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Humber Et Cetera

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life

For April 3 - 9, 1997
vol. 25 Issue 25

Caps ban is a smoking gun

/by John Chick
News Reporter

As of May 1, smokers will no longer be lighting up in Humber's student pub, Caps.

The decision to go smoke-free was made by Caps with no pressure from the College, according to Caps manager Steve Portt.

The decision came after Etobicoke city council upgraded a bylaw calling for bars and restaurants to be 50 per cent non-smoking. The new bylaw, which was passed last November, calls for 75 per cent of bars and restaurants to be non-smoking and will be effective May 1.

"It's not a requirement [going smoke free] under the bylaw," said Etobicoke Health Supervisor Wolf Saxler. "Some have voluntarily gone smoke-free."

Portt said it will be much easier to regulate a 100 per cent ban and doesn't expect a serious drop in business either.

"Socially the atmosphere will be the same," said Portt. "It's not like [patrons] can go somewhere else."

Student reaction, on the other

hand, is a little more volatile.

"I think it's retarded," said Michelle Bird, a first-year General Arts and Science student. "The one place you should be able to smoke is in a bar."

Another student agreed. "Why the hell would you ban smoking and jeopardize making money?"

However, there are also strong opinions from the anti-smoking side.

"I'm glad they're getting rid of it - they won't be risking my health anymore," said one student who refused to be identified.

Portt, who has confidence in his bar's chances of survival, doesn't expect to have any major problems once the ban is imposed in May.

Unlike many bars in Toronto who have had fiscal problems since that city's controversial smoking ban, Caps is considered a financially healthy location thanks to packed capacity on Thursday nights.

With the end of smoking in Caps, Humber College will become a completely smoke-free

building, something the College has desired for a long period of time. Portt said the Students'

Association Council has considered making the Games Room a designated smoking area, but due



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Seasoned

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Et Cetera News

North Lakeshore Metro

Upcoming Events

April 3

•Lecture and Book signing with Israeli born architect Moshe Safdie at the Design Exchange at 7:30 p.m.

April 4

•SAC Nominations close at 4 p.m. at North and at noon at Lakeshore.

April 10

•Fashion Arts and Cosmetic students present *Androgynous*. Showtimes are at 2 p.m. and 7 p.m.

The Goodis way to find a job

Humber students treated to new and innovative ideas to find a job

By Carlos Puster-Bergero
News Reporter

Motivational speaker and best-selling author Jerry Goodis told job weary Humber students "there is only one person that is going to stop you from getting a job and that's you".

Humber's community room was engulfed with positive vibes on March 25 as Goodis preached the art of "marketing yourself".

"I don't know how to get you a job," he said. "But I know how to grab people's attention."

Corporations are knee-deep in bland resumes. Goodis said potent resumes are ones which are different, interesting and innovative.

For instance, Goodis recounted the story of the student who sent a resume in a box with a stuffed cat, tiger and letter reading: "who would you rather have? A little pussy cat or a tiger working for you?"

Goodis added the 'innovative individual' got the job.

"Communication isn't communication until you get your message across," he said.

Goodis — a former managing partner in the Goodis, Goldberg, Soren Advertising Agency — said he discarded resumes with his name and title spelled incorrectly.

"It showed they didn't have the courtesy to find out how to even spell my name," he added.

Goodis said students can effectively market their lack of experience.

When the dreaded question of you 'do you have experience' is asked, Goodis said students should

reply: "I am fresh, I am ready to learn, and you don't have to take six months to knock out all the stupidity that I learned at another company."

According to Goodis, proactivity is an essential character trait.

"If you wait for employers to run ads — you will never get a job," he said.

Employers are concerned about scholastic credentials, but most importantly they want to know how your hiring will benefit them.

"What industry is looking for are young people who will go out and do something fresh and innovative," Goodis said. "The company will never forget it, even if it's a mistake."

Goodis understands rejection can be a bitter pill to swallow. However, he said, "the person who gets up one more time than he or she is knocked down is the

person who succeeds."

Stelios Kypri, a Business Administration student, has heard Goodis' positive laden messages before. But, they still "touch a cord".

"I like what he has to say," Kypri said. "If I go back, I can ask more questions and hear new things that he has to say."

Lise Janssen, Student Academic Council Leadership and Programs co-ordinator, thought Goodis' presentation was a refreshing change from all the negativity students must confront in the media concerning the stagnant job market.

"I thought he was great," she said.

Goodis said he can help a student get through the front door.

The rest, however, is up to the student.

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What a novel idea

by Renae Jarrett
News Reporter

The League for Innovation literary competition winners received their awards at a luncheon hosted by Humber's Apprenticeship students March 26.

The luncheon, which featured Austrian cuisine, was the third of its kind since the competition got its start at Humber four years ago.

Both the winners and their sponsoring Communications professors attended as each writer was given their cheque according to their placing. First prize was \$250, second prize was \$100, and third was \$50.

Joe Aversa, chair of Communications, said the competition was beneficial for students and faculty alike.

"It's one of the ways I think we can encourage good student writing and also reward it," said Aversa. "And it's a wonderful opportunity to offer faculty something to encourage their students. It's just a wonderful format to allow us to do what we do with some incentives and purpose."

The contest was divided into two categories: short story and personal essay.

While the two types of writing differ in style, they are usually inspired by the same thing.

"Like any good writing, I think a lot of it stems from some kind of experience," Aversa said.

Second-place short story winner Carrie Bradley agrees. Her entry, *The Rink*, was about an accident her brother was in a few years ago.

"I guess a lot of the stories I write are just from personal experience, so I draw my ideas from that," said Bradley.

Most of the stories and essays began as assignments for a Communications class.

Antanas Sileika is one of the Communication professors who played an instrumental role in encouraging his students to turn

their assignments into prize-winning pieces.

"Sileika was the one who first brought it up," Bradley said. "He was talking a lot about how to get published in Canada and I thought if I wanted to do that later on, it'd be a good idea to start out in something like this."

But Dustin Dinoff, third-place short story winner for *I Should Have Stayed in Memphis*, believes it was all a part of Sileika's master plan, one which he couldn't let pass by.

"Sileika had this wonderful vision of complete domination of the awards this year and I had to be a part of it."

Not everyone was as determined, though. Third-place essay winner Dana James, who wrote *The Girl in the Mirror*, was surprised she placed at all.

"I didn't expect to win anything. It just happened by accident," said James.

"Like any good writing, I think a lot of it stems from some kind of experience,"
-Joe Aversa, chair of communications.

However, first-place short story winner John Chick was not as modest about his talent.

"To tell you the truth, I really wasn't that surprised (that I won)," Chick said. "I don't want to sound cocky, (but) I knew it was a good story, I knew I had a pretty good chance of winning."

Chick's entry, *Rest and Relaxation*, is about two guys and their times in Hong Kong.

"Having been to Hong Kong, I

knew something about the place so I thought it'd make an interesting story," said Chick.

First place winner in the personal essay category, James Riegert, wrote about receiving a kidney transplant.

"It was a very moving moment in the hospital," Riegert said. "It was something that I really had to write. I was writing the essay really for myself, (to) record the experience."

"I'd just forgotten about it," added Riegert. "It really made my day to find out (I won)."

As first place winners, both Chick's and Riegert's pieces have been entered in the League's International Student Literary Competition.

There are 17 colleges that makeup the League for Innovation. All of the other schools are in the States, Humber is the only Canadian school involved in the competition. After each school has held their contest, the first place entries go onto the international competition. The winners will be announced on May 1.

"I know it's a long shot (going up) against all the colleges in the States," said Chick. "But I suppose I've got as good a shot as anybody."

When the international competition is completed, the League will publish a book with the nine winning entries that will include a poetry section. Presently, Aversa is already looking to drum up more support for next year's competition. This time, there were about 30 entries, a slight decrease from last year's numbers. And of the six winners, five were Journalism students.

As for this year's winners, all of them said they'd be more than willing to enter the competition next year, but for Dinoff there's just one catch.

"Absolutely, but only if they feed us like this again."



Winners of the competition (from left to right) Dustin Dinoff, Dana James, John Chick, Carrie Bradley and James Riegert. Missing is second place essay winner Andrew Mackay.

SAC sacked by students' lack of votes

SAC extends nominations until April 4 to fill 19 positions that are still vacant

by Paul Billington
News Reporter

The Students' Association Council (SAC) extended nominations until April 4, due to a total of 19 positions which remain vacant, while only eight have been filled.

Students asked about the lack of filled positions seemed surprised.

"With all the posters that went up, I thought they (the positions) would all have been more contested," said Randal Smith of the Computer Programming Department.

But Shirley Forde, outgoing vice-president of SAC and incoming president said this is quite normal for this time of year.

"Frankly, students have summer jobs to do, or they're leaving (the city) to go back home. So

many students just don't have the time for the job demands."

Forde said SAC reps work through the summer planning special projects for the coming year, attending retreats, and/or engaged in leadership workshops.

Lisa Kramer, also of SAC said that the lack of interest is not surprising given last year's results.

"At this time last year, there were also the same number of vacancies."

Forde said the positions usually offer an honorarium at the end of the candidates' one-year term.

The honorariums are determined by the Executive Council of SAC which decides the honorarium in May, Forde said.

Candidates' honorariums also depend on how much time they devote to their respective committees such as special events, sports, entertainment, education.

Candidates are required to choose a committee(s) and work with other reps towards implementing its schedule.

"Usually, after the deadline is extended we get enough candidates," Kramer said.

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Government regulation forces high prices for natural herbal medicines

by Cathy Koo
News Reporter

Canadians who use natural medicines to battle everything from colds to cancer could soon face steeper costs unless Ottawa revamps how it regulates the industry.

The Health Protection Branch (HPB) of Health Canada has already begun its ban on many herbs, supplements and homeopathics that are widely available in other countries. The total effect for consumers is higher costs and reduced access.

"We've got to do something fast if Canadians whose health depends on natural medicines are

going to be protected," said Valarie Dugale, spokesperson for the Canadian Coalition for Health Freedom.

The umbrella group, which represents homeopaths, naturopaths and herbalists wants federal Health Minister David Dingwall to stop regulating natural medicines under the Food and Drug Act.

For this to happen, new legislation needs to be passed that can guarantee herbal products and supplements will fall under a separate category. This will be independently administered by an authority competent in the field of natural medicine.

Presently the HPB continues to regulate low-risk natural health products in the same manner as pharmaceutical drugs. It also places unnecessary legal, administrative, and financial obstacles in the path of consumers and health practitioners.

"It's outrageous that proposed licensing fees will see some herbal companies paying up to \$50,000 each," said Dugale.

While big multinational drug companies can afford such fees, smaller, natural medicine manufacturers could be crippled, she said.

But a spokesperson for Health Canada insisted the industry,

which manufacturers products like ginseng, won't suffer.

The fees would never be more than 1.5 per cent of a manufacturer's total sales and provisions would be made to ensure they're not harmful to companies, said spokesperson Andy Butterfield.

At least 3.3 million Canadians sought treatment outside the medical mainstream last year, spending at least \$1 billion, Statistics Canada reported.

Consumer Robert Haley said he can't understand why the federal government, which is determined to slash health-care costs, is penalizing an industry which helps to keep health spending

down.

"Taking nutritional supplements or herbal remedies is much cheaper than surgery, elaborate machines and hospital stays," he said.

Moreover, the HPB has created a huge underground market for 'illicit' supplements.

"All the government is doing is forcing both retailers and consumers to purchase natural medicines under the counter," said a retailer who did not want to be identified. "As long as there's a demand out there for banned products, I'll defy the law and I'll do what I can to supply customers with herbal products."

Humber 'nips' crime in the bud

by Rick Smart
News Reporter

Crime is down at Humber College's North campus this year thanks to security systems, uniformed officers, closed-in parking and inside security patrols.

However, two recent cases of theft remain unsolved, according to the College's manager of Public Safety.

Nancy Pinson said the

College's security usually nips crime in the bud and is working hard to solve the recent thefts.

"CPUs have gone missing from a computer lab and torch heads have been stolen from a classroom," Pinson said. "But, it's just a matter of time before our hard work and co-operation pays off."

Pinson said in this past year, reported assaults have gone down and the overall crime rate

has dropped as well.

The College has a good level of security and the school's communication system is excellent, she said.

"We definitely have good communications. We use two-way portable radios that are on a repeater, and also have a telephone interconnect. I can call Metro Police, the head office of security or whoever I want," Pinson said.

Humber President Robert Gordon said although the College

does have a good security system, he admitted they're "not perfect".

"Generally speaking, I think we have a pretty good system, a pretty good staff, and very good co-operation from the students. But, we're not perfect. I mean, we've had car break-ins and things like that," Gordon said.

"We do the best we can and it has not been bad."

Pinson also said the school has an off the hook alarm system.

"If the phone's off the hook

for 60 seconds then it rings to the front desk and then we respond to an off-hook alarm," Pinson said.

Michael Lerin, a Travel and Tourism student at Humber, said he feels safe on campus.

"I have seen, on more than one occasion, security guards walking around talking to one another on their radios," Lerin said. "I think that it's good that security works together so that the College is kept clean from those people who try to vandalize it."

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CBC more 'creative' after \$414 million cut from budget

by Ian Karleff
News Reporter

Seven Humber Journalism students attended a Canadian Club luncheon to listen to the vision of the CBC as described by its chairperson, Guylaine Saucier.

Broadcasters such as Global's Peter Kent, Andy Barrie and former CBC chairman Patrick Wilson attended.

"Everyone here is a shareholder of the CBC," said Saucier. "Our mandate is to nurture and promote common Canadian values, but budget cuts could impair the ability for the CBC to carry out its mandate."

Saucier said this was the first year the budget did not bring cuts. However, over the last several years Ottawa has cut the CBC budget by \$414 million, translating to 4,000 fewer jobs and an uncertain future for the public broadcaster.

"Some want to see us buy rather than produce our own programming," said Saucier. She said she does not believe this is the best way to keep the CBC as a mainstay of the cultural life of this country.

The opulent ballroom of the Royal York hotel was a fitting

place for the 100-year-old Canadian Club to host its weekly guest speaker luncheon. The meal was traditionally launched with a grace and a toast to Canada.

The Canadian Club is not in the habit of having a question period and guests are expected to digest the meal and the speech on their own. However, Humber student, Paul Billington, took the opportunity to ask Saucier about her speech.

"She made a logical flaw that

we (the CBC) became more creative since the budget cuts. Imagine how creative they could be if we cut them off completely," said Billington.

His sentiment is the common opposition that the CBC faces in these money tight times. Since its inception, the debate has raged as to what actually makes up common Canadian values.

"We must have a belief in shared values and a willingness to collaborate with a collective cause," said Saucier.



Guylaine Saucier (centre) addresses members of the Canadian Club.

Hale-Bopp soars through the spring sky

by Jennifer Oxley and Paul Richardson
News Reporters

Have you seen Hale-Bopp? You should take this opportunity because it won't be back for close to 4,000 years.

The comet can be seen in the northwestern sky on a clear night.

"One of the things it (the comet) did, it tracked me through parts of the sky that I don't normally look at," said Tom Olien, an astronomy teacher at Humber College.

"I got to know these constellations, so it was like following a rabbit through a new part of the country side."

Though officially known as Comet C/1995-01, it is known to the world as Comet Hale-Bopp for the two amateur astronomers who separately found the comet one night in July 1995.

The Ontario Science Centre is holding a comet party on April 11 and 13 at 8 p.m. at the Kortright Centre. The party will give people

a chance to join Science Centre astronomer Ivan Semeniuk to watch the comet, weather permitting, beginning at dusk. If the skies are cloudy, participants will be given a short presentation on Hale-Bopp. The party will wrap-up almost one month of comet gazing.

Semeniuk said he hopes there will be a good turnout and the skies will be clear.

"A lot of people will have already seen the comet by then, but this will probably be the last chance to see it," Semeniuk said.

The Science Centre is offering events on astronomy and related topics throughout the month of April, from recent images from the Hubble Telescope on April 12, to the Centre's annual Astronomy Day.

On April 26, students from Toronto-area schools will be constructing a working model of a Martian colony. The classes at the Science Centre will be communicating via video conferencing with

six other cities across Canada, as well as Canadian astronauts in Houston, Texas.

The Centre's newly completed Omnimax Theatre plays host to the film *Special Effects*. The movie follows experts at work on the *Star Wars* Trilogy Edition as well as *Independence Day*.

Throughout history, comets at one time were thought to be messengers of evil responding to events taking place on Earth. There are many historical myths to that effect.

The Chinese once thought that comets were 'broom stars' used by the gods to sweep evil out of the skies. This evil then fell to Earth and created catastrophic disasters.

In A.D. 66 Halley's comet was said to hang like 'the blade of a sword' over Jerusalem. Historians felt this was forecasting the city's fall to the Roman's which occurred four years later.

"My interest is mainly to be informed as a teacher of astrono-



Courtesy Photo

Hale-Bopp is really nothing more than a gigantic ball of ice and dirt.

my, so there's a professional interest, but also to catch the mystery of it, somehow let in what other civilizations must have seen it with greater mystery," said Olien. "Because they came unannounced, it wasn't until the 1700s that somebody finally, when they looked at the records, noticed the regular appearance of one."

Olien explained the mystery surrounding comets, "up until

then (the 1700s) they were seen as omens, so they could be interpreted as responding to events taking place on Earth."

The worldwide web is a perfect companion to anyone interested in learning about Hale-Bopp.

Sites like www.jpl.nasa.gov/comet, the official Comet Hale-Bopp home page and www.hale-bopp.com are just two of many.

Give blood at Club Red

by Mary Quickert
News Reporter

On April 16 between 9 a.m. and 3 p.m., in the Concourse at North campus, Humber Public Relations students will be hosting a blood donor clinic for the Red Cross.

According to event chairperson Alison Mudge, the Public Relations class theme is called Club Red.

"Club Red is related distantly to Club Med island holiday theme because a lot of people in the class haven't donated previously ... and pretending to sip a pina colada might help them relax when they were giving blood," Mudge said.

Trish MacDonald, in charge of internal communications said, "Club Red is a theme we came up with because we kind of want to make it fun for everybody. We're going to pamper everybody as if it was Club Med - we'll have events, contests and prizes."

Many students in this event-planning class are first time donors, MacDonald said.

"We want to get out as many first time donors as we can," MacDonald said.

The Red Cross mascot Buddy Blood Drop will be walking Humber's halls to answer questions from students and faculty, Mudge said.

She said it's important to bring identification and to eat a good breakfast before going to the blood donor clinic.

"We're really enthusiastic and hope a lot of first time donors will come out - from beginning to end it takes less than one hour," Mudge said.

Students drop 200,000 quarters

by Carrie Bradley
News Reporter

This year, students at Humber College's North campus dropped enough quarters into the pinball machines in the Games Room to reach the \$50,000 mark again.

Though the Games Room is Students' Association Council's (SAC) second highest money-maker and students line-up waiting for it to open, there are no plans to expand the popular service next year.

The Games Room contains 31 video game machines, five pool tables and an air hockey table.

It is located next to the College's pub, Caps.

When SAC's 1996/97 budget was released in January, the Games Room had raised more than half of the expected

\$50,000 in revenue (second to the more than \$500,000 that comes from student fees), but the number of machines will not change.

"There are guidelines that the College and Ontario Hydro set down that restrict us," said Karina Bekesewycz, services coordinator.

Humber College rents the machines from a private company and isn't responsible for maintenance.

Despite a rise in next year's tuition and financial problems facing students, Bekesewycz said students still pour money into video games.

The Games Room, she said, is always busy.

"There are mornings where people are waiting to get in when we open," she said.

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Mike Harris a pro at testing the voters

Despite an average of 80 per cent of voters rejecting Mike Harris' Megacity plan in each region, the Tories will fight tooth and nail to implement the amalgamation.

Today, the Harris government plans to pass Bill 103, Harris' most controversial piece of legislation thus far. His plan is to amalgamate the six municipalities that make up the GTA in an attempt to reduce duplication in services. The amalgamation will reduce the number of councillors, which protestors fear spells trouble for the municipalities.

Harris has chosen to ignore countless referendums and protests throughout Toronto, North York, Scarborough, Etobicoke, York and East York, the very people who voted him in. Harris also ignored the Feb. 7 anti-Megacity march when thousands of protestors took over Yonge Street on their way to Queen's Park.

Harris and his cabinet members are well aware of the resistance they are facing. Over the past week Queen's Park security officers have tested the red buttons located in all 130 MPP's offices. These are panic buttons allowing staff to summon security officers in case of violence.

We at the Et Cetera feel that protesting the government is an integral part of a democratic society. Yet, time and time again the government ignores our protests. Just take the February 1996 protest against tuition hikes. Thousands of students from across the country protested the 10 per cent hike and nobody listened. Students went so far as to take over Queen's Park. Four were even charged with intimidating the legislature, a century old law that was forgotten until students smashed down the doors of Queen's Park. Still, the government turned a deaf ear.

The only time Harris is willing to listen is during election time. If you really want Harris to listen, scratch an 'x' beside someone else's name at ballot time. The editorial staff at the Et Cetera encourages protesting the government but voting is the only way to successfully get under politicians' skins. Taking their power and paycheque away is the only way to make them listen.

So, remember while waving around placards and chanting anti-government slogans, making your way to the ballot box is the best way to make a difference. And, if you were not at the polls, you have no right to be screaming when the government comes up with absurd bills.

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See be see-ya

by Paul Billington
 Business Reporter

Canada will cease to exist without the CBC, said the new Chairwoman of the CBC in a speech on Monday at the Royal York.

In her speech, Madame Saucier said that if it were not for the CBC, Canada would not exist because it is the CBC that keeps us in contact with one another.

To a certain extent she's right: but, her speech was more relevant in 1947 than in 1997. When the CBC was started in 1936 it was the only channel in a one channel country. But in 1997, it is one channel in a soon-to-be 500 channel universe.

The Canadian consumer had no choices before the CBC. The only networks Canadians could watch before the CBC were American. Thus, there was a need for the CBC, since private channels did not yet exist to give Canadians their own perspective on the news. But that was then.

Today, there are hundreds of radio stations, newspapers, and television channels to connect

Canadians from coast to coast. And if they aren't enough, there's the Internet for people to find out information about other any region in Canada.

The question remains then, given the choices Canadians now enjoy, do we need to spend \$500 million a year on the CBC? Obviously there are some who would say yes.

Before we break out into a chorus of 'Oh Canada', no one's saying the CBC should be closed down, but just its mandate rethought.

Instead of keeping the CBC alive at a cost of half a billion dollars, why not just give private broadcasters tax breaks to produce shows with the requisite Canadian content?

In the new millennium the Canadian consumer already has tons of channels to choose from. Let's stop the pretentious hand-wringing and get on with the real debate: is the CBC the only vehicle to deliver Canadian content to the Canadian consumer? Many are saying no.

An open letter to President Robert Gordon,

I am offended by the comments you made about the Professional Golf Management program, which was in the Et Cetera last week. I am not in the program but I am a real golf nut and I don't like when the game and the industry of golf are being quoted as a white man's sport.

This is simply not true, because of the emergence of Tiger Woods. Other people that are black play golf too, for example Michael Jordan, Charles Barkley and others as well.

So please don't refer to our sport as being a white man's game. After all, in the U.S. the United States Golf Association does not play its national championships at white people only clubs and does not approve of potential members being turned away just because of their skin color. Golf is a game that is open to all minorities this is especially so with the Tiger Woods craze.

Signed,
 Mark P. Webb
 2nd year Landscape Technology



Bombs

- Cleveland Indians closer Jose Mesa enters court this week to face rape charges
- The Heaven's Gate web site, which preaches theories that led to a mass suicide, is still online
- York University students are facing an extended year due to a faculty strike



Bouquets

- Major League baseball players leave the courts behind and fans enjoy opening day
- April 17 is the first "day without computers", closing down the Internet for 24 hours
- Less than a month to go before full-time Humber students are free for the summer

Letters to the editor
humber_etcetera@hotmail.com

Et Cetera

Lifestyles

Cutting the financial corners of a wedding is not difficult

by Jennifer Saliba

Lifestyles Reporter

Planning a wedding isn't always a bed of roses. In fact, it can be a particularly daunting task, especially for couples who are shouldering the expenses themselves.

However, if jumping on the next plane to Las Vegas for a quick, painless ceremony doesn't appeal to you, then your answer lies in three simple words — budget, budget and budget.

Timing is everything, according to Linda Parentela, a catering consultant at Le Jardin Banquet Hall in Woodbridge.

"Choose a less popular season to have your wedding," advised Parentela. "You can save a substantial amount of money if you book a reception between January and April."

Anna Perciballi, 22, of Malton has learned how true that is.

"I only paid \$50 a plate at Le Pinatta Banquet Hall because I'm getting married in February," said Perciballi.

That meagre sum includes a seven-course meal, serving everything from antipasto to fish plus dessert.

After you've decided when and where to have your wedding ceremony, you should reserve the venue for your reception anywhere from 12 to 18 months in advance, said Parentela.



Buying a dress can be a frustrating experience. To save money check out last year's inventory.

The next step is to hire a photographer. Prices may range anywhere from \$600 to over \$3,000, but you can easily save money if you don't hire one for the entire day.

"I saved almost \$400 because the photographer is going to leave a few hours early," said Maureen Tonna, 21, of Malton.

That doesn't mean you won't capture all the memorable moments of that special day

on film, though.

"The photographer is going to set up the arrival at the reception hall, the first dance and the throwing of the bouquet before the guests arrive," said Tonna.

Of course, you can't have a party without music. Most disc jockey companies offer a standard package for \$500. You can easily cut the trimmings here by excluding any extras, like fireworks.

The most intimidating task for any bride-to-be is probably choosing a wedding gown.

If you have to adhere to a budget, don't look at dresses out of your price range or you'll be disappointed, said Caroline Lopez, a salesperson at the Bridal Factory in Toronto.

Luckily for Tonna, she found the dress of her dreams when it was on sale.

"I even saved an extra \$200 because I bought it right off the rack," said Tonna.

According to Lopez, you can save anywhere from 10 to 40 per cent if you buy an in-store item, depending on the condition and the year of the dress.

If you like to be creative and you have the time, you can save a considerable amount of money by making the bonbonnières, centerpieces and bouquets for your wedding yourself.

Frances Delcardo, 23, of Malton purchased wrought-iron candleholders from a wholesaler for \$5 each and decorated them with flowers.

"We sell candleholders for half the price you would pay a retailer," said Anthony Yu, sales representative at Fantastik Trading.

Delcardo purchased the flowers for her bouquets from Rose Valley Wholesalers. That was definitely a wise decision, considering she has eight bridesmaids. "Each bouquet cost me \$15."

If you choose to go to a florist, you can

purchase a standard package for \$500 which includes all the basic bridal party necessities, plus a few extras.

"Many couples opt to stretch their floral budget by bringing some of the arrangements from the wedding ceremony area to the reception venue afterwards," said Mirella Paglieri, assistant manager at Ital Florist in Etobicoke.

And, of course, the most significant items that will bond the bride and groom together are the wedding rings.

"I've sold everything from a plain wedding band for \$50 to a ring that was over \$20,000," said Nizar Savja, manager at Shira's Jewellers in the Woodbine Centre.

Finally, after all the months of planning, the most important aspect of your wedding is the one that takes place afterwards.

You should make travel reservations for your honeymoon anywhere from four to six months in advance.

Timing here is crucial as well, if you're planning on a budget.

"If you want a summer wedding, your best bet is to go down south," said Agnes Kwiecien, a Nordic Tours travel consultant. "If you want a cultural vacation across the Atlantic, the best time to go is fall or spring."

Weight Watchers comes to Humber

by Bethany Lee

Lifestyles Reporter

Students hoping to lose weight will be able to get some help and guidance from Weight Watchers, which is now running a spring session at Humber.

A 10-week session began this week.

Members work with a counsellor to determine what their ideal weight is. Members are encouraged to eat in a healthy manner. All foods are acceptable, as long as you are eating a balanced diet and eating in moderation.

Joanne Tuck, of Humber's Child Development Centre, helped bring the program to Humber. Tuck said Weight Watchers had previously been at Humber, and she was instrumental in bringing it back. Students, staff and friends are welcome to attend.

The Weight Watchers guide warns that although the program is run by health professionals, they are not a medical organization and cannot give medical advice.

There are no extra purchases for mem-

bers, just the one time fee. Tuck also said Weight Watchers can become lifetime members by maintaining their weight.

"If you maintain your ideal weight within two pounds, you can remain a member and attend support meetings," said Tuck. She added this is very important for the long term maintenance of one's weight.

"People tend to be nervous when they first enter the group," said Tuck. "We share more as time goes on, and you will end up hearing a lot of confessions."

Members will pick up a lot of ideas on how to handle celebratory occasions, or nights out, when keeping your goal in mind may be difficult.

Meetings will be held every Wednesday, in the SAC Boardroom (KX113). Membership is \$130 per person, \$110 for students for a ten-week session. To register, contact Joanne Tuck at 675-3111, extension 5057.

Other Information can be found at Weight Watchers Interactive URL: <http://wwwgroup.metroguide.com/thin5.html>

Prevent disasters before they start by packing accordingly:

- Bring identification, tickets, loose change, credit cards and travellers cheques (if lost, you can report it).
 - Always carry an extra copy of credit card number and expiry date in luggage.
 - Pack essentials (toiletries, medication, contraceptives, bathing suits) in carry-on baggage.
 - Bring phone number of next of kin, in case of medical emergency.
 - If you wear contacts or glasses, carry an extra pair.
 - Bring travel medication, just in case.
 - Pack a sewing kit and travel-size first-aid kit.
 - Bring adapters (check agent for voltage).
 - Bring clothing appropriate for destination (bathing suit, cover-up, sweater for chilly nights, formal wear/evening wear).
 - Instead of carrying expensive jewellery, which can be stolen, opt for costume jewellery.
- Ida De Thomasis, Trade Wind Designs

Multiple cups of java daily may create caffeine junkies

by Jackie Christie
Lifestyles Reporter

A person can become physically dependent on caffeine if more than two to three cups of coffee are consumed regularly.

According to Canada's Food Guide, some individuals become dependent on caffeine, but that does not necessarily mean they will face an increased risk of adverse effects, provided the total daily exposure to caffeine does not exceed 400-450 mg. This includes all sources of caffeine in a person's diet, not just coffee.

"If you suddenly go without coffee after drinking it everyday,

you will likely experience withdrawal symptoms, such as a headache, fatigue and irritability," said Colin Granger, employee of Starbuck's Coffee Company in Toronto.

The Food and Drug Administration of America (FDA) suggests eliminating all caffeine from your diet for one day. If you experience a throbbing headache that can be relieved by drinking a cup of coffee, chances are you're suffering from caffeine withdrawal.

Some signs of caffeine withdrawal are:

- anxiety
- drowsiness

- sluggishness
- headaches
- depression
- fatigue
- irritability

According to the FDA, withdrawal symptoms will peak on the first day, then gradually disappear. Those wanting to give up caffeine are advised to reduce their consumption gradually over a few days to avoid withdrawal symptoms. Switch to decaffeinated coffee, and consider limiting your intake of chocolate, cocoa, and colas.

Not everyone who becomes addicted to caffeine experiences side effects, but the signs will become apparent in those individuals who do have symptoms.

"Whenever I can't sleep at night, I know that it is due to the amount of coffee that I drank that day. Usually if I don't drink coffee one day, I end up sleeping well that night," said Granger.

Granger said he drinks about two cups of coffee a day and if he goes one day without it, he experiences headaches.

Symptoms of caffeine withdrawal usually can be avoided if intake is decreased slowly over several days. Unlike drugs of dependence, caffeine is not associated with any chronic health problems.



If you want to kick the caffeine habit, reduce your consumption gradually to avoid withdrawal symptoms.

According to the American Dietetic Association, if you decide to reduce caffeine in your diet, consider these options:

1. Drink instant coffee or brewed decaffeinated coffee. A cup of regular instant coffee generally contains less caffeine than a cup of regular brewed coffee.
2. Drink a mixture of half regular and half decaffeinated coffee.
3. Drink decaffeinated tea or caffeine-free herbal tea.
4. Brew tea for less time. A one-minute brewing, versus three-minute brewing, can cut caffeine in half.
5. Read soft drink labels carefully.
6. One dose of an over-the-counter pain relief capsule can contain the same amount of caffeine found in one or two cups of coffee.
7. If insomnia is a problem, avoid coffee or other sources of caffeine in the evening.

Auction for charity, fun

by Maureen McReavy
Lifestyles Reporter

If you've ever wanted to go to an auction just for the experience or would like to go and bid on something, circle April 6 on your calendar.

A silent auction will be held at the Boulevard Club (at Lakeshore Boulevard and Parkside Drive) from 12:30 p.m. to 5:30 p.m. to raise money for Ernestine's, an Etobicoke women's shelter.

A ticket costs only \$12.50 if you buy it in advance at the Club, but if you wait until the last minute, it will cost \$15.

Admission is free for kids under the age of 12. And you get a charitable donation receipt for anything over \$10.

There are 120-130 items up for sale.

"People donate all kinds of things from paintings to barbecue tools," said Jane Vickery, a member of the club.

"It's all put out and silently auctioned off. There's a suggested price and then people bid up."

"Ernestine's made over \$14,000 last year," said Ernestine VanMarle, the shelter's namesake.

It's the third year the Boulevard Club has sponsored the event but VanMarle said how successful it is this year depends on the number of people who show up.

A silent auction is different from people shouting out or raising hands, although an auctioneer will be present.


VanMarle described how it works, "there's a sheet on the table and if you're interested in a particular item, you put your name down as well as the price you're willing to pay."

It's like musical chairs, she explained. "You have to keep a sharp eye and quickly sign. The last name on the list gets the item."

There's something for everyone at this event which includes much more than the auction. There's line-dancing, bowling and the kids can play badminton.

"Come for the fun of it," said VanMarle. "There will be a steel band and a jazz band and pizza, courtesy of Pizza Pizza."

You may not only get to support a good cause but end up going home with something entirely unexpected from the bidding wars.



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SEX

Talking dirty: Women need to learn how to vocalize their sexual desires

by Kris Scheuer
Features Reporter

Many women have no trouble aggressively pursuing a job promotion, or speaking out on a variety of subjects in a classroom setting. However, these same women lose their voices when it comes to expressing their desires in the bedroom.

When it comes to having sex, actions can be enriched with specific words that describe, express, request and relay what you want and feel. For some women the problem with being specific is there is no word in their vocabulary for, "you know down there", they feel comfortable uttering.

The reason some women feel uncomfortable talking about sex with their partner stems from growing up with, "a lot of shame, embarrassment and guilt" about sex and their bodies, said Sue Johanson, who is a well-known radio and television personality and sex educator.

This shame, guilt and embarrassment can come from various sources such as family or society. Jenn Leva, a 24-year-old psychology graduate from the University of Toronto, claims to have been influ-

enced by both society and family.

When it comes to talking during sex, "you should be able to be really graphic," said Leva. "I have come from a very strict background. My grandparents are very moralistic."

The message she got was "no sex before marriage and you definitely don't enjoy sex. My grandma would say 'sex is dirty. You don't enjoy it.' It is hard to get past that conditioning."

Johanson said she agrees this conditioning starts young. "Kids, little girls, are told that nice girls don't look and touch their genitals. If you are not comfortable touching your genitals, how are you going to be comfortable with some guy touching your genitals?" she said.

One way for women and men to feel more relaxed about sex is to talk about it, said Johanson.

"If you aren't ready to talk and learn about sex, you are not ready for sex."

For many, being able to talk about what they want in



Garth Scheuer

specific terms can be very liberating and enhance their sexual enjoyment as well as alleviate any concerns.

Another way to learn how to feel more comfortable talking about sex is to read about it. There are a variety of books available in book stores and at the library. One such book called *Sexual Salvation: Affirming Women's Sexual Rights and Pleasure*, is written by Naomi B. McCormick.

McCormick states in her book that, "females are urged to adopt a relationship sexual script; sexual interactions should be limited to one loving partner. It is not surprising then, that women describe the genitals and sex in sanitized terms like "vagina"...and vague romantic concepts like "sleeping together", "doing it" and "going all the way".

According to Bruce M. King, in his book *Human Sexuality Today*, women are not always comfortable with the same sexual words as men are.

"Words like prick, cock, cunt, pussy, screw and fuck may be common in conversa-

tions among men, but many women (as well as men) might not feel fully comfortable using such words with their partners, particularly if they wish to express positive emotions," said King.

King also said, many of these words have negative connotations in our society and so as a result, "some couples develop a deep vocabulary for their body parts that is used only in conversations between themselves."

Johanson asked, "why are [women] uncomfortable using the word vagina? Would you rather the word cunt or pussy?"

Johanson said women are not taught the proper words so they do not have a sexual vocabulary to draw upon.

"You do not talk to your partner about your labia ["lips" of the vagina]. Part of the reason is a lack of information. You do not have the words for it. We should teach women what is what."

When it really comes down to it, it is up to a woman to educate herself, talk to others and form a sexual vocabulary that feels comfortable to her. This includes names for her genitals that reflect the sexual mood and her personality.

Groupies: More than just sex objects for rock stars

by Ben Obina
Features Reporter

Imagine having shreds of clothing ripped-off, crowds of women asking for autographs. Imagine receiving love letters from admirers along with their panties.

This sounds like pure fantasy, but not as far-fetched for musicians who are constantly the centre of attention.

"Most misinterpret the word groupie by placing sex in front," said Dr. Soul, of E-Z D.A.D. Entertainment. "Groupies are basically people who follow an act, but don't have the financial backing to make a contribution."

Although sex is part of the equation, groupies often use their physical presence to assist in a band's production in ways the average fan can't, from advertisements and pictures to running errands.

But Patrick McLoughlin, of Watch Music Records, said groupies and sexual activity usually comes with the territory.

"There's something about performers who get on stage. They have their followers and groupies are one group of followers," he said.

"I'm not getting laid as much as I want to, but if I make it big, I'll do all the drugs and sex I can get," said guitarist Jules Oille. "Sex, drugs, and rock and roll. That's the way it is."

Oille, a member of the band Victims Of Pigeat said only the successful bands like the Stone Temple Pilots attract women followers because they become power figures.

"If you had a million dollars, it's a big extension of your penis," said Oille. "But if you're getting into music to get laid, then you're in it for the wrong reasons."

"Groupies are just the garbage you read in the papers," added Oille.

"Until I get famous, I have a long way before having sex every night, but it isn't happening that way because you have to prove yourself," said Oille.

According to Joanna Gadjicar, a follower of independent Toronto bands, being a groupie doesn't always entail having sex with the object of your adoration.

She said a group on stage appears to have complete power over everyone based on their singing voice, attitude, and body language.

"You don't get to see what a person on the street is about, but when you see them on stage, it's kind of like meeting them and knowing what they're like," she said.

Having sex with the performer depends on the individual said Gadjicar, but doesn't totally rule sex out herself.

"If he was a single gorgeous guy, then I'd probably want him," she said. "In reality it doesn't happen too often, but there's that fantasy there."

Dr. Soul said in any business where alcohol or soft drugs are available, sexual activity is sure to follow.

"You will find that when people like the star or the guitarist, singers would take advantage of that, and you know what would happen then," he said.

Twisting the night away:

Tantric sex is a greater spiritual experience than most realize

by Greg MacDonald
Features Reporter

The sweet, heavy smell of sandalwood incense hangs in the air. Candles flicker, illuminating two nude bodies that glisten with thick, lavender massage oil. Throbbing drums punctuate an ancient chant that grows increasingly intense with each repetition. The couple presses together, their hands moving frantically. Their open mouths kiss, then explore the other's sweat-slicked, hot flesh. Heaving with passion they become one, and hurriedly move from one Kama Sutra position to another.

Contrary to the image most

North Americans have of tantric sex, it is not a kind of Indian hedonism.

"I wish people could know the incredible beauty that is available to them through their sexual practice, instead of all that other stuff that passes as sexuality," said Lucy Becker, who teaches tantric sex at the Toronto Institute for Self Healing.

Tantra (which in Indian means woven together) is a term loosely applied to exercises used during slow, non-orgasmic intercourse believed to facilitate contact with the divine. It has its roots in the Hindu, Taoist and Buddhist traditions.

"We use the life-force energy, or

sexual energy, and learn to amplify it," said Becker who has been practicing tantra since 1989 and teaching for a year and a half. "We use this energy to propel us into spiritual development. You do it through breathing techniques, visualization and body locks (tightening muscles in the pelvis)."

You may wonder how it is possible to see God through tightening some muscles "down there". Becker explained how this phenomenon is possible: "that all helps to transform the sexual energy into a higher vibration. When you get at a higher level, your whole body opens up in a wave-like motion. You feel a rush of

energy going up your spine around your head. You feel like you are pulsating with glowing color. It's quite something."

According to Becker interesting things start to happen to people who practise tantra. Becker said some people actually use solar energy to rapidly nourish and heal their bodies. Others become psychics.

How quickly students benefit from tantra training varies. "Everybody goes at their own pace. Anyone who has done meditation or yoga will get results quite quickly," said Becker.

Becker said anyone can benefit regardless of their rate of progress. "Tantra is quite scientific. The exercises work organ systems. It's logical and it really works. Learning it guarantees you are going to get some kind of results," said Becker.

According to Becker, tantra techniques can alleviate problems. "A man came to me, and he was very embarrassed because he couldn't hold an erection. I just gave him some of the exercises we do in class. What happened was, he was able to hold his erection longer, and was so happy. He transformed his sex life."

The exercise Becker refers to is surprisingly simple. She says you locate the muscle in the pelvis that stops the flow of urine. Preteens have to urinate, and squeeze the muscle to hold on. Squeeze the muscle and hold it for five seconds, then relax. Practice doing this more every day. Daily practice is said to increase a man's potency and intensify orgasms for both genders.

Despite the mystery associated with tantra, Becker said it's not about clearing the mind and returning to our natural state. For the mind, practitioners use meditation. Eating pure food, refraining from alcohol and tobacco are important measures to take for the body. "If people truly love themselves, truly forgive themselves, accepted themselves, sex will flow freely. Their energy and their bodies would be open and they wouldn't need to learn anything."

Becker said learning tantra is great for couples who want to increase their intimacy, or even single people are interested in exploring the ancient tradition. For information contact Lucy Becker at (416) 489-0557.

Love Songs: Pump it up, turn it on bump and grind

by Dionne Francis
Features Reporter

When people are in the mood for romance, many times the only thing they need is music. It can be used to create the atmosphere during a candlelight dinner, or to change the feeling in a parked car.

Sexy songs have become common in our society as a way to express love (couples have their own songs that have specific meaning to them), or to speed up the progression of romance. When a man or a woman wants to set a mood they may put on music that will create a sexy atmosphere. There are certain types of music that lend themselves to setting an erotic mood.

Rhythm and Blues has been the forerunner for pumping out songs that make people want to get romantic. The songs started out being a little sugary, but in the past 20 years they have become explicit. Songs like "Sex" by Madonna. Many songs are about the expression of love and the desire to express pure lust. Many R&B songs sing mainly about sex and nothing about commitment or lov-

ing relationships.

There are many classics that appeal to a younger generation that was not old enough to appreciate it the first time. Big name artists such as Barry White, Lionel Richie and Marvin Gaye have made huge comebacks, even though their songs are 20 years old. There are now the new kings (few queens) of sexy ballads, the big names are R. Kelly, Jodeci and Boys to Men. The women that stand out are Mary J. Blige and Toni Braxton.

There are, though, a few songs that are sure to get you and your partner in the mood. A friend of mine used to call such tunes "Panty removers" because they always helped him get romantic with his woman.

Even though there are a few good artists that always come up with raunchy tunes for you and your lover, here are a few that always seem to be popular:

1. R. Kelly - "Bump 'n grind"
2. Jodeci - "Forever my lady"
3. D'Angelo - "Lady"
4. Boys to Men - "I'll make love to you"
5. Toni Braxton - "Breathe again"
6. Mary J. Blige - "If loving you"

7. Keith Sweat - "Nobody"
8. LL Cool J - "Doing it"
9. Dru Hill - "Tell me"
10. Marvin Gaye - "Let's get it on"

There are also songs designed only for illicit affairs. Songs like R. Kelly's "Down Low" and "All the things (your man won't do)" by Joe are meant for those who have eyes for someone other than their partner.

Although there is a lack of sultry songs outside the R&B arena, there are a few songs around that people can enjoy in a romantic setting. Songs like

1. Aerosmith - "Angel"
2. Kiss - "Beth"
3. Bon Jovi - "Always"
4. Donnie Mode - "Somebody"
5. New Order - "Blue Monday"

Because of the lack of romantic songs, there are some that convert into sexy songs for the sake of the music. It's why, for example, music has become a very big part of our dating society. Except for those whose musical preference doesn't allow it, they could not imagine getting laid without music. For more information contact Dionne Francis at (416) 489-0557.

Group Sex:

A nice gesture between friends between the sheets

by Denise Lockhart

Features Reporter

The lights are dimmed as Barry White croons from the stereo in the corner. The room is hot and the sexual tension lingers as the five lay exhausted on the black satin sheets of a king size bed. They have just finished exploring an act that most would consider sexually deviant. However to those involved, it was an average weekend.

Robert Mcleese, a first-year Film student who has had group sex said, "to me, group sex is an act of supreme passion between friends. I must say it was a learning experience that brought my friends and I closer together."

Mcleese said the group consisted

of himself and two women he had been friends with for a long time.

"We had talked about it jokingly before but it never came about until the three of us were lounging around watching a movie and one of the girls made the first move," said Mcleese.

While Mcleese claims group sex to be a beautiful experience, others express disgust towards the idea of sharing a partner. With sexually transmitted diseases so prevalent the risk multiplies exponentially with the number of sexual partners one has.

Michelle Bird, a first-year General Arts and Science student said, "I don't like the idea of group sex. I don't believe you can achieve the

same level of intimacy when you are sharing yourself with more than one person."

"It is hard enough to deal with the emotional and physical strain when you are with one partner let alone two, three, or four other people. I would also worry about the disease factor increasing," said Bird.

Sex therapist, Dr. Frank G. Sommers of the Betty Stockley Counselling Centre, said, "it is harder to build a healthy relationship when you are dealing with more than one person in a sexual manner. It becomes difficult to separate emotion from sex and it could end up that one or more partners becomes jealous or hurt."

Sex Magick:

S & M a world of pleasure and pain

by Lauren Buck

Features Reporter

Daring to be different, I recently built up the nerve to attend a dungeon party. Immediately, I felt over-dressed and out of place in my jeans and club-shirt. Looking around at the crowd of 20-to-40-somethings, it became apparent the dress code was simple: show plenty of skin and if you need to cover up make it leather.

Big hairy men wearing nothing but tight black leather shorts. Women of all shapes and sizes pulling their girlfriends around on leashes. This was my first look at Toronto's S&M community.

Needless to say, I was intrigued.

This particular dungeon party was

"A seven hour display of leather, whips, restraints, and simulated torture scenes mixed in with the usual drinking and dancing."

scheduled to be a seven hour display of leather, whips, restraints, and simulated torture scenes mixed in with the usual drinking and dancing. I was there to do the latter two, but the sex magick (alternate term for S&M) taking place was everywhere and for one evening I unintentionally fell

under its spell. I started my "adventure" in the first room designated for those wishing to just relax. Nothing too exciting seemed to be going on there and so I decided to follow the crowd of people over to the second room to see what all the fuss was about.

Everyone seemed to stop talking and slowed down as we crossed the "bridge" that joined the two rooms. Through the man-made fog, I saw bodies on either side of the bridge. I remember thinking how unreal everything felt at that moment, standing there watching the mysterious figures move together ever-so-slowly to the sound of a hypnotic chant. The sound of a switch hitting flesh drew me out of my trance-like state.

In no way an S&M enthusiast or player, I found myself unable to stop staring at the sexual games taking place before me. This was not traditional sex, in fact there was no actual intercourse taking place. But still, this display of human interaction was just as exciting as it was embarrassing to have watched.

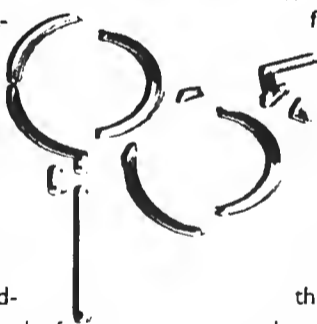
That night I learned a great deal about the hush-hush world of erotic play. Indirectly, I was taught that sadomasochism is not just about dominant people who get off on controlling others or submissive people who have such low self-esteem they

feel the need to be punished. Quite the contrary, both the dominant and submissive participants have mutual respect for each other. They are merely players in a game that offers complete physical sensation brushed with the light sting of danger.

Sadomasochism is an intense game where the main object is to hurt the one you love, and love the one that hurts you. After talking to many people that night I discovered that S&M doesn't need to involve pain, or intensity, or bondage, or role-playing, or anything at all. It is whatever you do that fulfills a fantasy of yours. There is no right or wrong way to do S&M, as long as both "players" go into it willingly and all acts are consensual.

I finally did venture into the second room that night, and saw much of the same—a group of people who seemed completely uninhibited, and extremely happy. Even first-timers to the scene, like myself, appeared to become less nervous and accepting by the end of the night amidst swirls of near-naked bodies.

Yes, it was definitely an experience that I won't soon forget. My curiosity has been aroused, making me vaguely aware of the possibility that after a few more "parties" I too may be able to step away from the sidelines and get into the game.



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Digital darkrooms

by Mark Anderson
Technology Reporter

Digital cameras are here and appear ready to overthrow the traditional 35mm king. The latest advance in photo technology literally makes taking pictures a snap, which is why photojournalism is starting to embrace this new format.

"It works beautifully for us. We haven't needed to use 35mm (film) cameras since we've gone digital," said George Beshiri, chief of photography at the *Brampton Guardian*. Beshiri said the *Guardian* switched over completely to digital cameras in January.

The new technology stores the photographs on the camera's internal memory, so with a simple hook-up to a computer they can be used almost as quickly as

they're taken. Digital news pictures can be wired from any location in the world to any news desk in a matter of seconds, without ever having been recorded on film.

"Our darkroom is a computer on a desk. There is no wet lab or chemicals to deal with," said Beshiri. Disks can be used in place of film, eliminating the time and expense of developing.

Beshiri said the *Guardian* spent over \$100,000 on four digital cameras, lenses and other peripherals. He agreed the cost is high but said the cameras should pay for themselves in about four years because the cost of buying, processing and printing film has been cut out of their budget completely.

According to Beshiri, all of Metroland's newspapers will

eventually use digital cameras. Many, like the *Mississauga News*, which was the first to convert, already use this format exclusively. Toronto's major dailies the *Star* and the *Sun* also use digital photography.

"If anything is going to the printed page, it's going to be digital. It's normal. It's progress," said Chris Chown, a photography instructor at Humber College.

Chown predicted a future for the film camera, but only in a supporting role to its digital master. He said he believes film prints will still be used with scanners, but not as often as they are now.

"If all the printing and design is being done with computers, it's only natural that photography is the next step," said Chown.

Wicked WEB Sites

by Robert Dutt and Darren Leroux

Create Your Own Newspaper

www.crayon.net
Have your very own newspaper made for you on the web every day. Just tell them what sources you want to use for news, sports, weather and more, and drop by the site every day to read your newspaper. Even has its own electronic funny pages, with your choice of top cartoons.

The Infamous Exploding Whale

www.xmission.com/~grue/whale
It's exactly what it sounds like. A page dedicated to an exploding whale, and it's no cartoon. It's pics of a real beached whale that died and couldn't be moved and was getting really smelly. What better way to get rid of it than with a ton of TNT?!

The International Pez Collectors Association

www.pez.org/
It's not as weird as a Toaster Museum, but it's just as bizarre. Pez has an amazing following, there have been newsletters and such, but this place takes the cake. Find out the definition of a Pez Head, and see if you are one. Some advice, if you turn out to be a Pez Head, don't tell anyone, please.

The 60 greatest conspiracies of all time

www.webcom.com/80/~conspire/
The infamous Hale-Bopp comet is causing all sorts of mass suicide, or is it just a big conspiracy so we can all off ourselves in peace?

BUSINESS

Instant Internet credit the new wave of mortgage applications

by Rita Salerno
Business Reporter

Residential mortgage approvals are now available on the Internet for all consumers.

The service, which is being offered by mbanx, the Bank of Montreal's virtual banking system, was created to help home buyers receive credit approvals

quickly and easily.

"Someone could visit an open house on Saturday. Afterwards they can log on the Internet, go to Bank of Montreal's home page and fill out an application," said Tom Alton, president of Bank of Montreal's Mortgage Corporation. "Seconds after

transmitting a mortgage application to mbanx, consumers will know if their mortgage has been approved."


Although immediate decisions are usually provided, non-credit issues could delay the process. In that case "the bank will contact the customer to discuss the application," said

Alton.

The service, located at www.bmo.com/mortgage is the first of its kind and is designed to help people with financial choices when applying.

"Our mortgage home page provides tools to assist customers in making the right decisions for their particular


situation," said Alton. "For example, a first time home buyer can get valuable coaching using the Mortgage Workshop Calculators and the interactive tool called 'Help Me Decide.'" Customers will be able to make better informed decisions and choose the mortgage options that best suit them.




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Et Cetera Entertainment

Music Movies Theatre Comedy

Blur getting real

by Christian deBruijn
Entertainment Reporter
With the embarrassment of 1995's *The Great Escape*, Blur had a lot to answer for.

Granted, the singles were tolerable. But the majority of the album felt like everything had run its course: the rhythm section felt lifeless, the guitars lacked any crunch, the melodies reduced to sappy crooning.

Blur's fifth record, appropriately self-titled, gladly makes amends.

All the aforementioned problems with *The Great Escape* are gone. The quintessentially English cannon (Kinks, Madness, Smiths) is now balanced by flushing out 90s American influences, namely Pavement, and other art rock touchstones.

Not since 1993's sophomore *Modern Life Is Rubbish*, which thankfully purged them of My Bloody Valentine-imitator status, have Blur reinvented themselves for the better.

"Perhaps this was a more difficult jump considering it's been three albums since *Modern Life Is Rubbish*," said guitarist Graham Coxon over the phone from his Toronto hotel suite.

"It's the same sort of idea, the taking into account of the English experience, the way we feel about England now and the whole media circus," Coxon continued. "*Modern Life* was more our reaction to the American exclusion — Nirvana and the whole grunge thing. And

this is our answer to what, in part, that record helped attitudes and politics quite prophetic. I've made a lot of mistakes in my past with Blur, so this is a time in my life when I'm getting

North America experienced three years ago when grunge and punk ran out of gas, compensating instead with a cultural inbreeding of white rock traditions that have long-since distanced themselves from their R&B roots.

"A lot of the stuff that's popular in the U.K. right now — the Bluetones, Kula Shaker — it's just hideous," Coxon vented. "Stuff like 60ft Dolls strikes me as late 70s English punk, and it's like pub rock to me — it has very little meaning. It just reached a point where the whole thing started to spiral out of control. We want nothing more to do with it."

And the most impressive thing about Blur is that it doesn't.

Just listen to the way the lyrics and music back-up Albarn's declaration with more density, revealing a band that no longer wants the burden of pin-up status or to be felt as personalities. Moreover, this should deflect criticisms from North American audiences that Blur are just too bloody English for their own good.

"It's confusing. Americans don't seem to have a tolerance for English things," Coxon pondered. "It's not like we're compromising or anything, it's just these minor changes seem to have done the trick. I mean, it's a very subtle thing and all we're doing is trying to strip down to our essence. I like to think a Blur fan in America is looked upon as a bit of a weirdo, but perhaps not for much longer."



British pub-rockers Blur show a different side on their newest album.

create in the media." "I like American bands — Fugazi, Nation Of Ulysses, the Make Up and Sonic Youth," Coxon said. "But I think it still sounds pretty much like an English record. I'm pretty much the only one who likes American underground bands. I find the music inspirational, the

real." Lead singer Damon Albarn recently declared "Britpop" — the fad Blur helped create — an antiquated notion which has reached its saturation point.

A pompous proclamation, but he's dead-on. It's the exact same scenario

by Chris Stephenson
Entertainment Reporter

The coming of spring was heralded once again by Toronto's best excuse to get out and drink copious amounts of alcohol.

The annual Wine & Cheese Show was held at the International Centre March 21-23.

The show, however, was not limited to wine and cheese.

There were also breweries, tobacconists, foods and many other businesses represented.

For someone like York University student John Stevenson, it's a chance to just leave campus and have a good time.

"There is a wide scope of people and products here," said Stevenson, a veteran of the show. "It's always a good time." Indeed, those who attended the show enjoyed themselves, and the many products available for sampling.

"Saturday night turns into a big

cocktail party," said Margo Bell, a representative of Balderson Cheese from Balderson, Ontario.

Amid all the fun is the fact the businesses at the show are in competition with one another.

"It's a lot of exposure for the company," said Gerald Latour of Guelph's Sleeman's Breweries. "It's a good chance to be compared with the other breweries that we're in competition with."

The competition was more down-the-throat than cutthroat. "You get to rub elbows a little bit," Latour said. "If we get a chance, we cruise over to another booth, say hello, and try some of their beers."

The bottom line, though, is they are all trying to gain exposure.

"We get customer awareness. People get to enjoy our different styles of wine," said Gerry Mazzali from Sawmill Creek Wines, just one of many Ontario wines represented at the show.

The majority of the wines presented at the show come from Canadian vineyards, most of them in Ontario.

In fact, according to Mazzali, Ontario wines do extremely well in the wine market.

"They're competitive throughout the international market. They've won major awards."

The show is a great opportunity to experience products without having to spend a lot of money.

"It gives people a chance to try all of our products," said Latour. "Instead of taking a chance and buying 24 beers at the Beer Store, they can have a taste and decide for themselves."

Many of the companies have been coming to the show for years.

Continued success over the years has brought them back, and many of the customers who come to the show know exactly what to

look for.

"We headed straight for the Sleeman's booth," laughed Stevenson. "Ruined my palate immediately. I am not an experienced wine drinker by any means." Stevenson was not the only one with this point of view.

Depending on the time you went, the intentions of the crowd varied.

"Friday afternoon you have real food connoisseurs. Saturday afternoon it's a younger crowd," said Bell.

While the show itself offers a wide variety of products for the serious wine and cheese aficionado, many of the customers are there to get out of the house, drink and enjoy the atmosphere.

A good time was had by all, even if some of them will not remember it.

Happenings

Thursday
Caps:
Pub Night

Friday
The Student Hall:
Popscene
(American/Brit indie)
9 p.m.

Saturday
El Mocambo:
Blow-Up
9 p.m.

Sunday
The Dance Cave:
Lux (Brit-pop/techno)
9 p.m.

Monday
Rivoli:
Alt. COMedy Lounge
8:30 p.m.

Tuesday
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Wednesday
Lee's Palace:
Fiona Apple
w/Morcheeba
8 p.m.

Quote of the Week

"1. It's boring
2. It's stupid
3. It's death."

Brad Pitt on why he doesn't like playing the stud (as said to *US* magazine).

Not too sharp — kid

by Christian deBruijn

Entertainment Reporter

Like much of the average populace, I never understood what Britpop meant.

What exactly qualifies?

I've heard the term stretch to include, of all people, Beck.

But when term-dropping lumps together English acts compelling as Radiohead or Suede and oppressively lame as Sleeper and the Bluetones, something was wrong to begin with.

Britpop, though, is generally centred around several traits — most of them limiting.

It usually pays homage to new-wave circa 1978 while refusing to acknowledge the Beatles existed after *Rubber Soul*.

Reference points have to be English and rock focused. Bands consciously refuse experimentation.

They act like America, Krautrock, and techno and hip-hop innovations never existed.

It's a white pop tradition that's become so inbred by distancing itself from the black R&B rhythms that made the Stones a great rump-shaking band.

This band night, held in conjunction with Davy Love's anglophile Blow-Up club, largely gave Britpop a fitting epitaph.

The sounds were still definitely retro, English and '60s oriented.

It's just that the first two acts' reference points were less stale than the usual U.K. flavors-of-the-month.

Scarborough's Muscle Soul were a bit loose at times, missing several cues. But considering a new drummer and bassist are being broken in, it's forgivable. Still, this blue-eyed five-piece managed to generate some funky '60s soul grooves, occasionally drifting towards the sound of '70s AM radio classics.

The male and female duality established in the harmonies were quite impressive.

The real treat, though, was on "Blue Note". When the former back-up singer passionately sang into the mike, her vocal range and timing only added to the number's already stellar rhythm. A great dance band who comprehends what Paul Weller always saw in black '60s American music.

The Manrays set was a stunning 20-minute long hallucinogenic jam. Early Pink Floyd is a logical starting point, but any awareness of Syd Barrett's nursery-rhyme melodies was thrown aside for a darker approach.

On certain interjections, the Manrays also captured doses of the Stooges' proto-punk ferocity. Submerged in layers of drones, there was often a feeling of pure madness in the singer's voice.

Let the organ player do more

improvisation and they could specialize in decadent performances lasting 'till sunrise.

The most energetic and accessible set of the night belonged to Sharpkid.

The headliners definitely showed a youthful zest for life (being inebriated also helped) and demonstrated some promise from their takes on punk-pop masters the Buzzcocks.

But when veering into the realm of '90s Buzzcocks-revivalists These Animal Men — a fad band that won't stand the test of time — they resembled children squandering a vast inheritance.



Christian Patrick (left) and Benny Sinclair from Sharpkid at the El Mo last Saturday.

Humber course a joke

by Nancy Larin

Entertainment Reporter

Comedy superstars are booked to teach a five day comedy course at Humber's North campus Aug. 11-17.

"You can't teach someone to be funny, but you can teach someone to be funnier," said Mark Breslin, the owner of Yuk Yuk's Comedy Clubs and artistic director for the new program.

He added that Humber's workshop is the most comprehensive comedy course in the world. It will include lessons and discussions in television writing, screen writing, sketch comedy, improv and stand up comedy.

"Charge up the jumbotron, tell everybody that I will be at Humber at 10 a.m." said Breslin.

Every morning there will be a lecture followed by an intensive workshop of 15 to 20 people and, in the late afternoon, a panel discussion. Plans are being made to fill the evenings too. Registration is limited to between 105 and 120 students.

Tuition for the five-day course is about \$1,000.

Humber President Dr. Robert Gordon said, "we only have to break even."

Joe Flaherty, SCTV alumnus and actor in numerous films including *Back to the Future Part 2*, *Who's Harry Crumb?* and *Stripes*, said he is looking forward to teaching this program at Humber. He said it will be "strange and wonderful". Flaherty is currently teaching at Second City. He will also write and act in a situation comedy in L.A. this

summer.

Joe Kertes, director of the Humber School for Writers, said, "Toronto is a hotbed of comedy" and this program will fill a void.

Lorne Frohman, a writer with extensive film and TV experience, said that for years there was a vacuum in Canada.

Successful comedians went south of the border.

"Something was missing in this country for years," Frohman said, "and it took Breslin to start it."

Other lecturers are:

- George Schlatter the creator of *Laugh-In* and winner of five Emmy awards.

- Anne Beatts a TV writer/producer and winner of two Emmys for *Saturday Night Live*.

- Pat Bullard, the host of the *Pat Bullard Show* and writer/producer of *Roseanne* and *Grace Under Fire*;

- Keith Johnstone who will

teach improvisation;

- Stephen Rosenfield, founder of the American Comedy Institute and producer/director of *Carolines*, *Stand-UP NY*, *The Comic Strip* and *the Improv*;

- Steve Allen, the famous comedian and original *Tonight Show* host.

This course continues the tradition set by the Humber School for Writers, which over the years has featured well known authors such as Margaret Atwood, Timothy Findley, Carol Shields, Richard Ford, Tim O'Brien and Paul Quarrington.

The Humber Comedy Workshop is organized by the Humber School for Writers. Applications must include script samples or performance videos.

For further information or to request a brochure call (416) 675-6622, ext. 5084 Or E-mail kertes@admin.humberc.on.ca.



Mark Breslin and President Gordon helped set up comedy workshop.

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SERVING A WORLD IN MOTION

The Glass Menagerie falls flat

by **Maryan Florio**
Entertainment Editor

If anything is shining on the stage of the Royal Alexandra Theatre, it's the love — the real life love — between Shirley Douglas and her son Kiefer Sutherland.

However, the richly written characters Tennessee Williams created for *The Glass Menagerie* fall rather flat on the stage in a surprisingly disappointing turn from the internationally renowned actors.

Perhaps Royal Alex patrons have been spoiled by the big budget shows like *Les Miserables* and *Crazy For You* that have been

mounted on that stage previously. For the same reasons children don't read as much in this age of technology, it might be that Williams' stirring little play came off looking like a high school drama club production.

One must give credit where credit is due, however. Shirley Douglas as Amanda Wingfield, the aging Southern belle, fills out the tapestry of her role with panache. Employing the most annoyingly, cloying accent known to man, she belittles her son Tom and frightens her disabled daughter Laura [Kathryn Greenwood] in true mother-from-hell form.

Sutherland's performance, although technically solid, lacked his mother's polish. Although he had his moments of wit, and made the odd connection with the audience, on the whole, he appeared stilted and tense in his performance as the embittered and restless Tom Wingfield. It appears the veteran screen actor hasn't yet adjusted himself to the nakedness of the boards, as he seemed much too aware of the audience, even when he wasn't breaking the fourth wall.

The same can be said for Greenwood's Laura. Although written as a shy mouse type of

girl, Greenwood was particularly pale and colorless in her performance. Even during one momentous scene, while mother and daughter are in preparation for Laura's dreaded gentleman caller, and Amanda is at her bullying best, she still evoked no empathy from the audience.

David Storch as the gentleman caller, Jim O'Connor, was the saving grace of the show. Although having only a brief period of stage time during the second act, he brought a spark to all he touched. Storch was able to evoke deeper and truer feelings from the rest of

the cast and his easy way of using his space held the audience spellbound. Even Laura looked alive when he touched her.

The Glass Menagerie offered several special moments, but not enough to make a good show superb.

It's unfortunate that mother and son from Canada's top thespian family, on stage together for the first time, could not keep the dramatic spark going.

The Glass Menagerie could have, and should have, had a standing ovation.

It didn't.

A dose of Rude at Caps

by **Rebecca Reid**
Entertainment Reporter

Toronto indie band Big Rude Jake brought a unique sound to Caps March 25.

It was blues and swing blended with some jazz, mixed with rock 'n' roll for good measure. Big Rude Jake definitely has a big band ele-

ment with a '90s edge that is distinctly their own.

Big Rude Jake is Jake Rude on vocals, Michael Johnson on trumpet, James Stager on trombone, Mark Lockhart on drums, Mark Caruana on guitar and Hal Greer on bass fiddle. Such an eclectic group is rare today but Big Rude

Jake pulls it off with style.

The band has been together four years and has released two CDs. The debut, 1993's *Butane Fumes and Bad Cologne*, held #1 on Sam's Indie Chart for an incredible nine months. Last fall, Big Rude Jake followed that up with *Blue Pariah* which after three short weeks hit #1 again on the same chart.

Jake Rude dedicated one song, "Let's kill all the Rock Stars" to Humber students watching MuchMusic on TV screens during their performance. Like the others, this tune was a loud, high energy one.

At another point in the show, Johnson and Stager played their trombone and trumpet standing on table tops in the crowd.

Big Rude Jake recently signed a national distribution deal with Outside Music. They are selling out clubs like Johnny Depp's Viper Room and opening for the likes of Ashley Maclsaac and The Violent Femmes.

Despite having influences from different musical eras in their sound, when Jake Rude spoke to the audience between songs it was definitely '90s.

Benny Goodman would love Big Rude Jake's music, but he'd roll over in his grave at the colorful language.



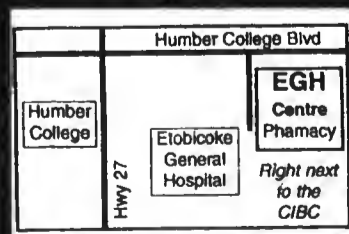
Big Rude Jake played at Caps last Tuesday.

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French actress making it in North America



Sophie Marceau and Hamish Falconer in Leo Tolstoy's *Anna Karenina*.

Et Cetera reporter has heart-to-heart with French screen vixen Sophie Marceau

by Paul Richardson
Entertainment Reporter

When describing French actress Sophie Marceau one might use words like stunning or beautiful. But how about intelligent, articulate, confident and humorous.

Marceau was in town recently to promote her new movie *Anna Karenina*, a tale of illicit romance based on the book by Leo Tolstoy opening at theatres on April 4.

"I was honored to be asked to do *Anna Karenina* because that was one of my dreams, it's not often that you can realize one of your dreams," said Marceau. "Maybe, it happens just once in a lifetime, I don't know but it was the most important for me to have the chance."

Marceau has starred in French films such as *La Boum*, *Fanfan*, *Pour Sasha*, and many more.

She also recently had the opportunity to direct a nine minute film *L'Aube A L'Envers* which was shown at the 1995 Cannes Film Festival.

The Academy Award winning film *Braveheart* directed by Mel Gibson marked her North American film debut.

"I'm very interested in what he (Gibson) is going to do in the future as a director," said Marceau. "I think what is interesting for an actor as a director is to explore

your wrong personality; to go into yourself and show things that maybe you wouldn't dare show as an actor."

Marceau tries to explain the myth surrounding her *Braveheart* co-star and why he is such a popular actor with movie audiences worldwide.

"What is interesting about Mel Gibson is Mel Gibson," said Marceau. "He is an interesting phenomena. But it's obscure, it's ambiguous, it's complicated, it's complex."

"He is a very complex person and when sometimes it escapes from him, you say 'wow that was something very interesting I saw a moment ago'."

He absorbs (his role) like a sponge and does this seduction and everything."

On the parts she wishes she had the chance to play, Marceau picks two classic heroines.

"When I was younger I wished to play Juliet," said Marceau. "I wished I could have played Joan of Arc."

Marceau got into acting in an unusual way, simply wanting something to do on a summer vacation.

"I was 13 and wanted to do something for my holiday," said Marceau "I saw one day in a magazine an advertisement for a babies agency to model. I went there and they took some photos of me and they said 'we'll call you'. They called me four or five months later for a casting and I got there and there was a bunch of people. I met a casting director, I did some screen tests and readings and I got the part. The part was that of

LaBoum (her screen debut)."

Anna Karenina is the second North American film Marceau has done.

It also marks the second period movie Marceau has acted in.

"It's coming naturally this way, and I think it's also because it's easier to find good parts in the period times," said Marceau. "Maybe because we have figured out what is a heroine, if it's in the past."

Marceau also said she feels that acting whether it be in a period movie or not, is not just about putting on a wonderful costume.

"I am looking for an interesting destiny, an interesting woman to act. It's not only being on the screen wearing a wonderful costume," explains Marceau. "You have to understand and to be very interested in what you are doing. You have to be very interested in the part you are playing."

Marceau lists *Anna Karenina* as her favorite role.

"I'm a bit nostalgic, I wish I hadn't done (the movie) yet," she said.

When asked to describe herself Marceau shows another side of her personality — a warm clever and humorous side that demonstrates why French movie audiences fell in love with her.

"Well, I'm Sophie, (pausing) that's an interesting question," said Marceau, "tall, young woman in her 30s, energetic, sometimes funny, not too stupid, shy, quite confident with herself, maybe too much sometimes not unpleasant."

Then cleverly turning the question around on the interviewer, Marceau asks laughingly, "what about you, now?"

Lopez shines as Selena

by Paul Richardson
Entertainment Reporter

The new bio-pic *Selena* is the story of Selena Quintanilla Perez—known to her fans simply as Selena — and how her life came to a tragic end.

The movie is also about having dreams and working to achieve them.

The movie stars Jennifer Lopez (*Money Train*) as Selena. Young

Becky Lee Meza makes her film debut as the younger child Selena. Edward James Olmos (*Stand and Deliver*) stars as her domineering father Abraham Quintanilla Jr.

Lopez, a former Fly Girl on *In Living Color*, is wonderful in the title role.

She is very credible as the singer and dancer. She also bears an uncanny resemblance to the real Selena.

Selena the movie, begins at a concert in Monterrey, Mexico. Then flashes back to Selena's childhood where she discovered her love of music. It follows her life from her meteoric rise to fame and fortune until her premature death.

There are several problems with this movie.

The first is writing; in several of the romantic scenes, the writers drag out every romantic cliché around (such as putting Selena and boyfriend Chris (Jon Seda) on a deserted pier at sunset confessing their love for each other. The result is comical.

The second problem with this movie is that while watching it, one wonders whether this movie would have been made had Selena not met with such a tragic demise. The answer is no (or at the very least not yet).

Had Selena lived and gone on to conquer the North American music charts (something she was about to attempt at the time of her death), then maybe years from now a movie would have been made about her life.

Selena is playing now at a theatre near you.

Anna Karenina tale of two classic love stories

by Paul Richardson
Entertainment Reporter

A wonderful cast stars in *Anna Karenina* based on the novel by Leo Tolstoy.

Anna Karenina is the story of an illicit love affair between the married Anna Karenina (Sophie Marceau of *Braveheart*) and her lover Count Vronsky (Sean Bean of *Goldeneye*) part of Russia's upper class during the early 1880s. This affair shocks Russian society to its roots and threatens to end her marriage to Karenin (James Fox of *Patriot Games*), her wealthy but distant husband.

A secondary story is the courtship of two friends Levin (Alfred Molina) and Kitty (Mia Kirshner), who at first seem ill-matched but as time goes on fall deeply in love with each other.

The two love stories are interwoven throughout the movie. One ends in happiness while the other is destined for tragedy.

The film's musical score is superb, featuring selections from Tchaikovsky's sixth Symphony, "Swan Lake" and several traditional Russian folk songs all of which are

played by the St. Petersburg Philharmonic Orchestra.

The film contains some wonderful acting, especially by the two stars, Marceau and Bean. The chemistry between the two is so incredible you almost forget they are two actors playing parts in a movie.

The cinematography is great; one of the memorable scenes from the movie takes place at a dance where Russia's elite have come together to dance the night away. This scene includes a remarkable shot of the guests dancing in unison.

If there is a problem with the movie it is length.

The movie is over two hours, and North American movie audiences who are used to violence and lots of shooting and car chases might pass on this wonderfully crafted movie.

But with the recent success of romance stories like *The English Patient*, this movie has a chance to be a block-buster.

Anna Karenina opens tomorrow (April 4), and is well worth the price of a movie ticket.

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Humber Hawks women's basketball



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Guard
5'9" Freshman
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Fav team: Chicago Bulls
Nick name: Smith



Amy Lewis #20
Guard
5'9" Freshman
Program: Landscape
Technology
Fav team: Chicago Bulls
Nick name: Lew



Heather Curran #41
Centre
Junior
Program: Rec Leadership
Fav team: Chicago Bulls
Nick name: DD



Kyla Mandley #11
Guard
5' Freshman
Program: Social Services
Fav team: Supersonics
Nick name: Speed



Lisa Hogan #14
Guard
5'9" Sophomore
Program Radio Braodcasting
Fav team: Humber Hawks
Nick name: Noodles



Tina Botterill #55
Guard
5'3" Freshman
Program: Rec Leadership
Fav team: Chicago Bulls
Nick name: Tina



Melissa McCutcheon #23
Guard
5'6" Freshman
Program: General Arts
Fav team: Chicago Bulls
Nick name: Missy



Shane Ross #32
Centre
6'1" Sophomore
Program: Advertising & Graphics
Fav team: Chicago Bulls
Nick name: Shiner



Tina D'Antonio #43
Centre/Post
6'2" Sophomore
Program: Business Administration
Fav team: Chicago Bulls
Nick name: Tiny



Tanya Sadler #40
Forward/Wing
5'9" Freshman
Program: Rec Leadership
Fav team: Chicago Bulls
Nick name: Lady Barkley

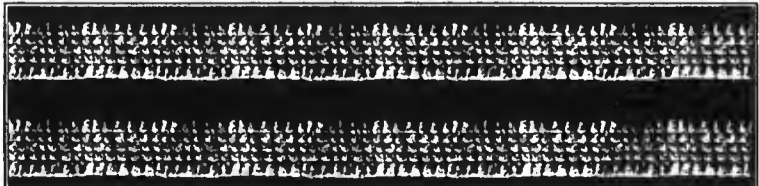


Autumn Withrow #12
Guard
5'5" Freshman
Program: Film & TV
Fav activity: Scuba diving
Nick name: Chev

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Katz one of Humber's best

by David Critelli
Sports Reporter

There is more to the game of basketball than adulation and win-loss records. Mike Katz, head coach of the Humber Hawks men's basketball team, epitomizes hard work on and off the court, through a keen sense of dedication to the sport.

Before etching his name into the Humber sports scene, Katz started his coaching career in 1976 at George Harvey High School.

Katz was subsequently discovered by Athletic Director, Doug Fox during the O.F.F.S.A. championships that were often held at Humber College.

The unofficial recruiting mission was complete. Katz became coach of the Humber Hawks men's basketball team in 1984. Thirteen successful years have passed and the drive and ambition still remain strong.

Unfazed by the tremendous accomplishments of his team's six provincial and four national titles, Katz continues to learn about basketball.

"You have to continue to improve your knowledge of the game," he said. "Coaches are going to have to practice, so they can demonstrate [the] fundamentals."

Katz loves to teach the sport of basketball. Fox said he feels there are many different facets that define Katz's role.

"Mike Katz is technically one of the best coaches in the country," he said. "[He is] a



Mike Katz, head coach of the Humber Men's basketball team.

tremendous teacher of the game."

Katz has learned the trade through experiencing many different levels of competition. As an assistant coach for the last three years on the international front, he has worked closely with the Canadian National men's basketball team. Professional players like Rick Fox, Steve Nash and Mike Smrek have all come under his tutelage.

Katz feels that working with sound basketball minds like Ken Shields and Del Harris, has exposed him to the technical side of the game.

"I learned basically not enough attention is paid to skill development," he said. "[An]

intangible of coaching is the ability of a coach to adjust to the dynamic of the team."

Humber point guard, Jeremy Murray, emphasizes Katz's people-oriented approach.

"He knows how to get along with people," he said. "He is very up front."

Katz is a player's coach. He thoroughly enjoys the counselling side of the sport. By understanding how to keep athletes focused and on-line, he is constantly monitoring a vast array of human personalities.

Fox said Katz makes the learning process fun.

"He really cares about every player personally [and] academically," he said. "The athletes will go through a wall to play for him."

Chris Aim, centre/forward for the Humber men's basketball team, said he feels Katz is an invaluable part of his life. "Without Mike, I wouldn't be at Humber," he said. "He is extremely honest [and] straightforward...he cares just as much about academics as athletics."

But for Katz, there is more to life than strictly basketball. He has a young family and makes time to enjoy hobbies such as golf, theatre, going to the movies and reading.

Katz has a strong appreciation for the history of basketball, and would like to continue to work at the college level and in the National program.

Opening Day 1997

Brandon Grigg
Sports Editor

Opening day 1997. A fresh start to a new beginning for the Toronto Blue Jays franchise.

On Tuesday April 1, April Fools day, the fireworks at the SkyDome sounded the return of baseball to Toronto. Running on to the new astro turf field the new generation of Jays took up their positions.

The infield was led by World Series hero Joe Carter at first, newly acquired Carlos Garcia at second, female, I mean, fan favorite Alex Gonzalez at short, 36 homer man Ed Sprague at the hot corner and much travelled Benito Santiago behind the plate.

Patrolling the outfield in 1997 will be Sean Green at his new position in left field, the aging Otis Nixon in centre and new right fielder Orlando Merced.

On the mound stood 1996 Cy Young award-winner Pat Hentgen, amidst the cheers of the Toronto faithful, awaiting the revamped Chicago White Sox headed by Frank Thomas and Albert Belle.

However, with all the new million dollar faces in the line up, the Blue Jays played much like their previous incarnations of 96. Once again faced with a one run lead in the ninth closer Mike Timlin was brought in and promptly gave up a home run on his first pitch tying the game. Later in the 10th inning Gonzalez missed an easy grounder to give the White Sox what would eventually be the winning run.

In the aftermath of the game fans were left wondering, "would 97 be another repeat of the 96 season?" The answer, thankfully, is no. With Roger Clemens, Hentgen, Carter and the others the new Jays will give their fans a better season but not a playoff one.

In short:

Cal Ripken will be back at short before the All-Star break with good old Kelly Gruber manning the hot corner.

If I played in Colorado I could average 30 homers a season too.

As long as the cash strapped San Fran Giants keep paying Barry Bonds \$7 million a season they'll keep averaging 7 wins a season.

Let's hope the Boston Red Sox move to the National League.

The most dedicated fans in the baseball world; Cubs fans. Every year they fill the stands and every year they watch another losing season.

The 1997 World Series will be between the Atlanta Braves and the Cleveland Indians! You heard it here first!

Jimmy Williams will be fired by the half way point of the season.

Banquet honors outstanding athletes

The 1997 Humber College Student Athletic Association banquet celebrated a great year in 1997. Here are the monumental achievements within the varsity community:

•Golf

Patrick Treude received the 'Most Valuable Player' trophy in the teams first year.

•Women's soccer

A plaque for 'Good Sportsmanship' was presented to Erin Ebert. The squad's 'Most Improved Player' was Lindsay Anderson. The 'Most Valuable Player' award went to Tracey Ellert.

•Men's soccer

All-Canadian, Adam Morandini, was presented with the 'Most Valuable Player' trophy. The 'Most Improved Player' went to Walter Martins. Enzo Zepieri captured the 'Rookie of

the Year' award.

•Women's volleyball

'Rookie of the Year' award went to Caroline Fletcher. The 'Most Improved Player' was Dyan Lane. Fletcher and Brenda Ramos shared the 'Most Valuable Player' award.

•Men's volleyball

The 'Most Improved Player' on the team was Keith Slinger. Two 'Rookies of the Year' were honoured, in Tim Pennefather and Chris Wilkins. The 'MVP' went to all-Canadian, Eugene Selva.

•Women's basketball

The 'Most Improved Player' award to Autumn Withrow. The 'Rookies of the Year' were Aman Hasebenebi and Melissa McCutcheon. All-Canadian Tanya Sadler was honoured with the 'MVP' trophy. A special award of dedica-

tion and excellence was given to all-star forward Heather Curran.

•Men's basketball

The 'Most Improved Players' included James Ashbaugh and Adrian Clarke. Rowan Beckford was presented with the 'Rookie of the Year' trophy. Jason Daley captured the 'Most Valuable Player' award, for his key part in helping the team garner a silver medal at the C.C.A.A. Championships.

The Warrick Manners Good Sportsmanship and Athletic Excellence Award was given to prime-time volleyball performer Caroline Fletcher.

•Athlete of the Year

Women's basketball all-star forward, Tanya Sadler and Jason Daley of men's basketball fame, took in the respective trophies.

With files from David Critelli

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Canadian skaters start new program

by **Corey Schacter**

Sports Reporter

The Canadian Figure Skating Association (CFSA) has developed a new program to teach skaters the basic skills.

The "Skating Skills Program", has two facets, one for competitive skaters, the other for recreation skaters, those who work solely on their skills without entering the competitive ranks.

Skating skills are exercises containing edges, turns and field movements designed to teach fundamental movements to skaters at all levels.

"The exercises are designed to improve balance, lean, flow, power, speed, timing to music and presentation skills," said Jackie Buckingham, technical director for the CFSA. "They are good for endurance training, while at the same time can be used effectively as a warm-up or cool-down exercise routine."

After compulsory figures were eliminated from the junior and senior competitive levels back in July of 1990, lower level skaters lost interest in them. Buckingham said there was a strong desire within the sport for a program

that taught the skills formerly associated with compulsory figures.

"The figure program was becoming more and more obsolete. Particularly for competitive skaters because they've been without a figure program now for approximately seven years," explained Buckingham.

The Skating Skills Program is divided into seven classes, with class one being the final

class. According to Buckingham, most skaters tend to start at class one, because they are credited according to what tests they have passed prior to the implementation of the skills program.

With the United States and Russia already having a program similar to this, Roy Bradshaw, a veteran coach for 25 years at Upper Canada North York Skating Club, said Canada is playing catch-up.

Bradshaw said a lot of Canadian skaters lack the skills. They're not sure of where their balance point is, or they lack the flow in between movements.



A young figure skater takes advice from her coach in one of the seven Skills Skating Programs.

He said they tend to wait until they reach the senior levels before they do something about it.

"Our world competitors suddenly realized, when they meet head-to-head with the Russians who have the skills, they have to learn to move fluidly and effortlessly."

So in that point, it would certainly help some of them establish some skills," Bradshaw said in his

office after a skills session.

Surprisingly, many skaters like the idea of having this new program. "I like the skating skills because it really works your skills and your edges.

Figures are the same thing, but skating skills are more combining everything together," said Louise Johnson, a recreational skater for 16 years.

Johnson, who has been coaching in Caledon for the past five years, admitted she thinks the skills

will help a lot.

She said she doesn't know her edges all that well, and feels through this program it will help her to improve.

Buckingham, from the CFSA, explained that unlike a figure, these are exercises that fill the rink, in fact resembling more of a compulsory dance.

"The steps are prescribed, there is a recognizable utilization of the beat, so there is a musical

component."

Each class or skill has a primary focus, and judges are encouraged to judge or evaluate that skill primarily using certain criteria. According to the CFSA notes on the program, judges must look at edge quality, ice coverage, ease of motion, correctness of steps, musicality and posture.

Observers say the program is still in its early days to see how successful the program will be, but according to Bradshaw, he sees it being very helpful to the lower end skaters, especially children who are just entering the sport.

"When you get to kids who are doing their first and second test, it makes them stand up more. It gives the kids more of a sense of a speed balanced turn."

Women's hockey takes centre stage

Lauren Buck

Sports Reporter

Over 5,100 women from all over North America and as far away as Japan and Russia, gathered in Brampton this past weekend to play in the thirteenth annual Brampton women's hockey tournament.

The four day event was billed as the largest female hockey tournament in the world, and with numbers like 344 teams, 587 games, 31 divisions, and 13 arenas, there's no need to argue.

The Easter weekend games

were once again hosted by the Brampton Canadettes Hockey Association, and were run by volunteers and many of the local players.

"The girls helped organize and run activities within the rink that they were assigned," in addition to playing in the tournament, explained Len Sheedy who coaches the St. Lawrence Thunder team in the midjet division.

Sheedy's team, which had just finished beating out the Aylmer Tornados, was on its way to the finals later Sunday afternoon.

Though her team lost, 14-year-old Maryse Semard appeared excited to be at the tournament and through broken English exclaimed, "I hope to return with the Tornados next year (because a tournament like this) show that girls hockey is a big deal."

Last year, Canada dominated the tournament with 24 out of the 30 championship games won by our very own major and minor city teams.

The hockey tournament ended Sunday night, but women's hockey is not ready to bow out just yet.

In the next few weeks, the spotlight will move from Brampton to Kitchener, the site of this year's Women's World Hockey Championship.

The top eight countries will compete for a gold medal, with the top five teams qualifying for the 1998 Olympics in Nagano, Japan.

Brampton hosted the first satellite game in the Women's World Championships last Monday, in a game between Finland and Sweden.

The way I see it

by **Joe Mercer**

Sports Editor

I had the privilege to be at the opening game of the 1997 baseball season, and the way I see it, the Jays are going to be a team to reckon with.

I know, I know, the Jays did give away a 5-2 lead due to some really bad pitching, but the loss shouldn't be looked upon as a bad thing.

No one ever won the World Series on the first day of the season, nor have they lost it. The Jays still have 161 games left in the season.

You can sit back all day and talk about what the Jays need, but I know exactly what they need. I don't need an entire day to figure that out.

Mike Tilmin isn't Tom Henke, and he never will be. Timlin is already at the down slope of his career, and I can't remember him having an up slope.

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