghanistan, one of which was a pharmaceuticals factory vital to the Sudanese medical system.

Without continued agitation and action, British institutions mandated to enforce freedom and justice will continue to enjoy free rein in subverting those ideals. The personal and political agendas of individual actors will become the dominant motives of those institutions charged with helping, not destroying, their citizens.

British institutions will continue to subvert ideals

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Make better use of time



Keep important items in a file folder. This will help keep you impeccably organized.

YVONNE FARAH

You probably know those people who seem to have this amazing ability to do everything and on time as well. They have this special skill that lets them juggle schoolwork, volunteer commitments, employment and a very active social life as well. So

how can they master a hectic schedule with impossible poise, while you stumble through busy spells dazed and confused?

There are two possible answers to that question, first, they could be 'super people' and have special powers. Or there is the more likely explanation; these people have found a

way to organize their lives.

Now, how can you become one of these people is the question? Let this article give you a couple of ideas on how to manage your time.

Here are a few tips on how to get organized and stay organized.

- Invest in planners and calendars and actually use them.

- Record every important date, meeting and assignment in a planner or calendar or both.

- Colour code your different areas of life, i.e. Red for academics, Blue for volunteer commitments and Black for social engagements, etc.

- Be consistent, make sure to check your planner or calendar everyday, checking it every other day will not be as effective.

- Look at the big picture and prioritize.

Four-month calendars that are available are a good idea especially when trying to organize academic commitments.

By being able to see what assignments and exams you have in

advance enables you to plan what you will do.

Decide what is important to you and what should be completed first. Take everything one day at a time and try not to think about everything you still have to do. Just focus on the task at hand.

Forget the small stuff. The best way to remember everything is to write it all down (in your planner).

That could mean everything from time out with friends to phone calls. If you write it all down you will not forget it.

Don't lose things; buy a bowl or basket and always place your keys there. Try to get a brightly coloured wallet so it is easy to find in your large darkly coloured bag.

Stash stuff you know you will need at some later point in time in a file folder. Anything from tickets to schedules can be kept and dated in a folder. Place the folder in a convenient area so you can check it regularly.

Seize

Opportunities. When running errands, make sure to think ahead. If you are buying a birthday card for a friend in November and you know you have three more people to buy cards for in December seize

that opportunity.

If you find you have an extra fifteen minutes between classes, why not take that opportunity to finish a small errand such as checking your e-mail or going to the bookstore.

These are just a few tips and pointers that have come from various sources.

If you are interested in getting more information on time management, see Counselling Services on campus. The most important thing to remember is to get a routine and to stick with it.

The best way to remember everything is to write it all down.

Behind-the-scenes look at film making

ALISON KELLY

Production continues on *The Nature of Reality*, the student independent film being shot at Laurier. However, not many people know exactly what takes place during filming.

Here is a behind-the-scenes report on what goes on before and during the filming of a scene. The two scenes filmed on Saturday, October 16th in Room L128 in the library. The scenes involved an English lecture and presentation by the very approachable Professor Doherty and one of the characters, Robert Newman.

9:30a.m.: Writer/ Director James Muir, Producer Anthony Del Col and Production Manager Chris Baker meet to discuss the final details before the shoot.

10:00a.m.: Baker meets with the camera, sound, and light crew and moves the equipment over to a Room L128 in the library, today's shooting location.

10:10a.m.: Crew begins to set up the camera and prepare the classroom. The actors, including Todd Pettigrew playing the role of the professor, begin to arrive. James sits down with Maneesh Sehdev, in charge of continuity, as well as Stephen Orticello, assistant director, to determine the day's shooting sequence.

10:15a.m.: Helen Armbrust, the makeup artist, and Holly Cybulski apply makeup to the principal and secondary actors.

10:35a.m.: Extras begin to arrive, ready for their first time in front of the camera.

11:00a.m.: Extras take their places and note their exact location to ensure continuity throughout the scene. They will be glued (figuratively) to these positions for the next three



Mike Forler, Jeff Bunker and Armen Ashkian await their cues during taping of a scene from *The Nature of Reality*

hours. One of the leads of the film, Armen Ashkian, arrives just after the completion of his Marketing mid-term (remember the four P's, Armen!) and assumes the role of Robert Newman.

11:15a.m.: Reporter from ECHO Weekly arrives, takes some pictures, chats with members of the crew and observes the production. The film will be profiled in the magazine in the last issue in October. It has also received coverage so far in the Waterloo Chronicle and CKCO-TV.

11:16a.m.: The camera crew, with Orticello

and Luke Martyn at the helm, conduct white balance tests and check the composition of the shot in the monitor.

11:25a.m.: Sound crew positions boom mics and conduct a sound test. Trevor White, one of the sound technicians, must lie down on the ground in front of Pettigrew in order to effectively capture the dialogue. Troubles ensue as Pettigrew's shoes are making too much noise, so he must perform the scene in his socks.

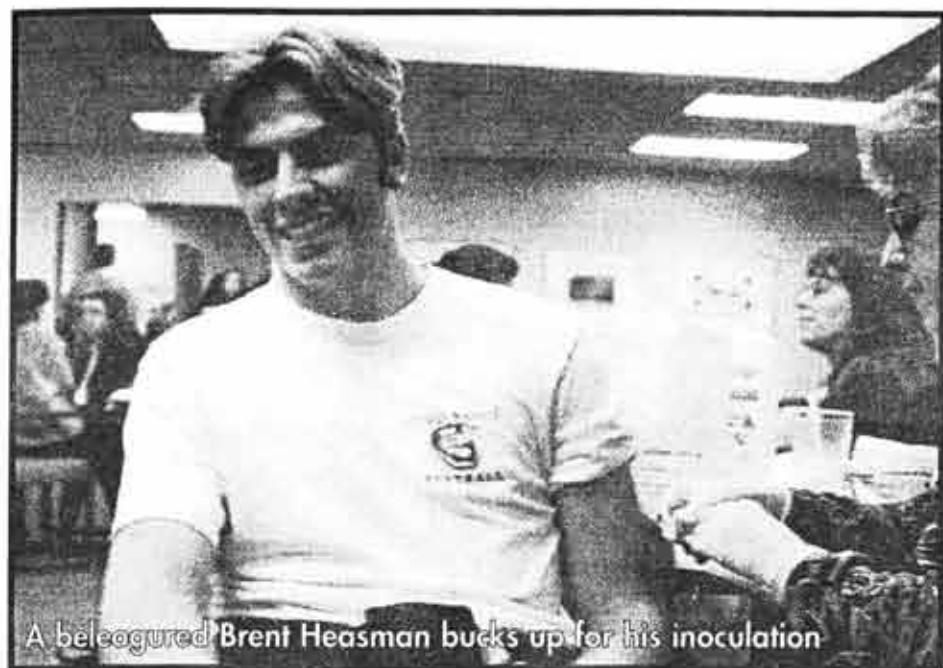
11:35a.m.: The slate board is prepared detailing which scene and take the crew is about to shoot.

11:40a.m.: Muir yells "ACTION," and Pettigrew begins reciting his lines.

The scene is shot several times from a variety of camera angles and is completed at approximately 3:15. The actors and crew take a break and then prepare for the next scene.

The second scene takes about 3 hours to shoot. After a long day spanning almost 8 hours, the cast and crew are two scenes closer to finishing *The Nature of Reality*.

Get a flu shot



A beleaguered Brent Heasman bucks up for his inoculation

YVONNE FARAH

In case you have not noticed Flu season has arrived. Influenza is caused by a highly contagious virus. It usually strikes in epidemic proportions every winter. Starting as early as October and running as late as April. The fact that anyone can be affected makes the chance of you having it for some period of time a likely occurrence.

As you already know, most likely from personal experience, influenza is not like a simple cold. The symptoms include fever, aches and pains, and a dry irritating cough. Unfortunately the flu can keep you in bed for up to a week and leave you exhausted for up to a month. With facts like these it is no wonder the flu can hamper your academic performance. If you are an athlete who plays

on any of the varsity teams you may be unable to perform up to your athletic potential if you are ill.

However, a positive spin on this issue is flu immunization is not only available, but at Health services here on campus. The best time for immunization is from now until mid or late November. Public Health Authorities are predicting an early and long influenza season this year. According to statistics taken from the pharmaceutical company that produces the shots, they are anywhere between 70% to 90% effective in preventing influenza. They do say the immunization will almost always reduce the severity of the illness and speeds up your recovery. Regardless of what you have heard you cannot get influenza from a flu shot.

The cost is \$10.00 for all faculty, staff and students. It is however free

Drinks all around

Here are a few drinks that don't have alcohol but are sure to impress.

Chocolate Colada Shake

1/3 cup Coco Lopez Cream of Coconut
1/2 cup Milk
1 tbsp. Chocolate Syrup
1 1/2 cups Chocolate or Vanilla Ice Cream
Mix in a blender until smooth. Serve immediately.



Pina Colada Shake

1/2 cup Unsweetened Pineapple Juice
1/3 cup Coco Lopez Cream of Coconut
1 1/2 cups Vanilla Ice Cream

Mix in a blender until smooth. Serve immediately.

Shirley Temple

1 oz. Lime Juice
1 oz. Grenadine
6 oz. Ginger Ale

Pour ingredients over ice in a tall glass. Garnish with a cherry.



Virgin Mary

4 oz. Tomato Juice
dash Worcestershire Sauce
dash Tabasco Sauce
dash Salt and Pepper

In a glass filled with ice, add Tomato Juice. Add a dash or two of Worcestershire Sauce, Tabasco, Salt and Pepper. Garnish with a celery stalk.

of charge for all those who are medically at increased risk from influenza. You can get your shot from 9:15 a.m. until 11:30 a.m. and 1:15 p.m. to 4:00 p.m. Monday to Friday and also 5:00 p.m. until 7:00 p.m. on Monday to Thursday.

If you are afraid of needles, just close your eyes and think pretty thoughts. According to Doreen Koenig from Health Services, the nurses here on campus give very good shots. Ms. Koenig speaks from experience because she has already had hers.

So give serious thought into getting your flu shot this year.

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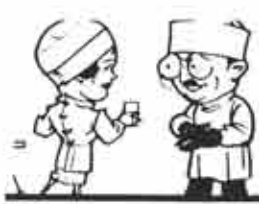
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Alternative Medicine

For many years alternative medicine has stirred up controversy and debate. To some it is an instrument of healing and to others an example of new age hysteria. If one thing is for sure, it's not going away any time soon. Does it work?

When I first decided to write this article I had no idea what was in store. Logically, my first step was to head over to the nearest Chapters and find a book or two on alternative medicine. Bad idea.

What I was confronted with was a plethora of magazines, books and encyclopedias, specializing in everything from aromatherapy to advanced tantric yoga. Given the fact that I have had little to no experience with this topic, my initial reaction was one of confusion.

How could one specific area of the bookstore be so broad? How could herbal medicine and tai-chi occupy the same shelf space? I guess I was cast under the same spell anyone in the alternative section at HMV can account for. The feeling was utter disorientation.

The ambiguous nature and broad scope of alternative and complimentary medicine can be very overwhelming at times. This is part of the reason so much controversy surrounds alternative medicine.

WHAT EXACTLY IS ALTERNATIVE MEDICINE?

Massage therapy, aroma therapy and chiropractic care are all popular forms of alternative therapies. The list also includes exotic, less familiar practices such as feng shui, shamanic travel, rolfing therapies and feldenkrais.

In general, alternative therapies fall outside what the public considers "mainstream" medicine. It often focuses on total health, incorporating preventative measures and lifestyle changes to sustain positive health.

Many therapies also incorporate more "natural" treatments, such as vitamins and herbs. Such therapies are usually less invasive than traditional "Western" medical practices.

It is hard to define alternative medicine without over-generalizing

the hundreds of practices that are contained within it. Many people believe it to be any form of medicine or therapy that is not reinforced by strong clinical evidence.

This does not always apply, however. In the case of chiropractic medicine, the health benefits have been proven and reputable universities and colleges offer instruction in chi-

native medicine practices just be clinically tested and evaluated accordingly? One of the reasons for this, according to Dr. John Crellin, a professor at Memorial University's medical school, is such testing would be an expensive undertaking.

"The trials are expensive, and not everyone wants to do them, or feels they need to," says Crellin. "Many

guage it is published in creates a barrier.

"Western doctors tend not to look at [the studies] because they are published in Chinese or Korean," he says.

NATURAL PHARMACEUTICALS

Another aspect of alternative medicine that has become very

because you buy an herbal remedy there is no guarantee it will do what it says, or even give you what is on the bottle." The strict guidelines for prescription medications do not apply for more natural remedies.

However, this lack of clinical testing does not seem to bother consumers. The herbal industry has an estimated annual earning of \$2-3 billion in North America alone. And this figure is climbing.

One of the worries with these herbal supplements in particular is what's going into them and what their effects are.

"You have to be very careful in this matter," the pharmacist says. "Certain medicines can clash and cause health problems." There is also potential danger when mixing an herbal medicine with prescription medication. Computer systems such as Health Watch are used to prevent this situation from occurring.

CHIROPRACTIC

Another form of health care that people are familiar with is chiropractic therapy. The credibility of this therapy has been an issue of controversy in the medical field for years. Although chiropractic therapy tends to get lumped in with other "alternative therapies" many practitioners feel the practice is not alternative to anything, that it is a form of health care in itself.

One of the interesting things about chiropractic care is that it was developed in Ontario in the late 1800's. It is rumored that various ancient cultures used spinal manipulation as a form of healing, but the actual practice originated in this province.

There are specialized schools in Canada that deal directly with chiropractic and three different universities that have an intensive program

CONTINUED ON NEXT PAGE



ropractic care. Chiropractic is becoming more accepted as a viable treatment, but it is still considered alternative therapy.

Doctors argue that alternative medicine lacks the clinical evidence to support its claims. If it has not undergone clinical testing it is categorized as "alternative" to more established "Western" medicine.

LACK OF SUPPORT?

If this is the case, why can't alter-

people would believe that there are two cultures in medicine. One that practices medicine through clinical trials and one that doesn't."

Another problem is the fact that many studies which do exist are published in different languages and it is both costly and timely to translate them. In the case of acupuncture, Christopher Lam, a general practitioner and acupuncturist, believes there is medical evidence to back up his practice, but the lan-

debatable is its pharmaceutical aspect. Stores such as Shoppers Drug Mart and Pharma Plus are packed wall-to-wall with different types of herbal medicine - such as ginseng, Echinacea and St. Johns Wort, and so on - yet none of them are clinically tested.

"There is no structured system that regulates these supplements," says one Shoppers Drug Mart pharmacist. "Clinical testing is rarely, if ever, used for these medicines. Just

Some Alternative Therapies

ACUPRESSURE/ACUPUNCTURE

An ancient Chinese technique using finger pressure or fine needles placed on specific points of the body to stimulate the flow of chi (vital energy) in order to restore health and vitality.

AROMA THERAPY

The use of essential oils and fragrances to treat various disorders.

CHIROPRACTIC

Seeks to eliminate pain through manipulation of the spinal cord. Proper alignment allows neural impulses to flow freely.

COLONIC THERAPIES

Cleansing the large intestine and colon with water to remove toxic build-up in the system.

FELDENKRAIS

Combines movement, touch and verbal dialogue to bring about "total body awareness."

FENG SHUI

The ancient Chinese practice of configuring physical environments to promote the healthy flow of chi.

HOMEOPATHY

The use of small doses of herbs, vitamins and other natural substances to stimulate the immune system.

HYDROTHERAPY

The therapeutic use of water, steam and ice to treat pain, immunity, tension, circulation problems, etc.

MASSAGE THERAPY

Applied pressure to the skin, muscles and/or joints to ease pain and improve muscle function.

RADIONICS

The use of essential oils and fragrances to treat various disorders.

ROLFING

Systematically organizes the bodies connective tissue, allowing muscles to return to a balanced relationship with the body.

CONTINUED FROM PREVIOUS PAGE

of study. The Universite de Trois Rivieres in Quebec houses roughly 200 students.

THE BENEFITS

Aside from the skepticism that alternative medicine seems to generate there are many who feel it is very beneficial. Crellin says that anyone who writes-off alternative medicine in general might be "doing so prematurely." He urges, as many others do, to exercise caution in the field, as the low standard of regulation can cause fraudulence. He says this because the field is open to virtually anyone who can create a product with an herbal name or a therapy with some form of sense manipulation. These promises might be based on nothing more than "making money."

What I've concluded from a rather brief examination of alternative medicine is that whether or not it works is a complex notion to assess. Many practitioners argue that each patient is different and has different needs. Therefore yoga may be more beneficial to one person and acupuncture to another.

This ideology collides with the traditional views of modern medicine, which tend to prescribe one type of medication for all ailments. And although it would be foolish to write either off right now, it seems the best thing to do is to find out for yourself whether alternative medicines really do benefit your lives.

Because if these two medical cultures have anything in common, it could perhaps be that at the heart of each exists an ambition to better our lives and heal our wounds.

ASTRAGALUS

Protects the immune system, promotes healing, increases stamina. Good for colds, flu.

CHAMOMILE

An anti-inflammatory, appetite stimulant, digestive aid and sleep aid. Also good for headaches and pain, stress and anxiety.

COMFREY

Speeds healing of wounds and skin conditions. Use for bites and stings, bruises, burns, sunburn, etc.

DAMIANA

Stimulates muscles and oxygen circulation. Used to increase energy and as an aphrodisiac.

ECHINACEA

Good for the immune systems. Useful for colds, flu and other infectious illnesses.

GINSENG

Strengthens immune systems, promotes lung functioning and stimulates appetite. Good for circulatory problems, lack of energy, stress.

GINKGO

Improves brain function by increasing blood flow, circulation and oxygenation. Good for depression, headaches and memory loss.

KAVA KAVA

Induces physical and mental relaxation. Helpful for anxiety, depression, insomnia and stress-related disorders.

LOBELIA

A cough suppressant and relaxant that reduces cold symptoms and fever. Also good for asthma, pain and viral infection.

TEA TREE OIL

Disinfects wounds and heals almost all skin conditions. Also good for colds and sore throats.

VALERIAN

Improves circulation and acts as a sedative. Good for anxiety, insomnia, cramps, nervousness, pain and stress.

YOHIMBE

A hormone stimulant. Increases libido and blood flow to erectile tissue.

Therapy through music

Music therapy fuses psychology and music into an innovative form of healing. Patients use instruments to improvise and communicate, allowing them to express their emotions and deal with a variety of problems.

Laurier is unique since it is one of the only universities to offer a program in music therapy. Headed by Dr. Colin Lee the program has existed for roughly 13 years and is continuing to expand. An MA degree may be offered in the near future, but for now students are able to pursue a BA.

Lee is quick to point out that this program is not an easy road. It takes hard work and perseverance. He says, "To become accredited in music therapy you have to work hard. It's a long process that extends beyond a bachelor's study."

In order to become a certified musical therapist, one must take a six-month internship. Students must also be highly

Music therapy is not a passing fad or a new age fixation.

skilled in at least one instrument of choice and have extensive knowledge of psychology.

Lee is quick to point out the rewards this level of hard word and discipline bring. He states, "The practice of music therapy is expanding vastly, and can be of some benefit to everybody. [It] can facilitate a very positive reaction in people."

Medical studies have proven this practice to be beneficial for many people. For example, music therapy can be used to help a patient undergoing surgery or someone going through a period of stress (mid term exams anyone?). It has many applications.

As excited as Lee is about this relatively new practice, he also comments on the many misconceptions that surround the field. This leads to, "a lot of frustration," according to Lee. Although, he does not mention any

sources in particular he states, "a lot of information that is supposedly representing music therapy contain studies and promises that are not replicable or realistic." Some of these books contain, "very romantic ideas that cannot hold their weight under clinical scrutiny."

He advises that one exercise caution in what evidence they believe. Some of these claims are backed up by one or two studies that are not done under any regulations.

"The idea that music can be universally prescriptive is not practical," says Lee. "We cannot tell you that a tablet of Mozart will cure your headache or boost your I.Q. The evidence just isn't there."

In fact, music therapy has little, if anything, to do with pre-recorded music. Rather it is a form of therapy that

opens the doors for creative expression, non-verbal communication and emotional exploration. This rarely has anything to do with

listening to tapes.

Patients can learn to explore their emotions through improvisation or learn to communicate without words using various musical harmonies. Music therapy can even help someone manage anger by teaching them how to vent their negative emotions. For example, patients can use drums to alleviate stress and built up hostility.

"We don't just sit you down and play you soothing music, when really your stressed out and angry," says Lee. "It takes a lot of individual assessment."

Having said all this, it becomes obvious that music therapy is not a passing fad or a new-age fixation. Since it is relatively new, music therapy will undoubtedly face skepticism – but that is not uncommon. What is certain is music therapy is opening a new door in medicine, one that is challenging the way we think about healing.

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Hawks demolish Toronto

JORDAN FURNESS

Coming into Saturday's football game against Toronto, the Hawks were expected to easily earn their fifth victory of the season.

The Hawks took it one step further however, and obliterated the hapless Varsity Blues 60-3.

Laurier jumped out to a quick 10-0 lead early in the first quarter and led 38-0 at the half. They continued to pour it on in the third quarter where they extended the lead to 59-0 before closing out their fifth win of the season 60-3.

"I was very pleased with the entire effort", said a pleased head coach Rick Zmich. "We got off track a couple of weeks ago against Western and the changes we made after that game have got us back on track and ready to face the tougher teams".

Laurier's Harvey Stables, Mr. Romance, led the Hawk offence with three touchdown receptions as the Hawks amassed over 497 yards in total for the day. Stables caught four passes for 132 yards and completed the day by blocking his first punt of the season. Wide receiver Andre Talbot had an average day, by his standards, catching six balls for 76 yards while facing some tight double coverage from the Blues. Talbot did manage to break loose in the third quarter with a 71 yard punt return up the sideline that electrified the Laurier faithful. Andre remains second in the CIAU for receiving yards

with 615 total yards, 70 yards back of James Maclean at Queen's.

Quarterback Adam Lane played the first three quarters completing 15 of 23 passes for 303 yards and four touchdowns. Backup Drew White proved how strong the Hawks are at quarterback in the fourth quarter as he went 3 of 3 for 45 yards.

Kevin Johnson had the fourth receiving touchdown for the Hawks while Justin Praamsma, and Henry Suh each ran one in. The Hawks have now outscored their opponents

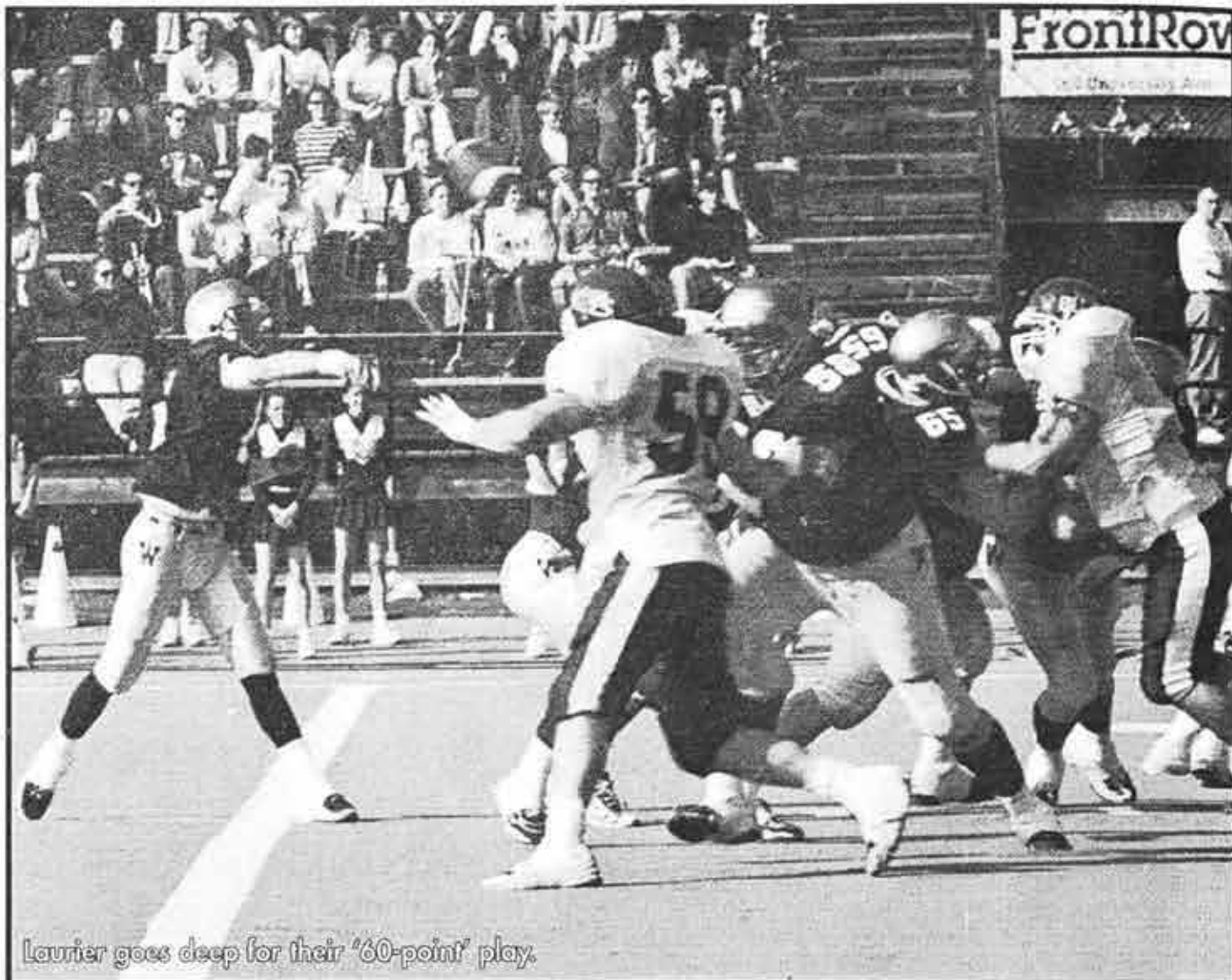
over the past two weeks 109-3.

Coach Zmich was extremely pleased with the way the Hawk offence systematically picked apart Toronto's defence. "Our plan was to keep the passes short and quick, letting our receivers do the rest. We executed

extremely well all day long".

Equally as impressive was the Hawk defence which smothered the Blues. Toronto's two quarterbacks completed two of eight passes for 14...wait a second...yes, 14 yards. Seven different Toronto rushers were able to gain 142 yards, however, it took 48 carries to do so. This worked out to 2.96 yards per carry, which, especially under Canadian rules, does not get a team very many first downs.

Leading the way on defence was Eric Schwab who recorded seven tackles and assisted on three others. The fifth year defensive end from St. Joachim was named the defensive



Laurier goes deep for their '60-point' play.

player of the game. Despite not recording a sack, Schwab continues to lead the CIAU in quarterback sacks with 5.5 on the year.

Donnie Ruiz, with nine tackles and three assists, continued his strong play this year. Ruiz's 46 unassisted tackles on the year puts him 3rd in the CIAU, five behind Damian Porter in Windsor.

All-Canadian safety Alan Ruby, playing in just his second game of the year picked off two passes adding to the UoT offensive woes. The Blues were simply overmatched and overwhelmed throughout the entire day by a Hawk defence that is one of the best in Canada.

Looking ahead, the Hawks are in

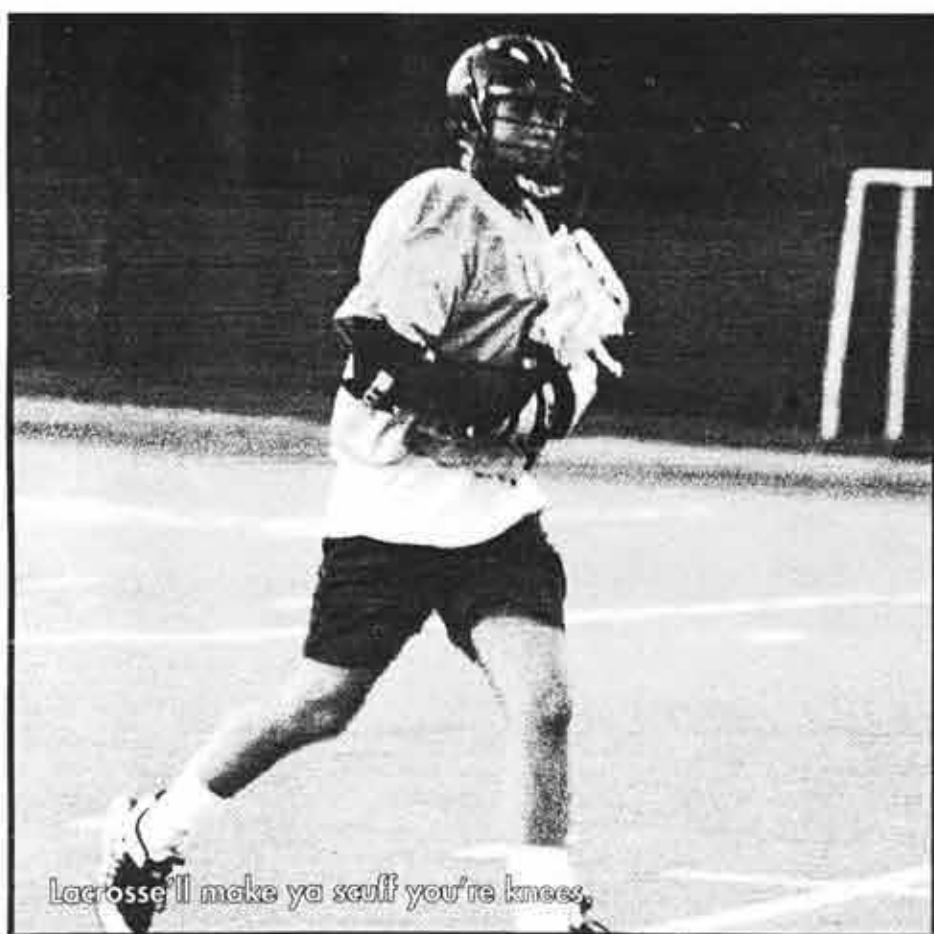
for one of their toughest games of the year. The Hawks are taking on the Ottawa Gee-Gees who are 6-0 on the season. Coach Zmich stated that if it weren't for sanctions placed on the Gee-Gees in 1997 the team would likely be ranked number one or two in the CIAU. Zmich, however, feels Laurier is at the top of their game right now and ready to take on a team that has three All-Canadians.

"Ottawa comes at you very hard on defence. They are very speed oriented and that means that we will have to be executing perfectly in order to mount a serious attack".

The Hawks will return home for their final regular season game against the Waterloo Warriors.

The hawks
were
expected to
win their
fifth victory.

Laurier Rubber ball



Lacrosse'll make ya scuff you're knees.

Vanessa King

The women's lacrosse team played two action packed games last week, giving the Hawks a win, and a loss. Played at York, this crossover tournament matched Laurier against

teams outside their division. Laurier's first game was against Queen's, a team that has only lost to the University of Toronto's lacrosse team, and is currently second in ranking.

By the half, Laurier was still a

threat to Queen's, keeping the score a tight 5-3, with Queen's slightly on top. Shortly after the second half, the Hawks came on strong, scoring three unanswered goals. By early in the second half, Laurier found themselves ahead of Queens, 6 to 5. But, because of Queen's overly physical second half, which found Laurier players being pushed off of the field by the aggressive squad from Kingston, the victory was Queen's.

The final score was 12 to 7, with 3 Hawk goals scored by Emily Watson, a pair from Meghan DiSousa, and a single from Vanessa Cowens. Cindy Pumbo netted a goal, and one assist, and Erin McElhone was credited with an assist.

Laurier's standout player of the game was Arlene Stratton, a first time goalie. She was able to fend off many attempts from the Queen's squad, and was nominated by Lynn Orth as this week's outstanding athlete.

The second game paired a more experienced Laurier against a primarily rookie York team. With Laurier scoring 4 goals in 6 minutes, the halftime score was 7 to 3, for the

Hawks. "I was able to put my entire bench on the field, which is something I can't usually do," said Hawk coach Lynn Orth, "the rookies were able to maintain the momentum of the game, that the more experienced Laurier players had initialized, which was great."

This Golden Hawk momentum proved to be too strong for the York players. In the final thirty seconds of the game Laurier scored one more goal, adding to a total of 13, which proved to be too much for York, who finished with 7. Meghan DiSousa was this game's top scorer, with three goals.

Four lady Golden Hawks, Emily Watson, Sandy Pumbo, Mel Welwood, and Erin McElhone each added a pair to the total, and Megan Carr, and Vanessa Cowens each scored one. Assists were credited to Emily Watson, and Megan Carr.

Come out and watch this week's rescheduled match at University Stadium, Saturday, October 21 at 9am, where the Women's Laurier Lacrosse team will face off against the Guelph Gryphons.

This Week in Sports

Hockey

Wed. Oct. 20

Men vs. Ryerson @ 7:30 pm

Women @ Brock, 8 pm

Sat. Oct. 23

Men @ Brock, 7 pm

Volleyball

Wed. Oct. 20 @ Guelph

Women @ 6 pm

Men @ 8 pm

Wed. Oct. 27 vs. Waterloo

Women @ 6 pm

Men @ 8 pm

Basketball

Fri. Oct. 22 @ Ottawa, 1 pm

Women vs. York @ 7 pm

Sat. Oct. 23

Women's Alumni Game @ 6 pm

Rugby

Sat. Oct. 23

Men vs. U of T @ 1 pm

Women vs. Queen's @ 4 pm

Soccer

Sat. Oct. 23 @ Western

Men @ 1 pm

Women @ 3 pm

Football

Sat. Oct. 23

vs. Ottawa @ 1 pm

Cross Country

Sat. Oct. 23

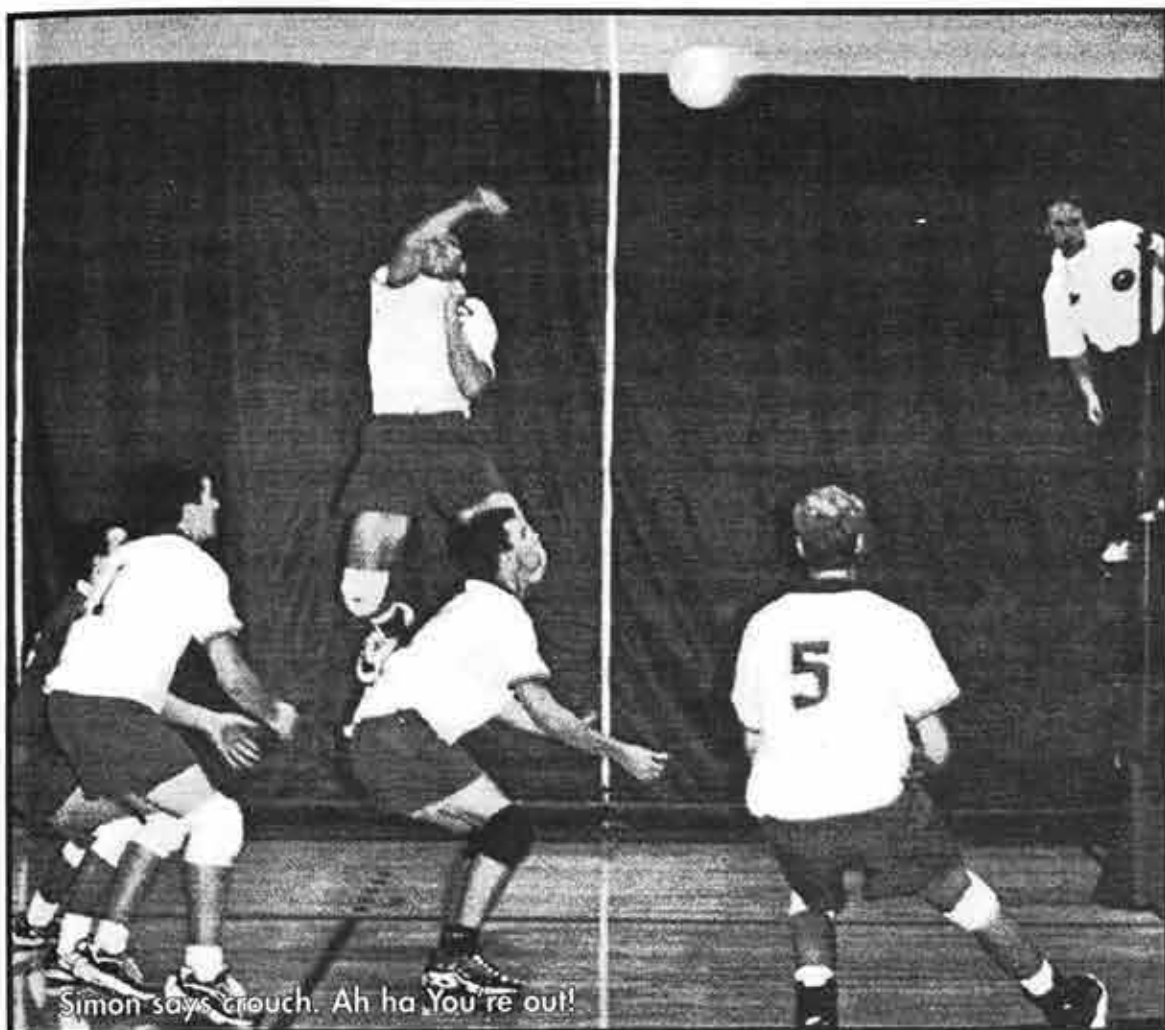
Men/Women @ Bechtel Park

Women's Lacrosse

Sat. Oct. 23

vs. Guelph @ 9 am

Men's and Women's Volleyball



TODD DOUGHERTY

Our Hawk Volleyball Teams (Men and Women), hosted the Windsor Lancers for a pair of games this past weekend. The women managed a sweep of both matches, while the men split the weekend set displaying their version of Jekyll and Hyde volleyball.

The Lady Hawks battled the Lancers for a 3-1 victory on Friday night with their defense once again leading the way. Natalie Badour seems to have adapted quite nicely to her role as Libero, in the process solidifying the Lady Hawks already stingy defense. Although the teams defense was strong, the teams service

reception is still a little bit shaky. Coach Russ Woloshyn will need to address this problem if the Hawks expect to get to the next level.

Just as the teams passing continues to lag a bit, so does the teams ability to finish off points. With the exception of last years rookie stand-out Paula Watson, this team continues to struggle when it comes to putting the ball to the floor. The Ladies did take a few small steps forward in this department in Saturday's victory and will look to continue that progress in Wednesday's match at UofG.

The team seemed to be gaining confidence in the

offensive department near the end of Saturday's match. Karen Galloway started displaying a vast array of offensive shots, while rookie middle player Kareen Hinds and setter Stacey McCoy showed signs of finally getting together consistently on the quick attack. If McCoy is able to maintain a consistent quick attack in the middle, it should give the outside hitters more one on one attacks and may solve some of the Lady Hawks termination problems.

On the men's side, the Hawks were two totally different teams on Friday and Saturday nights respectively. On Friday, the men displayed a varied offense and adequate defense to pull off a hard fought five set victory; and yet none of this was present on Saturday.

Off-side Mark Reimer started to show a little more jump on Friday with a full week of practise finally under his belt (recovering from plantar fasciitis). When Reimer gets to 100%, he should be a force for the Hawks, that is if setter Mark Gatto can develop a little more consistency with his back sets that he still seems to be struggling with a bit. Gatto has been solid all year when setting left-side and middle, and we can expect that that same consistency will soon show up in his right-side sets.

Kelsey Orth was once again the Hawks most effective hitter on Friday night, and although his success is a welcome surprise, if the team expects to challenge the West's stronger teams, some other players will need to pick up their offensive performance.

In Friday's exciting fifth set, the Hawks fought back from a 10-6 deficit to pull out the

victory. Some tough serving and a stingy block led the way for the comeback and the men will need continued success in these two facets if they are looking for a successful season.

Saturday's match was a complete disaster for the Hawks, and resulted in a 3 set pummeling at the hands of the Lancers. Windsor performed well enough to win, but did nothing special as the Hawks totally self-destructed. Captain Kelsey Orth had what was probably the worst match of his career, and seemed to drag the entire team down with him. Orth is expected to lead the team in both performance and leadership, yet he managed to fail miserably in both aspects on Saturday night.

Orth's passing broke down miserably early on in this match, and nobody else wanted to pick up the slack. This poor passing may have been the root of the Hawks downfall, but there were numerous other glaring weaknesses as well.

Coach Paul Pavan and Assistant Geoff Whitte (a former National Team player), continue to be furious with their middle blockers' ineptitude at being on time for the quick attack. A fast and efficient middle attack will open up the outside, and the Hawk middles must grasp this concept or our men could be in for a long and frustrating season. Ryan TeBoekhorst and Rob Chambers will need to be on time on quick attacks when the Hawks face the Gryphons in Guelph this Wednesday; if not, look for coach Pavan to put somebody in the middle who will. If you aren't in the air boys, you might just find yourself on the bench. It's up to you.



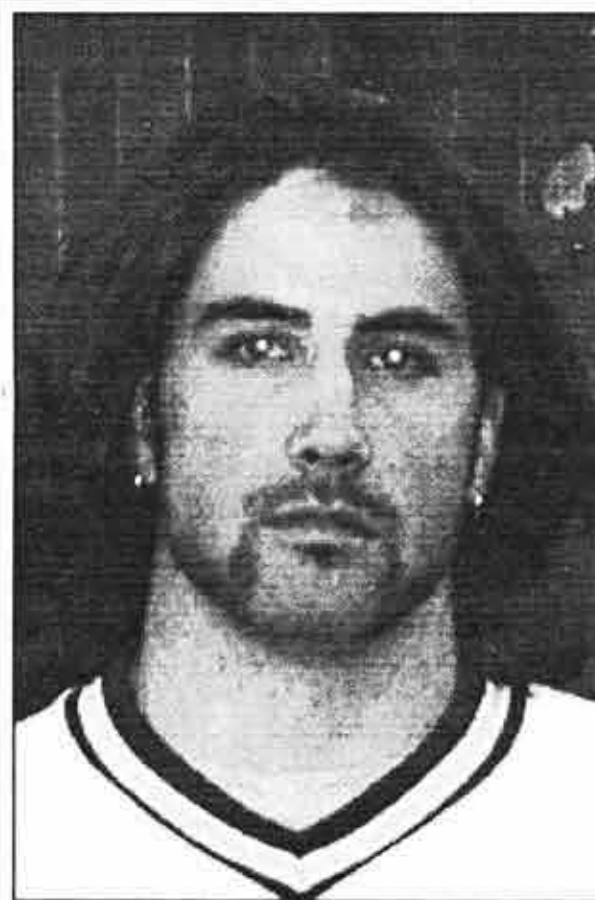
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The last two months have been good to Harvey Stables. The fourth year Kinesiology student from Belleville was recently selected as Mr. Romance in an international competition sponsored by the Toronto Sun.

Today, only one month after winning this title, the Golden Hawk slotback had a career game in the football Hawks' 60-3 thrashing of the University of Toronto. Stables led the way for the Hawks as he had 4 receptions for 132 yards and 3 touchdowns.

As if this weren't enough, he also recorded the first blocked punt of his season.

Labatt Blue

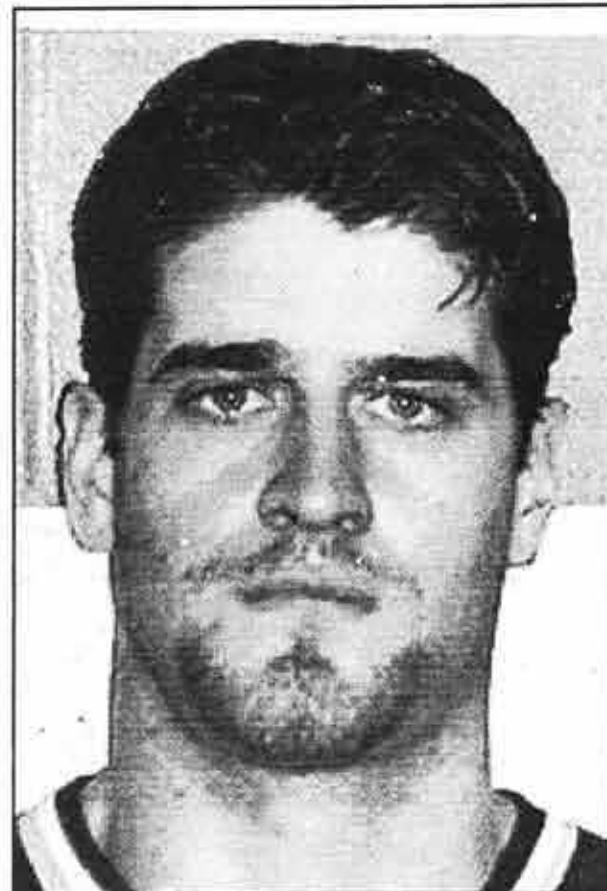
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Frank Ivankovic

Labatt Hockey Player of the Game

Frank, a third year communications student, was outstanding for the Hawks in their games in Colorado this past week.

While facing an astounding 106 shots in 2 games, Frank only allowed 7 goals for a .934 save percentage. The Hawks lost 2-1 to Air Force and 5-2 to Colorado College.



Hawks and York in a see-saw battle

WOODIE BROWN

The men's basketball team played two games on the weekend, and played like two different teams. They played their first game on Saturday against the University of Toronto and sent them home with the blues. Laurier was simply too strong inside for Toronto. Kenny Hodgkins and Rogers played a strong defensive game, as well as playing solid on the offensive end. Laurier played well in the first half but allowed Toronto to stay in the game with a number of silly turnovers. Finally, with time running down in the half, Matt King nailed a three pointer to give Laurier a 44-36 lead and the momentum going into halftime.

But Laurier could not capitalise on all of these free throws and were only up 52-46. They slowly built an 11 point lead but Toronto began playing much smarter defence and did not have a foul in nearly eight

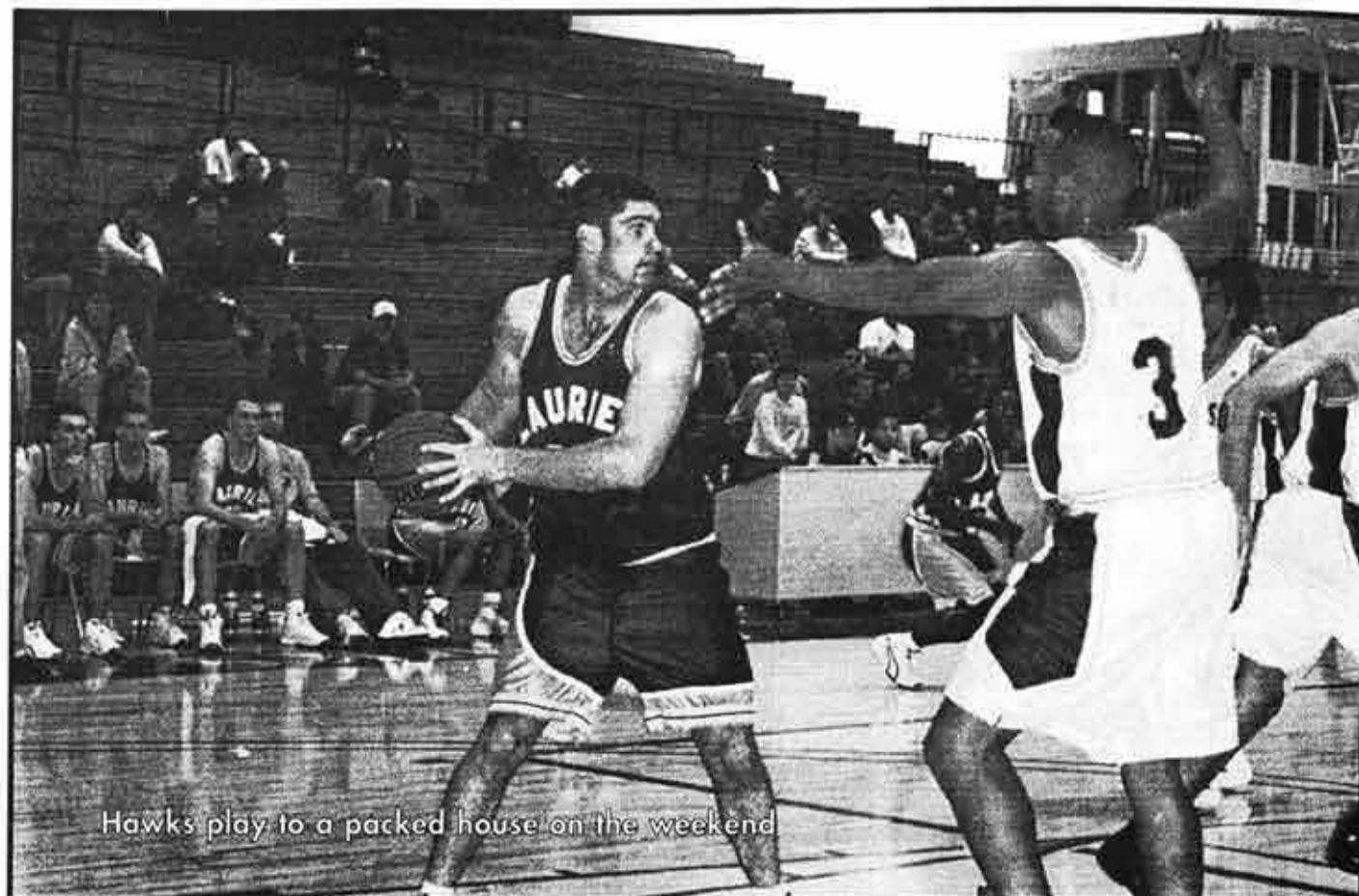
minutes. In contrast, Laurier, which started the game with tight defence, began to foul and play sloppy in their own end. They ended up with 13 fouls in the second half and were lucky that Toronto struggled from the free throw line. As time ran down Laurier slowly gave up the lead and Toronto had it down to a six point game.

Unfortunately for Toronto though, everytime it looked as though they were on a roll, and about to make it much closer, Laurier came up with a big play. Ryan Knapp and Rogers both made huge blocks to turn the momentum back to Laurier. Then

with only 1:30 left and every shot counting, Knapp made a huge three point play to stretch Laurier's lead back to 78-72. That was the final nail in the coffin for Toronto, and Laurier held on to win, 81-75.

Laurier shot well all game, and were a strong presence on the glass and in the post. They played a strong defensive game for the most part,

They sent Toronto home with the Blues



Hawks play to a packed house on the weekend

and looked like a powerful basketball team. The only areas that they needed to improve on were turnovers, and making better passes.

The team played an all around good game but Kenny Hodgkins stood out with an impressive 18 points and eight rebounds. Other Golden Hawks who played a good game were Darren Viera who tore through the Blues' defence and Rogers who fouled out with 10 points, 4 rebounds, and several blocks to keep them in the lead.

To beat the Ryerson Rams on Sunday, Laurier was going to need another strong game inside and improve on their turnovers. However, after scoring the first basket the Golden Hawks quickly fell

apart. Ryerson played with a full court press and caused a lot of confusion and turnovers. The Hawks could not break the press and turned the ball over 21 times in the first half. Ryerson was able to turn Laurier's confusion into an early lead and scored on several fast breaks including a tremendous dunk that forced Laurier to call a timeout.

Ryerson was simply too quick on defence for Laurier and used their speed to overcome Laurier's height difference. They scored on quick passes inside, and beat Laurier's big men to a majority of the rebounds. Laurier was able to keep it close with good outside shooting but were unable to stop Ryerson on offence and found themselves down 47-34 at halftime.

Ryerson didn't miss a beat after halftime and scored two quick points on two more steals and forced another Laurier timeout. Ryerson was dominating the game, and continued to force the Golden Hawks to turn the ball over. Laurier had another 14 turnovers in the second half and 12 fouls, to help Ryerson build their lead. Laurier was finally able to cut down on their turnovers but it was too late. With a couple of minutes left they cut the lead down from 23 to nine but were unable to make it any closer. Matt King missed a crucial three pointer to make the deficit six points with only one minute left. On the rebound Hodgkins fouled the Ryerson player and was called for the intentional foul. After sinking two of the three free throws Ryerson held on to win 80-70.

Laurier was unable to use their height advantage to win the game because Ryerson made quick cuts into the middle, and positioned themselves perfectly for the rebounds.

Laurier showed signs of a good basketball team on the weekend, but are going to need to improve on their passing and defence to win games this year.

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MIKE CHING AND ASAD KIYANI

If you're a techno/house fan and can't get your groove on, you should check out Mike Shannon. Mike Shannon, DJ and producer, affiliated with Revolver Recordings, Blue, Tone Media at techno.ca and his own record label Cynosure, has thrilled audiences from all corners of not only Canada but the world, even headlining parties in Detroit, the home of techno. The Cord sat down with this accomplished musician and asked him what he was up to.

Cord: What is your full name?

MS: My full name is Michael John Shannon, that is my full name.

Cord: What kind of turntables do you own?

MS: Never owned a pair, till this day I don't have my own pair of twelve hundreds. But, y'know, I've always had access to decks and stuff like that, various roommates with turntables this kind of thing.

I've never owned a pair of turntables

Cord: Have you considered carrying your records in a shopping cart?

MS: No. I've never had that many records. But maybe getting somebody, like, a crate carrier or something. I've seen a few DJ's show up with three or four...

Cord: Like a crate carrying "bitch"?

MS: Yeah. That'll be cool.

Cord: Are there any musical influences that you may be reluctant to tell us about?

MS: I don't really have anything that's really embarrassing. I don't know, like maybe, I used to listen to Rush. I was really into Geddy Lee, Neil Pert and all those guys. I was a big Rush fan.

Cord: Do you feel that fame has changed you?

MS: Yes and no. Obviously people change after time, certain things kinda mutate you whether you like it or not. I am still the same old guy, I'm still this freak like I usually am.

Cord: Would you say, then, that you're "keeping it real"?

MS: Yeah. I definitely would say that I'm not selling out, that's for sure.

Cord: What should we look out for in the next few months from Mike Shannon?

MS: I've got another release coming out, should be ready in three weeks so that's going to be released sometime in November, that's myself and Jason Huntsberger, also a local DJ he

works with me on the label. Also, there's another release that I'm putting out myself after that, which is tentatively scheduled for December. And then everything is on pause and then there's a whole bunch of releases coming out for

2000 - that's when things are really going to roll. Also, I'm doing a tour with Algorhythm from Revolver records, starting November 13th. We're playing in a few different countries, we're playing in the Czech Republic, Austria, Germany, Slovakia, Switzerland, France and Denmark.

Cord: Is rave culture being corrupted because it has become so popular so fast in recent times?

MS: I feel that there's a lot of negative things that have been happening over the years, towards the rave scene growing. If you notice in the media, there's a lot of negative publicity surrounding the scene and anyone that's involved with the scene in any shape or form. I see that things



have definitely changed for the worse. It's not at a point where people can change it or can be changed, it might just have to change into something else, rather than staying the same format. It's been different now for a while.

Cord: What changes, need to be made by the government for regulation of the rave scene, in terms of the location of parties?

MS: I think that, if they designated or even just constructed a place where they could do this...

but the only problem is with that, is that it's always going to be at that place. But that's what it's coming to now anyways, there's only so many venues in this area that you can use, legally. For the government to step in now, the best thing that they could do is to have a bit more control of what substances are coming into the building that kind of thing. Because if not, there's going to be a lot of irresponsibility, people are just going to keep dying. I don't think people are going to, all of a sudden, wise up and

stop doing the things they're doing, they're just going to continue.

Cord: What do you think of substance abuse at raves?

MS: I've seen a lot of it. Me personally, I think that there's a number of substances that should be completely non-existent in the whole scene all together. And the quality of the substances going around are horrible, they're not what they say they are. I

ahead of them?

MS: It doesn't matter. It's almost better that you don't know, in a lot of ways. Anyone who has the interest, deserves to be here. I don't think anybody should be higher or lower than anyone else. That's the problem with the whole thing anyways, is the politics, hierarchy and elitism, peering out when you talk about junglists or whatever. You're pigeon-holing them into a category, putting

them in a genre and you're stereotyping them and that's exactly what is happening with everything, in every sin-

I was a big Rush fan

gle type of music. If you go to parties [from] years ago, you hear everything there, and not thirty DJ's. You hear four, five different DJ's playing different stuff for everybody there. Now if you look at the way parties are going, it's more elitist - there's a jungle party there, a house party, a techno party, there's nothing. It's not really the same that way anymore.

Cord: Here I am. Not a party kid by any definition. There are undoubtedly hundreds of ravers who know far more about you and are far more interested in what you have done than I am. Do I deserve to be here,

Mike Shannon spins monthly at Rotation in at Club Platinum in Kitchener and he also hangs out at Speed - both are on King St.

A Symphony of Melody at Laurier



JOSH MARSHALL

This past Sunday, the WLU Symphony Orchestra began its 1999-2000 season of music. The concert opened with Overture No. 3, op.72 from the opera Fidelio by Beethoven, and moved through an eclectic mix of music which included Bartok's concerto No.1 for

piano and orchestra, Ibert's Chansons de Don Quixote, Beethoven's Symphony No.1 in C major, Op.21, and a composition entitled Iridescence by Laurier music student Marci Rabe.

Conductor Paul Pulford believes that such a wide range of music is important at a university such as Laurier, because it challenges the

students and aids in learning. "Most importantly," says Pulford, "this is a training orchestra. It is important for students to be challenged." According to Pulford, a good university education should expose student musicians to all these types.

That in part, accounts for choosing more widely known composers, such as Beethoven, alongside 20th century composers and student composers. In Pulford's career at Laurier, he helped the orchestra perform works by 15 different student composers, and each one has been completely different. "WLU has a very successful composition program," says Pulford.

"The orchestra has a commitment to support student composers and play their pieces." This opportunity gives students a unique experience to translate, for the first time, the notes on the page into music. It is equally important that composers are able to hear their works performed.

Aside from student composers, the symphony orchestra concerts also feature winners

of the WLU concerto competition. This concert featured William Brent on piano for the Bartok piece, and baritone Timothy Kauk on vocals for the work by Ibert.

The orchestra is also encouraged to do 20th century works, which are still widely unfamiliar to both students and audiences. Pulford takes pride in giving students such diverse opportunities, commenting: "I can safely, ours is one of a very few in Canada that offers such a wide range of orchestra experience."

Each year the Symphony Orchestra puts on three concerts, one gala concert in conjunction with the choir, and one opera production. The next concert will feature works by Brahms, Sebilus, Strauss, and Hue. The gala concert, which last year featured Mozart's Requiem, will feature Faure and Durufle Requiems this year.

Whichever works are played, the WLU Symphony Orchestra works tirelessly to insure performances which challenge both performer and listener, and which exhibit the talent of the student performers at Laurier.

Charlie is a Good Guy

CAROLYN MAGWOOD

Charlie Brown, Snoopy, and the Peanuts gang have been around for fifty years, but they have never looked better than they do this month at the University of Waterloo. From October 27-31, the UW Drama Department presents *You're a Good Man, Charlie Brown*, a play featuring Charlie and his pals in living colour. The show is being performed at the Theatre of the Arts by an energetic and talented group of UW students who capture the personalities of their characters as if they were pulled right out of the pages of the Saturday comics.

In the two hours of the play, all of the Charlie Brown moments and memories that our generation (and the one before us) have grown up with are played out on the stage in a melange of fast-paced skits.

We see Linus' attachment to his blanket, Lucy's failed attempts to woo the piano-playing Schroeder, Snoopy's Dreams of being a WWI flying ace, and much more.

Though Charlie Brown is just young, this show is not just for kids, as he struggles with many things that University students can relate to. As we are now in the midst of midterms, people will find that the musical number about book reports embodies many students' angst about writing papers. As well, who could escape a twinge of personal pathos for Charlie's unrequited love for the little redhead girl?

The set is a comic book world of bright colours and bold shapes. This is much in the spirit of Snoopy's ability to use his imagination to turn his doghouse into everything from a



Lucy loves to see her boy toy play his little piano.

fighter plane to a jungle tree limb. A few set pieces ingeniously serve all the needs of the play: Schroeder's piano is flipped on end to become a chair; a bridge becomes a teeter-totter, then Charlie's pitcher mound, and back to a bridge again.

In the words of the lead actor, Trevor

Martin, this play is "fun because it's not cynical or overly intellectual." The audience can sit back and enjoy the adventures of this precocious group of characters, while rooting for everyone's favorite loser, Charlie Brown. In the words of the other characters in the opening number, Charlie possesses "humility, nobility, and a sense of humour that is very rare indeed." He's the kind of hero that melts the audience's hearts, as we find ourselves laughing, crying, and sighing a loud chorus of "good grief!" along with him.

This show provides an evening of good clean fun that all ages can enjoy. Melissa Roe, the actress who plays Lucy, believes the appeal of the play is simple. "It's refreshing, and everyone knows the Peanuts gang—young, old, everyone."

You're a Good Man, Charlie Brown runs from October 27-30 at 8pm and October 31st at 2pm, at the Theatre of the Arts in the Modern Languages building. Tickets are \$5 for students and seniors and \$10 for the general public. For more information, call the Box Office at 888-4908.

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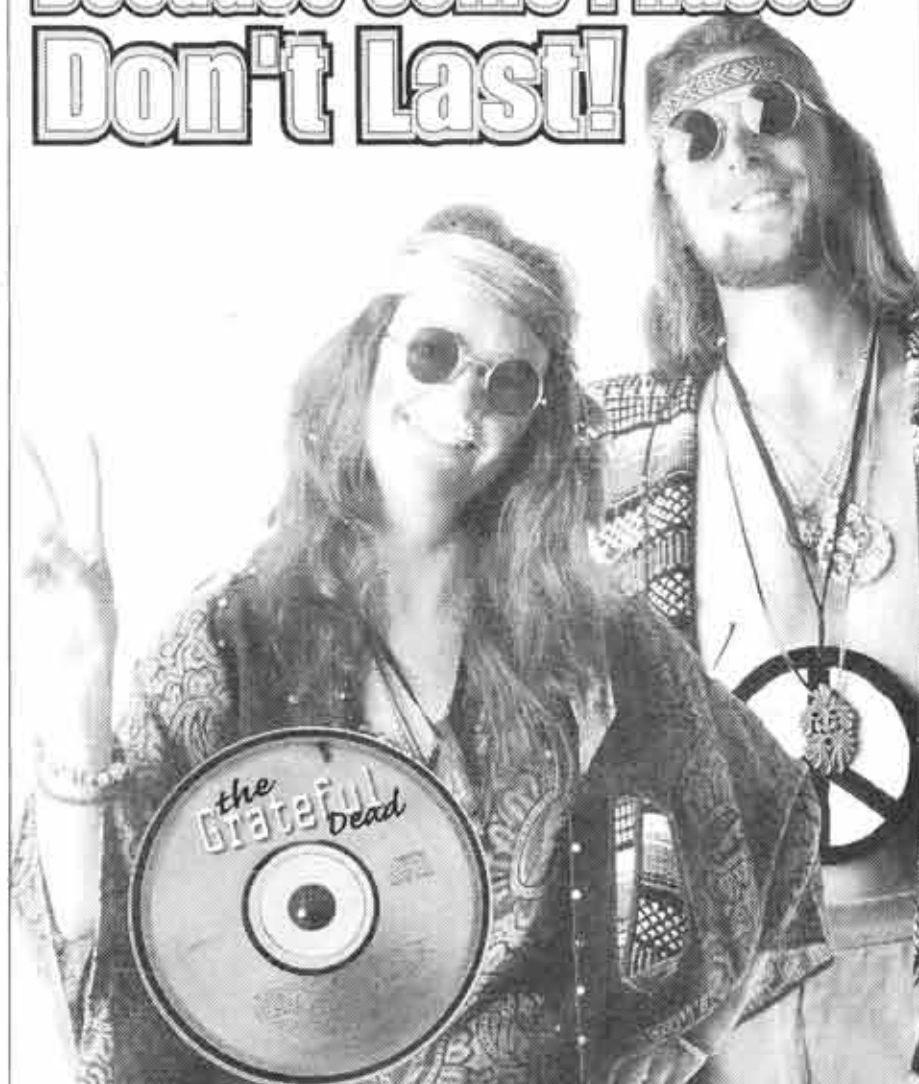
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To Censor or not to Censor

BLAIR MILLER

During the past summer, I saw the films *American Pie* and *Eyes Wide Shut*. I enjoyed both films greatly, but after I saw the second of the two films Stanley Kubrick's *Eyes Wide Shut*, I left with a curious feeling. Numerous press reports had circulated before *Eyes* release about last-minute cuts that had been recommended by the Motion Pictures Association of America (MPAA) and its rating board.

After the false reports had been eliminated it became evident that some cuts had been made. The cuts consisted of digital adding of bodies during an orgy scene in order to obscure visual hints of actual intercourse with multiple partners. Stanley Kubrick remains one of my favourite directors, so his original vision holds importance for me.

I must admit, I was annoyed. As a staunch advocate of anti-censorship when it comes to film, the apparent changes served to taint a movie that I think is an unprecedented exploration within its medium into the politics of sexual desire and its relation to fantasy. True, the changes do not change the story in any drastic way, but the mere principle of viewer restriction irked me.

There is a dangerous inconsistency in the mission of the MPAA and other films censor boards in North America. This inconsistency is the intense preoccupation with visual representation of sexual acts while countless scenes of extremely graphic violence in both film and television

are untouched.

First of all, censoring of a film usually occurs because the MPAA & Co. view a film and give it an informal, prospective rating. In the U.S. a particularly gritty film can get the dubious threat of receiving an NC-17 rating which means that children under the age of seventeen are prohibited from viewing the movie in a theater (the R rating in the U.S. allows children under 17 as viewers, but only when accompanied by an adult). This signifies a large cut in

Sex or violence in a movie is a touchy matter.

box office income, so films are given advice by censor boards on how and where to alter their films so that they only get an R rating.

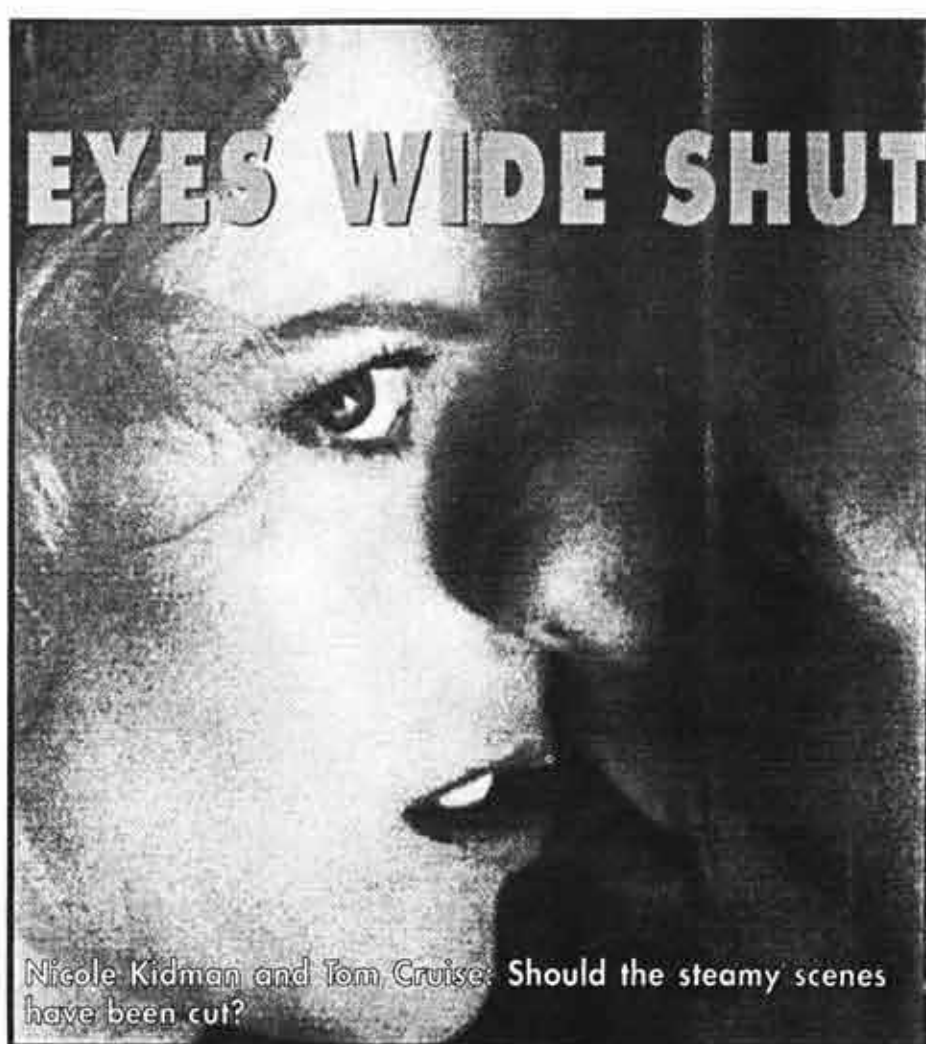
Although film studios are to blame for guiltlessly sacrificing the sanctity of a work of art in order to maximize income, the censor boards ultimately get to decide what a movie will contain. Lately, it seems as though the censor boards make such decisions with glaring inconsistency. Encompassing virtually all of the entertainment industry, censor boards have been ridiculously anal

about visual sexual content.

American Pie was reportedly asked to change its infamous warm apple pie scene when the original cut had the character on top of the pie, on the table, thrusting into it. Meanwhile, anyone who can lift a remote can turn on a TV during the sacred prime time (approx. 6pm-10pm) slot and subject themselves to brutally violent shows like *When Animals Attack*, *REAL TV*, and even *Die Hard* with only the expletives cut out.

Although censoring for TV may adhere to a different agenda than censoring for film, the same violent subject matter makes it through the rating process in movies: *Eyes Wide Shut* equals offensive scenes of infidelity and sexual subversion, and *Saving Private Ryan* equals outstanding realism to be endured by all. (Aren't both realistic?)

Now, sex or violence in a movie scene is a touchy matter. Do the scenes provide learning opportunities as to the seriousness of such acts or do they serve to sensationalize the subject matter and thus desensitize the viewer? Sadly enough, a single scene of sexual or violent content can do either. This is an unresolved issue, especially when movies like *Basketball Diaries* and *Natural Born Killers* are indirectly blamed for the Columbine high school massacre, yet receive the green light from censor boards. If the ways that film can influence a society is indeed the rationale behind censoring, then what would you prefer, people who believe it is okay to participate in sex



COURTESY OF WARNER SUNSET

out of marriage with multiple partners and/or masturbate, or people who are capable of killing others?

Last Friday, David Fincher's *Fight Club* (Brad Pitt, Edward Norton) premiered in theatres across North America. It is receiving lukewarm praise for its groundbreaking treatment of graphic violence. If I had a say, no films would be censored, and studios would simply release NC-17 films even if it meant losing some money.

However, some films are being asked to snip whole scenes, and it isn't because people are being killed

or hurt or tortured (see Nicolas Cage in *8mm*). It is because they are having sex of some sort that goes against some social taboo. Which would you rather subject yourself to or your children to? What's the justification for allowance of violence while prohibiting sex? Shouldn't both either be allowed or censored?

To decide which one is better or worse than the other means to enter into a discussion that the MPAA and other boards are ill-equipped to handle, especially since they seem just as desensitized to violence as we are feared to be.



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NICE YOUNG MEN

The "nice young man" sits at the corner of his bed with the papers that preach intellectualism and dedication. The back of his mind is unsure about the words on the page only because procrastination set in a week ago and seemed to overwhelm the intelligent mind that insisted "catching up" was not a problem. Yes, this guy is "nice", at least that's what they say about him and often times he sits back to ponder this fact. What is it about him that seems so appealing in a punch in the arm, "you're so sweet kind of way? Every action and reaction that is such a big deal to others is nothing more than normality to him, the way you're supposed to act if you want to feel good about yourself. Sweet hellos, he realises, are unavoidable, as are the dreaded "you're too good for me, too nice of a guy" smiles that follow.

While contemplating the above thoughts that come on a daily basis the "nice young man" raises his head, strokes the three day old scruff at the base of his neck and checks for blemishes that are only figments of an imagination that is greater than the world perceives. If only the women knew he wasn't so stiff and clumsy as they believed. If only they knew he could love, feel, and be the passionate soul that is craved and needed. "I can be fun, funny and fabulous." This is what he says to himself before every trip to the bar, with its shiny countertops and flashing lights that scream, "don't pick anyone up because they all look good in this lighting." Another walk home

empty handed is the result. He insists that the kind of girl he wants would not be at a "joint" looking for action... why then, is he there? Does it ever occur to him that there are others in the room thinking the very same thoughts? Maybe that five foot six beauty that he's dreamed about wants to be kissed.

The "nice young man" may never know the answer to this final maybe, for he closes his eyes to the urges that are supposed to bring a better life. He understands this, has heard the preaching of friends and family a million times and agrees that "stepping up" is the single solution. If only he could channel this comprehension of the mind into other facets of life. If only he could understand that rejection is the same, whether it be for a job, an expired coupon, or a date.

"Go for it!" should be his battle cry. "Seize the day" should be his favourite song. Remember a heart of gold cannot be bought or sold, yet there are signs everywhere that say, "WANTED, ONE NICE YOUNG MAN." True, "go with the flow" may be the simplest solution, but diving in is much more fun... Let Go.

Josh FJ Douglas

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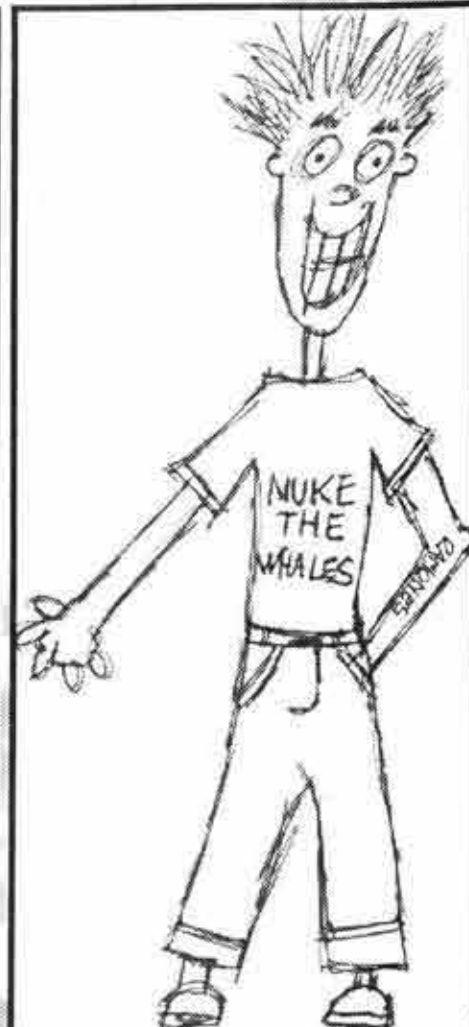
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5 Day/40 Hr (Jan 17-21 2000)
TESOL teacher certification course (or by correspondence). 1,000's of jobs available NOW. FREE information package, toll free 1-888-270-2941.

PART-TIME WORK
\$13.05 to start. Flexible hours. Evening & weekends available. Scholarships awarded. Professional and fun; great business experience. Call 886-0909 or www.workforstudents.com/on

Volunteer Opportunities

Build Your Resume!

Give to the community! Friendly volunteers are desperately needed to provide companionship to people with Alzheimer Disease. Two hour weekly commitment. Training provided. Call Alzheimer Society 742-1422.

For Sale

For Sale - Regina St.
Renovated six bedroom house. New heating, windows and roof. Seven appliances. Three car parking. Zoning for triplex. Asking \$240,000. Call 416-515-8570.

Great Used Furniture For Sale
Couch, loveseat, coffee table, end tables, TV stand. Cheap. Will deliver. Call Stephanie at 746-5337.

For Rent

4 Walls 4 U

- Furnished bedroom for immediate rental
- Next to Tim's, Caesars, Beer
- 2 min. ride to WLU
- Only \$425/month
- Jason at 747-7291
- 3rd/4th year sought

People Wanted

Drummer Wanted

Band seeking creative, skillful drummer. Influences: Deftones, Radiohead, Finger Eleven... If interested in jamming call Jeremy at 746-9896.

Sexy Sixth Needed!

Our roommate screwed us over, we need a new one ASAP! Must be able to pay rent! (\$272/month +) 6bdrm/2bath/2kitchen house, 10 minute walk from WLU.

(519) 746-8379

More Kinky Stuff

I like it barenaked. The Purist.
www.kraftdinner.com

Personals

Want Some Big Sexy?

Write to me! big-sexy@toosexyforyou.com. Talk to me without paying \$5. You know you want to.

Cher Brandon,

N'importe où vous irez au monde, sachez que mes pensées et mes meilleurs vœux seront toujours avec vous. N'importe où je serai, vous ferez partie de moi.

-le Vagabond

Stinkweasel,

I was thinking maybe you, me and Poogy Booglin could hang out for New Year's. Maybe we could start making our own movie series. The first one could be Stinkweasel, Hottie & Poogy Booglin's European Vacation. Shh...shh... joke.

Hottie



Miscellaneous

Do You Know Sign Language?

I'm a third year student interested in finding somebody to help further my scope of sign language. If you are interested in meeting once or twice a week, please e-mail Jason at kpf0460@mach1.wlu.ca



Classified Rates

Students:	
30 words or less	\$5
31-60 words	\$8
each word over 60	\$10

Non-Students	
30 words or less	\$7
31-60 words	\$10
each word over 60	\$10

Semi-Display Ads
add

•Prices include GST

Placement fees are available in the Card Office on the third floor of the Fred Nichols Campus Centre. Phone-in orders - can call 884-0710 ext. 3564. Fax orders can be sent to (519) 883-0873. Cash required in advance for most student classified ads. Billing available for phone-in and fax orders and classifieds running for more than five issues. Deadline for placement is Tuesday at 12:00pm.

gotta be KO



Breakfast



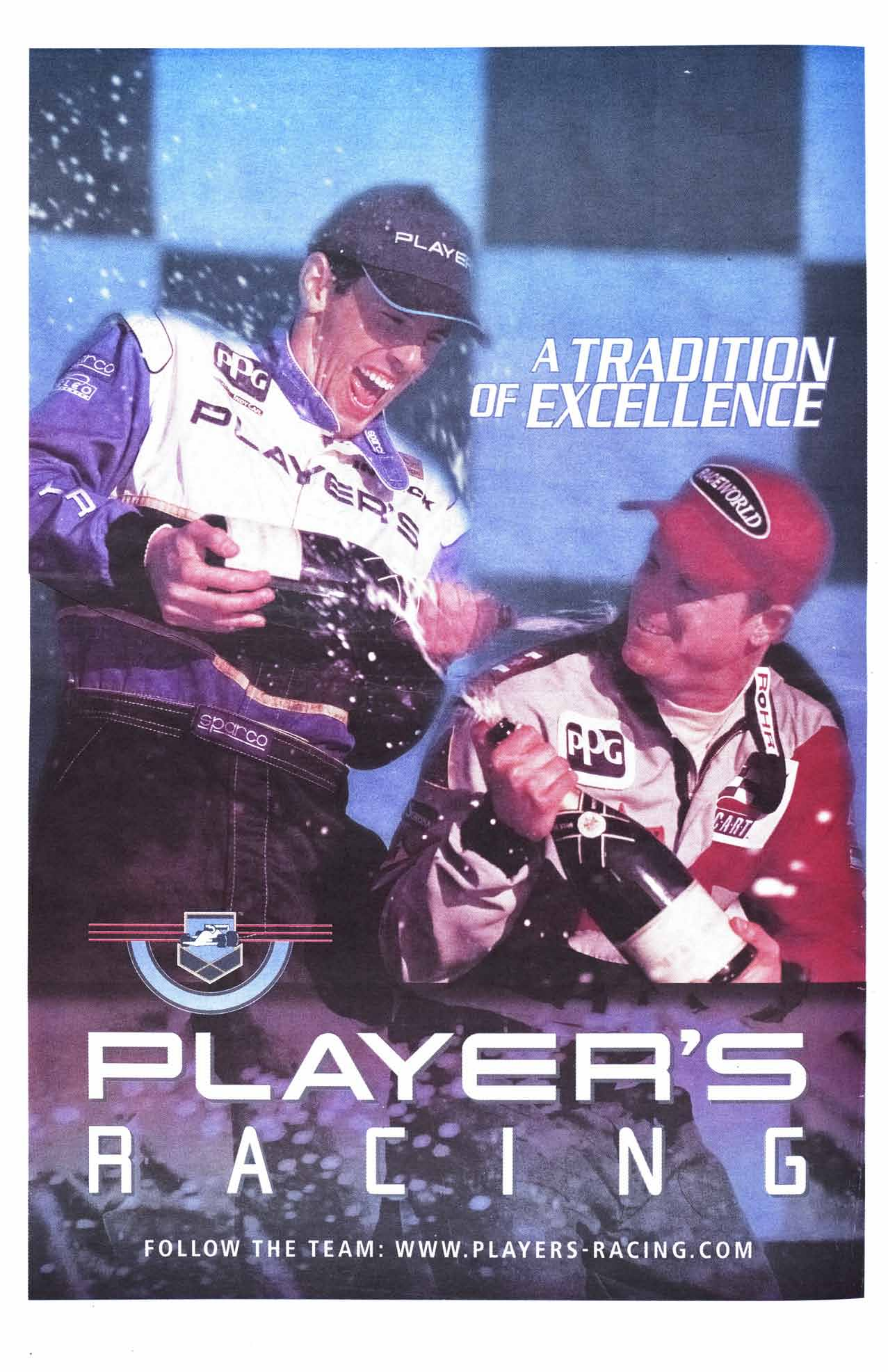
Lunch



Dinner

**Like the net
wasn't cheesy
enough.**

www.kraftdinner.com

A photograph of two male race drivers celebrating. The driver on the left is wearing a white and purple racing suit with 'PLAYERS' and 'PPG' logos, a purple cap with 'PLAYERS' on it, and is spraying champagne. The driver on the right is wearing a white and red racing suit with 'PPG', 'ROHN', and 'EART' logos, a red cap with 'RACEWORLD' on it, and is holding a champagne bottle. The background is a blurred blue and white checkered pattern.

*A TRADITION
OF EXCELLENCE*



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RACING

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