

Public Relations student
Ginette Begg and Harley the
Hawk are all smiles at the
Humber College Children's
Christmas Party.

Photo: David J. Wylie

Health Centre doors may close

by Erin Henderson

Administration is looking for ways to replace Humber's Health Centres which last year served more than 18,500 students, faculty and staff.

"We have requested proposals from a number of companies that do provide health services. It will depend on the quality of those responses to what services they can provide at what cost," said John Mason, director of Ancillary Services and Customer Relations, and chair of the Gordon Wragg Centre Renewal Project.

The North Campus Health Centre served 14,299 students last year and the Lakeshore branch served 4,492. There is some concern that privatizing Humber's health services will do more harm than good.

"I think students don't have enough information about this, and I don't think they're going to accept this," said Muhammad Virk, SAC president. "I don't think that students will get all the services that they have now."

Marg Anne Jones, head nurse at the Health Centre, told the Nov. 29 meeting of the Renewal Committee that the current Health Centre meets the needs of students, faculty, and

staff by providing health care and health education. She also said the nurses in the Health Centre provide students with personalized counselling.

The college is considering the idea of following a health services format similar to York University and Seneca College. Both schools have walk-in clinics that are run by outside businesses, complete with medical doctors and the possibility of having an on-campus pharmacy. The new Health Centre may even be open to the public.

It has already been determined that a new facility would charge for third party assessments - any medical request made by anyone other than the patient or the doctor. For example, the Nursing and ECE programs would have to pay for their updated records and as much as \$45 for their tuberculosis vaccines. With the current Health Centre it is free.

It is also not clear how much the new facility would charge for birth control pills. Currently a month's supply is \$8, because of deductions received from pharmaceutical companies. A doctor's office tends not to stock drugs for resale and therefore patients must buy

birth control from a pharmacy. Last year the health centre earned more than \$11,000 from students buying birth control.

"A physician's office would not be able to sell birth control pills. The pharmaceutical companies sell to sexual health clinics because they know they're non-profit... For us to be given this really good price, we have to get them at the clinic price. And we have to be functioning as a sexual health clinic. And I think that's non-profit, it's not a doctor's office," said Jones.

Mason said the reason for looking into a new Health Centre operated as a separate business was to see if "there's any options in order to reduce the cost to the college and the cost to the Council of Student Affairs."

Currently, the Health Centre receives \$60,000 from the college and \$82,000 from SAC. They also raise about \$25,000 from some services students pay for, and the bulk of that comes from birth control pills.

A new Health Centre would rely upon OHIP payments and operate like a doctor's office, which would remove it from the college's budget, yet students would be expected to pay for the services they use.



Protesters oppose free trade talks

by David J. Wylie

A band of protesters chanting, "kick free trade out the door," marched through downtown Toronto, Nov. 30 in protest of the World Trade Organization (WTO).

About 200 people, young and old, gathered at Trinity Square just behind the Eaton Centre.

The protesters stopped in front of establishments such as the Eaton Centre and the Toronto Stock Exchange to yell their objections to the WTO.

"What we are asking for is a halting of all talks at the moment," said Sid Lacombe, co-ordinator of the Toronto WTO Action Coalition. "Social, environmental, and international development are all impacted in a massive way by the WTO."

Lacombe said that the group of

appointed members lacks democracy and accountability, and that freer trade will only help the wealthy.

"It will increase the gap between the rich and the poor to an extent that we haven't seen since Dickens wrote about it," said Lacombe.

Michael Hatton, Dean of Humber's School of Business said freer trade means better quality goods at a cheaper cost, and he said that other countries could benefit from job creation.

"The result of free trade is a better standard of living for more people in the world," said Hatton.

"Most workers won't have the same job protection."

"All you need to do is think about who benefits and who

doesn't. That makes it pretty simple," said Hatton.

The WTO summit in Seattle turned violent. Some protestors smashed store front windows and looted shops. Riot police trying to establish a perimeter showered an estimated 50,000 protesters with tear gas.

The issues in discussion at the conference were not made public.

Larry Hahn, director of regulatory affairs at Livingston International Inc., the largest customs broker and trade services company between Canada and the U.S., said education and health care were on the table at the WTO discussion.

He also added that nobody really knows what was being discussed. "Everybody will guess what they were talking about," said Hahn. "The thing that is always on the table is subsidies, and it isn't always agriculture."

One thing remains clear. The WTO is pushing for free trade all around the world.

First-year Humber College student, James Reid joined the Toronto protest.

"There's power in numbers," said Reid, a film and television student. "If you're here then your voice is heard. People have to open their eyes to what's going on."



Signing opposition to free trade talks in Seattle.



Toronto protesters speak out against WTO talks

MET student wins appeal

by Andrew Horan

Students in the Mechanical Engineering Technology (MET) have won the right to appeal a curriculum change on a case by case basis.

Tony Alves appeared before the college's appeals committee with his complaint Nov. 26.

He was one of 13 second-year and third-year students to sign a petition after a course was added to their curriculum without any notification or consultation with students.

In its decision the appeals committee said the Manufacturing School of Technology (MST) should have made more of an effort to notify students of the upcoming curriculum changes.

With the committee ruling Alves can now drop the Mechanical Power Elements course without penalty.

The appeals committee heard Alves' complaint as an individual

appeal rather than a group appeal.

Three people sit on the appeals committee including Toby Fletcher, Chair of the School of Business as well as the Chair of the Appeals Committee said the decision to handle the appeal as an individual appeal was made by the Registrar's office.

"It wasn't brought forward as a group appeal," said Fletcher. Alves' classmates can now launch their own individual appeals.

Alves said he expects a majority of the MET students who signed the petition to launch their own appeals.

Alves said his experience as a union representative for the Laborers International Union of North America 506 gave him the strength he needed to see the appeal through. He said he represented his classmates' concerns much like he represented union members' concerns.

Richard Hook, Vice-President

Academic said the college will look at Alves' appeal and advise MST administrators how to avoid incidents like this in the future.

Ivano Dipietro, one of Alves' classmates, said he plans to launch his own appeal by the end of the week.

"The results are good, the results are what we were looking for," Dipietro said.

But like Alves, Dipietro hoped to have the appeal handled as a group appeal.

Dipietro said that if the people on the appeal have to have individual appeals then they will do so.

"It was worth the time and effort," Alves said. "I got my message across."

Ken Simon, the director of the Manufacturing School of Technology and Ed Espin, MET program co-ordinator, said they had no comment on the outcome of the appeal.

Romance Languages

New This Year!
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(CULS100)
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(Prerequisite CULS100 or equivalent)

Spanish Language & Culture: Advanced

(CULS600)
Mondays & Wednesdays, 6:30-9:00
(For native speakers or very advanced second-language students)

For more information, check under "Languages" in the Continuing Education calendar, stop by the Institute of Language and Culture in K216, or call Pat Burke at 675-5006.

etc. etc.

December 9, 1999



Happy Holidays from the "et cetera" staff

Help in your own way

The Holiday season is upon us once again, and it's time to spread a little joy and cheer.

Every time a holiday rolls around it's an indication to have fun, celebrate, and gather with family and friends and all that other jazz. Unfortunately, the holidays are also a time of grief as we compare our celebrations to the circumstances of more needy Torontonians.

As students, we are not as apt to help out as others may be. Our status is our excuse. Students are generally in debt, living from pay cheque to pay cheque or from phone call to phone call to their parent's home.

Let's be honest, there are a number of cost-free options students have to help out those in need.

The holidays are a time for giving instead of receiving, and Et Cetera's staff have come up with a number of solutions for students to partake in showing their holiday spirit.

Whether you donate your time as a packer, sorter or delivery person, the Toronto Food Bank is always in need of volunteers. Why not head down to their Lakeshore address and help out? Or you can drop off perishable food items.

The homeless are especially in need of warm blankets, coats, mittens, and sleeping bags. Either make your way onto the streets of downtown Toronto, or visit your local Salvation Army and donate the above items. Those warm pieces of clothing make all the difference to

the homeless.

The elderly sure would like some company too. Whip up a batch of your best chocolate chip cookies and take them over to your local retirement home while paying a visit.

It's a gratifying gesture to hand out Christmas meal at a soup kitchen, or even tidy up after dinner.

If you're looking for something that requires additional commitment why not get involved with a big brother/sister program?

Even shoveling a neighbor's drive/walk way can make a difference.

Now that we've offered some alternatives to expensive gifts, why not test them out - get into the holiday spirit.

Happy holidays!

Health crisis

If there is one point of pride in being Canadian it is our FREE healthcare. It may be a bulky and costly undertaking, but it is the right given to all Canadians, new and old.

Humber administration is now moving our health centre to the games room space, but also moving to privatization.

Will we still receive the care we deserve?

Free condoms, affordable birth control, and most of all a family to lean on. The current Health Centre is non-profit and therefore receives reductions in the price of birth control and TB shots for Nursing students.

A doctor's office is treated like a business and operates like one.

Students away from home, stressed, and in need of someone to talk to could always go to the Health Centre and count on a shoulder to cry on or just a confidante - no appointment necessary.

Students away from home need family, and the nurses of the Health Centre are willing to give out advice on life. Only 1,200 of the 14,000 visits are to see a doctor. They don't do it for profit; they do it because profit is not a concern. The 14,000 students, staff, and faculty who use the North campus Health Centre use it because it is a luxury and a privilege we deserve.

SAC agrees that we will lose services. Proposing to privatize the Health Centre will indeed raise costs leaving one less cost-saving service to a swelling tuition. Administration lists one of its priorities as improving services. It has been said that students will not go to a school without good services.

Why does Humber insist on opening the widening wound of the health-care system even more?

One cut we can't afford to make is in good health, the one thing that matters most.

Letters to the editor

I am writing this letter in response to the article in the November 25, 1999 Humber Et Cetera article, "Security Questioned."

I feel the article isn't an accurate account of what happened at Caps and it's a bit exaggerated. I attended Caps that night and saw what happened. I think gang molestation is a serious thing and that is not what happened that night.

The article says "a group of four or five guys would drag a girl into the middle of their circle and grind up against her while she fought desperately to escape. This was not the

case as I saw it.

I didn't see the situation as one where anyone would have to "fight desperately" to escape. If that were true then Caps security would have done something about it because as soon as it did get serious where one of the guys actually touched the girl, he was taken out immediately.

I think Caps staff did their job well that night. As soon as there was inappropriate behaviour, the person was kicked out and banned from the pub.

- Ana Monteiro
Business Administration

GOT something to say?

Hand in your submissions to the newsroom (L231) or email us at:

humberetc@hotmail.com

please include name, and number

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etc. etc.

December 9, 1999

A word with our corporate sponsors

In late November, Seattle became a civil war zone, and the fight was for our rights.

The World Trade Organization (WTO), for the third time ever, had a convention. Decisions are made at these gatherings that directly affect your future, and believe it or not, the members of this elite group were not elected. They were appointed.

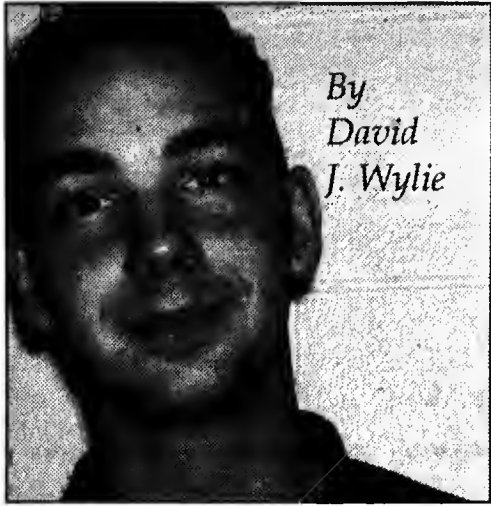
The WTO has 130 members, and they account for 90 per cent of world trade. Each government that holds a spot on the WTO sends a representative to the talks.

About 40 major multinational corporations sponsor the conference, some donating upwards \$250,000. The corporate sponsors include Microsoft, Boeing, and General Motors. And not only do the multinationals pay for the meetings - they founded the WTO.

Three major topics are rumored to have been on the table at this summit: subsidies, health care, and education.

Canadian farmers are concerned that the WTO will lower subsidies. That could have a drastic economic impact on our bread and butter. Agriculture is already plagued by poverty. Can it take another hit?

Our health care is up for grabs; in fact, the



By
David
J. Wylie

privatization of Canadian health care is slowly becoming reality. It's being sold off (sold out) at the rate of one per cent per year.

The privatization of our education is a definite possibility. This development would give colleges the option to offer a degree rather than a diploma. Post-secondary establishments from the U.S. could set up shop in Canada, and vice-versa.

Now ask yourself a question.

Is it okay for a consortium of appointed

members supported by corporate sponsorship to decide the fate of the world without consulting the citizens?

The majority of WTO discussion stays locked behind closed doors, but we do know the WTO has one clear agenda. It wants freer trade, no tariffs and no barriers.

In fact, this small conglomerate of power has the ability to test laws that stand in the way of its ultimate goal.

Governments risk a legal battle when challenging the WTO and legislation to protect the environment, human rights, or a developing economy is nothing but a "technical trade barrier", or in other words, a hurdle in the way of global free trade.

The Canadian government was taken to court by the WTO in a scuffle over magazines. Canada lost.

Even some of those who helped bring the WTO into existence are shocked and disturbed by the power it now wields.

This makes me want to scream with rage. Thousands of people have.

The streets of Seattle were filled with violence. Riot police coated in black body armor attacked protesters. A thick fog of tear-

gas swept through the crowd. Riots broke out. Store windows were broken. Graffiti covered walls.

Free-trade means better quality goods at a cheaper price.

Free trade means little job protection.

Free-trade means riches for the rich, poverty for the poor, and no in between.

The WTO stands for itself and not the citizens, and that's why an alarming number of people have chosen to rebel against this dictatorship.

Something must be done to keep big money in check.

Sid Lacombe, co-ordinator of Toronto's WTO Action Coalition said every year Canada is going down in the record books.

"Every single year we set two records: one is the profit of the banks, and two is the number of children living in poverty," said Lacombe.

If anybody asks me what the WTO stands for, I say rich for the rich and poor for the poor. Just look at who benefits.

David wishes he was in Seattle

3.2.1...Welcome to the Mil 'lame'ium

The year 2000 is a mere 22 days away and it will mark the beginning of a brand new millennium, and the end of the 20th century.

As the countdown continues, everyone is scrambling to become Y2K ready. People have been putting the finishing touches on their big New Year's Eve bash, and some have been bracing themselves for the coming Apocalypse... whatever! Wouldn't it be funny seeing a bunch of weirdos running around screaming in fear that the Four Horsemen were after them and the end of the world is upon us?

Ahh! The magic and the wonder of New Year's Eve. What would New Year's Eve be without the sparkling champagne, those awful tasting hors d'oeuvres and the glitter of the confetti. Don't forget the annoying sounds of those stupid noise makers, those 'Happy New Year's hats that cut the circulation off from your neck, the sight of your date passed out in their own vomit, and hundreds of drunken people counting down from 1 to 10... oh I'm sorry I meant 10 to 1?

So what are you doing for New Year's? Ahh, there's that question again. Lord knows how many times I've been asked that question. I cringe in disgust whenever I hear those seven dreaded words pour out of the mouths of people who truly don't give a damn what I am doing on New Year's. Do you really want to know what I'm doing? Better yet, I'll tell you what I think.

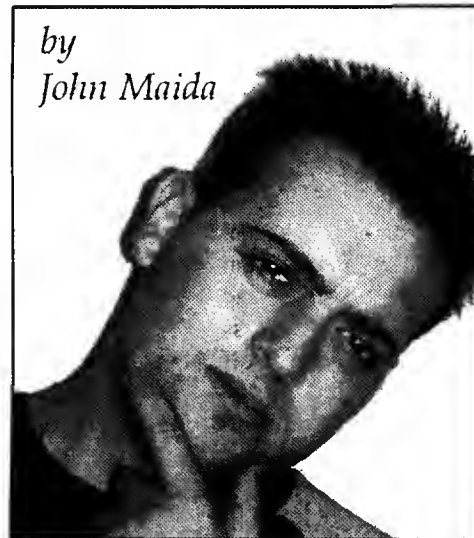
WHO CARES, IT'S ALL JUST A BIG WASTE OF TIME!

Personally, I really don't care about the millennium. I mean, why go bonkers over one measly night. It's going to be exactly the same as all of the other years past. It will come and it will go. It's as simple as that. No big deal. Case closed.

Sure, I'll probably end up partying my ass off, getting wasted off cheap liquor and warm beer somewhere. But that's not the point. The fact of the matter is what makes this year so different from years past. I just don't buy into the fact that the cost of everything has almost tripled. Banquet Halls, Nightclubs, Restaurants, and Hotels have inflated their rates, just because it's the "MILLENNIUM". My idea of the ideal New Year's Eve party is a six-pack, my closest friends, wearing one of my dad's old suits from the seventies, pizza and wings, old wrestling videos, and later on, a casino to celebrate the after party.

Just the fact that one person has to spend over \$400 for dinner, dancing, and a hotel room, is a joke! I'm wondering how many people will be suckered into paying that much for one night. I pity the fool.

I guess you are all aware that every police officer, lieutenant, SWAT member, detective, private investigator, or any other fancy names they like to call themselves are on call from December 27 to January 2. The



by
John Maida

reason for this is to maintain order, prevent mass riots, and make sure every individual has a safe, happy and dog-gone, heel-kicking, jolly New Year's Eve.

All of this is clearly unnecessary, but due to the ridiculous myths and rumours flying around about the Y2K bug, it has been tagged as a national crisis. Ooohhh, sounds scary doesn't it?

I love it when everyone says, "but it's the turn of the new millennium." Technically, the millennium doesn't begin until 2001, so the year 2000 is actually just an ordinary year, just like the rest of them.

"Tonight we're gonna party like it's 1999," they all say. Do what you want

banana heads. Have as much fun as you can possibly have, but just don't complain after, that you blew hundreds of dollars on a night that the last thing you can remember was passing out in someone's lap.

Take some advice from me. I once learned the hard way about the letdowns of post-hangover syndrome. Do something that you can really enjoy without spending a lot of your hard-earned dollars. The beginning of a new year should be a wondrous and joyous occasion spent with family and friends. Why not ring in the new year chanting phrases from the "Auld Lang Syne" song, drinking spiked egg nog?

Ten years from now when people are asking the question, "So where were you when the clock struck twelve in 1999? I bet 80 per cent of them will tell you that they can't remember. As for the other 20 per cent, well let's just say that they will still be feeling the after effects of the brutal beatings suffered at the evil hands of the Four Horsemen of the Apocalypse.

Anyway, I hope everyone has a safe, fun, and exciting New Year's. Make sure you're Y2K ready. Forget about the apocalypse. Always wear clean underwear. Carry condoms with you. Please for the sake of all mankind, wear a condom, and cheers, to another long and prosperous 1,000 years.

John's bitter because he's dateless for 2000

etc. etc.



'Best ever' turnout for the Winter Festival

Santa and the spirit of a Hawaiian summer found in the student centre

by David J. Wylie

A skinny Santa sporting sandals visited Humber College during the 13th annual winter festival.

"Ho - ho - ho," said Santa Claus, also known as St. Nick and Father Christmas. "I'm a man of few words," he told the Et Cetera in an exclusive interview.

For a short while on Dec. 4, the Student Centre was a cross between Santa's North Pole hideout and a tropical island in Hawaii.

Between surfer's hockey shoot-out, a basketball toss, and cookie making, there were smiling kids running in every direction.

Public Relations students, wearing colourful Hawaiian shirts and red and white Christmas toques, mingled with kids and parents.

Stephen Bodsworth, representative for the President and chair of Humber's School for the Built Environment said, "This is the first year that we've gotten away from the traditional theme."

"The minute that you walk through the door there's something to be involved in," said Bodsworth, who was accompanied by his family. "There's a lot of good activities, and they've given it a new twist."

A class of Humber College PR students set up and ran the annual event. Funding came from the President's office and donations from the Support Staff Union and the Faculty Union.

The results were fantastic said Natalie Sauve, chair of the Aloha Christmas Committee and PR student.

"The kids have paint all over their faces," said Sauve. "They have food all over their clothes, they have big juice smiles from ear to ear, and they're so happy," she said.

"I like decorating the cookies," said youngster, Hannah Boom.

The students collected over 5,000 pounds of food for shelters, the most that has ever been raised through the winter festivals.

Every donation was worth a raffle ticket.

Prizes that were raffled off ranged from Raptors' tickets, and Wonderland passes to tents and luggage.

"People have been very generous," said Bodsworth. "They're not donating just one can, but bags of cans."

He said the experience was valuable for the PR students.

"They will learn more from this project than they'd ever learn from a text book," Bodsworth said.

William Hanna, director of the School of Media Studies, said the festival was "Fantastic. One of the best ever."

"It's an awesome party," added Ferne Bretsen, program advisor for Personal Support Training.

"The feedback we've had so far has been amazing, from the parents and from the kids," said Michael Bouliane, PR student and event-day co-ordinator.

Though most of the feedback was positive, Santa seemed bitter. "If one more person asks for a Pokemon..."



A Public Relations project turns the student centre into the North Pole, and students pull off a successful Winter Christmas Aloha.

etc. etc.

December 9, 1999

Try summer overseas in India

World Literacy of Canada works to create awareness and make a difference

by Laurel Mikolaitis

Have you dreamed of working overseas? If you are open-minded and responsible, with an interest in culture and international development this might be your chance. World Literacy of Canada (WLC) has a youth overseas program that will send five Canadians between the ages of 19 and 25 to India this summer. The deadline to apply has been extended from Dec. 10 to Dec. 13.

World Literacy of Canada is a non-profit organization in Toronto that encourages global awareness in Canadian youth. The WLC has been around since 1955. This is the third summer the program has run overseas. Students are subsidized, but must also raise \$1,400 themselves.

The five participants selected will live in a village in India for four weeks, working on WLC projects. They'll spend the remaining two weeks in Varanasi, home to WLC's India office located in Northern India. Projects will depend on the needs of the people in India and the skills of the volunteers. While in India the volunteers will also help with programs for children while participating in daily Hindi language classes.

Youth program co-ordinator, Katie Mason, said in past summers the young people worked mostly in a children's community centre that provided activities for kids ages four to 14.

"The participants studied and visited day cares and children's centres while in Canada, so when they came to India they brought many valuable resources and skills," Mason said.

Students in the program last summer came from Bradford, Vancouver, Kingston and Toronto.

Gord Moodie, from Kingston, said the highlight of his trip was working with children in a free private school.

"I went there every afternoon and helped out with games, arts and crafts and simple math. They were eager kids who were interested in learning," Moodie said.

Moodie first heard of the WLC organization while surfing the net.

"I was looking for overseas summer jobs that would be an adventure," Moodie said.

Moodie said unending patience and initiative are good skills to have.

"You need a lot of patience because you will be faced with some stressful situations with the language barrier. You also need strong initiative because there is not a really clear path to follow. You need to find your own ways to contribute," Moodie said.

All costs including airfare, visa, insurance, meals, travel and accommodation will be subsidized by the WLC with the help of the Canadian International Development Agency. Students are responsible for \$1,400 each prior to departure. They are also responsible for the costs of all necessary shots and vaccines.

Moodie said he raised his money through family, friends and the business company where he is now employed.

WLC is looking for people who are interested in India, its development and the issue of literacy. You must have an optimistic and friendly disposition. If you are selected you must also be able to be a part of the training that will be held in Toronto during May and June. Departure for India will be in early July. After returning home from India you must also be willing to share experiences with others and be involved

in public awareness and activities for literacy.

Deadline for applications is Dec. 13, 1999. For an application package contact Katie Mason at (416) 977-0008.

WLC also has a Web site you can check out at www.nald.ca/wlc.htm

In India, only 52 per cent of the total population over age 15 can read and write.

65.5 per cent of that population are male, while only 37.7 per cent of that population are female. (established 1995)

Currently the population of India is near 1,000,848,550.

(established July 1999)

Source: The CIA World Factbook, 1999.



sac

Blue Cross Family Coverage

(Family = spouse & children only)

Student Accident & Sickness Insurance Plan

- Health card for each family member
- SIN Card for each family member 16 years old and up
- \$25.00 cash for each family member your sign up
- Your Humber Student I.D. Card.

North Campus

Monday to Friday

10-4pm

(after Jan.3)

Lakeshore

Campus

Jan. 20: 1-4pm

Jan. 25: 9-noon

DEADLINE: February 1, 2000

Risk Protection Management

is now hiring professional, mature men and women with above-average people skills for New Year's Eve events within the city of Toronto. For some this will lead to part-time, year-round security positions in the event services industry with our firm!

EVENTS INCLUDE:

New Year's Eve - Millennium Celebrations (5 locations),
"The Tragically Hip" at the Air Canada Centre (2 shows-N.Y.'s Eve & Day),
plus others!

* Pay Rate for New Year's Eve & New Year's Day begins at:

\$ 16.00/hour

[with average shift being 7 - 8 hours in length; longer are available]

If interested in working Toronto's biggest & best Millennium events plus year 2000 concerts, please do the following:

- Review the "Recruiting Page" info on our website listed below and prepare the required material for the processing of your application.
- E-mail or fax us a resume; if selected for employment, you will be contacted for training after your resume has been reviewed,

* Deadline for applications is midnight, Monday, December 13th, 1999

* Note: You must be 18, bondable, physically fit, and be able to communicate clearly in English (fluently read, write and speak).

* Co-op hours granted (Police Sciences Programs, etc.)

Risk Protection Management

Main Office Fax: (905) 642-1284

E-mail: risk@idirect.com

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etc. etc.

December 9, 1999

Humber Jazz delivers the grooves for an enthusiastic audience

by Bernice Couto

Humber College's Lakeshore campus was alive with the sound of music last week for a "Vocal Jazz and Big Band" night.

A crowd of about 150 gathered to experience the stunning sounds of both Trish Colter's Vocal Jazz Combo and the Humber College "A" Band. Both groups played sets that were just under an hour long. While two hours might sound nightmarish to non-jazz enthusiasts, Wednesday's crowd could certainly not be categorized as such.

Each song performed was received with resounding applause. As well, in traditional jazz fashion, the audience showed their appreciation for each soloist within a piece.

Vocal Jazz Combo members were enjoying themselves at least as much as their audience. Each of the six vocalists was given a solo opportunity.

The band would groove during each solo. During instrument solos, the vocalists were happy to be humble, and would step back to let the members of their incredibly tight rhythm section

share a moment in the spotlight.

Vocalist Michelle Francis appeared in the Vocal Jazz Combo, as well as the "A" Band's set. Ratna Ray, the evenings Master of Ceremonies, described Francis' voice as a combination of Shirley Horn, Diana Ross, and Ella Fitzgerald.

"Her voice melts my heart," he said.

Francis sang two songs, the only ones written by Americans in the otherwise Canadian set. In fact, many of the writers and arrangers are former Humber graduates, including the "A" Band's director Alastair

Kay.

Kay certainly knows his jazz. He is the lead trombone in Rob McConnell's Boss Brass band and played with the likes of Buddy Rich, Ella Fitzgerald, and Tony Bennett. Kay's experience and training has surely rubbed off on the "A" Band, who put on a fabulous performance.

The Vocal Jazz and Big Band Night was the second in the Humber Music Jazz Series. There are four more concerts in the New Year, the next scheduled for Feb. 2. The cost is \$5 for students.

**Merry Christmas,
and all the best
from Et Cetera
Staff**

CKHC 'Gift of Christmas' garage sale a success

Humber radio students held a garage sale in front of Tall Hats, and managed to raise \$200 for Project Warmth.

CKHC volunteers staffed the table with goods donated by the Athletic Centre, Tom Alley's Restaurant, and Speed Motorsports. As well, CDs, coffee mugs, posters, and T-shirts were donated by

SAC and CKHC.

The proceeds, along with the proceeds from a raffle, will all be donated to Project Warmth. The organization collects sleeping bags for the homeless on the streets of Toronto.

A representative from Project Warmth will be at Humber on Friday.



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etc. etc.

Ramadan: prayer and purification

by Saadia Hussain

If someone had asked this writer a few years ago what Ramadan is, the first thing I would have said is that it is when Muslims fast for a month. And then I would explain in more detail after I saw the look of horror on the person's face.

It is "one of the most recognized months of Islam," Abida Malik, a first-year business student said.

This is a month in which all Muslims fast from dawn until dusk everyday. A light breakfast is eaten just before the dawn prayer, and the fast is broken with a light meal consisting of things like dates, fruit, milk and water right after the call for the early evening prayer, just before the prayer itself. Some eat a dinner after the early evening prayer. Nothing is eaten or drunk in between Suhoor, the morning meal, and Iftar, the evening meal, not even water.

"You're not starving yourself," Inam Ahmed, a third-year computer programming student said. Ahmed gave an analogy of people who are busy, so as a result, skip lunch.

"It's (also) a time when worship is at its peak, and unity is strongest," Ahmed said.

There also is "more remem-

brance of God", said Nouman Siddiqui, a third-year programming student.

Another reason Ramadan is important to Muslims is because the Qura'an, Muslims' holy book, was first revealed during this time, said Malik.

"People become purified" by the end of the month, said Malik.

In an article on sound vision.com, it is written that Ramadan is "a time for Muslims to 'purify' their bodies as well as their souls, by developing a greater sense of humility, spirituality and community. Ramadan is a very spiritual time for Muslims, and often they invite each other to one another's homes to break the fast and pray together. A greater sense

"It's a time when worship is at its peak, and unity is strongest."

- Inam Ahmed, computer programming student

of generosity and forgiveness is also characteristic of this time."

Ahmed said Ramadan gives one the chance to gain patience, humility, strengthen brotherhood, and to

"teach yourself how it's like to be a person in poverty."

Amir Ali, a third-year computer information systems student, said Ramadan "trains you for the rest of the year."

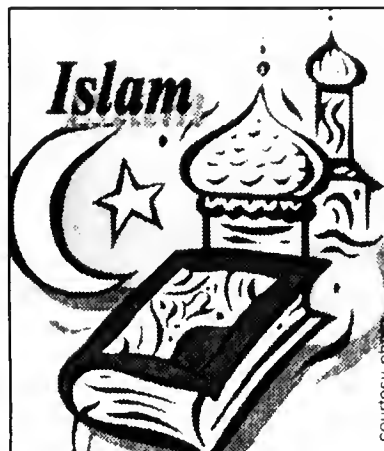
The same article on soundvision.com reports that fasting "allows one to build a sense of self-control and willpower, which can be beneficial throughout life in dealing with temptations and peer pressure. Through fasting, Muslims learn to control their natural urges such as hunger and thirst, and thus are able to better resist temptations for things which are not necessary, such as drugs or other unhealthy or harmful substances and behaviors."

One of the benefits that Muslims enjoy is the 'blessings', said Ali.

Siddiqui added that the blessings, the intangible 'rewards' of prayer, are 70 times greater during Ramadan.

For example, the five daily prayers, all together, can be thought of as 50 units of blessings. During Ramadan, the prayers for the day are worth 3,500.

Extra prayers called Tarawih (taa-raa-wih) are offered after the late evening prayer, which is the last prayer of the day. These prayers are done every night, and



each time a section of the Qura'an is read. By the end of the month, the whole Qura'an is read.

One of the last 10 odd nights of Ramadan is called The Night of Power. It is a night when the gates of Paradise are opened, and prayers are accepted. During the last 10 odd nights, Muslims offer more prayers and ask for forgiveness. No one knows for sure which of the nights it is, which encourages many to pray more often, not just during this time, but the whole month.

The Islamic calendar is a lunar calendar, which is 10 days shorter, said Siddiqui. Because of this, Ramadan falls at different times on different years, he said. The lunar calendar "goes with the moon . . . (while) the solar goes with the rota-

tion of the earth around the sun," Siddiqui said.

Each month starts at the sighting of the new moon. This year, Ramadan started the week of Dec. 6, and will end when the moon wanes and the next new moon shows.

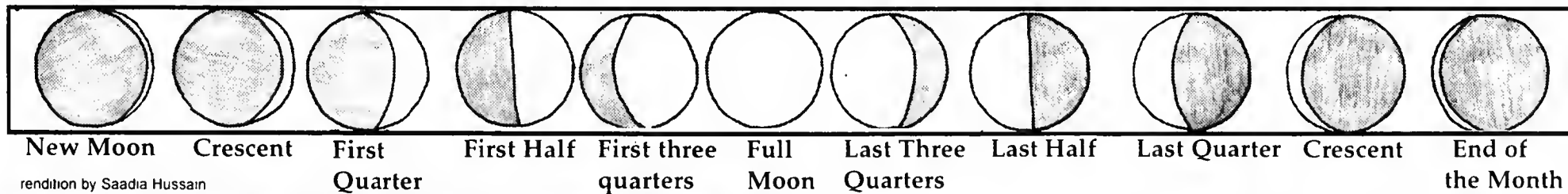
When the next new moon is seen in the evening, the next day becomes the day of celebration. This festival is called Eid al-Fitr (eed-ul-fit-ur), the Festival of Breaking the Fast. On this day, Muslims attend a special congregational prayer in the morning, dressed in their best clothes. Most get new clothes for that reason.

At the end of the prayer, a special sermon is given. At the end of this, everyone at the prayers rise and hug each other saying, "Eid Mubarak!" This means 'Holiday Blessings'.

Later, families visit each other and have special meals. Quite often, on this day, children are given special sweets, gifts, and small amounts of money.

To learn more about Ramadan, or any other Islamic activities, Humber College's MSA can be contacted at humber_msa@yahoo.com, or voice-mailed at (416) 675-6622 ext. 5101 ext. 250577#.

The Islamic calendar is a lunar calendar. As a result, Ramadan falls at different times each year. Ramadan started on Dec. 6 this year.



Escape the relatives over the holiday

by Pamela Goldfricht

With winter break only a week away there will be plenty of activities to get involved in.

Humber's end of semester vacation starts Dec. 16 and runs through Jan. 5, which allows for a lot of time for fun to be had.

Students who enjoy the mystique of the universe, the Science Centre and the Royal Ontario Museum (ROM) are places to check out.

Judy Rittersporn, hostess for the

ROM said the new Dynamic Earth: Inco Limited Gallery of Earth Sciences, is an attraction that should be visited.

She said the main areas consist of a minerals and volcano theatre, Earth: The Alien Planet, and an earth theatre. Demonstrations, and displays plus hands on experiences are there for everyone.

"This would really shake them up," she said. "It's one of the most dynamic galleries we have at the museum."

The gallery is now a permanent

attraction at the museum and adult admission is \$12. For more information call 416-586-5551.

Kim Perkins, administrator at the Ontario Science Centre, said the new Timescape exhibition takes an interesting look at the evolution of time.

The exhibit celebrates the Millennium by exploring the past, present, and future. There are over 20 interactive experiences, and demonstrations. One will morph your face up to 60 years into the future.

"Students would definitely enjoy the unique exhibition and will learn a lot about the history of time," she said.

The cost is \$10 for regular adult admission. For more information call 416-696-3127.

The Princess of Wales Theatre is running a production of Oliver which is being produced by American Beauty director, Sam Mendes.

"The London production featuring 20 Canadian children, provides a darker and twisted side to the old

version of the musical. It represents the novel more than the 1960s movie," she said.

Oliver runs until Jan. 15 with seat prices ranging from \$20 to \$99. For ticket information call Ticket King at 416-872-1212 or you can check the Web at www.mirvish.com.

If being outside and getting physical is more appealing, Nathan Phillips Square at Old City Hall offers pleasure skating.

The rink is open till March 15, and it's free.

etc. etc.

Put yourself up against a board

by Mona Patel

If you're a person who loves to snowboard or, are even thinking about trying it this year, you need to get prepared for the fun and excitement on the slopes.

Snowboarding is a favorite winter activity for many people.

Joshua Bell, an assistant manager at Play It Again Sports in Scarborough agreed.

"Definitely, snowboarding is a sport that everyone wants to try out. It is an eye catching sport which is really fast, and many people get a rush out of it."

Snowboarding's history shows many influences, such as surfing, skateboarding, and skiing. Its roots may even be traced back to the early 1920s when children built what would now be considered makeshift snowboards out of barrel staves and rode them sideways



photo: Gus Berdusis

Strap one on and feel the rush. Balance is needed.

down a snowy hill.

"Several people have come into our store inquiring and purchasing snowboards already," said Chris Filian, a part-time sales associate at National Sports.

"I alone have sold 20 snowboards and I know that some of the other workers have sold almost the same amount."

In general, there are three different styles of boards. Within the three basic designs more subtle factors and differences occur.

"The three types of boards that are currently being sold can be categorized as freestyle/freeride, freeriding/backcountry, and carving/race," said Filian.

All types of boards can be ridden in all types of conditions. It is simply a matter of performance.

"Certain equipment is designed for certain conditions, but just by getting out and riding everyday, all boundaries will be crossed," said Jeff Smith, a sales associate at National Sports in Mississauga.

Besides different board types there are a few other things to keep in mind.

"Every board out there has its own personality. What this means is that they vary in length, width, and flex(ibility)," said Smith. He also said that the combination of all of these components helps dictate how the board is going to ride.

Freestyle/freeride equipment is designed for hitting big airs and busting cool tricks. If you want to twist and shout, these are the

boards to use.

This is a good all-around board, but more directed at the groomed slopes and man made terrain.

Freeriding/backcountry boards are geared to riding the entire mountain. One of the only real differences between these boards and the freestyle boards is that they are longer, which in turn makes them a bit more versatile.

Neil Sharma, one of the managers at Hogtown, a winter sports store said, "This board is the best one to get if you are a beginner."

Carving/race boards are dedicated to the belief in the almighty turn. This board is designed to fly down the mountains, and are basi-

The name brand snowboards on the shelves of many sports stores at the moment are Oxygen, Limited, No, Burton, Vision, Kuu and Air-Walk.

"The best sellers out of the name brands that we carry as of now are Oxygen, Limited and Burton," said Filian.

So far this year, many sports stores in the Toronto area have been getting several customers asking for or purchasing snowboards.

"I think this year will be a great year for snowboarding. It is getting extremely cold and as of what they say on the news, this year's winter is gonna be a big one. The heavy snowfalls will be a serious advantage for some of my friends and me, since we enjoy snowboarding a lot."

Prices for snowboards range anywhere from \$150 to \$300. Depending on the brand and style, prices can go up to \$700.

The following are some places where you can purchase snowboards for reasonable prices:

Boardsports: 2010 Yonge St.
Phone: (416) 485-9463

National Sports: 1770 Dundas St. E
Phone: (905) 270-7940

Play It Again Sports: 2055 Scarborough
Phone: (416) 285-7529.

cally built to move fast.

"Out of the three board designs on the market, the carving/race model is the most refined and the most terrain-specific," Sharma added.



photo: Gus Berdusis

Besides the board, you'll need outer-wear for warmth.

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You'll need more than just the board to boogie.

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Jacket- \$200-\$600	Boots- \$50-\$100
Goggles- \$25-\$100	Toques- \$10-\$15

Provided by Brian Ballantine, manager, Play It Again Sports

etc. etc.



Help the homeless stay warm at Christmas

by Gillian Clair

For the homeless in Toronto, decking the halls will mean decorating a homeless shelter this Christmas season.

The percentage of people who don't have a home to decorate this Christmas has tripled since 1981, according to reports published in February, by the National Coalition for the Homeless. And with the cold weather threatening, those living on the streets of Toronto must be feeling the chill already.

Homeless shelters are set up all across Toronto, providing children, youth and adults with a place to stay when the cold weather hits hard.

Rose Cina, media relations manager of Covenant House, said their 88 beds are always full at this time of the year. In its 18th year of operation, Covenant House is one of the country's largest youth shelters, taking in anybody from ages 16 to 22 years old.

"Usually in the winter, we are pretty much full," Cina said. "When there's cold weather, there's a huge increase in the number of people who come in off the streets. We obviously are experiencing high numbers right now."

Even if the beds are full, those who come knocking on Covenant's door won't be turned away.

"Kids are a little bit more resourceful," Cina said. "If we had to, we'd put sleeping bags on the floor."

Cino said sometimes kids will stay with a friend on a cold night or even sleep in all-night restaurants to stay warm. If they become too crowded, the youth are sent to other shelters around Toronto.

But the cold weather is not the only reason the homeless are drawn to shelters during the Christmas season.

"The holiday is a difficult time to be away from home," Cina said. "This holiday really focuses on the family, which makes it hard."

Whether on the street or anywhere in the city, being homeless is never an easy way to live. The volunteers of Covenant House said they give their best effort to make the kids feel at home during the Christmas season.

"We do a lot of Christmas stuff at this time of the year," Cina said. "Sing Christmas carols, make Christmas cards for everyone and decorating."

Although these teenagers don't have a lot to give away for Christmas, they still receive a special gift on Christmas Day from Covenant House volunteers.

"We're trying to give them really practical things this year," Cina said. "Things like socks, soaps, toiletries... things they can use."

The Covenant House includes a home/shelter, job training classes,

"When there's cold weather, there's a huge increase in the number of people who come in off the streets."

— Rose Cina
Covenant House

educational and vocational resources, and a health centre.

"We have a whole range of people helping us right now," Cina said. "There's been a wonderful outpouring from individuals."

Cino said Covenant House has a great number of volunteers for Christmas Day. Along with the prior Christmas programs, volunteers help

prepare and serve a traditional Christmas meal with "all the trimmings."

"We try to make this like it would be at home," Cina said. "We really appreciate all the volunteers that give up their day to help out."

Another shelter for the homeless is the Scott Mission, located downtown on Spadina. It is an overnight shelter, holding 36 beds.

Elaine Markovic, employee of the Scott Mission, said she never knows when the shelter will be full.

"It really depends on the weather," Markovic said.

With literally hundreds of volunteers running the Scott Mission, this year's Christmas is planned to be 'extra special' for those at the Mission.

"We have so many volunteers," Markovic said. "People actually started volunteering in September. It will be quite a festive time."

The agenda this year includes a very special Christmas dinner, gifts for everyone — which will include toques, mittens, and warm clothing — decorations and special guest singers to host the entertainment on Christmas Eve. A toy drive is also being set up for parents who don't

have enough money to buy their children toys.

Salil Joshi, first-year Hospitality Management Student at Humber, said he thinks when shelters are provided for the less fortunate, they should use them.

"I think more people need to use it [shelters]," Joshi said. "Don't feel guilty. We're giving our money towards it, so use it."

Joshi said he grew up in India and saw a different side of the meaning of the word poor.

"Living here, I tend to have more sympathy," Joshi said. "It's like two polarized worlds... It helped me really see what poverty is like first."

Joshi said he thinks that Canadians don't really know how good they have it in Canada.

"In India, you see 'real' poor," Joshi said. "People should be really thankful this Christmas for the way they live here in Canada."

If you'd like to help out the homeless across Toronto, you can contact The Covenant House at (416) 598-489 or the Scott Mission at (416) 923-8872. Volunteers must be over 24 years of age and should contact the shelters as soon as possible.

Christmas rush mall-shopping made easy

by Jenn Mossey

Christmas is quickly approaching and maybe you're one of the lucky ones who have their Christmas shopping done, or maybe you have gotten started on your gift list ideas, or maybe you're like the majority who haven't even thought about it because you just don't know what to get anyone.

"I have barely started my Christmas shopping," said Kristina Bryant, an accounting student from Humber. "I have been to the malls but it's just a matter of picking something out."

Maggi Robertson, a gift consultant at the Woodbine Centre, has taken the stress and frustration out of Christmas shopping.

"Our service here is to talk to people who are having difficulty finding gifts for people," Robertson said. "We spend time with them, whether it's over coffee or just sitting here, to try to find out what it is this person they are buying the gift for is like. Then we go shopping with them and take them to the gift wrapping booth or even wrap it for them ourselves. It is all a free service."

Robertson said there isn't anyone who is impossible to buy for. "There is always a gift."

She suggested gift certificates for someone who has everything.

"You can use these gift certificates anywhere in the mall, at any store. Not only are they assured they'll get what they want, but when you buy them at the Woodbine Centre, you can use them at any Cadillac Fairview mall, such as the

Eaton Centre, Promenade or Fairview mall.

"Gift certificates are also available in any denomination," she said. "It's like having cash and you can get your change back if you don't spend the whole quantity of the certificate."

For other unique gift ideas, check out the kiosks in those malls.

"The kiosks here (Woodbine Centre) have a lot of interesting and inexpensive ideas — clothing, jewellery, crafts, etc.," Robertson said.

Everyone loves a massage so if you're looking for a gift that you can give to anyone, there is the Twinkle Toes Massager at GNC stores.

She also said if all else fails there is always decorator or ornamental gifts.

"Shira's (jewellery store) has the most incredible Santas for only \$20."

The Party Hut carries great gag gifts that are good for a laugh. "You can always find something there," she said.

"The best buy that I have found in this mall is the teddy bear sold at Carleton Cards. Its fur looks like mink hair and it's \$13," she said. "It's beautiful and it's cheap."

Robertson said the best time to start your shopping is now, the earlier the better. "Right now the selection is very good."

If you have some people on your Christmas list who have you stumped for ideas, visit the gift consultation booth at the Woodbine Centre and let the women there take the hassle and frustrations out of your shopping woes.

Bryant said that she wouldn't use the service because "it's nice to pick something in particular for someone that you

know they will love. To use your brain and think a little."

Derek Brown, a second-year civil engineering student, also said he would not use the gift consulting because he doesn't have the money and he already knows what he is buying his family for Christmas.

"A good gift suggestion for everyone — \$5 McDonalds gift certificates. That's what everyone in my family is getting."

However, if you're not comfortable using the gift consulting and shopping with a stranger, you can always try the Bramalea City Centre's gift registry.

"We're trying to take away what people hate about Christmas shopping," said Sharon Quigley, assistant of marketing at Bramalea City Centre. "They don't like crowds and they don't like to think about what to buy people."

Shoppers can write down what they want for themselves from any of the 200 stores at the mall and then hand it back to the gift registry kiosk, where it is then entered into the computer.

Once their friends and family know that they are on the gift list, they can come in and get a print-out of the Christmas list. After they are done shopping, they come back to the kiosk and the list is updated.

The purchases are also wrapped for free and the shopper gets a \$5 gift certificate to spend at any store at the Bramalea City Centre.

"This way people can exercise some control of the gifts they would like to receive," Quigley said. "We want to simplify gift giving."

etc. etc.

Yoga unites your mind and body



A practitioner displays yoga positions. Yoga helps you deal with stress, tension, allergies, and promotes relaxation and better circulation.

by Mona Patel

Yoga, a mind-body discipline some 5,000 years old, has become the ultimate retro fitness trend today.

Yoga, a Sanskrit word for 'union', means an experience of oneness or union with your inner being (self). This union is between the mind and the body and breath to attain a higher level of consciousness. "The integrated approach of mind and body control leads to ultimate physical health and happiness together with the achievement of mental peace and tranquility," said Rohit Malhotra, an expert in Yoga at the Yoga Centre of Toronto.

Yoga is the oldest system of personal development encompassing body, mind, and spirit. The origin of Yoga goes back more than 5,000

years. It is part of the six original systems of Hindu philosophy. This valuable philosophy developed by the ancient sages of India, and modified through generations, took many years to spread around the world.

In the modern times, the value of Yoga is being increasingly recognized for general health, and its preventive and curative effects.

A program survey by IDEA, an organization of health clubs and fitness professionals, with members in 80 countries, shows that yoga is second only to boxing-based classes, with the greatest increase in growth in the past three years. In 1996, only 31 per cent of fitness clubs offered yoga classes; now 64 per cent offer them.

The reasons for yoga being so popular aren't hard to figure out.

Madonna has given up going to the gym to take up Ashtanga Yoga, the most dynamic and athletic form of yoga. Ashtanga Yoga is also referred to as Raja Yoga, which means 'royal' and is sometimes called the 'crown' of Hatha Yoga. It adds concentration after the body and mind are cleansed and trained to stay calm and attentive.

Celebrities like Woody Harrelson, Sarah Jessica Parker, Courtney Love and Ricky Martin have all embraced the benefits of the hip new/old exercise.

Until recently, most people took yoga as a way of slowing down, relieving stress and gaining flexibility. That was until Berry Bender Birch wrote a book called Power Yoga: The Total strength And Flexibility Workout, which introduced the concept of aerobic yoga and made it sexy.

People who take it up as a new aerobic workout are often drawn to its spiritual and meditative side as well.

"Most people go to yoga centres for physical reasons," said Joanna Chung who has been training at the Yoga Centre in Toronto for five years. "Once they start, they reach a point where they stumble on the spiritual component. It's a personal journey."

People are doing the Sun Salutation, a series of yoga positions, to improve their physical self.

"I use the Sun Salutation as part of my physical fitness. It works for me," said 24 year-old Nina Mistry, a fourth-year student at the University of Toronto, who also takes a two hour class once a week at the Yoga Centre in Toronto.

The Bhagavad Geeta—the holy book for the Hindus—mentions three major Yoga systems: Karma Yoga, Bhakti Yoga and Jnana Yoga.

Karma Yoga is the unitive discipline of self-transcending action. Bhakti Yoga is the unitive discipline of love and devotion, and it aims at liberation through self-surrender. Jnana Yoga is the 'wisdom of Yoga' aiming at liberation through the steady application of higher wisdom that clearly distinguishes between the real and unreal.

"Yogasanas, which are the different postures, help relax body

"Most people go to yoga centres for physical reasons. Once they start, they reach a point where they stumble on the spiritual component. It's a personal journey."

— Joanna Chung, yoga practitioner

and mind together," said Jennifer Pugsley, secretary at the Yoga Centre in Toronto.

"Stretching helps relax and tone the muscles, to improve circulation, to regain the vital force or energy, lose or gain weight, feel and look young, and improve concentration. It can relieve conditions like stress, back-pain, allergy, headaches, high and low blood pressure, insomnia and depression. Some of the Yogasanas are easy to practice and yet very powerful."

Asanas are body positions in which one remains steady and

comfortable, both physically and mentally, for a desired length of time without strain. Asanas help the muscles relax by improving circulation, which in turn relieves tension and stress. Stretching helps to tone and condition the muscles, thereby helping to prevent injuries.

Prana refers to vital air or energy, and Yama is the control and direction of that energy. Pranayama is the control and direction of this vital energy via steady breathing. Steady breathing increases the prana in the body, resulting in good health.

Meditation is the practice of mindfulness, focussing on awareness whole heartedly. It is the practice of paying attention to everything, down to the smallest thing you do in life. Meditation is not a practice to achieve blank space or blank thought by blocking, suppressing and neglecting concerns.

According to some of the meditation instructors at the Yoga Centre, meditation is the feeling of happiness, fulfillment, contentment and peace within when we close our eyes and integrate our body, mind and spirit.

Although Yoga is taught and practiced in different ways; Hathayoga, a unique combination of Asanas, Pranayama and meditation, provides a balanced and wholesome approach to achieving perfect physical and mental health, happiness and tranquility.

Different prices at the Yoga Centre of Toronto include:
one hour classes: \$10.
two hour classes: \$20.

Classes are held Monday through Friday and also on weekends.



etc. etc.

What will happen before,



Y2K celebrations don't come cheap

by Andrea Austin

As the clock turns over and the past thousand years become history, most people will hope for changes in their lives and the same for the rest of the world. But for some opportunistic marketers, this New Year's Eve brings with it the prerogative to cash in on millennium fever.

Revellers in Toronto looking to ring in the New Year with a little schmoozing and boozing have been shelling out big bucks to party. But how much is the last night of the century worth?

A ticket to ride the stars from the rotating 360° restaurant atop the CN Tower is \$375. Partygoers get a gourmet meal and champagne to sip on while the Quartetto Gelatto and fireworks strike the millennial chord. Seats for the event are not guaranteed and will be available on a first come, first served basis, to those who purchased tickets.

While celebrators don their blackest ties and silkiest dresses at 360° and other fine millennial feasts, others will be zipping on parkas and getting ready to mush the New Year in. Algonquin Park, in Huntsville, Ontario, is offering "Dog Sledding into the Future" at \$1,299 for four days, and \$2,000 for seven.

"We are going to have a New Year's Eve bonfire, fireworks, and snow sculptures," said Robin Banerjee, head-guide and president of Call of the Wild at Algonquin. "We will stay in a cabin at the edge of the park and travel during the day."

Each visitor to the Park gets his or her own team of four huskies, a sled, lodging, and food for their chilly New Year's festivities.

Guests, most from the Southern U.S., will stay in one big hunter's cabin with a kitchen, dining room, and seven bunk beds.

Compared with the prices for other New Year's celebrations, Banerjee said the cost to "Dog Sled into the Future" is reasonable. Equipment and dogs can cost a lot, and he said people seem eager to pay for this kind of experience rather than for the usual hotel room and dinner.

"Everybody else is jacking up their prices, and ours are still economically reasonable. Hotel charges have moved up for the millennium and people figure it's worth the money to do this," he said.

The Sutton Place Hotel is throwing its own upper-crust gala at \$1,864 a pop. Those who can afford a ticket will welcome the new century "in the spirit of the Moulin Rouge, Toulouse Lautrec, and the Follies Bergere..." with Saturday Night at the Movies host Elwy Yost, and a seven-piece orchestra.

While other events can cost a fortune, Toronto's own New Year's Eve Concert and Millennium Lights Celebration is still free of charge. The city has moved the usual Nathan Philips location to the foot of Yonge Street and added a Harbourfront fireworks display to the agenda.

Up to 500,000 people are expected to attend.

"The city wants to provide free entertainment, especially for families. Even babysitters are charging premiums this New Year's," Keith McDonald of Toronto Special Events said. "We do everything we can within our power to create partnerships with sponsors so people can come for free."

Inflated prices for New Year's events, McDonald added, reflect a market place that can do what it wants. It appears that organizers who are being reasonable are getting a good response, and those who aren't are losing out, he said.

Former Humber student Melissa Taylor said she plans on celebrating the New Year with family and friends. She doesn't want to pay for parties on New Year's Eve and plans on doing the heavy partying the night of New Year's Day.

"I'm going to the Tragically Hip concert with friends. The tickets were only \$50 and I think it will be more fun on Jan. 1 anyway. Everyone is going to be pretty frantic on New Year's Eve. I'd rather do something cheap and have a good time, than pay a lot of money to do something else that might make me nervous. People are going to be nuts (on New Year's Eve)," she said.

Meghan Willard, event planner for Megevents Incorporated, is helping to plan the International Centre's Millennium party that includes a

buffet, champagne, cocktails, and dancing, at \$150 a ticket.

"We were going to raise the price but we decided to keep it at \$150. People are going to have a lot of costs that night already, we don't want to add to them," she said.

Toronto seems to be a city with options for New Year's parties who have varied bank account sizes, but other cities across the globe are cashing in on the new century.

Taxi drivers in London, England, have been given the okay from the government to double fares for New Year's Eve.

One lucky couple in Creel, Mexico can stay in a shallow rock cave the Tarahumara Indians once used. It has been furnished with a bed and will cost the two guests \$6,500 for one night.

Wal-Mart has added an entire millennium section to their stores, where shoppers can buy millennium clothes, party favours, and all other New Year's Eve doodads that usually only get used once.

"Same shit, different Millennium" t-shirts can be yours for \$11.95 from WonderfulWacky.com. Millennium Bug silkscreen t-shirts cost \$12.95 plus delivery (at a minimum order of 12 dozen shirts).

Millennium Media Products Line is selling mousepads, candles, t-shirts, clocks, and a peculiar little thing called the Y2K PMS Kit, for \$5.99 (U.S.). The kit

includes one eraser ("to erase your problems"); two marbles ("in case you lose yours"); a penny ("so you don't go broke"); a rubberband ("to stretch yourself thin"); a string ("to tie up things that fall apart"); and two chocolates. All of this is supposed to help relieve "Pre-Millennial Stress".

The same product line is also warning of a chocolate shortage and offering a box of 24 chocolate fortune cookies for \$14.95. They come with little sayings like, "The new Millennium brings truths that replace illusions".

Obviously, there is no shortage of party supplies for people looking to fill their homes with that last-day-of-the-century flavour. Tables will be laden with millennium centrepieces, banisters wrapped in sparkly Y2K garlands, bodies clothed in one-shot Year 2000 t-shirts.

Where will all of these goodies go come Jan. 2, 2000? There likely won't be any boxes marked "Millennium Decorations" in garages across the globe, packed away and brought out once every year.

Unless, as Fanshawe College student Andreanna Frost said, "The entire thing is just going to be repeated next year. We all know the real millennium begins in 2001. People who want to sell things know that too. I bet the Year 2000 hype is going to fade out for the rest of the year, until about October, when we start hearing about ways to celebrate 2001, the 'real millennium'."

after the stoke of midnight ?



Swat Y2K bug before it bites

by Stacey Dowsnell

Like most bugs, it's feared by many, ignored by some, and is often made out to be much bigger than it actually is.

It's the Y2K bug and it's causing some serious havoc in our technologically based pre-Y2K world.

This computer glitch has a good number of students worried about their meager few technologically-based possessions including their VCRs. God forbid the VCR doesn't work come January.

"Come the eve of Y2K, many people expect a huge disaster and a massive crash of all systems controlled by some sort of computer chip," said Dan Fraleigh, a communications consultant with Cantel AT&T.

Many people also expect that most companies aren't prepared for it.

"I don't believe this is the case," Fraleigh said.

Separating the bug from the myth is a little hard to do, but according to CNET's Y2K site (www.y2k.com) some concerns can be verified or dismissed.

While most companies have taken the bug into account with their newer products, everyone should be wary of older electronics.

Computers, which as we all know, are a vital part of college life, are definitely not immune. Macs are all good, having been programmed with a 4-digit dating system.

Meanwhile, PCs are in the 'high risk' category because many still carry the 2-digit dating system, which will cause the computer to think that it's 1900 all over again after the ball drops on December 31.

The best advice to all those concerned would be if your PC is any more than two years old to give the manufacturer a call and make sure just to be on the safe side of the cyber-stick.

Older cell phones, according to Fraleigh, may fail if the ROM chip inside them is date centered and not flash upgradable. "Most new phones are okay, but get old ones checked," he said. The thing to do is call the manufacturer or your cellular carrier. Many have already set up provisions to deal with such issues.

Digital organizers and other miscellaneous types of techno-gadgetry should be all right, considering that they were manufactured after the Y2K bug was identified.

On the whole, the Y2K phenomenon has a wide range of controversy surrounding it. It is important to keep in mind that a lot of the controversy has taken a bit of a Blair Witch kind of feel to it-everybody's heard of it, but a lot of it is based on hype.

"Instead of hearing the wrath of God, we fear the wrath of technology," said technical theater student Karen Dunn. "I just want heat. I don't give two s#@*s about anything but heat."

Quick! They're running out of bottled water!

While some are stocking up on supplies for Y2K, others are taking the transition into the 21st century with ease.

by Laurel Mikolaitis

Stocking up on food and supplies in fear of chaos occurring on New Year's Eve is the route some people are taking. On the stroke of midnight the world may erupt into total insanity, causing power outages, no running water, crashes in computer systems and those who have scattered around for supplies will be ready. However, others prefer to welcome in a worry-free New Year.

Office clerk, Gosia Panek, at Food Basics grocery store in Etobicoke said she has noticed an increase in food sales as a result of people buying non-perishable items to prepare for the millennium.

"Mostly I have noticed customers buying ten gallon jugs of water. I asked them why they were buying so much water and they said because of New Year's. Many people have also been buying a lot of canned food, but I am not sure if that is because of Y2K," Panek said.

Lakeshore student, Laurel Nault, said that her family began stocking up on extra food and supplies last July.

"My parents have stocked up on things such as emergency candles, canned food, firewood and propane. They want to be prepared for any possible catastrophes that may occur with the changing of the year," Nault said.

Nault said that personally, she doesn't think anything out of the ordinary will happen, but said it doesn't hurt to be prepared.

"I feel secure knowing that I have a backup plan," Nault said.

Architecture student, Christine Beauchamp, said that her family had also started to buy extra things just in case anything happens. She said that she doesn't think anything out of the ordinary will happen, but her Dad is worried that there will be a shortage of supplies to buy at stores because of all the people buying things in quantity.

"My Dad said that he is buying plenty of water and food before New Year's just in case anything happens. He just wants to feel safe.

He is a little worried that the grocery stores will run low because everyone has the same idea of stocking up on necessities," Beauchamp said.

Although many people are worried about what the New Year will bring, some say they are not going to fall into the trap that the media has set out in order for consumers to spend more than usual.

Business Administration stu-

"It's all crap. Nothing is going to happen. It's the media hyping things up."

—Sham Ahmed

dent, Sham Ahmed, said he thinks many companies are using the millennium as an excuse to milk people for more money.

"It's all crap. Nothing is going to happen. It's the media hyping things up. I know a lot of people who have all this non-perishable food and water set aside and I think it is so stupid. They are victims of the businesses who are raking in so much money through this," Ahmed said.

Well, we will just have to see what exactly the New Year will bring our way. Are you prepared?

What are Humber students



Laura Brett, 19, first-year Media Foundations student.

"I'm not exactly sure what I'm doing yet, a lot of people are saying that they're just gonna stay home because of the Y2K Bug, and in some way that's kinda scary. So I really don't know yet, I haven't made a final decision."



Cameron Gilchrist, 20, second-year Landscape Technician student.

"My friends and I are planning to rent a resort up north and go skiing for three days, greeting the New Year's on the slopes."



Maggie Blood, 23, first-year Radio Broadcasting student.

"I plan to greet the year 2000 either hiding out in my apartment hoping nobody will smash my windows and steal my television, or partying with my parents so if a nuclear bomb from Russia comes over we'll all die together."



Catherine Hanrahan, 20, first-year Radio Broadcasting student.

"I'll be going up north, and I plan to turn into a major superhero after the Y2K thing and basically save all the elderly people in northern Ontario."



Pauly Deoliveira, 22, first-year Hospitality Management student.

"I plan to do nothing on New Year's eve. It's just the beginning of another year to me, and with the possibility of people going berserk, I think I'd rather stay home and watch television."

Hotel's hike prices for New Year's, taking advantage of celebrations

by Melanie Irvine

Partygoers must overcome high costs and full occupancy at hotels to celebrate the coming of the millennium.

Mahmood Kara, director of sales for a Days Inn Hotel in Mississauga said at his location, 61 rooms have been booked for New Year's celebrations. They have also raised their reservation prices by almost 50 per cent this year compared to last.

"I'm tempted to just stay home with my family and throw our own party because you never know what might happen."

—Marco Rocchetti

"We have made improvements to the building so customers are paying more because they are getting more than they did before," he said.

Last year, a room at the Days Inn cost about \$90 but this year people are paying \$169 per night to celebrate into the early hours of the morning.

Marco Rocchetti, 19, a part-time film and television student said he is debating whether or not he should spend that much on a hotel.

"I've gone to hotels with my friends for the last couple of years now, but this year I can't believe how expensive it costs just for one room. I think it's just a lot of people trying to make money off this once in a lifetime event," he said.

There are also many people who are choosing to stay home out of speculation as to what the new millennium will bring. Some are just choosing to spend this year with family.

Rubina Khan, office manager for a Toronto Howard Johnson location said they have more than half of their hotel to fill, which is a big drop from last year.

"It looks like we're not going to sell out. I have this feeling," she said.

The Howard Johnson has also raised their reservation prices by 30 to 50 per cent, but Khan said it is customary for most hotels to raise their rates on New Year's but this year, rates are inflating.

Kara said he's not sure what is going to happen on New Year's but his hotel is prepared just in case anything goes wrong.

"We're not really worried because our location just went

computerized in May, and if we have to we can always switch back to manual methods.

"The only other problem we might have is within the electronic key cards that are used to get into rooms but we have also made sure those will be in working order," said Kara.

To avoid out of control party revellers and the possibility of computer chaos, some are choosing

Even if the power and computers make it, we can't stop those people who want to party like there's no tomorrow."

—Marco Rocchetti

to ring in the new millennium quietly.

"I'm tempted to just stay home with my family and throw our own party because you never know what might happen," said Rocchetti.

"Even if the power and the computers make it, we can't stop those people who want to party like there's no tomorrow."

Most Humber students partying at home

by Stephanie Hess

Most Humber students don't have plans or don't intend to make plans for millennium celebrations according to an informal poll done at Humber College.

When asked, most students didn't know what they were going to do for New Year's and some students don't understand what the big deal is.

"It's just another year, nothing special," said Keisha, a first-year Nursing student.

Some students intent on staying home with family or friends and don't want to brave going out in case of riots or violence.

"I'm staying home and celebrating it with my friends and family. I don't want to go out in public," said Sylvia Czepiec, a first-year Public Relations student.

One student's plans for New Year's won't extend further than Humber College.

"Stay home and do homework," said Melinda, a first-year Interior Design student.

A number of students haven't thought much about the upcoming millennium transition because their jobs may interfere with possible plans.

"I'll probably be working. I work at Wendy's. It's always open," said Andia Brown, a second-year Nursing student.

Those students who are going out for New Year's have plans that

range from house parties to leaving the city.

"I'm going to New York with friends to party in Times Square," said Jon Parks, a first-year Film and Television student.

Other students are going to clubs or bars, renting banquet halls, watching movies, renting hotel rooms and/or going to concerts.

"I plan on a lot of liquor, a quarter pound of weed, invite some friends over and hang out at home," said Shamarah Bowden, a first-year Interior Design student.

But what about the end of the

"I plan on a lot of liquor, a quarter pound of weed, invite some friends over and hang out at home."

—Shamarah Bowden

world? Some people believe or suspect the world might end at midnight on New Year's Eve. What will these people be doing for New Year's?

"I will be going to church with my family. It is a possibility the world might end. I'm not saying it will but it could happen," said Gary Sukhmandan, a second-year Business Administration student.

doing to ring in Millennium



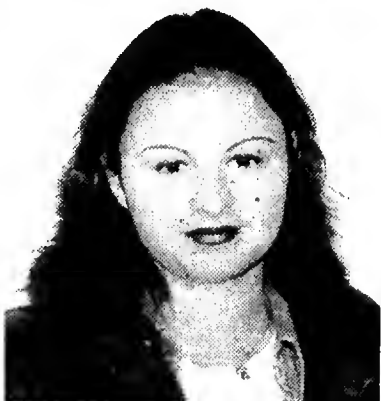
Christina Perri, 20, third-year Marketing student.

"I'll be celebrating with my boyfriend and my family, we plan to have this big party to greet the new millennium together."



Anna Alenina, 18, first-year Accounting student.

"I plan to get together with friends, drinking and partying a lot. We'll be checking out different clubs and have a lot of fun, I want to ring in the New Year on a happy note."



Gabriela Stuczen, 20, first-year Accounting student

"A few friends and I are planning to go to New York, there's going to be a major party there, and I see no better way of ringing in the new millennium."



Gina Dimos, 21, first-year Photography student.

"I'm having a party at my family's cottage, a lot of people and a lot of snow ball fighting. It will be awesome greeting in the New Year with all my friends."



Kristin Messina, 19, first-year Photography student.

"I'm going to a house party back home in Niagara Falls, we'll be partying all night hoping that the world will still be in one piece the next day." *by Mark Bennett*

Metallic, glitter centre of attention at New Year bashes

*by Jason Thom
Bianca Molinaro
and Holly Bennett*

The new millennium will ring in fashion with the call of the wild and a touch of flare. Leopard skin, faux fur and zebra prints take over the racks as stores prepare for New Year's Eve.

Cara Ejnesman, a sales clerk from Chameleon at the Woodbine Centre, described the latest styles as a little funky and wild.

"Animal prints have made a comeback this year," she said.

On display for the holiday season are three-quarter length jackets, fur coats, wild prints and classic duds ranging from \$20 to \$200, Ejnesman said.

For the more conservative

crowd, the return of ball gowns and metallic taffeta skirts will be a perfect fit for people who want to wine and dine elegantly.

Of course, the men won't be out done this New Year's Eve. So far this year, the gentlemen have decided to go all out, according to Mario Pellegrini, manager at Stars men's wear.

"People figure it's the millennium; if you're going to do it, do it right," he said.

Gentlemen can choose from vests, trendy three-quarter length jackets, tone on tone suits or metallic silver ties.

Of course, not everyone is looking to spend big cash for millennium celebrations.

"I don't have to spend a penny. I just have to look in the closet,"

first-year computer programming student Helen Deveau said.

If you're hitting the ballroom, dance floor, partying with friends or dining with loved ones, this year's understated and splashy fashions have something for everyone.



photos Thom, Molinaro, Bennett

Shimmy and shimmer at the party

Cops out in full force for 2000 celebrations

by Melanie Justason

Metro's men and women in blue will not have time off this year for New Year's celebrations. They will be working hard to keep the city safe and hassle free.

Sgt. Lisa Hodgins, of the Y2K millennium police task force, said there are no Y2K issues right now but they do have plans in place. All officers, except for those on regular shifts whose days off fall on New Year's, will be out in full force for the ringing in of the millennium.

"We don't expect a lot of problems, but definitely a large number of people," she said. "We have to prepare our personnel for that."

Hodgins said officers will be on duty for 10 to 12 hours but must have a certain amount of time off because of a collective agreement with the union. All senior officers however will be on duty.

"That's the advantage of having officers working days," she said. "All we have to do is put the call out, they (the off-duty officers) are very conscientious about that."

Hodgins said there will be a police command centre.

"Every New Year's there is a dedicated number of officers who work so it isn't really different,"

she said. "Two-thirds of the police force will be working."

She said the officers' only complaint is not knowing exactly what their responsibilities will be over

"We don't expect a lot of problems. We have to prepare our personnel for that."

—Sgt. Lisa Hodgins

the holiday.

"Everyone in the force will have their responsibilities nailed down by the end of the week."

Hodgins said additional costs for the force are minimal other than overtime pay and radios for the extra officers. The force has enough equipment in place, including vehicles.

Hodgins stresses that the RIDE program will be out in full-force and in some areas increased. She would like everyone to use public transit wherever possible.

"I'd rather be a police officer than a TTC driver," she said. "We want everyone to have a good time but we want everyone to be safe."



Risking life in prison for Dope

by Michele Stefancic

"I have every intention of taking this band as far as we can — to where we have protesters and picketers and people that think we're crazy, and think we're poisoning the youth because we're telling it like it is — instead of how you want it to be," said Edsel Dope of his hard-rock, New York band, Dope.

Edsel along with older brother Simon and band mates Tripp Eisen (guitar), Preston Nash (drums) and Acey Slade (bass) are a rarity in hard rock today and are a welcomed breath of fresh air to fans of the industrial scene.

They formed just five months ago and released their debut CD *Felons and Revolutionaries* two months ago. Dope's music is an attack on hypocrisy, questioning society, law enforcement, and parenting. Edsel's lyrics take a hard look at America's social issues while presenting them to the backdrop of hard-rock industrial music, equalling pretty abrasive, yet enjoyable tunes.

Dope returned to Toronto last week with Georgia rockers Sevendust to perform at the Warehouse. During our conversation, Edsel revealed the importance behind the street marketing approach he used to get his band off the ground, and tales of his former dope dealing days.

"My brother and I risked being behind bars for the rest of our life to be in this band. We sold drugs, that was some of the craziest times of my life that people can't even fathom," said Edsel from his tour bus.

Parents may be outraged to learn their children are looking up to a band which sold drugs to support their budding career, but Edsel said "it had to be done, there was no other way around it. We had bills that had to be paid and it was a means to a better end."

"Selling was the only way I could make money quickly enough in order to get what we need to get done," said Edsel. "I wasn't going to make it working as a bartender. That was the other aspect of what we were doing, we didn't want to be a local band. It was a big crazy masterminded plan and it worked."

Edsel said his dope dealing days lasted six months.

"We had to run around on the streets with 60 grams of coke in our bag and all this pot saying, 'if we



Dope from left to right is: Preston Nash, Tripp Eisen, Edsel and Simon Dope and Acey Slade, they released their CD two months ago.



Edsel Dope in concert at the Warehouse last week.

get pinched tonight everything we worked so hard for is gone and we're in jail." (We've got a Web site) with our pictures on it and we're doing all this Internet stuff from our house, who knows how plugged into this shit the government and the Drug Enforcement

Agency actually is?

A street marketing strategy was important in helping launch Dope.

"(I think) you should give stuff away for free and if it's worth buying, then (fans) will buy it," said Edsel. "We've given away so many sampler tapes on tour with

three songs on it from the 13-song record, that's 20 per cent of the album we're giving away for free. I think that's fair, that's why I love listening booths in record stores. I was a kid who got ripped off when buying records. That's why I think street marketing is important 'cause you're taking it right to them."

It would seem this tactic has worked to Dope's advantage. Edsel said in the two months his record has been in stores, he's outsold bands like Orgy in their first two months of sales, even though Dope hasn't reached commercial success.

"We're selling records based on touring. We're not selling records because somebody heard us on the radio. We're selling records because somebody saw us live, or someone told a friend and then they bought the record — it's all word of mouth."

Edsel who is in his early 20s, comes off as intelligent, well-informed and educated when speaking about the music industry's greater picture.

"Everything is so expensive these days for kids, that's why in the States our record is \$10, that was something we fought for. We lose money because it means the record is selling for less, which means we're making less, and I

don't care," Edsel said.

Dope supporters' bucks don't stop there, "I feel it's my job in the 30 minutes I've been given to perform (in concert), to give (fans) all I can, so that kids can say it was a great show, and it was worth \$20."

Although *Felons and Revolutionaries* is a fairly impressive collection containing controversial images and lyrics, always appealing to the teenage music demographic, Dope's selling point is their live show.

Presenting his angry music night after night in a simplistic theatrical form Edsel finds his band's performances therapeutic.

"I think it's definitely a release to be able to go out there and get everything I have out of my system," said Edsel. "There will be plenty of days where I'll be sitting around and I'm like 'I'm just not ready to do this.' As soon as I hear (the music) I'm like 'oh shit here we go,' I look down and there's the kids, I'm like forget it, everything breaks loose."

Edsel added he thinks what sets his band apart from other bands out there today is the fact that Dope doesn't "half-ass it (live show), ever."

"I think I've tried. There's been days where we've played a show that was poorly promoted or something and there's only a couple hundred kids out there and you go on stage wanting to not give everything you have because it's just not worth it tonight, and by 30 seconds of the first song you just go into auto pilot and things go insane. By the end of the set you're like there were 200 kids here but they're all dead now, that was a great show," Edsel said.

Edsel, a huge fan of both Sevendust and Britney Spears, who is the first to admit 'Hit Me Baby One More Time,' features some killer hooks. Dope's future includes plenty of touring opportunities and a dream he's had since he was a child, he said.

"We're going to go to Europe sometime next year, I've been wanting to do that since I was 10 years old. Touring is our main focus right now, to keep playing as many nights as we can, anywhere that they will let us. It's really really important to me to play with several types of bands, wherever they'll let us go, we'll go. I'll even play with Fleetwood Mac, light their stage on fire," said Edsel.

etc. etc.

December 9, 1999

Local rapper Choclair is cool as ice

by Nick Jones

The last thing that comes to mind when meeting Kareem Blake a.k.a. Choclair is Ice Cold, the name of his debut album.

For someone whose career is beginning to skyrocket he's incredibly down to earth. With the current attitude that's attached to hip-hop Blake is a breath of fresh air.

At first one might think the title of the album signifies a ruthless lack of remorse or feelings. It soon became clear this isn't the case.

"We were trying to think of all these different names for the album and then I listened to Ice Cold (the song). I was like 'the Choclair persona that's him, borderline arrogance and confidence, that's who Choclair is,'" Blake said. "When I got the music, what popped into my head was me in a Cadillac STS at night, a black car, chrome rims driving up the Gardiner with the city lights screaming up the front. Because if you have a car that looks that wicked you're going to be cocky."

What's interesting about Blake's personality is his honesty. Many artists portray a character, but they blur the lines of reality to the point that all the people listening at home think that's who they are.

"Of course the two cross, me being as Kareem and me being as Choclair. If I'm at a wild party and have way too much to drink I'm sure the Choclair is coming out," Blake admitted.

"Some people definitely can't

separate both sides of themselves and they're just that one person all the way through. A lot of times, say if you're listening to a Mobb Deep song, you'd probably be afraid to say 'what's up?' to them because you'd be afraid they were going to punch you in the mouth just for saying 'hi'. I'm sure you could just go up to them say 'what's up?' and they'd be cool."

Blake answered most questions with a smile at the end of every answer. Delivering his words as though they were the punch line to a joke, constantly entertaining without effort.

Incredibly it wasn't even a musician that drove him to be a performer.

"The first person who ever made me say 'this is what I want as an entertainer' was when I watched 'Delirious', Eddie Murphy. I saw the way he controlled the crowd and I was like 'this guys not even singing and he's controlling the crowd.' I didn't want to wear those tight leather pants."

Blake has proved he doesn't need anything but his talent alone to earn respect from major players in the business. Take a look at his debut album featuring a track with Memphis Bleek and a hot jam with Guru from Gang Starr.

Blake said it was an amazing experience working with a professional like Guru.

"He walked in and he was like 'Yo Chocs what's going on.' It

wasn't like he had to walk in and be like 'who's Choclair.' He knew who I was and he knew Kardinall who was there."

Blake added, "he was talking and he said 'yeah man I've been following your stuff since 21 years.' He said 'I'm glad to see that things are working out, it's an honour to work with you. I was like 'it's an honour to work with me, you're friggin Gang Starr the honours more mine than anything.' He was mad cool, he could have pulled a ten year card on me you know 'I've been here for ten years. I know what I'm doing' and he didn't, he was just mad cool."

Blake is happy the way things are going for him right now, and has received a lot of gratification from his last job as well.

"I worked with kids as a day-care teacher. I'd probably still be there if I didn't get signed. The only reason I left was because the schedule was getting crazy."

The job would have suited him well.

"I like things some people might think are corny, I like to go bowling, go carting, I like to go to the driving range. I hit the ball even though I have no clue what I'm doing. I kind of just go for distance or for height, that's me, that's what I do."

Blake is also a wrestling fan and if he were a wrestler he said, "I'd call myself 'The Prick', because I'd be a real asshole, honestly. I'd be the guy that everybody loved to hate."



Toronto rapper Choclair is as cool as ice when it comes to interviews and music.

With that dream aside Blake wants to concentrate on music right now. He wants to do this until he feels the end has come. What does Blake see once his time has ended as a rapper?

"Solitaire was just saying to me 'I can't wait until I'm just sitting around bored with nothing to do. I can call somebody up and say 'hey lets go to Jamaica, don't pack we'll just buy clothes there.' Meaning I don't want to make all this money, but just be

comfortable and do whatever you like to do. You're not working everyday because it's hard doing that. I used to work from pay cheque to pay cheque."

Who knows what his paycheques look like now, but from the way his album seems to be doing they should re-name Ice Cold, Red-Hot. Look for Choclair to pop up soon playing a few shows in his hometown T Dot as he likes to call it.

Great holiday gift ideas for musicians

by Kristina Koski

Musicians are often impossible to shop for during the holiday season. The boyfriend already has a half-decent guitar, and the girlfriend can't afford to buy him his dream guitar, an electric blue Gibson Les Paul Standard (\$1,000 - \$2,000).

Friends and family of musicians are often bombarded by complicated model numbers that will bring shoppers back to the hellish algebra classes of early high school. These were the class-

es where they would turn to personal injury to save themselves.

But there are some simple solutions to the mania of holiday shopping for the musician in your life. Products like guitar and bass pedals will run shoppers \$100-\$200 but if that still might be out of the price range, fear not! There are still plenty of alternatives.

For wind players, or those who play clarinet, saxophone or flute, cleaning kits, cork grease, polish, and reeds are great stocking stuffers. For brass players, valve

oil, or a small spray bottle for trombone slides are great little trinkets that they can never get enough of.

Drummers can always use extra sticks and drum skins, and stores like Soul Drums, and Long and McQuade supply percussion gear from all over the world for decent prices.

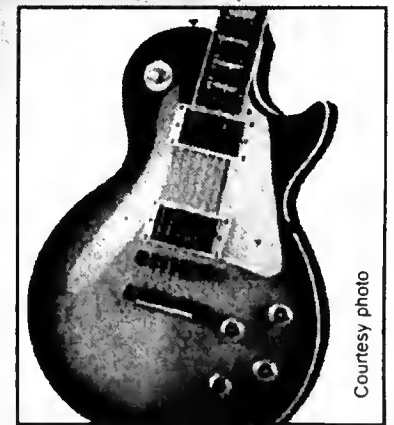
Resin for string instruments, and picks, patch cords, strings, and polish for guitar and bass players are always a bonus.

These supplies are like gold

to busy musicians who find it a hassle to trek out in the dead of winter for these tiny but precious items and will not go unappreciated.

If you still fall under the 'incredibly confused shopper' category, gift certificates are available at Long and McQuade and Steve's Music.

With plenty of options available, the musician you care about will be giddy come Christmas morning! Happy Shopping!



Gibson Les Paul Standard guitar.

etc. etc. etc. etc. etc. etc. etc. etc. etc. etc. etc. etc. etc. etc. etc. etc. etc. etc. etc. etc.

December 9, 1999

Smooth as ever Bond, James Bond

by Dan Lawrence

I want to be James Bond. He gets a lot of girls. And he gets to beat up the bad guys and save the day, while still maintaining his great hair.

This is the 19th movie about James Bond. The guy's been around since 1962, when he was first introduced to the world in 'Dr. No'.

After 37 years in Her Majesty's service, you'd think he'd be a little worn out, but he's as suave and deadly as ever in 'The World is Not Enough'.

This movie has everything you'd expect from a Bond flick. Intrigue, explosions, neat gadgets, scantily-clad women, and lots and lots of sexual innuendo. In fact, this movie is riddled with bad puns. At some points Bond sounds more like my Uncle Larry than an international man of mystery.

"We all have to pay the piper some day," quips Bond after a demonstration of flame-throwing bagpipes. "Oh pipe down, 007," says Q.

Bad jokes aside, Bond, played by Pierce Brosnan, comes across as smooth and sophisticated. This is

Brosnan's third appearance in the role, and he is the best Bond yet. He looks and talks like James Bond should, and he seems very natural and comfortable in the role.

"Pierce Brosnan is a great actor," said producer Michael G. Wilson in the film's press release. "(He) has the charisma of Bond and the ability to carry out the physical demands of the role."

Desmond Llewelyn has played Q since 1963's *From Russia With Love*, and it will be a sad, sad day when he finally hangs up his lab coat. He does, however, hint at his own retirement. In the 007 tradition his gadgets are as impressive as ever, especially the x-ray glasses that let Bond check for concealed weapons, with the bonus of seeing through people's clothes.

Q has a new assistant, R, played by John Cleese. As funny as he is, I can only hope he wasn't introduced to ease slowly into Q's shoes for the next flick. There's a funny scene in which he sarcastically instructs Bond on the workings of a special air-bag equipped coat.

As for the plot, it's a mixed bag of nail-biting action sequences, and

monotonous human interaction. There's more explosions than you can shake a stick at, and dozens of faceless henchmen get killed in various entertaining ways. But I was definitely bored part of the time. The story races along at a fast pace, so it tends to get confusing when the intricate story unfolds. If you don't pay attention to every word in the first 20 minutes, you're pretty much lost for the next two hours. However, there's enough violence and fancy special effects to keep the movie interesting even if you're not totally clear about what's going on, and who's working for who.

Basically, Bond is pitted against international terrorist Renard, played by Robert Carlyle (*Trainspotting*), an anarchistic madman who has lost the ability to feel pain due to a bullet lodged in his brain. He must stop Renard from setting off a nuclear explosion, while at the same time keeping him away from billionaire oil tycoon Elektra King (Sophie Marceau).

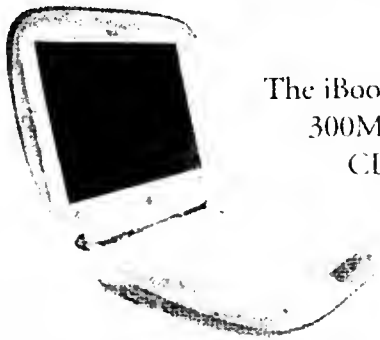
Of course he saves the day, and of course he gets the girl. This is James Bond we're talking about here. He's the man.



Courtesy photo

James Bond star Pierce Brosnan and Sophie Marceau get cozy in the latest James Bond flick.

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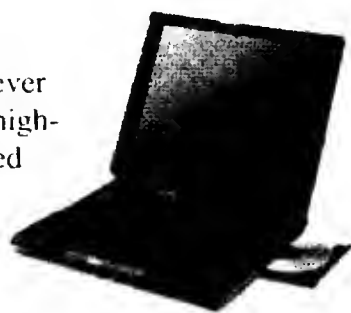
The iBook is brimming with powerful features, including a 300Mhz G3 and a 12.1 TFT display. It also features a built-in CD-ROM, 10/100BT Ethernet, an internal 56K Modem, a 3.2GB hard disk drive, and ATI RAGE Mobility graphics.

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Beastie Boys Winner



Congratulations to Et Cetera's Beastie Boys grand prize winner, third-year Accounting student, Wayne Boothe.

etc. etc.

Females may find it's a Keeper

by Melanie Irvine

There's a feminine product making its way into Canada but women don't seem to be abandoning their pads and tampons just yet.

The Keeper is just one of the reusable methods on the market today making it much more environmentally friendly.

Francine Chambers, President of Health Keeper Inc. said the Keeper is worn internally like a tampon and will last up to six hours before replacement. You can also wear it over night.

It is made of natural gum rubber and is meant to last a woman for up to 10 years.

"You wash it with soap and water, that's all you need. Maybe once in a while I recommend it should be soaked in water with a teaspoon of vinegar," she said.

Christina Fallico, 20, a first-year General Arts and Sciences student wonders how other women will react to such a product.

"Who would want to use it, sure it's environmentally friendly, but who would want to wash it out?" she said.

The Keeper costs over \$50 Canadian and the only way you can buy it here is through the Internet or mail order.

Megan Ramsey, 20, a second-year Early Childhood Education student was disgusted by the entire idea of this kind



The Keeper

Courtesy Photo

of product.

"It's environmentally friendly but it's still gross. You don't keep something like that," she said.

Amanda Taylor, 23, a second-year Early Childhood Education student said, "I wouldn't trust anything you keep for that long, it's unsanitary."

The product was accepted by Health and Welfare in 1992 and the gum rubber it's made of is tested annually for health risks. The Keeper hasn't appeared in Canadian drugstore shelves yet but has been in the United States for approximately 15 years.

Niamh Ryan, 19, a first-year Law Clerk student said, "It looks gross and messy, I would never buy that."

Chambers said it has been hard trying

to get the Keeper out to the younger teenage crowd because, "at this age is when they start becoming set in their ways."

Chambers said that what she is trying to do is open women's eyes to new things, "we're trying to make women realize, hey there's other methods to use besides tampons and pads."

She said she encourages women to try the Keeper and said that beyond being better for the environment it's safer for your body too.

"Women can expose themselves to bacteria when using tampons and pads, and that's why you must change them so often," she said.

A woman's body has a naturally occurring cleansing process where the body secretes fluid that flushes the system. What can happen with products like tampons is that they can absorb that natural fluid, exposing women to excess bacteria.

Chambers said the Keeper allows women to have a natural flow, letting bacteria leave the body without absorbing the natural cleansing fluids.

For questions or orders, women can call 1-800-663-0427, or go to the Keeper Web site at <http://www.keeper.com>.

Frequently Asked

Questions

Is the Keeper really better than traditional methods?

The Keeper is an alternative approach that is convenient, ecologically friendly and liberating.

Is the Keeper sanitary?

Yes. It is a safe receptacle that does not absorb your natural defence mechanisms.

Why haven't I heard of it?

The original menstrual cap was available in the early '40s, but was overtaken by the popularity of disposable products. Now that we know how much damage disposables cause the environment, and medical studies have associated tampon use with Toxic Shock Syndrome, The Keeper is becoming much more popular.

www.keeper.com / info@keeper.com

Change of behaviours can be serious

by Tanya Verrelli

At four years old, Diane Esber developed obsessive-compulsive disorder (OCD), but it was 36 years later that she was diagnosed with it.

Now 50, Esber is the president of the Ontario OCD Network, a non-profit charity founded in 1995. Obsessive compulsive disorder is an anxiety disorder characterized by recurrent and persistent thoughts combined with ritualistic behaviours.

In the hit movie 'As Good As It Gets', Jack Nicholson portrayed OCD by following rituals like not walking on cracks and using plastic utensils in restaurants.

Esber said there has been a limited knowledge of OCD and it is often mis-diagnosed as another anxiety disorder or depression.

Esber added that 80 per cent of OCD sufferers are also clinically depressed.

"Only in the last 10 years have doctors really been educated at all about OCD," said Esber.

According to the Network's Web site, typical obsessions include fear of germs and concern for symmetrical order.

Typical compulsions include excessive hand washing and repetitive actions like counting, touching and arranging.

Esber said many people don't realize their behaviours are not normal until it is pointed out. For others, they know their behaviour is wrong but they can't stop it.

"OCD is usually chronic but the symptoms go up and down. You can go into sort of a remission sometimes where you don't have any symptoms and then some stressful event,

good or bad stress, will set it off," said Esber.

According to Esber, a combination of medication and therapy are the best treatments to alter behaviours.

"For some people, it is life-long (therapy and medication), because their illness is very chronic. For other people, it's just a short time, and once you have the behaviour techniques down, you can implement them yourself," she said.

With 15 support groups across the province, many are finding help through sharing their stories.

"(A support group) helps people understand that they're not crazy. That's a big issue for people. A lot of people don't go to a doctor about their OCD because they're afraid they're going to be diagnosed as being crazy," said Esber.

Along with support groups and a Web site, the Network has a telephone line. Esber said they are not therapists but OCD sufferers who relate their own stories.

"A supportive voice is always helpful," said Esber.

Alenka Dujmovic is a community support worker at the Family Association for Mental Health Everywhere in Etobicoke, a service for the families of the mentally ill.

Dujmovic said OCD is a mental illness that can start at any age, but most commonly surfaces in the early 20s.

"It's usually genetics. Like every other mental illness it can have a genetic predisposition. Yes, environment can definitely trigger it, but if there is a history of mental illness, they're likely to get it."

Dujmovic said OCD can skip generations and is considered a brain disorder that has to do with body chemistry.

She advises psychotherapy and anti-depressants as treatments.

Medication controls the symptoms of the illness, and therapy is a non-medical approach that teaches people how to recognize the symptoms and how to cope with them, she said.

Dujmovic said constant washing and repeating words is done out of distress, but that OCD has many levels.

"There may be a paranoia behind it because they're afraid that they're going to get contaminated and this is very disabling, but most people are functional."

According to Dujmovic, with treatment, sufferers can lead normal lives, but there is no cure for mental illness.

Counsellor Wafik A. Raouf is against labelling OCD sufferers as mentally ill.

"(Once) we start filing people into boxes and putting tags on them, then we forget about the person," he said.

His approach is looking at the cause of the behaviour. He believes people only do things if there is something in it for them.

From his experience, Raouf has found the cause in many cases is the need for control. In some situations, it has resulted from abuse.

"I'm not saying that abuse produces obsessive compulsive, but I'm saying it was coming from that experience of being totally, totally, powerless. The only way they feel safe is to control their life, the environment, to excessive degree," he said.

While there are many theories on what causes OCD, no theory is proven. For more information, the Ontario OCD Network is online at <http://home.interhop.net/~oocdn> or can be reached at (416) 410-4772.

etc. etc.

Biting into more than just your nails

by Andrea Stonehouse

For some nail biters, biting is something they do when they're nervous, stressed, or just plain bored. Many nail biters don't stop and think just how bad it can be.

When you start thinking about just where your hands have been, and what dirt may be lurking under your nails, it can get pretty ... dirty.

Gillian Mayes-Biondo, a cosmetician for Shoppers Drug Mart in the Kipling Plaza explained how.

"There are things that get under your nails all day and if you are a habit nail biter, you don't wash your hands before you bite your nails," Mayes-Biondo said.

"You can get all kinds of things from biting your nails. Common cold, flu, anything."

Connie Harding, of Nailstalgia, a company in Toronto determined to help nail biters stop biting, agreed.

"It's not so much what's trapped underneath them (nails), but think about where your hands have been," Harding said. "And then you put them in your mouth. It's not just what you pick up, but your own saliva causes

more damage because of the PH balance in it."

Harding said saliva could begin to break down your nails and skin around your nails the same way it helps to break down food.

"You can get a couple of diseases that stop your nails from growing. They become thicker, they become harder, and you can get nail fungus," said Mayes-Biondo.

She said there is a condition where, after biting your nail down too far, the skin on the top of your finger would bubble out causing the nail to not be able to grow at all except directly into the skin.

Harding said although your nails won't stop growing altogether from biting too much, it would deform them and stunt them.

For those who wish to stop biting their nails, there are cures.

Mayes-Biondo said a popular solution is a product made by Sally Hansen, called Nail Biter, which is brushed onto the nails and skin around the nails.

"Basically it puts a bad taste on the nails so you don't bite them."

Mayes-Biondo said the product



Nail biting is unhygienic.

does not contain anything that would harm you.

Another method for those who simply can't stop biting is acrylic or fiberglass nails.

Vicky Tsaknis, from The Nail Shoppe in Toronto, said people who bite their nails can still have false nails put on, and it doesn't really matter how short the original nails are underneath. She said she sees a lot of people who bite their nails getting false ones to help break the habit.

As for the rumors about false nails being unhealthy for your real nails, Tsaknis dismissed them.

"It depends on who does the nails," Tsaknis said. "If you have somebody who grinds the nails down, that will weaken the nail. We're pretty much very gentle with the file, we hardly touch the nail. We just kind of rough up the nail plate."

She did admit however that when the false nails are removed, the nails underneath will be a little thinner only because they've been covered for so long. She said they will regain their strength.

Another rumour about false nails is problems with nail fungus.

"That can happen as well," Tsaknis said. "It also depends on where you go, if they use unsanitary implements or files." Tsaknis said as long as you come back for maintenance and don't try to do nail repairs

on your own, you should have no problems with artificial nails.

Harding, of Nailstalgia, has taken another step to help biters stop biting with something called Teknetics, an application process she created. She first tries though to find out why nail biters really bite their nails.

"Teknetics is a name that I have given to a method of an acrylic application," Harding said. "It's like a false nail but there's no free edges. It's meant just to cover the area on the site where a nail should be."

Harding then works with the people while their nail is growing through restoration. She also said she specializes in nail restoration for male nail biters.

For more information, try your local drug store or nail salon.



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December 9, 1999

CELEBRATING HUMBER'S

by Frank Monaco

With the rapid approach of the millennium, Humber College, along with the rest of the sports world is rating its best athletes.

In ancient times, sport was used to improve strength, agility, and endurance.

The Greeks considered the human body a temple that housed the mind and soul, and sports kept

the temple healthy.

The athletic events of the Greeks eventually became known as the Olympic games with the practice of knighthood the basis for the tournament.

It began in 776 BC and only the Greeks participated. Now every country can compete and the Olympics are followed throughout the world.

When rating the greatest ath-

letes of the first millennium one thinks of names like Orsippas of Megara, Leonidas of Rhodes and the popular Alexander the Great.

The tradition of keeping athletic records is as old as civilization itself. For centuries prominent athletes were revered in their respective cultures.

These legends were often warriors or knights who performed legendary feats.

Once in a while in college athletics, an athlete becomes a legend.

These athletes demonstrate tremendous skill, leadership, grace and ability to make those around them better.

The best compete at the highest level over the length of their college athletic career.

Humber has a storied athletic tradition and the best athletes have often written those stories.

Athletic director Doug Fox, and other members of athletics conspired to create a list of Humber's greatest athletes.

Each player played for at least two seasons and competed at the OCAA championship level. Most have either led their teams in scoring and hold records in their respective sport or dominated the OCAA competition. These are the best of the best.

Rhodd and Rudics named Humber's finest

Basketball star and volleyball phenom are male and female athletes of the century

Rhodd was an amazing basketball player with incredible numbers to back up a dominant career. However, there was a definitive moment that made his mark on Humber College basketball history.

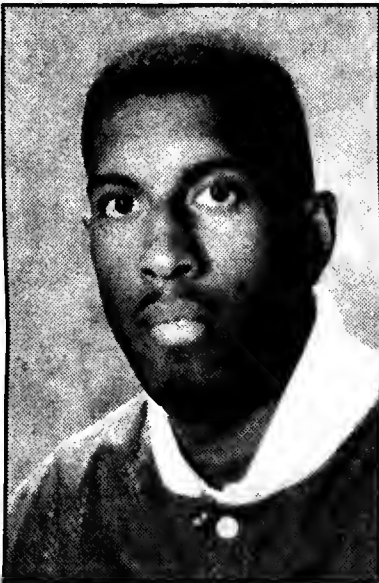
It was during the provincial finals in his first year as a Hawk. In dramatic fashion, Rhodd sunk an 18-foot basket against the Sheridan Bruins with two seconds left in the game capping off an inconceivable 21-point comeback and giving Humber the win.

"That is the single biggest shot in Humber's history. I wonder what would have happened to our program if Patrick never made that shot. We gained so much momentum from that game in the following years and have been

extremely successful since then. I think we may even mark an 'X' on the floor of our gym to mark where Patrick took the shot," Fox said.

"He was our best big man," said Humber basketball coach Mike Katz. "He got better every year."

"Patrick set a standard of excellence that is so hard to duplicate that if you don't get a national championship your season is deemed unsuccessful," he added.



Patrick Rhodd

- OCAA all-star 89-90, 90-91, 91-92, 92-93
- CCAA All Canadian 89-90, 91-92, 92-93
- Athlete of the Year 90-91, 91-92, 92-93
- Member of the three-time National championship team
- His number was retired in the 92-93 season
- All time Humber basketball scoring leader

As the numbers show, Rudics was a phenomenal volleyball player during her career as a Hawk. Rudic was at her best in the national championships in 97-98. It was Humber's first time at the big show and many of the rookie players were nervous and feeling the pressure. Rudics, the veteran, stepped up and carried the team through to the championship. It was the single best performance of Rudic's career.

Rudics who recently had her jersey retired, was modest about the honour.

"I'm speechless. It's unbelievable," she said. "It's like a movie star winning an oscar. There were a lot of other people who were very deserving."

Rudics said Female

Athlete of the Century was a fitting end to her college athletic career.

"It's a book about my athletic career that's ending. That's nice," she said.

Rudics has had thoughts about joining the national team but at 26, she believes she is too old.

The team has no idea what it is missing.



Christine Rudics

- OCAA all-star 95-96, 97-98, 98-99
- Three time OCAA league leading scorer
- OCAA All Canadian 95-96, 98-99
- Four time Team MVP
- Humber athlete of the Year 97-98
- Her number was retired this season
- All time Humber leading scorer

Dynamic duo head women's basketball greats

by Juan Pablo de Dovitiis

Few times in the history of an institution do its two best basketball players get to play at the same time. But, luckily for Humber, Denise Perrier and Denice Cummings did for three years.

"They are both character players," said athletic director Doug Fox. "It's easy to measure stats, but heart and desire are the two reasons why they were chosen."

Denise Perrier earned such distinctions as being named to the OCAA All-Star ('92 and '93),



Denise Perrier

being named the team's MVP ('92), and being named to the OCAA Tournament All-Star team.

Her two biggest individual awards both came in the 1992-93 season, when she was named Humber's Athlete of the Year, as well as being named a college All-Canadian. More importantly, it was in that same season that Perrier helped Humber earn its first OCAA championship. Perrier, is only one of two girls basketball players to have her number retired.

Cummings was an OCAA All-Star on three occasions ('91, '92, '93), led the league in scoring in '92, was named the OCAA



Denice Cummings

Tournament MVP in 1993, and was named Team MVP all four years she played at Humber.

She is also Humber's all-time leading scorer, being named a college All-Canadian two times ('92 and '93), getting Humber Athlete of the Year honours in 1992, and having her number retired in 1993. Much like Perrier though,

Cummings' biggest achievement probably came in 1993, when she lead the team to the OCAA championship.

Cummings now lives in Jamaica and last spring was invited to try-out for the Jamaican national basketball team.

etc. etc.

ATHLETES OF THE CENTURY

Treude and McDonald swing their way to the top

In her first golf tournament, she was leading but faltered down the stretch and gave up a seven stroke lead. With the pressure of playing in her hometown (Brockville, Ont.), in front of her family and friends, McDonald broke down emotionally. Instead of letting the shortcoming get to her, McDonald returned the next year with the mark of a true elite athlete. She won the tournament by twice as many strokes as the previous year's winner. To this day, McDonald continues to improve her game and gather the accolades.



Angela McDonald

- OCAA all-star (golf) 97-98, 98-99, 99-00
- OCAA gold medalist (golf) 98-99, 99-00
- OCAA team gold (golf) 99-00
- OCAA top goaltender 99-00
- OCAA tournament all-star 99-00
- OCAA gold medal 98-99, 99-00 outdoor

In her soccer career, the lady Hawk exuded confidence as an experienced athlete. She had played as a player in previous years but tried the keeper position for the first time. She won top goaltender in the league. McDonald's successful play was instrumental in winning the provincial championships and heading to the nationals in Durham.

Treude's claim to fame came during play in his first year. He was leading by a stroke down the back nine leading to the 18th hole. He was about 170 yards out on a par four and with adrenaline pumping, crunched a shot past the green, trees and a parking lot. He then had the task of shooting the ball back over the trees and parking lot and against a green going the opposite way.



OCAA gold medalist Patrick Treude, right, poses with silver medalist Dan McNeely. The duo finished first and second at the 1998 OCAA finals.

Treude, like a professional, swung his club, the ball went high, over the obstacles in the way and somehow not only stayed on the green but also four feet from the hole. He parred the hole to win the tournament.

Caporella, Cataldo soccer legends

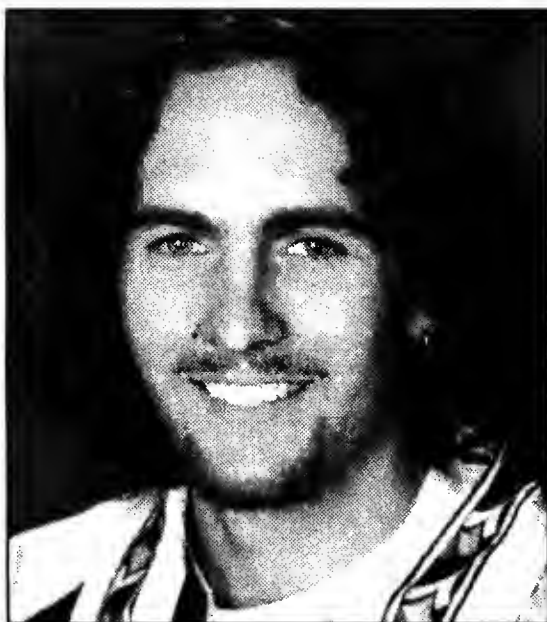
Caporella made the list because of a great career and particularly in part a game he played in a losing cause.

During the championships Humber's leading scorer at the time, Adolfo Mella was red carded for swearing at the official in Portugese (the referee happened to be Portugese). Caporella was moved from his position in the mid-field to striker where he had to play on his own.

For almost an entire game, the Humber squad played with a man down while Caporella created many scoring chances although taking on two, sometimes three defence-

men. Meanwhile, Cataldo dominated OCAA women's soccer. She displayed intestinal fortitude throughout the regular season heading into playoffs. Cataldo bruised her ribs and was in excruciating pain.

The team trainer told Cataldo that it would be her call as to whether she played or not. Cataldo made the call and not only played through the injury but dominated play although



Phil Caporella

- OCAA All-star 93-94, 94-95, 95-96
- OCAA tournament all-star and MVP 94
- All Canadian 93-94, 94-95
- Led team to a national championship



Adriana Cataldo

- OCAA all-star 98-99, 99-00
- OCAA tournament all-star 98-99, 99-00
- CCAA tournament all-star 99-00
- CCAA All Canadian 99-00

being only 50 per cent healthy. She helped the Lady Hawks win the division, an important part of the team's agenda in avoiding a tough first round opponent.

Cataldo's sacrifice and enormous heart helped the Hawks avoid their arch rivals—the Mohawk Mountaineers, until the provincial championship game, a game the Hawks won.

Shooting Star

Hockey record books note Jackson's prowess

Paul Jackson was a scoring machine. He was an intimidating player to other teams for two reasons: 1) He could score at will and 2) he was the toughest hockey player that Humber College has ever seen. He did not have a large frame but that never stopped Jackson from being a feisty, physically intimidating player. In a semi final game against the Sheridan Bruins, Jackson challenged the entire Bruin bench to "come get some." It was reminiscent of Doug Gilmour's challenge to the Los Angeles Kings bench when he played for the Leafs in their playoff run in 1993. Jackson's challenge was a turning point for the Hawks



Paul Jackson

- All time OCAA All-star 95-96, 97-98, 98-99
- Three time OCAA leading scorer • CCAA All Canadian 95-96, 98-99
- Team M.V.P. (4)
- Humber Athlete of the Year 97-98
- Number retired 99.
- Humber's all time leading scorer

team. "Not one of the Bruins were intimidated for the rest of the game," Fox said.

All athlete profiles were written by Frank Monaco with some files from Scott Van Slyke

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