



Humber students in full bloom, p13

March 30, 2000 Vol 28 Issue 24
etcetera.humberc.on.ca

Varsity athletes honoured, p28-29



Toby tops Inam for Prez

BY CYNTHIA ATTWOOD & MELANIE IRVINE

The ballots are in for this year's SAC executive elections and the winners are Toby Warnell for North Campus SAC president and Stephen Anastasi for North Campus SAC vice-president.

After the polls were opened for three days, only 521 of Humber's 12,000 full-time students voted.

In the presidential race between Warnell and Inam Ahmed, Warnell received 317 votes to Ahmed's 204.

The race for SAC president at the Lakeshore Campus was a much

closer affair with Beth Robertson edging Dave Golubev by ten votes, 122 to 112. In the Lakeshore vice-presidential race Farida Isaac beat Rose Kronschnabl by the same 10-vote margin 123 to 113.

According to Iris Kohler, SAC executive assistant, these numbers are still unofficial and will be for another 48 hours so appeals can be made.

"I feel really, really, really damn good," Warnell said. "I was a little wary because I was coming to a different campus to campaign. I had a good team, and I changed my campaign this time around. People told

me I never put up enough posters but you can't just rely on them. You have to get right out there with students."

Ahmed said that despite his loss, he is still a SAC representative, and will continue with that.

"Maybe I'll join the council and make a difference there," he said.

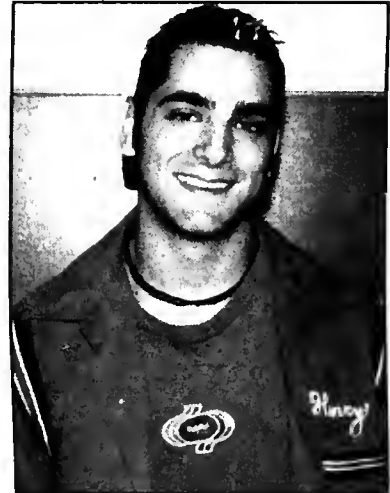
Meanwhile it was a close vote between Stephen Anastasi and Syed Ali with Anastasi receiving 292 votes to Ali's 227.

Anastasi said he was glad to finally get the results.

See Election, page 5



Mr. President: Toby Warnell



Mr. VP: Steve Anastasi

Ryerson students outraged

Vote to postpone deregulation of tuition fees called 'cowardly'

BY MARK BENNETT

A crowd of Ryerson students stormed the board of governors meeting Tuesday night demanding a vote for a two-year freeze or indefinite moratorium on tuition fees.

What started out as a peaceful rally turned sour when more than 60 students watching the proceedings heard the board vote to postpone a decision on deregulating tuition fees until after the next finance committee meeting.

Ontario chairperson of the Canadian Federation of Students, Joel Harden and outraged students stormed the meeting, putting an end to the proceedings.

They claim that the delay was yet another of the board's stalling tactics.

Some board members left with police escorts, but a few remained to hear what the students had to say.

Erin George, president of the Ryerson students' administrative council, said students are fed up with the BOG's apparent inaction on this issue and the evening's

events were inevitable.

"We are very passionate about deregulation. It cannot be allowed to happen at our institution. The vote to postpone it until after a finance committee meeting is cowardly," she said. "This issue isn't about finances, it's about morals and ethics about ensuring accessibility for all to education, especially at Ryerson."

In 1998, the Ontario government allowed institutions to introduce unlimited tuition fee increases for certain high-demand programs.

"I'm really hoping that the members of the board have some amount of conscience"

Tuition fees for professional and graduate programs in Dentistry, Computer Animation, Engineering, Computer Science, Law and Medicine were sharply increased.

That same year, Ryerson and the University of Guelph refused to deregulate tuition fee increases. Guelph has renewed its pledge to stick to its 1998 decision, but Ryerson is now considering lifting its two-year moratorium on fee hikes.

Oliver Carroll, alumni representative of the board of governors,

believes that hard decisions have to be made to ensure that the university is able to function optimally.

"If we could hold the rates or even reduce them, we all as individuals would do that," Oliver said. At the same time there's a responsibility to make sure the institution runs well."

"There has to be a balance there. Asking people to make a decision

without any context around it other than to reduce rates doesn't put the board in a position to do that. It has a responsibility to consider all issues."

Megan Gariepy, external commissioner of the central student association at the University of Guelph, said that fiscal responsibility of post-secondary institutions must be balanced with the need to

maintain accessible education for all.

"If deregulating tuition cuts down on our accessibility, then why would you want to do that when that's the mandate of receiving a higher education?" Gariepy asked.

Harden said that a student rally is the most effective way for

See Ryerson, page 3



MARK BENNETT

Pointed remark: Joel Harden of the Canadian Federation of Students questions members of Ryerson's board of Governors after they postponed a vote on the deregulation of tuitions

Photo Spotlight



"Defeat"

Kenton Friesen, Journalism student
Grant MacEwan College, Edmonton

Aviation program's plane broken

Students irate over
lack of aircraft

BY MELANIE IRVINE

They've lost their planes and crucial air-time, and now angry Humber Flight and Aviation Management students want to know if they will even have a program to come back to next semester.

To date the 34 students in the program have paid almost \$20,000 each for their course.

The college has now terminated its contract with the current aircraft supplier, as a step to fix a recent shortage in planes.

Jason Regimbal, 20, a first-year Flight and Aviation Management student, said he is concerned about the situation.

"We started out the year with two Katanas [aircraft] then we got a lease from Island Air who supplied us with two more Cessna aircraft, and a Piper Aztec twin-engine aircraft. Now all we have left is one Katana and it's in London getting maintenance done on it," he said.

Humber administrators stepped in last week to fix a worsening situation. Richard Hook, vice-president of academics, said that action was

necessary because students were not satisfied.

"Students were not satisfied which means we aren't satisfied. Humber is accountable, we accept their money and we're taking aggressive action with the supplier," he said.

Many haven't flown for over a month, and since their progress requires a certain number of hours in the air this could mean academic setbacks for all.

"Humber is accountable, we accept their money and we're taking aggressive action"

Damian Gut, 19, a first-year Flight and Aviation Management student, said something needs to be done about this situation.

"My progress toward becoming a commercial pilot has been set back because I wasn't provided with an airplane. A whole program can't go on one aircraft," he said.

"If we don't get training on diverse aircraft then we don't get proper training for our careers. There's only one plane for so many students. It will take us longer to reach our scholastic goals," Regimbal said.

Hook said the college intends to keep students better informed.

"We understand their frustration and annoyance. We can promise them a very prompt resolution to this and every student will have the opportunity to complete their course," he said.

Hook said the college wants to resolve the situation before they release any details because of legal concerns.

"I can't say anything in the short term. That might upset the very prompt resolution for students in the program. In the next couple of weeks I'll be able to release something more specific that won't negatively affect students," he said.

But both Regimbal and Gut said the college had little communication with affected students.

"Either something happened, something didn't get paid, or somewhere along the line there was a miscommunication," Regimbal said.

"We received no formal explanation, no letters or anything," Gut said.

"Our co-ordinator was told that he shouldn't talk to students about anything."

Program faculty did not respond to two phone messages from the *Et Cetera*.

Star moves in on Cord's turf

Free copies of *Star*
may hurt Laurier
campus newspaper

BY SARA SWARTZ

Student papers are in the shadow of trying times.

Several prominent dailies are attempting to distribute free copies on university and college campuses across North America.

The most recent David to face the media Goliath is *The Cord* at Sir Wilfrid Laurier.

On March 15, Sir Wilfrid Laurier Student Publications was given a contract that, if signed, would give the *Toronto Star* the right to give away copies on campus.

Sarah Schiefer, *The Cord's* editor-in-chief for 1999-2000, said the ramifications of this deal could be very destructive.

"My biggest concern is not that students will be able to get free newspapers," said Schiefer. "It's the impact this will have on the university press as a whole."

Representatives of the *Toronto Star's* circulation department were not available for comment.

Even more upsetting to *The Cord* and Student Publications is that they were left out of the negotiations that surrounded this deal.

"I'm completely appalled with how this has been dealt with, both by the Student Union and the university administration," said James Muir, Student Publications president. "No effort was made by either party to include us in these talks or even inform us of the *Toronto Star's* intentions."

"If the Star came in and charged, no-one would buy it"

However, Tariq Hassan-Gordon, president of the Canadian University Press, a co-operative owned by 65 university and college papers, said that rumors of a *Toronto Star* invasion have been swirling since August.

Schiefer admits that there was speculation of the *Star* coming on campus, but no one at *The Cord* or Student Publications office knew negotiations went as far as they did.

"When we received the contract, its original was dated Dec 8 and the final was dated Feb 15," said Schiefer. "I had a lunch meeting

with the then president-elect [Devin Grady] in February and asked him why the student union was not sticking up for us in certain issues.

"He said they were. Later he said the [*Star*] meetings were last-minute and he didn't have time to tell us about them. However, he didn't tell us later either."

Schiefer said that this incident has done nothing to improve relations between *The Cord* and the Student Union.

"The relationship between the two bodies has been tempestuous all year," said Schiefer. "The relationship between us has never been good and it's not going to get any better."

"I'm completely appalled with how this has been dealt with"

Hassan-Gordon said as with many other destructive trends that have made their way into Canada, big papers invading campuses has come up from the U.S.

"It all started at Penn State in '97 or '98. And within two years it has spread to over 100 institutions. It's a rapidly expanding trend."

The problem is not that student papers don't want other papers on campus. It is that the big boys are giving themselves away free.

"If the *Star* came in and charged, no one would buy it," said Hassan-Gordon. "But they are competing unfairly. If the readership of a college or university paper goes down so does the publication."

The big dailies usually try to get on campus during the summer months when the campus papers are shut down.

"The [*National*] *Post* is trying to infiltrate over the summer," said Hassan-Gordon. "It's already happening at Calgary and Lakehead."

Ryerson's student union and newspaper had the *Star* removed from their campus last year, so there's still hope for *The Cord*.

Since no contract has been signed between Sir Wilfrid Laurier and the *Star*, Schiefer said they will use this time to inform the students about the recent events.

"We're collaborating with other student papers to let people know about it," said Schiefer. "We want a referendum to occur. Not that they have to abide by it, but at least these sorts of dealings would be public knowledge."

Ryerson

Continued from page 1

students to be heard and will impact decisions of the board.

"Rallies make a difference. After our last rally on Feb 2, the government announced a two per cent cap on tuition increases. Last year they announced a 10 per cent cap, and the same amount the year before.

"Our Access 2000 Campaign helped build a significant amount of public support, so any cap is no accident," he said.

Odelia Bay, vice-president of the Ryerson students' administrative council, agrees that rallies do work, because it was the voices of students that averted deregulation in 1998.

"Two years ago the board didn't want to change their minds about fee hikes, but students pressured them into making that decision, so if we continue to do it this time, I'm sure they'll have to make the same deci-

sion," Bay said.

The student association has collected over 10,000 signatures and letters on campus, and the unanimous cry of the students is, "If the board of governors votes to deregulate our tuition most of us won't be able to come back next year."

Carol Veacock, third-year social worker student, said the school administration continues to maintain an unrealistic view of who attends their institution.

"Right now I'm looking at a \$60,000 debt when I leave university. I work 40 hours a week, I'm a full-time student who's very active on campus and I'm a single mother of two children. Deregulation would just end my dream of being a very productive member of society," she said.

The board of governors makes its budget decisions in or after April, when students are usually off-campus or taking exams.

The student association will meet on Wednesday, April 5 to plan ways to continue the pressure on the university.



Support: Protesters applaud peers' performance in the Ryerson governors' meeting

MARK BENNETT

U of Guelph exploits tuition cap 'loophole'

Four per cent hike recommended

GUELPH, ON (CUP) - The Ontario government's two per cent cap on tuition fee increases for next year will not apply to all universities and colleges in the province.

Thanks to a provincial loophole, post-secondary institutions that did not raise tuition by the maximum amount in previous years can raise tuition next year by more than two per cent.

At the University of Guelph (U of G), the administration has decided to take advantage of this loophole and recommend a four per cent tuition hike for the 2000-01 academic year



Harden: What a bunch of pirates

"The government ticket price is two per cent, but if you read the

language closely it is a little more flexible," said John Myles, assistant vice-president (finance), during a presentation to the Student Budget Advisory Group early Tuesday morning. "The effective increase is actually measured against the maximum allowable in previous years."

"This is going to be quite surprising to most people"

In the past, the University chose not to raise tuition fees by the maximum. As a result, approximately \$3-million in potential revenue was not collected.

According to government rules,

the U of G can add the \$3-million in uncollected revenue to a two per cent tuition hike.

The University is also recommending a one per cent increase in graduate tuition, despite being allowed more. Guelph's graduate fees are already among the highest in the province.

Both student and administration leaders are concerned with how the student body will react to a four per cent increase.

"Everybody is expecting a hike of two per cent, so this is going to be quite surprising to most people," said Matthew Keeley, operations and finance commissioner for the U of G's Central Student Association. "There seems to be valid reasons to go to four per cent, but they are going to be difficult to

explain."

Brenda Whiteside, acting associate vice-president (Student Affairs), agrees.

"The four per cent piece is going to be a real struggle," she said. "One of the real challenges we have now is explaining the reasoning to students in the most truncated consultation period we have ever had."

Meanwhile, one national student leader reacted angrily to the news.

"What a bunch of pirates," said Joel Harden, Ontario chair for the Canadian Federation of Students.

"It's unbelievable that the government is allowing this to happen and again skewing their numbers to please the public."

B.C. government extends freeze on tuition fees

Announces more money for post-secondary education

VICTORIA (CUP) - As expected, British Columbia's new provincial budget extends the province-wide tuition freeze for another year, but it also includes additional funding for post-secondary education across the province.

The budget, announced Monday by B.C. Minister of Finance Paul Ramsey, increased funding to the province's universities and colleges by \$85-million - a jump of 7.5 per cent over last year's advanced education spending - and confirmed that tuition fees in B.C. will remain at their current levels.

"The freeze has helped enrolment grow faster in B.C. than anywhere else in Canada," Ramsey said in his speech to the Legislative Assembly.

"Enrolment is growing throughout the province, reflecting our commitment to provide quality education and opportunities in all regions."

The new advanced education funding will be granted to post-secondary institutions to help offset the cost of the tuition freeze, to increase core funding and to pay for new courses.

"One of the focuses [of the budget] is investing in vital services, including education," Ramsey told the media Monday.

Of the \$85-million in new spending, \$39-million will go towards creating over 5,000 new

spaces at universities and colleges.

The new funding has not yet been divided among B.C.'s various schools, although some has been earmarked for Royal Roads University and the Technical University of B.C., located in Victoria.

A capital development fund of \$133-million will also go towards university infrastructure. A ministry official said that although the Minister of Advanced Education will announce new projects at a later date, approximately \$97-million of this fund will be allocated to ongoing care and maintenance projects.

Another \$117-million will go to research infrastructure.

"It means more students will be able, everywhere, to get post-secondary education"

The budget received an enthusiastic response from both student and university officials.

"This budget is a great-news budget for students," said Mark Veerkamp, B.C. chairperson for the Canadian Federation of Students (CFS).

"The tuition fee freeze has been the most important policy for improving access to post-secondary education, and we're glad to see it continued in this budget."

Veerkamp added that the number of new spaces was far beyond what the CFS had called for.

Douglas College's Neil Nicholson, of the Advanced Education Council of B.C., said the

5,000 new seats is a positive development, but notes more spaces will be needed in the future.

He hopes to see an additional 4,000 spaces created annually to fulfil the demand.

Nicholson suggested a cost of \$45-million per year would be necessary to accommodate these new seats.

Maureen Shaw, president of the College Institute Educators' Association, B.C.'s largest post-secondary education union, was also pleased with the budget.

"When you consider we have colleges and institutes and university-colleges throughout the province in 110 communities, it means more students will be able, everywhere, to get post-secondary education," she said.

Shaw applauded the creation of 400 new nursing spaces, but noted areas such as trades training and English as a Second Language programs need to be funded as well.

"This goes a heck of a long way," said Robert Clift, the executive director of the Confederation of University Faculty Associations of B.C., which represents academic staff at the province's four universities.

"Now that they've done it once, hopefully they'll do it again next year, and we'll get the rest of the way [there]," he said, calling for further financial support of post-secondary education in future budgets.

Clift stressed, however, the need for the province to support university research. Details of such support were not made clear in the budget.

SAC Election Special

What do you think?

Before...

TEXT AND PHOTOS BY LEE BAILIE



Andrew Scott
Computer Programming
First year

"What I've heard so far is the money thing. [The students] want to get proper spending done in the student government. I think it's a big issue and the government needs to focus on that. That's what I've heard so far, the money thing."



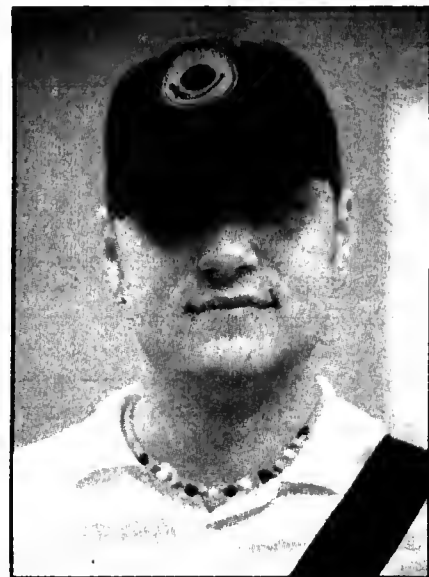
Adele Churcher
Funeral Services
First year

"I think it's important because people took the time to actually run for the election. We should realize how important it is to vote and speak our minds about who we want running the school next year."



Shashi Sharma
Computer Programming
First year

"I'm voting because I'm an international student here and the vice-presidential [candidates] have promised to do something [to help] international students. That's my main motive to vote. We are paying a lot. We are paying \$5000 for a semester and we aren't getting as much from the college, I think. Maybe these [candidates] will help us out."



David Firth-Eagland
Computer Information Systems
Second year

"I just like the fun ideas that [Steve Anastasi] has, and the funny things that he said, so that's pretty much all I'm going on. I actually haven't looked into the [student parking issue] that much. I've just purely been going on the advertising. I don't even think I voted last year."

Lakeshore students weigh their options

Students want more fun, candidates with higher profile

BY LINDA JOHNSON

Karen Lorenz, a fourth-year business management/administration student, voted for Beth Robertson as president of Lakeshore SAC on the basis of her record of involvement in student life.

"I think she'll do a good job representing Lakeshore Campus," Karen said, "and she has good, strong determination."

Karen would like to see Farida Isaac become SAC vice-president because, she said, "Farida will bring cultural diversity to the council and I think her academic background would be a real plus."

"She's from social services," she said, "which is a good field to be in."

Karen thinks it's very important to students to vote.

"It's up to them to vote for people they think can make a difference," she said, "who will get changes and who can get the other students really interested."

Jamie Felice also cast his ballot for Beth Robertson. For him, the deciding factor was her confidence.

"We often have an hour or two between classes. They should give us more things to do"

"Beth comes across as really confident," he said. "As if she knows what's she's doing. And I think her background indicates she can do the job."

"She also seems to really care about the students and the school,

helping it to go on to more important things," he added.

First-year music student Colin Rowe voted for Dave Golubev for Lakeshore president.

He said he was looking for someone with experience, but also spare time.

"I tried to choose candidates who have more time to spend on campus," he said. "It indicates they will have time to figure out what issues are important."

"To me, it's the visibility of the individual that counts. I like to see the candidates around even when I just come to the cafeteria."

Miguel Eusebio says that students have to vote "if we want things done in our school. It's a right and we need to exercise it," he said.

He voted for Dave Golubev and Rose Kronschnabi. Eusebio said he wanted to vote for candidates who

will get more money for students and will organize more events.

"I want SAC to arrange more events," he said.

"Many of us spend half a day here. We often have an hour or two between classes doing nothing. They should give us more things to do while we're here."

"It's up to [students] to vote for people they think can make a difference"

He says he knows Rose personally and trusts her to do a good job. He said he voted for her because "she's intent on getting stuff done."

Last Friday, the first day of voting, saw a very heavy turnout. That was in sharp contrast to yesterday, when only eight students cast ballots.

Students gave a variety of rea-

sons for not voting. A few said they had no interest and were only barely aware of some candidates' names.

Stacy Grigoropoulos said she had heard "absolutely nothing about the election. I didn't even know it was taking place." She said there should be more signs.

However, most of the students who said they hadn't voted also said they don't spend very much time on campus.

Some said they're here only three days a week, others that they're here only for a few classes a week.

Child and Youth Worker student Claudia Fuentes said neither she nor her friends voted, partly because of the amount of homework they have. But it's mostly because they won't be here next year.

"We're all in placement next semester," she said. "So there's no reason to vote."

etc. etc.



STAFF PHOTO

Winner: President-elect Toby Warnell addresses students at recent rally

Election

Continued from page 1

"I feel amazing. It's like I had all this pent-up energy all week and it exploded," he said.

Ali plans to continue his studies here at Humber and his job in the Student Learning Centre.

"I knew winning and losing was part of the game. Congratulations Steve," he said. "I hope he does the job he's expected [to do]."

Muhammad Virk, current SAC president, said he was happy with the calibre of the candidates that ran.

"We had two members who knew what we (SAC) were doing. Toby was already working with me from Lakeshore and Inam was always asking where we were with the Humber Students' Federation (HSF) constitution," Virk said.

Virk hopes Warnell will continue with SAC projects, such as the Ombudsperson.

"First I want to finish the HSF initiative. It's my number one priority to get it done," Warnell said.

Chuck Decker, current SAC vice-president, said a VP needs to be very sociable and able to work with co-ordinators to organize and attend events.

"There's a lot of behind the scenes work and long hours, plus you have to show up to the events."

Anastasi said he is going to wait for Decker to finish his term in office, and he is going to work on his parking petition that was part of his campaign platform.

"I still have a lot of learning to do. I know about SAC but I have to learn more over the summer," Anastasi said.

While the majority of students will be on summer break, the new members will be starting work here at Humber.

Students will return in the fall semester to a new government. The conversion of SAC to HSF will take place in May 2000.

SAC Election Special

Elections past and present

Iron fists, train accidents features of Humber elections

By JENN COCHRANE

Humber students may not rush to the voting booths in huge numbers, but they are no less interested than counterparts at other colleges and universities in the province.

Last year, only seven per cent of the full time students at Humber took the time to vote, but at Centennial College the figure was four per cent, and at the University of Toronto, six per cent.

Low voter turnout is not a problem with Canadians generally. In the last federal election in 1997 over two-thirds of the population voted, and 58 per cent made it to the polls

for the last provincial election in 1996.

"I'm not interested in politics. I feel that the election doesn't directly relate to me," said Multimedia student Janine Carter.

Since 1972, fewer than 20 per cent of Humber students have voted each year in the elections.

But Pharmacy Assistant student Amanda Fertile says the problem may be with the candidates. "When I read the stories in the paper, I felt the candidates weren't suitable for the job.

"They should be able to get more than two people to run in a school this size," she said.

According to the book Past and Presence by Walt McDayter, the largest percentage of voting students was in 1977, when President Tony Huggins received 1,200 votes from a student population of less than 6,000.

One of the smallest margins of victory was held by Sonia Levy in 1998, when she was elected president of Lakeshore SAC by only two votes.

One of the largest margins was held by Don Francis in 1978, who received over 500 more votes than his competitors.

"I feel that the election doesn't directly relate to me"

Humber saw its first female Student Union president in 1976 when Molly Pellicchia was elected. According to McDayter, she ruled the union with an iron fist.

Another president who showed great determination was her predecessor, Ted Schmidt.

Prior to enrolling at Humber, he spent 13 months in hospital recovering from a train accident.

<u>Year</u>	<u>Student Population</u>	<u>Votes Cast</u>
1989	7,330	458 (6%)
1990	7,119	619 (9%)
1991	8,162	653 (8%)
1992	9,132	546 (6%)
1994	10,167	856 (8%)
1995	10,530	703 (7%)
1996	10,776	1,400 (13%)
1998	10,666	519 (5%)
1999	10,687	727 (7%)

After...

TEXT AND PHOTOS BY MELANIE IRVINE & CYNTHIA ATTWOOD



Yaisa McCarthy
Nursing
First year

"I didn't vote. I didn't hear about the election. I saw the signs but I don't know who the people are."



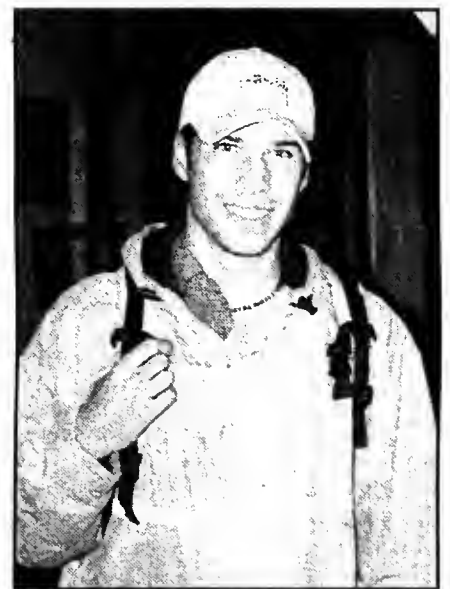
Bryan Barcelona
Marketing
First year

"I thought it went well. It was a fair election. There was a lot more voting than other voting events."



Brett Ruffell
Business Administration
Third year

"I didn't pay attention to it. Nothing is going to change so there is no point."



Kris Heil
Multimedia
Second year

"I didn't vote. It doesn't interest me because I am leaving Humber in a couple of weeks."

etc. etc.

Sad turnout for SAC elections blamed on campaign delays

This time SAC can't blame the poor election turnout on student apathy. The nomination period for North Campus president was extended by a week cutting into candidates' campaign time, due to one candidate's late nomination papers. They've had one week to reach out to the students of Humber when two weeks last year only rustled up 552 votes.

So what good are the glossy election flyers going to do when there's no time to get them in the hands of students?

As students went to the polls earlier this week, they still didn't know our candidates because students never had a chance to meet them. One all candidates forum held at the North Campus was simply not enough. Should they have expected students to build their busy lives around that date and attend so students could cast an accurate vote instead of picking the prettiest flyer off the wall and hoping for the best.

SAC said the candidates' pamphlets, which were printed in "plenty of time", gave students enough of a description to cast a vote by.

This is not how an election usually runs. By the time the voting date rolls around, people are usually sick to death of hearing about all the election promises and reading all the flyers that litter your mail every week saying "vote for me".

Granted there are some students who just don't care, or even know there is an election taking place, but remember, there is a large salary attached to the job of SAC president.

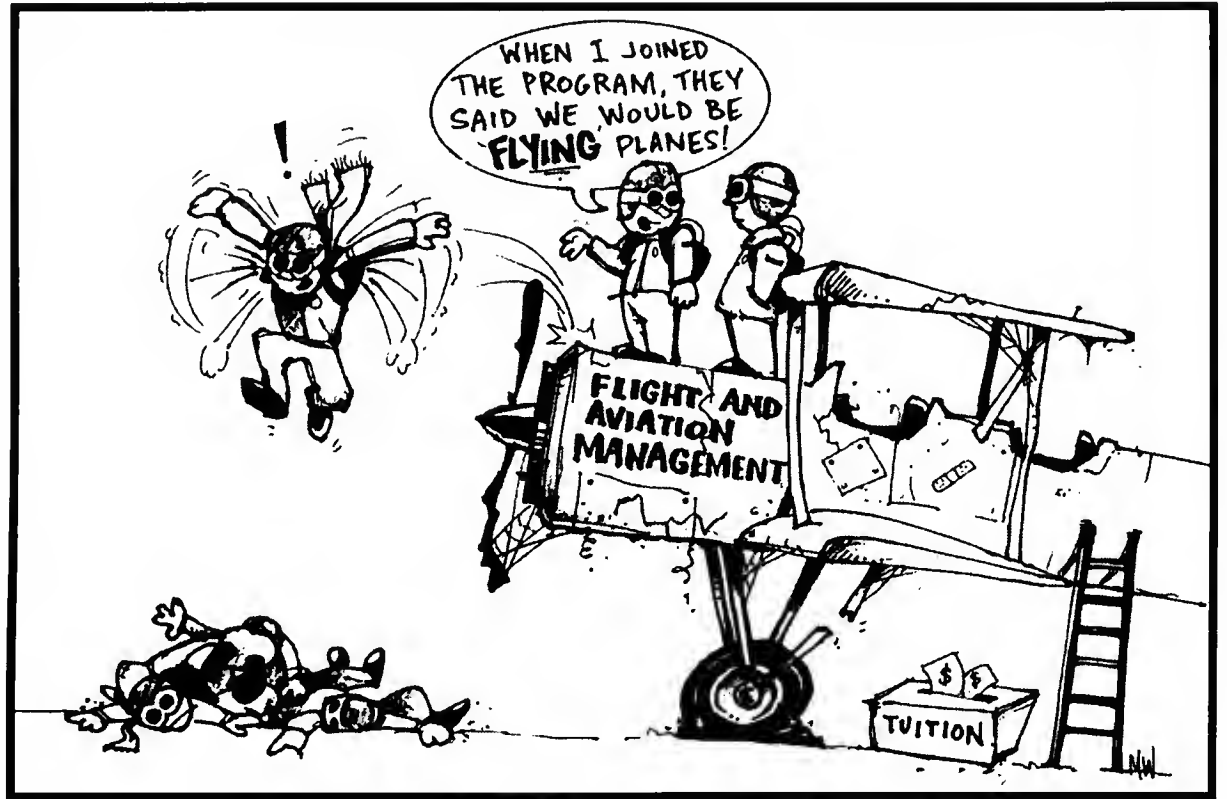
Graduating students who have started their job hunt have to wait longer to get a second interview than it takes for Humber to hand out a \$27,040 position.

If only things were this easy, there would be no need for resumes, cover letters, and portfolios, merely some token ideas of better "building structures", and more "quality education" and a handful of flyers.

If SAC wants voters it's going to take more than a week, or even two to get them. It's going to take more than just one batch of candidate forums to get students involved. Just look at the U.S. The campaigning is well underway for a November election.

If it takes them so long to get their message out, SAC might have to wait into the next millennium.

One SAC candidate said education is not about "quantity, it's about quality". SAC displayed neither in their election this year.

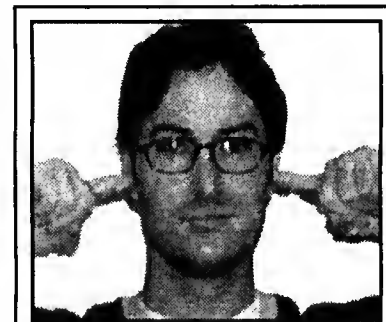


Bass-ic spring instincts

Ahh spring, my favourite of all the seasons - not too hot, not too cold, just right. Cool enough to wear a pair of (uun-tz) pants, yet mild enough to break the t-shirts out of (uun-tz) storage. Get outside, play some (uun-tz) catch in the warm sun, wax your (uun-tz) car, enjoy the wispy (uun-tz) breeze coming from the (uun-tz) - okay, what the hell's that annoying sound? It sounds like it's coming from that lowered Honda Civic with the tinted windows and the chrome rims coming down the block...uun-tz, uun-tz, uun-tz, uun-tz. Aww crap it must be spring.

I'm not a huge fan of the sub-zero months of winter, but the good thing about snow is that it's a good insulator of sound. With the spring thaw inevitably comes the rolling down of windows and the need for mac daddies to share their bass with the world.

My knees buckled as the assault on my inner ear warped my equilibrium and I keeled over like a newborn fawn. Pulling myself up, I shook my fist at the dude behind



DEREK MALCOLM

the wheel but I couldn't see him in his nearly fully reclined position.

The car cruised down the street. The licence plate was rattling for Pete's sake.

God knows I'm a fan of loud music. If I could make out the tune, I might even enjoy the moving dance clubs that roam around the city. But all I hear is bass.

Bass that I can't run from, bass that I can't get rid of by changing the station, bass that I can't turn down, and bass that I can't stop through the use of various illegal military weapons.

So what's to be done about this audible pain in the ass? Should we declare war, beef up our car stereos and rock the world with Mozart or Beethoven? Yeah, I can see it now - cruising down the Wasaga Beach strip with the hatchback of my Mazda 323 popped up, with the William Tell Overture (a.k.a. The Lone Ranger theme song) blasting. Man would I get the crap beat out of me.

What about asking nicely? "Excuse me fellas, could you maybe turn your stereo down so I can walk in a straight line without experiencing vertigo? No? Okay, could you take some of the bass out at least? Pardon? Yeah, I can run pretty fast."

Let's face it, there is no answer. As annoying as it may be, ear-bleeding bass from souped-up cars is a part of our spring/summer atmosphere. Kind of like mosquitoes. They never stopped us from camping did they? It'd sure be nice if the friendly people at the OFF! company could whip up some kind of mac daddy repellent though.

HUMBER
CHECK US OUT ONLINE
www.etcetera.humberc.on.ca

HUMBER

Editor-in-Chief

Dean Pinkham

Managing Editors

David Smith
Elizabeth Trickett

News Editor

Ross Thomas

Health Editor

Carly Suppa

Online Editor

Jason Engel

Lifestyles Editor

Akua Boakye

Sports Editor

David Smith

Opinion Editor

Matthew Lamperd

Photo Editors

Matthew Lamperd
Elizabeth Trickett

Arts Editors

Elizabeth Goncalves
Arthur Price

On Campus Editors

Elliott Belkin
Sabrina Divell

Faculty Advisors

Terri Arnott
Lara King
Chris Vernon

Advertising

Adrian Hayles
Nancy Larin
Allison Turner

Publisher

Nancy Burt

The Humber Et Cetera is a publication of the Humber College School of Media Studies:

Office L231, 205 Humber College Blvd., Etobicoke, Ont. M9W 5L9.

Phone: (416) 675-6622 ext.4514

Fax: (416) 675-9730

E-mail: humberetc@hotmail.com

Please direct all advertising queries to Nancy Larin at (416) 675-5007.

E-nough already

You know those new commercials plugging the Net with the slogan, "Can't do it in life? Do it on the Net"?

I have grown to hate them. I'm online a fair bit, so I may get into an entire riff that's completely hypocritical, but there's a license for us writers no one else knows about. In really fine print at the very bottom, it says, "Thou shalt be a hypocrite and blame it on the editors."

Anyway, what gets me going here with these commercials is the perfect way they characterize our current obsession with all things E-whatever. We have e-commerce, e-auctions, e-sex, e-travel, e-concerts... e-brains?

This whole techno-revolution is a good thing in many obvious ways, but what are we doing to ourselves unwittingly? I bite my nails and shudder.

With oodles of info at our fingertips, which do more clickety-clacking on keyboards than they do much else, we don't have to do things that used to be the facts of life. We don't have to go to a library, we don't have to mail a letter, we don't have to spend hours in a mall, we don't have to go out



ANDRÉA AUSTIN

and meet new people in person.

Take this one step further and we don't have to travel, we don't have to go to concerts and listen to live music, we don't have to go to art galleries, immerse ourselves in a culture to learn more about it, heck, we don't even have to shower or leave the house.

This is the first time in the history of us that we've ever had so much opportunity to become vicariously cultured.

While corporate e-people are clapping their hands and lighting cigars with wads of flaming \$100 bills, a great good number of us are barking in return, wagging our tails, choking ourselves with our own leashes we're so damn eager to lap up the next e-cookie.

One of those much-hated Net commercials laments that in real life, one can't spin an SUV around in midair to get a good look at it. So what? Get off yer duff and walk around one at the lot, open the door and sit in it, drive the thing around. Chances are the hum of a new engine and whiff of new upholstery can't be duplicated online.

We're spending money on the latest high-speed hook-ups so we can download a site on Hawaiian traditional luaus, when saving that cash might actually get us to a real, Maui luau if we're patient and pinch our pennies for just a while.

Nothing we can create can recreate the richness of real experience. Anything blinking on a computer screen isn't real, it's a kind of reflection of reality. The advances made in electronic technology have gotten us excited and pushed our collective awareness up a notch. Now it's time to become disenchanted with it just enough that we fall in love with life again.

"Truth, like a torch, when it's shook it shines." In the words of Sir William Hamilton,

It's time to shake our torches.

There's a reason the sun don't shine there



ELLIOTT BELKIN

Proving there is no such thing as a healthy crack addiction

When future plumbers are in their final stages of schooling I think they have to take a pledge vowing to do the single most disgusting thing they could do while being discreet about it.

It probably goes something like this; I pledge to wear jogging pants that are too small. I will wear them too low and my shirt will be too small. I will be oblivious to everyone around me while laughing hysterically in my head.

The sad thing is, they may not always fix what they are there to fix, but they succeed in making all innocent bystanders ill from the sight

I work at Pizza Hut and our dishwasher was overflowing. It was my responsibility to call in a plumber. When he came in the nightmare began.

I showed him where the problem was and he went right to work. I left him alone for a few minutes and when I returned to see how things were going, it began. All I saw was a huge tuft of hair split down the middle. The crack of his bum was so hairy it would have made an orangutan jealous. I swear I heard Sinatra's *Moon River* playing in the background as he shook his bon-bon to get himself into position.

My eyes began to water, I thought I was going blind. I also immediately began experiencing a hard-core case of the gag reflex.

I jumped over him and ran outside for what was, ironically, some

fresh Toronto air. I gathered my strength, gained my composure and returned to work. Not, however, before I left the door open to cleanse the room.

As he was leaving he had a huge smirk on his face as if he knew what I had just recovered from, and that he's kept his word.

How hard is it for people to buy pants that fit them and wear a belt so the world doesn't have to see the place where the sun don't shine? Have some decency for God's sake.

In the plumber's defence it's not only them. It's the older generation

It's those same people who suffer from the worst case of butt-cleavage possible that are yelling at the younger generation for wearing their pants low. All the while they're wagging their fingers at them with one hand, and pulling up their pants with the other.

At least the kids wear their boxers higher so as not to expose their vertical smile.

Plumbers and the older generation can learn a few things from these young punks as you call them. Wear a belt. That's what they do. Wear your underwear higher. Again, that's what they do.

Show us that the the expression "the older you get the wiser you get," is true. Use that wisdom and cover up your unsightly features.

If you don't believe me about the horror of the full moon giving you nightmares for weeks, call a plumber.

I beg you. The next time you have a plumbing problem, don't fix it yourself, call someone in and watch. If the sight of a butt-crack doesn't give you the same experience that it gave me, then you are not human. No human could bear, or is that bare?—that, nor should they have to.

A person's posterior is to be sat on or used as a method of relieving themselves. It is not in any way, shape or form meant to be used as a torture device and exposed so that everyone and their mother must be forced to look at parts of you we weren't meant to see.

I'm pleading with you demi-derrrière exposers, if you have one ounce of human decency, cover up the offending area. If that's too much to ask, please, please do us all a favour and get a belt.

Clean house beats a pair

A fair warning for lovers heading into a new season



CARLY SUPPA

What is it about the first signs of spring that makes relationships falter?

It seems as though every couple I know is on the verge of entering the exciting world of freedom known as singledom. It is like we all have come out of hibernation; the days of cuddling up close with the one you love have melted away with the last snowfall.

Be it the warm weather or maybe a slight case of boredom, whatever it may be that has led you to the realization that he/she is NOT your soulmate, the bottom line is that love as we have known it will cease to exist...if it hasn't already. Call it pseudo Spring Cleaning. Out with the old and in with the new. Spring is a time for rebirth, a time for new beginnings. Not that we haven't enjoyed the time spent by the fires

or warming frost-bitten frostbitten fingers in our lover's back pockets. The truth of the matter is that with the weather at a bitter -40, the idea of going out to meet people is just not likely to happen. But, with the summer sunshine beating down on our golden bodies, the desire for something, ahem, someone, new can be as addictive as the nicotine in a Du Maurier regular.

I, for one have come to the point where the need for change is sending me over the edge

Now, many of you will think me

heartless and perhaps you're right. But why should we feel the obligation to stay with someone just because they happen to love us.

For those of you facing the dilemma of how to break up without being the bitch, I know you understand. But, for those of you on the receiving end of the spring fever garage sale, don't hate us. We don't sit up late at night plotting your demise no matter what you think. We just want our cake and we're damn well going to eat it too. Yes we're selfish, but you should already know that after spending a few months as our partners.

Spring is a time when we start to consider what lies ahead for us. We're contemplating our future and have to decide whether that significant other has a place in it. Most of us know the answer but are just too afraid to be hated for a while.

Just as it has for centuries, time heals all wounds.

So all you lackluster lovers, pack up your shit and head for the hills... Spring has sprung.

etc. etc.

On Campus

Music search hits Caps

Humber's bands battle it out at Caps

By LAUREL MIKOLAITIS

Caps was rockin' Tuesday night with the "Battle of the Bands". The funky jazz band, Heavy Handed Groove Tirants, stole the show and won first place after performing music search, which featured some of Humber's finest talent.

The runner up for the evening was Pop Machine.

The night started with the first band A Kinder Habit taking stage, followed by Heavy Handed Groove Tirants, Shift-D, Pop Machine and Shadowplay.

UNIQUE

Each band had a uniquely different style ranging from alternative, to rock, to pop, and funky jazz.

The winning band was happy they won and said they were blown away at the outcome of the night.

The four members who make up Heavy Handed Groove Tirants included drummer Shane Dellar, bassist Jeremy Pimentel, guitarist Jamie Nicoll and lead singer Sean Goodchild.

Nicoll said they were all really surprised and excited when their band was named the winner.

"We are blown away, speechless. There were a lot of good bands here," Nicoll said.

Despite having impressed the crowd and the judges, the band members said they hadn't had very much experience playing together.

Heavy Handed Groove Tirants lead singer, Sean Goodchild, said they only jammed twice before performing at Humber.

"This is our first show," he said.

In the future, the band hopes to add a trumpet player, a percussionist and maybe some horns to add to their funky jazz sound.

SAC put on the music search



LAUREL MIKOLAITIS

Shift-D: Play their hearts out in hopes of moving up in the music scene

event in conjunction with the Canadian Organization of Campus Events that programs educational and entertainment events for Canadian universities and colleges.

SAC Vice President, Chuck Decker, said the five bands chosen to perform, were picked out of 18 bands that sent demo tapes to a panel of SAC judges.

"It was a good turn out and, I liked the wide variety of music genres"

He said the winning band, Heavy Handed Groove Tirants will go on to further competition.

"They will go to the sub-regionals, and the winner there will head to the nationals, which will be held in London at Fanshawe College," Decker said.

Decker was one of the many people who enjoyed the show and the different styles of music.

"It was a good turn out, and I liked the wide variety of music genre," he said

Music student and one of the judges for the music search, Chris Picco, said all the bands were good, but he really enjoyed the Heavy Handed Groove Tirants' set.

"They were lots of fun, the whole band was good. The audience was really into it," Picco said.

Caps employee, Christina Jabalee, said she liked the music and that the Battle of the Bands brought something different to the pub.

"The music search was a unique thing on a Tuesday night here at Caps, it brought a lot of people out," she said.

Heavy Handed Groove Tirants will go on to the play at the sub-regionals being held at Sheridan College this Saturday.



LAUREL MIKOLAITIS

Popmachine: Came up just short



LAUREL MIKOLAITIS

Winners: Heavy Handed Groove Tirants rise above the rest at Caps

TVO Telefest preparations under way

TV Ontario's 20th annual award show is being sponsored by Kodak Professional Motion Imaging

By Albert Leonardo

Film, television and broadcast journalism students from across the province are in high gear, as they prepare for the 20th annual TV Ontario Telefest Awards.

For the second consecutive year, Kodak Professional Motion Imaging is sponsoring the event.

Christina Casale, a corporate promotions employee at TV Ontario who has been affiliated with the event for five years said, "[the Awards] are to honour students and foster the Canadian media industry."

There are 10 categories for this year's event: animation, comedy, corporate, drama, documentary, experimental, instructional/education, news/information, and new media that is CD-ROM and Web site based.

There are three entries that are chosen for each category from about 20 colleges and universities.

Last year, third-year Humber student, Jeff Lambert, won for best editing

Students are asked to produce a piece that fits into one of the 10 categories, and is based on length. If a student wants to produce a short drama, for example, the piece can run no longer than 13 minutes.

Film and Television students begin working on this project in September as part of their course.

"We're responsible for writing, production, actors, and budgeting," Mitchell said.

Mitchell had high praise for the faculty members involved with the project, saying that the instructors have been very supportive, and have gone out of their way to assist the students in any way possible.

"By doing this the students realize that their work, if of high enough quality, can reach the market"

Michael Glassbourg, co-ordinator of the Film and Television Production program said, "Telefest is very good for the students because it is the only one created where students can enter free of charge."

"By doing this, the students realize that their work, if of high enough quality, can reach the market," Glassbourg added.

Last year, third-year Humber student, Jeff Lambert, won for best editing.

Students will be fighting for the prestigious Award named after Jay Scott, a former film critic who died of AIDS in 1994. The winner is given a 12-week internship at Canadian Film and Television.

The deadline for submissions is Friday, May 12, at 5 p.m.

Winners will be chosen in June, and the Awards night is set for early November.



COURTESY PHOTO

Kodak: Hosting Telefest awards

etc. etc.

Selling yourself after Humber

Books only one tool available to help people find work

BY LUISA MARIN

With the end of school coming fast, it's time for Humber students to take to the streets with their resumés in hand in hopes of finding a job.

Some are desperate for anything that will pay the rent, others are desperate for something in their career path. The hard part is you and about a thousand other people are competing for that same job.

Seasonal part-time jobs like Canada's Wonderland are a student's best bet for summer employment.

"It hires roughly 3,800 young people every year," said Kevin Makra, author of *The Canada Student Employment Guide* and *The Canadian Job Directory*.

Makra stresses not to ignore the hi-tech sector, which is experiencing tremendous growth. You can get into Web design or even customer service in a hi-tech company and work your way up.

If it's just part-time summer work students are looking for, then as Karen Fast, co-ordinator of Humber's Career Centre, said, seasonal jobs are very popular.

"Companies have a big event coming up, they hire the students for it and then they're gone after the event," she said. "They may be there for three weeks, six months. It's a matter of need."

Fast said only 10 per cent of the students get hired on after the summer. That's mainly due to the fact that many employers have special products they are trying to promote

or special campaigns they're running.

Makra's books and Humber's Career Centre provide advice and tips for students looking for work.

The Canada Student Employment Guide, which has sold over 25,000 copies, is an essential job search tool, containing valuable employment profiles on companies and organizations across Canada.

It's available for Humber students in the Career Centre and can also be found at many local bookstores.

His other book, *The Canadian Job Directory*, uncovers the hidden job market and contains profiles on every source of employment in Canada.

Books on job searching can be found at www.studentjobs.com.

Makra said he wanted to make a difference and help students, like himself at the time, who have no idea what to do when it comes to job hunting.

"If you're there first, that's half the battle"

"I was looking for a resumé book one day and thought, 'what do companies look for?' I wanted to create a book that answered that question," Makra said.

Once students find a job they want, the next step is getting through the interview.

Anthony Davis, who is graduating from Business Administration in April, found the interview process easy. He got a job at Anicom Incorporated, a multimedia technology firm.

"I was interviewed by two men and even brought in a portfolio, but nobody wanted to see it. We just

talked for two hours," Davis said.

"They told me about the company and got a feel about what kind of a person I am. I was called back the same day," he added.

The Career Centre offers mock interviews to help students prepare a head of time.

"We will put you through what we consider to be a professional interview and we'll give you feedback to what you're doing wrong," said Fast.

Makra believes every high school, college, and university should have a career centre and offer classes on career preparation.

"I think the transition from school to work is extremely difficult. There are actually some career

are the things that are going to help you in your job search."

- Ideas, as in, know what you want.
- Initiative, as in, show your enthusiasm and go after what it is you want, and
- Individuality, as in, separate yourself from the pack.

Makra said that you should separate yourself by getting a head start on the job search. Create resumés, call places you'd like to work for and find out if they're hiring. Make up a portfolio. Then deliver the resumés in person. Don't wait until you get out of school with everyone else. Some company's are on a first-come, first-serve basis.

"If you're there first, that's half the battle," Makra said.

view skills."

According to Fast, students don't have their act together when it comes to promoting themselves.

Makra uses the example of buying a car.

"Talk about your best feature and benefits," Makra said. "Then put yourself in the employer's shoes. If this company had to hire someone, what do you think they'd look for?"

The Humber College Career Centre has many tools to help students find jobs.

"We have a graduate employment program where we go to every program and hand out packages to students. We have an e-mail distribution list and have students give us their resumé so we can fax them in to companies looking for Humber people," Fast said.

"I think the transition from school to work is extremely difficult"

That's how Davis found his job.

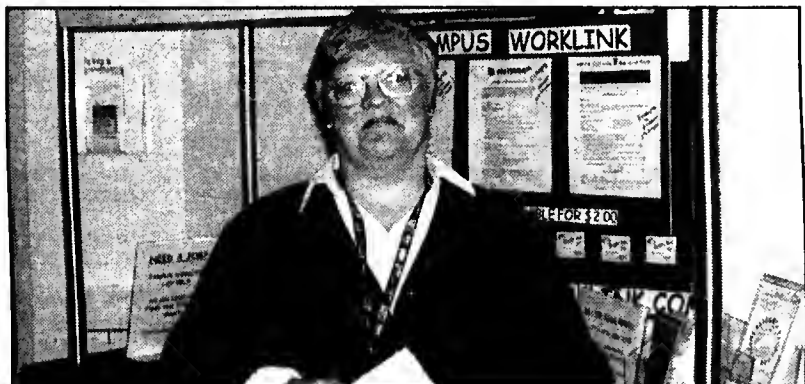
"Karen came into our class and gave us a package with Web sites and disks in it," said Davis.

"I went to talk to her; she checked my resumé and changed a few things. I kept in touch with her and that's how I found this job."

Davis recommends the Career Centre to everyone. He said if it hadn't been for the help of Fast, he'd be out to lunch.

"People say there are no jobs. Well, you know what? There are tons. It's just a matter of knowing how to get them."

The Career Centre offers its services to all Humber students whether they are part-time, night school or alumni.



ELLIOTT BELKIN

Fast: She is only one of many people available to help you find a job

counselling courses that are mandatory in high schools right now and I think that's wonderful," says Makra.

Makra suggested talking to other people who have been through some interviews to get an idea of what to suspect.

According to both Makra and Fast, self-marketing is the most important tool we need.

"The three Is," said Makra. "Ideas, initiative, and individuality

Although the people at Anicom Inc. didn't need to see Davis' portfolio, Fast strongly suggests always bringing one along.

"My advice to students is more in the areas of self-marketing," said Fast.

"I had a question posed to me the other day about why youth unemployment is so high. My answer to that was not because of the lack in jobs, it's because of lack of self-marketing and lack of inter-

WHAT DO YOU WANT TO BE TOMORROW?

MCSE + CO-OP

Microsoft Windows NT SERVER
Microsoft Windows NT Workstation
Microsoft Windows NT Server In The Enterprise
Microsoft Networking Essentials
Internet with Microsoft TCP/IP On Windows NT
Microsoft Internet Information Server 4.0

Only \$2500

NO INTEREST PAYMENT 3 Months OAC

What you are today is what you have chosen yesterday
What you choose today is what you will be tomorrow

AFFORDABLE Career Training

WEB DESIGN

MCDBA

PROGRAMING

CISCO

E-commerce

(416) 410 9200

FREE TAX RETURN

Why wait for months?
Use your Tax refund for your future NOW!

*We will pay to prepare your tax (personal only) through a participating accounting firm if you like to use the refund for training

(416) 410 9200

TrainSoft
Do it for you. Do it for tomorrow.

www.trainsoft.org

120 Eglinton Ave. E., Suite 707 Toronto ON, M4P1E2 20 Amber St, Suite 207, Markham Ont. L3R 5P4

Authorized PROMETRIC TESTINO CENTER

etc. etc.



Spring is here

Landscaping students shine at Toronto Garden Show

By Sharon Aschalek

Humber landscaping students were able to show off their stuff at the 4th annual Canada Blooms Toronto Flower and Garden Show.

The Millennium Garden, which was created by Humber's second-

year landscaping program, was one of 34 exhibits being featured at the Metro Toronto Convention Centre as part of the massive horticultural show that ran from March 22 to 26.

"It was a really nice garden. I guess the main experience was getting out and constructing something for a lot of people who hadn't actually built something yet," said Dan DeCiccio.

DeCiccio was one of the 24 students who worked for four days straight putting the Garden Show exhibit together.

That was in addition to the months of prep work, that included constructing walls and force blooming plants and flowers.

The students merged the past with the future by fusing traditional materials such as flagstone and rough lumber along with more contemporary resources such as glass, concrete and aluminum, along with an array of pink and white flowers and green foliage.

FINAL GRADE

The project accounts for 50 per cent of the student's final grade, but it's also an opportunity to get experience working on a major industry project.

"There was that pressure of trying to get it done in four days, so it was more of a realistic job," DeCiccio said.

Getting professional experience is one of the project's major benefits.

Students are exposed to the latest trends in the industry and are able to make important connections.

"It was a good experience, getting to work on a job site," said landscaping student Andrew Beveridge.

"It gives you a good idea of what to look for and what to plan for yourself in the future."

Getting familiar with the industry and preparing for a future is what it's all about, said program co-ordinator Harry Chang.

"It's a great way for them to get exposure to the industry as a whole, see how a company does things, and it also gives them the opportunity to make contacts for eventual employment when they graduate," Chang said.

Since becoming involved with the first Canada Blooms four years ago, four Humber students have managed to snag full-time work out of the event.

Chang said the massive exposure the students receive from the show is a booster both for the program as a whole and for the students.

"It gives us tremendous exposure as a program to let the public know that we're here and show them what we can do," Chang said.

Last year the event drew more than 20,000 visitors, and organizers are estimating the numbers were even

higher this year.

Chang said that while the work is intense, the payoffs for students are enormous.

This year's garden was the college's best ever.

"It's a difficult project because it's so demanding of your time, but I think when the students see the end product, they're all very proud of what they've done," he said.

For the students, the chance to show off their work to the public was worth the hard work.

"People were really enthusiastic about it. They were impressed that students actually built this. I thought the end product was just amazing," DeCiccio said.



SHARON ASCHALEK

Proud: Harry Chang, program co-ordinator



SHARON ASCHALEK

Blooms: Humber's landscaping students display class project at Convention Centre

etc. etc.

Humber's male nursing students battle stereotypes

Female dominated field a challenge for male caregivers

BY JENN MOSSEY

Who says men can't be good nurturers and caregivers?

Despite the opinions of others, many men are overcoming stereotypes in order to pursue their dreams.

Brian Kelly, 22, is a nursing student at Humber College where he is surrounded by approximately 35 female classmates.

Upon graduation, he will be among the 3.5 per cent of nurses in Ontario who are men.

He blames the imbalance on old perceptions of what a "real man" is.

"The stereotypes will always be there, that men aren't good nurturers, that men can't do the job or that all male nurses are homosexual," he said. "It's always been that way. Men are usually the doctors and women are typically the nurses."

However, Lenore Duquette, nursing program co-ordinator, said the number of male nurses is increasing.

"There are more and more men entering the field," she said. "It's the same as when women went into engineering, a male dominated field, 20 years ago."

Weighing 250 lbs. with a muscular physique, Kelly closely resembles a football player on the defensive line.

"The stereotypes will always be there; that men aren't good nurturers, that men can't do the job or that all male nurses are homosexual"

Kelly said his gender and physical appearance have often made it difficult for him to perform his duties as a nurse in training.

When he was at his work placement, some people, men especially, would refuse care like bed baths or sponge baths.

He attributes their negative

reactions to him being a male.

Kelly realized that nursing was something he wanted to pursue after he volunteered on the pediatric floor of Peel Memorial Hospital where his mother worked.

He met a young boy whose parents were too busy working to visit him.

Kelly said he became almost like the boy's older brother.

"It was a very comforting feeling," he said.

Stereotypes don't bother Kelly because he says there are definite advantages to being a male nurse.

"The average person today is heavier and more hostile," he said. "A task, like lifting a patient, that takes two females to do, I may be able to do on my own."

Although being in a class of almost entirely female students has its perks, Kelly said that's not why he is there.

"My class is my class. I'm not there for the girls, I'm there to get my work done," he said.

Lizete Pereira, one of Kelly's classmates, said that it was awkward at first having a male among



JENN MOSSEY

Dedicated: Humber nursing student Brian Kelly, says he offers patients quality care despite the many misconceptions surrounding male nurses

all of the females, but now hardly notices the difference.

Optimistic about his future, Kelly applies the knowledge he gained in the program to his life.

"No matter what I end up doing in the future, the material I learn in nursing can only benefit me in the long run," he said. "It's knowledge that is good information to have."

Marriage contracts – the legalities of love

BY SOO KIM

Anyone who is a true romantic would be heartbroken if asked to sign a marriage contract.

Did Jane Eyre and Mr. Rochester think of property when they declared their love? Did Rhett Butler make Scarlett O'Hara sign one – though he had every reason?

But since the divorce rate in Canada is 37 per cent, prudence demands that idealism be tossed aside.

According to family law lawyer Marty Klein, marriage contracts usually deal with ownership and division of property during marriage, separation, annulment, divorce or death.

"If you bring assets into a marriage and you want to make sure they are separated because of the volatility of marriages these days, then the parties may want to go ahead," said Klein.

Without a marriage contract, spouses are subject to the province's property laws.

A couple, however, can opt-out of these family law provisions by negotiating a marriage contract tailor-made to suit their needs.

An agreement on the amount and duration of spousal support is



SOO KIM

Protection: Even hopeless romantics are securing their assets with contracts

also top priority for many couples.

Marriage contracts can also set out the personal rights and responsibilities of the couple. For example, the husband may want a provision allowing him to spend a month in Hawaii each year with his former girlfriend. The same husband may agree to be the designated poop-scooper.

Courts are not going to enforce such terms but the couple may view them as a serious blueprint for day-to-day living.

Marriage contracts cannot deal with custody and access issues with respect to children. So, for example, a couple cannot predetermine,

before separation that the wife will have custody of the children should the marriage break down.

And even though the couple can agree on ownership rights to the matrimonial home, a marriage contract cannot limit either spouse's right to equal possession of the home or joint control over the disposition or encumbrance of the home. So, the couple cannot agree that one of them will move out on separation or that one has the unilateral right to sell or mortgage the family home.

Marriage contracts are only available to couples of the opposite sex who are married or intend to

marry. But common-law and same-sex couples can enter into cohabitation agreements (the equivalent of a marriage contract).

About 10 to 20 per cent of Canadian couples have marriage contracts but they continue to be controversial.

Many argue that the basis of a marriage is trust while marriage contracts are a sign of mistrust. They say the couple is, in essence, planning for the end of the union. The pair (or, at least one of them) is making it clear that their possessions are more important than the other.

"I have a spiritual hostility to [marriage contracts] because it's just opening the door to failure. It's assuming that [the marriage] is going to fail," said David Russell, senior pastor at the Mississauga City Baptist Church.

Legal fees for a simple marriage contract generally start at \$300. They can climb into the five-figure range if negotiations are drawn out and if there are many assets to evaluate.

Although they can pave the way for an orderly distribution of property on the dissolution of marriage, they can't guarantee a tidy divorce free from expensive litigation.

A spouse who agreed to the agreement in the first instance may later decide to challenge it. And, a judge may decide to overturn it if he or she finds it unconscionable.

"No contract is ever air tight," Klein said. "If a court wants to override a contract because someone's going to really lose out bad then they're going to help out the underdog."

However, as a general rule, courts will uphold valid and enforceable contracts.

"If it's properly drafted, if the parties enter into it with eyes open and they had independent legal advice, if full financial disclosure was given, if there was no undue pressure or coercion, then the chances are more than likely a court will uphold it," said Klein.

While couples can use do-it-yourself-kits, experts don't advise this. Couples may need legal and financial help dealing with complex matrimonial and tax laws. And, contracts drafted without the help of lawyers are easy to over-turn.

The party who objects to it can say he or she did not understand the terms of the agreement. It becomes a he said, she said situation. A visit to a law office can make such an argument difficult to make.

etc. etc.

Proud poets recite bad verse

By ANDRÉA AUSTIN

If you stand in the middle of Kensington Market late on Saturday night and listen very intently, you might hear the rumblings of some tasteless verse drifting over the fruitstands and fetid sidewalks.

You might hear some really bad poetry, and that's a good thing, because you just might hear some good poetry by accident.

Saturday is Bad Poetry Night at Vern's Café on Augusta Avenue., in the epicentre of the ethnic maze that is Kensington.

A man with a booming voice is sitting behind a microphone. Behind him another man pecks away at a keyboard, both of them framed by the window that looks out at the graffitied doors of stores that closed hours before.

The stage is puny by all measures, but the mic is on, and the man behind it is on a roll.

Open-mic readings in downtown Toronto are about as numerous as the cockroaches in the city's eateries. But what's lacking at Vern's is its biggest asset: pretentiousness. The people are proud not because they write well, but because they know they don't.

"I've always hated pretentious poetry readings," said Vernon Pineau, co-owner of the café. "They're like group therapy sessions."

Missing is the air of the black turtlenecked poet, the tortured soul spitting out verse with all the seriousness of Sylvia Plath. Missing is the narcissist on stage with his bleeding heart in one hand and personal diary/poetry in the other.

REALLY BAD POETRY

Vern's Café co-owners Pineau, 35, and Steven Kunc, 29, have given bad poets a nice warm place to be laughed at. Heckling from the audience is encouraged, and a truly bad poet feels most appreciated when the entire café is groaning.

Some nights a group poem is improvised, each person providing a word. Sometimes a full circle of the café is made with less than three people providing the word "what?" when it's their turn.

Kunc once trundled up on stage after much harassment and recited Edgar Allan Poe's *The Raven* from memory, his business partner only occasionally calling out forgotten lines while the rest of the audience squawked "nevermore!"

"It's refreshing that witty remarks from the audience are often tolerated and encouraged," said Geoffrey Dow, a regular at Bad Poetry Night and a bad poet himself. "You never know what to expect."

On occasion, poetry at Vern's Café isn't all bad. Calling it "Bad Poetry Night," Pineau said,

might actually bring good poets out of the woodwork.

"It's happened quite often," agreed Kunc. "There's no pressure to be good, so people come in and don't feel so self-conscious. The expectations are not that high."

Dow echoed this, saying that while the poems are supposed to be funny, some of them end up being better than the average "serious" poem.

When a good poem is read, Kunc said the audience knows it. "There's a different, respectful tone to their clapping," he said.

Surrounded by walls hung with funky works created by local artists, and sipping cappuccinos, nobody takes themselves too seriously. Customers sit at tables that could be in their kitchens, on long velvety couches, or in front of a bookcase that probably contains volumes of poetry worth being read on Saturday nights.

"I enjoy the ambience, it's nicely laid-back, the music is great, and there's a wonderful variety to it all," Dow said. "I like the typical Kensington Market diversity."

That diversity is shown through the readings. The poems range from the ones everyone wrote as angst-ridden pimply faced teens, to musical, to improvisational, and the ever-popular Japanese Haiku.

"Haiku is popular because it's simple, it's catchy," Pineau said. "People like it, and tend

to write it the most. It can be pretty funny."

The first line of a Haiku must contain five syllables; the second, seven, and the last, five again.

Two haikus read on Bad Poetry Night:

I read the paper
Each day I read the paper
I forget it all

Breasts bounce in my mind
My home is empty and quiet
I live all alone

Bad Poetry Night might not appeal to everyone, but it does what it does rather well. High-quality poetry, which shouldn't be "read aloud, but just read" according to Pineau, is banned from the stage in favour of a night open to the comedy of amateur Bards.

"It's an outlet for lazy, talentless people who can't be bothered to work on something until it's good," Kunc said with a laugh.

Quite often the poems read are just as quirky as the two guys behind Vern's Café, but that adds to atmosphere of a night when— for a few solid hours — all that's bad, is allowed to be good.

Friday nights at Vern's are open-mic to a variety of musicians.

Damn 13, Sid Six and a shoki new release from Femi Kuti



BY ELIZABETH GONCALVES

Femi Kuti

Shoki Shoki

"Ah ha, Oh yeah!" begins A track two of *Beng Beng* on Femi Kuti's latest musical offering *Shoki Shoki*. An expression inspired throughout the 12 track disc that meshes percussive beauty with a whole lot of bon-bon shaking ditties.

Nigerian born saxophonist Kuti, son of Afrobeat creator Fela Anikulapo-Kuti, marry's African rhythms, chock-full of conga beats, trombones and trumpets with a good ol' James Brown feeling. But don't think the musical styles stop at the soul. Blending a spoonful of funk, some grooveable jazz lines, and a

delicious taste of dance and R&B, Kuti delivers an alternative to the alternative.

And while the music will have listeners jumping to their feet, Kuti, like his father uses his music as a weapon and as a voice to speak out about the political activities of his country's leaders. *Sorry Sorry*, *Victim of life* and *What Will Tomorrow Bring?* poignantly translates the feelings of the activist's convictions.

A strongly recommended disc, *Shoki Shoki* is an open invitation to Kuti's world, where music is as powerful a tool of communication as spoken word is.

Damn 13

The Dynamite Gospel

BY MICHELE STEFANIC

Containing 4 short tracks, all of which kick-ass in the hard rock genre, Toronto's Damn 13 debut release *The Dynamite Gospel* is a must have for fans of Monster Voodoo Machine, White Zombie and Corrosion Of Conformity.

Saturated with rock-out heavy guitars and pulse-pounding drum



beats, Damn 13 kick metal in the ass, offering Toronto's Metal scene a jump start revival.

Damn 13 are former Monster Voodoo Machine members; vocalist Adam Sewell and drummer Dean Bentley, along with new bassist Paul Meyers. With its obvious make-up, *The Dynamite Gospel* does filter Monster Voodoo Machine's signature sound but takes it to another level breeding new flavour.

Track three *Righteous Dynamite*, is hands-down my favourite tune on the just over 13 minute disc while *Over And Out* follows close behind.

Not only does the disc rock, the cover art is amazing. With solarized, heat-sensor vision effects, you'll find pictures of the band and contact info including the band's official web site address: www.damn13.com.

Sid Six

Sid Six

BY MICHELE STEFANIC

They've opened for Eric Burdon, performed on the Indieblast stage at the Cranberries/Collective Soul gig at the Molson Amphitheater, released an EP and have made a name for themselves south of the boarder in Buffalo, New York.

Toronto indie band Sid Six are now unleashing their hard-edge pop tunes on the world with the release of their self-titled debut disc.

Comprised of 12 tracks and a surprise hidden track, *Sid Six* will leave you humming and toe-tapping to songs like *Wallflower* and *Darwin's Theory*.

Formed in 1997, Sid Six are principal songwriter, guitarist and vocalist Rob Joy, guitarist Christian Collingham, bassist Jay Kralka and drummer Ryan McCaffrey.

No strangers to the Toronto music scene, three-fourths of Sid Six are formally known as Blunderbus and Manic Overture, while Joy performed with the Shadow Puppets. Writing infec-



tious, feel-good pop rock tunes. Sid Six's highlights include *Spacemobile* (also available on the band's 1998 EP), *Big Brother*, and *Spider*, perhaps the disc's most aggressive offering. Joy's lyrics often revolve around relationships whether they're about a boy who meets a girl through the Internet (*Mysterio*), or a tale of boy meets girl in a library (*20one*).

Sid Six are also responsible for mastering the craft of writing really good songs, their writing abilities are uncanny.

Whether you're tripping out to their groovy pop rock tracks or mellowing out to their dark acoustic numbers including *Halloween*, *Program 301*, and *Balloon King*, Sid Six will definitely leave a lasting impression on you while you reach for the repeat button over and over again.

etc. etc.

It's your world



Team Player's

RACING IN THE C.A.R.T. SERIES

Bomb 32 leave audiences begging for more

Four piece rockers shop for labels

By ELIZABETH GONCALVES

Every so often a band will come along, whack you up side the head and make you beg for more.

Drummer Brian Matthews, guitarist Joel Krass, vocalist Matt Kinna, and bassist Jon Cohen, are moniker Bomb 32.

Determined to leave a mark on unsuspecting music lovers, the four-piece outfit who relocated to Toronto from London in 1998, are all about mixing it up.

Often compared to such acts as the Deftones, Rage Against the Machine, Tool, and 311 the band said they don't mind being placed in the same category as these artists. In fact they expect it, especially when trying to explain their sound to people who are unfamiliar with their music.

Creating a nicely tossed salad of sounds, Bomb 32, can quickly drum their way into a brash of hard-hitting and mind-shattering riffs only to make a complete 360 into a melodic groove that will have you swaying from side-to-side.

The band that met at the University of Western Ontario were originally a five-piece band and while they lost one of their members, the chemistry between

them was undeniable, even with their varying tastes in music.

"Things just clicked and songs started flowing out and we just wanted to have this interesting mix," said amicable frontman Kinna. "We have so many different influences that we like to pay homage to that. But it just naturally comes out."

Recently releasing their three song EP *All of the Above*, the band did have plans to release a full-length disc. It was recorded in just two weeks of 12 hour days, but is on hold for now said bassist Cohen.

"We've put ourselves in a funny situation in that we recorded the material to go and live its own life, to sell as a product," said Cohen. "So we invested a lot of time and a lot of money into this recording to make a full album and not a promotional disc."

The band realizes the importance of promotion and knows that the album will undoubtedly be used as a shopping tool for major record labels. And what they can do with a few thousand dollars, footing the bill themselves, they know they can do 10 times better with the help of a label.

While the future of the already recorded full disc, with the working title *Calcium, Lust & Rhyme* is uncertain, the bomb boys will release tracks from their 11 song CD.

The major problem as with

many bands is money. "It's been hard. Save up, save up, save up - record - it's gone. It's the lament of every independent band," said Kinna.

Gigs around the city and nearby towns allow the band to get the music out to the fans. It hasn't been a major source of dinero, but that doesn't bother Kinna too much.

"We like to reward people for coming out to see us and we generally do our best to keep the price low. If it's up to us, we'll have no cover at all and have people that are sort of open-minded enough, to come in and accept our music. Kinna adds, "I love music so I think music should be accessible."

Going from big fish in a small pond to tiny fish in an ocean, both Kinna and Cohen agree Toronto is the place to be. A large portion of music industry folk, reside in the city and surrounding areas, giving the band a foot in the door. The key to changing that is having label reps come out to the show, something that rarely happened during their stay in London. The lengthy trip to London can be a turn off for labels.

For the sake of music fans, it would be a much-welcomed change for labels to take the time to find bands like Bomb 32, who have the talent and the drive to make music that matters.

Kinna's love for mixing rap with hard music has always been alive and kicking. "What inspired me to make heavy music ... like Public Enemy and their collaboration with Anthrax, *Bring the Noise*. It was such an amazing thing to me. When I heard *Bring the Noise* for the first time, my chin hit the floor. I remember Erica Ehm introducing it on MuchMusic, and she was yapping away about it."

Cohen who relates the hard rock/hip hop collaboration with that of Run DMC and Aerosmith who re-recorded the adrenaline pumping hit *Walk this Way* felt the same reaction.

Nowadays the songs heard on radio don't drop the jaw for the same reasons as it may have a few years ago. Labels are grabbing onto artists that sell and not the artists that want to pave a new road for creative music. While there is talent waiting to be heard, often artists are signed not for their ability to take music further, but rather their exterior and musical resemblance to chart-topping favourites like Britney Spears, Backstreet Boys and Korn.

Kinna, who said many hit making artists are basically "excessive watered down versions," agreed it is difficult for artists to get noticed on



ELIZABETH GONCALVES

Vocal Power: Singer Matt Kinna puts on a fiery show at CMW 2000

their own merits. "It tends to be more bastardized, where it [music] doesn't mean anything anymore, and like you said, it doesn't make you go 'wow!'"

Song writing and lyricism go hand in hand with Bomb 32. Each component compliments the other. Cohen said the band likes to incorporate jump-at-you and stick-in-your-mind phrases into their lyrics. Instead of continuing one thought or theme throughout the song the band mix it up.

"It's been hard. Save up, save up, save up - record - it's gone. It's the lament of every independent band"

"We take phrases that are hopefully memorable and even syllabically effective. Very often [we] write around the constants and sounds of things and hopefully the things we write lyrically will be like a brush stroke of a phrase that adds to an image," confessed Cohen.

Kinna added his attention span is limited, making it difficult to stay on topic for an entire song. This he blames partly on television and partly on the quickness of things in life.

"I think when I was a kid," he pauses and smiles. "I'm still a kid. When I was really young life wasn't as crazy. It seems that people drive themselves into the ground trying to get their

lives together. We have a lot of unhappy people walking around."

This is the reason why Bomb 32 make music.

Holding "normal" jobs during the day, a lot of what the individual members do relates back to the band. Kinna who is taking an advertising design class at the moment, admitted the band's logo was created for an assignment he was working on.

Why not take the risk of doing what you love? This is what drives the band to work and save as much as possible. There is really no other option for the band and it's something fans of Bomb 32 can feel when watching them perform.

Cohen describes it the best. "I always wanted to do something that was creative with my life and actually have experiences rather than go into the same cubicle and be a computer programmer for eight hours a day or more. Then go home and stare at the walls and then do it again for another 40 years until I can retire, and by then I'll have nothing to say."

Hand in hand with their love of music is their need to release the music as therapy for the soul - not only for themselves but also for their fans.

"I think that if I can benefit from not being a violent person by making music that relieves my aggression, people will come in and experience aggression like that and feel that they too can get some of that out of their system and not take it away with them."



ELIZABETH GONCALVES

Bombastic: Bassist Jon Cohen flirts with some grooveable basslines

etc. etc.

March 30, 2000

LASIK brings light to darkness

Introduced less than five years ago, laser eye surgery has shed a new light for the visually-impaired

By JENNIFER McDONNELL

Charlene Eskinazi never thought she would be able to wake up and see the time on her alarm clock without putting on her glasses first.

"Imagine waking up after leaving your contacts in the night before, and you can immediately see everything around you clearly," she said. "Now, imagine that feeling without the dryness. That's what it's like for me now."

Eskinazi is just one of the millions of visually-impaired people who have undergone the hottest trend in ophthalmology: LASIK eye surgery.

Often referred to as a modern medical miracle, LASIK – an acronym for laser-assisted in situ keratomileusis – allows patients to permanently ditch their glasses and contacts.

"I am well aware of the complication rate, but I believe it can be mitigated by careful choice of surgeon"

LASIK surgery is also known as the "flap and zap."

A surgeon applies anesthetic drops to the eye, and the eyelid is propped open. A thin flap of the cornea is cut and lifted away, remaining attached at one side.

A cool, excimer laser, pre-programmed to correct the degree of the prescription, reshapes the cornea. The thin flap is then put back into place and healing begins immediately.

LASIK is quickly replacing older vision correction procedures like Intacts and PRK. The surgery takes approximately 15 minutes, and the results are immediate.

Nearly two million people world wide have undergone the procedure, and its popularity continues to soar.

GROWING POPULARITY

Lasik Vision Canada performed 593 procedures during the first three months of 1998. During the same period in 1999, they performed 5,092 procedures, marking an 858 per cent increase.

It has become so popular so quickly many people seem to be forgetting that, like any surgical procedure, there are risks.

"I hear people that are so excited they want to rush right into the operating room," said Teddy Colini, an educational counsellor for ICON Laser Centres Inc.

"Sometimes I have to slow them down and

say, 'wait a minute. Did you research this? This is a medical procedure, after all,' and they'll say 'oh, that's okay. I was talking to four friends of mine who had it done and it worked out fine for them,'" he said.

Despite its reportedly low complication rate, LASIK permanently alters your eyes, causing serious consequences when something does go wrong.

According to Colini, there is no evidence to date suggesting any long-term risks associated with laser vision correction.

However, the LASIK procedure has only become popular within the last few years, limiting knowledge of its long-term effects.

WEIGHING THE RISKS

There is a small risk of infection. Also, the surgeon could accidentally slice off the entire corneal flap, or replace it in such a way that it ends up wrinkled or off-centre, distorting vision.

Most patients experience poor night vision immediately after LASIK.

"At night I see halos around lights," said Eskinazi. "They said it would go away in three to six months. It hasn't stopped me from driving, but I find it very distracting."

Though most LASIK patients are satisfied with their results, enough people have experienced problems to justify the formation of the Surgical Eyes Foundation, a New York City-based organization designed to educate people about the risks of refractive eye surgery.

People from all over the world log onto their Web site – www.surgicaleyes.com – to swap LASIK horror stories.

Peter Guidry has been researching LASIK for the past four years, trying to decide if he should undergo the procedure.

"I'm well aware of the complication rate, but I believe it can be mitigated by careful choice of surgeon and equipment," said Guidry, a computer programmer at Nortel Networks and a self-proclaimed eye surgery geek.

STUDIES SAY

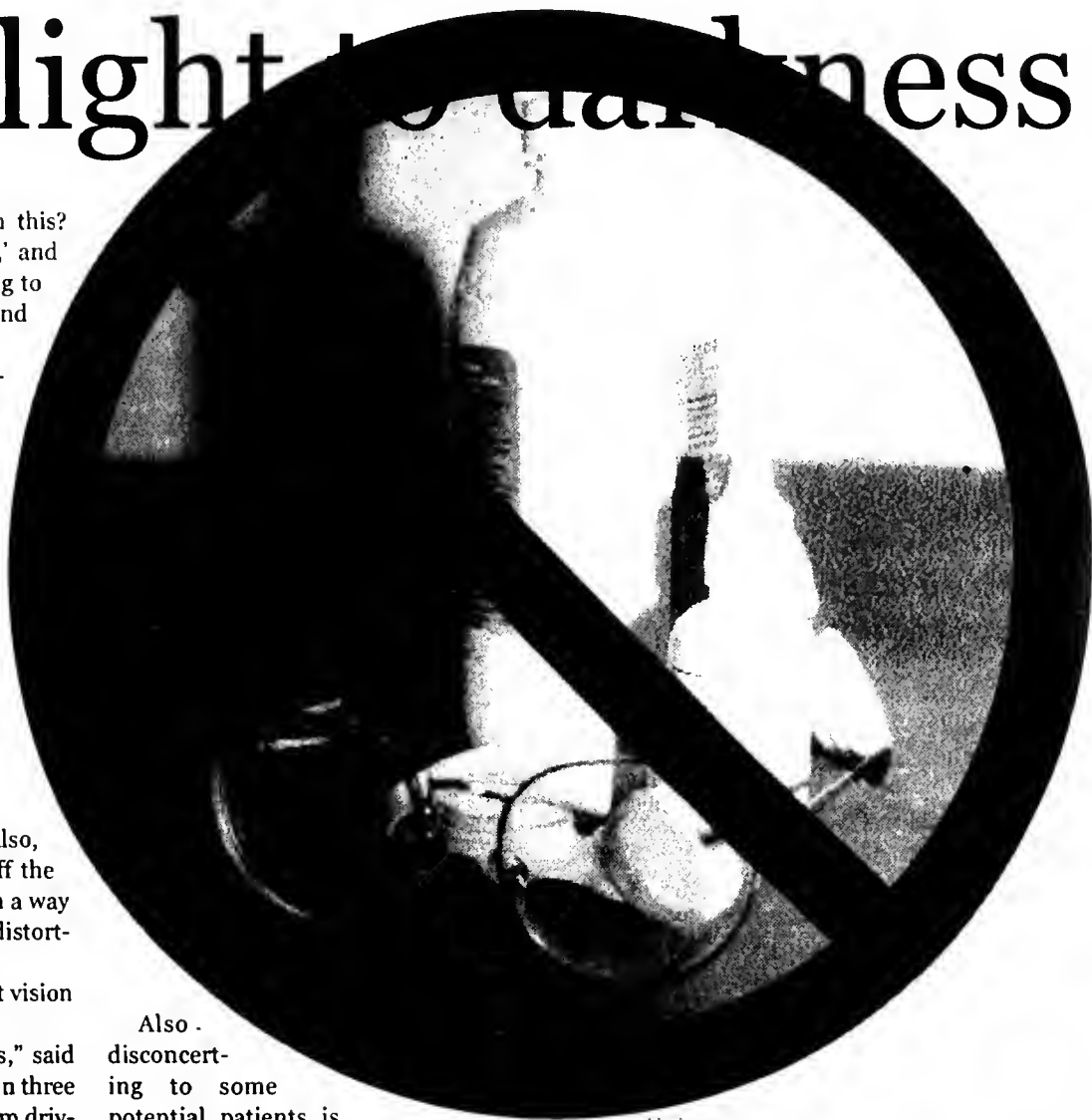
After much searching, Guidry found a surgeon he felt comfortable with.

But, a message posted by doctors on the news group sci.med.vision changed his mind once again.

"I read about a study that found almost 100 per cent of LASIK patients had retinal nerve damage due to pressure increases from the suction ring used to make the incision," Guidry said.

"Worse yet, my surgeon of choice leaves the ring on throughout the surgery. So I'm back at square one" he said.

Guidry still plans to undergo the LASIK procedure, but is now searching for a surgeon who uses the suction ring minimally during surgery.



Also . . . disconcerting to some potential patients is the increasingly commercial nature of LASIK.

BARGAIN SHOPPING

In an effort to attract patients from the U.S., where LASIK is much more expensive and less advanced due to slow Food and Drug Administration approval, companies have slashed prices, offering the procedure for as low as \$599 per eye.

"In deciding where I went, it basically came down to price," said Eskinazi, who paid \$2,400 for the procedure.

"I could have gotten it for even cheaper, but I didn't feel comfortable with that," she said.

"You need to know everything about the procedure and the surgeon and the company before you can really feel good about it"

Guidry has also felt the crunch of competition.

"One company I called tried to give me a very hard sell," said Guidry. "I was envisioning this conveyor belt where they open the front door, lay you down, get it done, and you keep moving right out the back door. I need a little more hand-holding for this sort of thing."

"The bottom line is you need to feel comfortable with what you're doing," said Colini. "You need to know everything about the procedure, the surgeon and the company before you can really feel good about it."

Questions to Ask Your Surgeon

Here are some questions to ask when you interview your potential surgeon:

-How many LASIK procedures have you performed?

* Studies indicate that the risk of complications is highest when surgeons have performed less than 300 procedures. In this case practice makes perfect, so choose an experienced doctor.

-What is your complication rate?

*The doctor should be willing to disclose this information. Less than 3 out of 1000 patients should have worse vision than they did before the surgery.

-Am I an ideal candidate for LASIK?

*People with extremely low prescriptions, cataracts, viral eye conditions, and those under 18 or pregnant are not good candidates for LASIK. If one surgeon has turned you down, do not try to find another who will perform the surgery.

-Will you measure my pupils during the consultation?

*People with large pupils may experience complications, such as permanently poor night vision.

-Does the price include your post-op appointments and any enhancements that may be necessary?

*Most companies have all-inclusive packages. Never select by price alone.

For more questions, check out www.usaeyes.org/faq/tough_questions.htm

Permanent makeup draws the line on beauty

BY NIKKI CARSWELL

Imagine a makeup that you never have to take off at night, one that will never run or smear even when wet.

Permanent cosmetic is a procedure commonly referred to as micro-pigmentation. It is a hypoallergenic pigment made from natural iron oxide that is applied just under the skin.

As in tattooing, a gun is used in applying the makeup to the skin. A topical freezing antiseptic is most commonly used to minimize discomfort.

Janice Regan is a permanent cosmetic artist at Lasting Looks in Toronto. For six years she has been helping people with her skill.

"I'm more on the medical side of it," she said. "Permanent makeup is becoming more popular in the medical field and the plastic surgery field because people who have scars [want them covered]."

Regan, who also belongs to the Association of Permanent Makeup in the U.S., said the covering of scars from facelifts or accidents is called scar camouflaging. She is one of the very few people in Canada who is trained in this practice.

Right now the scar camouflaging is not as popular as in the U.S.

In the U.S., "a permanent cosmetic technician works hand in hand with a plastic surgeon because he makes the scars and we cover them," Regan said.

"A lot of people don't know they can have [it]," and that soon "it is going to [become] very popular."

Like scar camouflaging, she said permanent makeup is very useful to many people. "Permanent cosmetics not only are being applied as a beauty enhancement but it also helps people who really need it."

Regan said it could benefit people who are receiving chemotherapy or have the immune system disorder called alopecia, where the hair falls out.

People who suffer from alopecia would most likely just get their eyebrows permanently penciled on.

"Permanent makeup enhances your natural features without plastic surgery," she said. "It can put a feature back on your face."

CLEOPATRA

Permanent makeup has existed for hundreds of years and is especially popular in the Orient.

"People have been tattooing [makeup] since the days of Cleopatra," she said. "Cleopatra, they say, had her eyes tattooed."

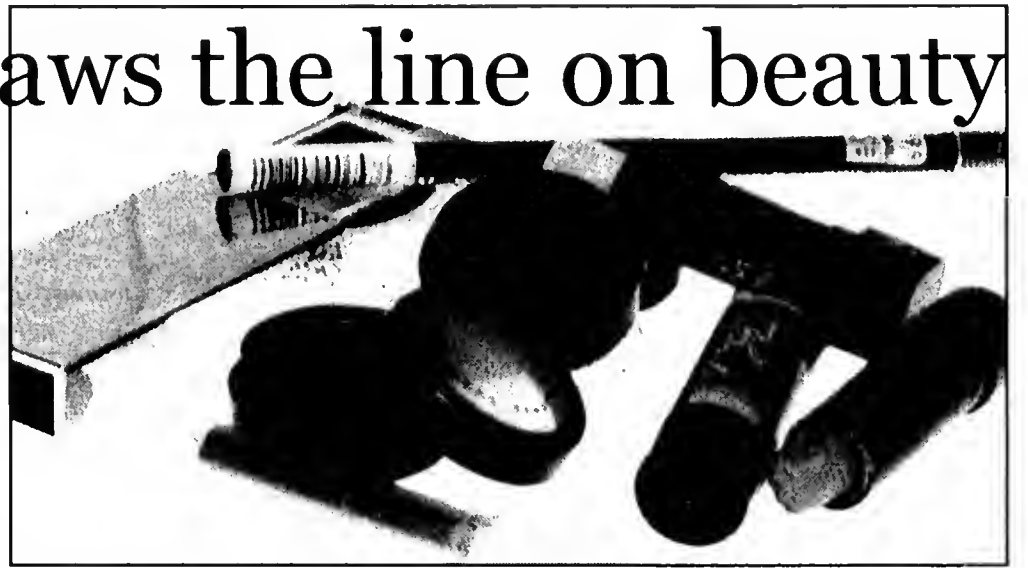
Regan said the most popular feature to have done on the face is the eyes. Eyeliner can be tattooed on the upper and lower part of the eye and in the colour the customer chooses. Having the eyeliner adds depth and definition to the eye.

Eyelash enhancement is also very popular.

"[This] is a very popular procedure for actors, models or men who want to look great," Regan said. "For this procedure she would tattoo the colour of the eyelash between the follicles. This makes the eyelash appear thicker and fuller. One of the most popular procedures young girls are asking for is the beauty mark."

"It just seemed like when Cindy Crawford exploded onto the modeling market everybody wanted to have that mole, something that a lot of people wanted years ago to surgically remove people are [now] asking to put on."

Other procedures Regan performs are eyebrow enhancements - which would benefit people who have plucked their eyebrows too much and the hair hasn't grown back -



FILE PHOTO

Makeup for life: Permanent makeup may make beauty products a thing of the past

the lipliner and lip colour. This helps to reshape uneven lips and can make the lips appear to be larger and fuller.

Regan suggested keeping a high sunblock on the face to prolong the makeup and said touch ups are recommended to maintain the look. Permanent makeup can last five years or longer.

"I would call [permanent makeup] the makeup of the future," she said. "I think everybody's going to eventually get it done."

Dinna Koniaris, a makeup artist at Carol Baker Visage at the Fairview Mall disagrees. She said she only sees about five people a year with some type of permanent makeup, and doesn't believe it is going to become as popular as anticipated.

"I don't like the way it looks," she said. "Sometimes the eyebrows are too dark or the eyeliner is smudged."

"Colours always change, styles always change," she added.

But, Regan said, "you can also wear additional makeup over your colour to create a more dramatic look."

Annalee Weston, who works at Skin Works, is a former permanent cosmetic artist.

"I got tired of doing it," she said. "It's pretty intense and a lot of work."

Like Koniaris, Weston does not believe permanent makeup will ever get very popular. Weston said you need to have a lot of patience to be able to perform the procedures.

"It got to be a pain. You charge like \$500 for the eyes and it still wasn't worth it because of time and aggravation."

Prices vary when it comes to the makeup depending on the thickness of the eyes or the amount you get done. Regan said the cheapest procedure is the beauty mark, which costs about \$50. Weston and Regan both have had permanent makeup done to their face.

"I've had my lips and eyes fully done and I love it," said Weston.

Regan and Weston said they have seen a lot of bad corrective makeup.

"Go with the most experienced technician," said Regan, "and don't look for a bar-

Adding essential oils to your diet prevents cramps

BY TANYA VERRELLI

Menstrual cramps are an inevitable part of being a woman, but you may be able to ease the pain through many different methods, including changing your eating habits.

Lorene Sauro, a nutritionist at Ambrosia Natural Foods in Newmarket, said cutting sugar and salt intake two weeks before menstruation, could help alleviate bloating.

"Anything they can do to make their diet better will help them during this time," said Sauro. "It doesn't mean you have to be a saint, but if you really pick your treats well, and pick them as treats and not part of your daily diet, people would feel amazingly better."

GET OILED

Sauro also said taking a fatty acid supplement like flaxseed oil and fish oil, is a must for total health.

She said these are essential for strengthening cells in order to retain nutrients and dispose of waste.

These oils, said Sauro, also contain omega three and omega six.

"If you have more omega three in your diet, you will swell less," said Sauro.

According to Sauro, too much omega six can cause inflammation while omega three contains anti-inflammatory properties, and period cramping is an inflammatory condition.

People generally have omega six in their bodies, said Sauro, because it's in seeds, nuts, corn oil, vegetable oil, and lots of meats.

Omega three, on the other hand, is only in a few foods like walnuts and soybeans, but not in high enough amounts to help the body.

Sauro recommends taking flaxseed oil and fish oil capsules. Even though they are fats, they're good for you.

"Unlike saturated fat or other kinds of fat, your body uses it differently and it won't make you fat," she said. "It won't be stored as fat because it's too busy doing other things that it's desperately needed for," she said.

Sauro said taking care of the body like eat-

ing lots of fruits and vegetables, decreasing salt and sugar intake, and exercising regularly will have an impact on menstrual cramps.

FOUR MORE, THREE MORE...

Heather Harris, director of Woman Alive Fitness Centre in Bradford, agreed with the effects of exercise on cramping.

"I do know that for women that have PMS, it reduces their symptoms," she said.

Harris said working up a sweat increases the serotonin and endorphin levels, which have pain-relieving effects on the body.

While Harris said exercise can help reduce the pain of periods, the other benefits are endless.

The more conventional treatment for cramps is found at the pharmacy but it's still important to know which drugs are better than others.

Basil Erdman, pharmacist of 33 years, recommends ibuprofen.

"The reason why I recommend ibuprofen is [because] it is an anti-inflammatory and anti-inflammatories seem to help cramps rather than a regular pain killer," he said.

Erdman is not as quick to recommend some of the medications specifically for period cramps. He said that while they usually help reduce water retention, they lack other benefits.

"A lot of those contain acetaminophen, which helps for pain but it doesn't help for inflammation," he said. "It's not the most efficient way of treating the problem."

DOCTOR, DOCTOR!

While anti-inflammatories are generally safe and don't require a prescription, Erdman said there might be side effects.

"The downside is that they can cause stomach upset and in very, very isolated cases, they can cause bleeding [of the bowels] and vomiting. Therefore, it's always advisable to tell a patient to take it with food," he said.

Erdman said for the more serious cramps prescription products are available, the most popular one being anaprox.

For those who have long since retired the hot water bottle, the doctor's office should be your next stop.

etc. etc.

High heels – looks that kill

BY SHANNON SLACK

His shoes shine off the dance floor. She wears a beautiful red dress. The full skirt, cut off at her knees, shows off the lean leg as she kicks her high heels to the music.

High heels. They look great, but underneath the glamour and the shoes is a price to be paid. Swing is back, and so are bunions and hammertoes.

"In the early 90s, there was a trend going more to the flats, but now everything has become more feminine again, and the high heel is coming back," said George Corbo, manager of Corbo Boutique in Toronto.

Because many high heel shoes have a narrow front, toes will often be squished and contracted into a claw-like position, causing hammertoe.

"Hammertoes are toes that are bent upwards, because they've been pushed into a different shape, and there's no room for them in the toe box. They have no where to go but up, so they bend," said Lynn Carter, director of the Women's College Hospital Foot Care Centre.

"[It's like trying to] park five cars into four parking spaces, you start developing problems," said Dr. Bruce Ramsden, past president of the Ontario Podiatry Medical Association.

One of these problems is bunions, which Carter describes as a bump on the side of the big toe.

"The big toe position actually angles toward the middle of the foot, and creates a bulge on the edge of the foot," said Carter.

Carter said there are some younger girls who suffer from foot problems, but most are middle-aged women and older.

"I would say that the trend is diminishing for new problems, pre-existing problems are still there," said Carter.

According to Hamilton-based chiropractor, Dr. Frank Ramelli, when a woman wears a high heel shoe, the body weight is distributed unevenly and a smaller percentage of the foot is touching the ground, which may lead to discomfort.

"Foot problems from high heel shoes contribute to knee, hip and lower back problems more than anything else," Ramelli said.

Carter said the most serious problem associated with wearing high heels is pain.

"A lot of different things can happen. The foot is reshaped. The structure is changed, deformities occur.

The fact that it changes the foot structure is serious," said Carter.

Wearing high heels may also cause long-term problems for the achilles tendon.

Ramsden said the achilles tendon is shortened when

a woman wears heels.

Because there is less of a strain on it, it is not uncomfortable.

But, when older women decide to change to a lower heel or flats, they will not be comfortable because the tendon has already contracted and shortened.

Ramsden said women often wear high heel shoes because of psychological reasons.

"When they look good, they feel good. That is the primary motivating factor for most people wearing high heels and that's why they've stuck around for so long," he said.

Through time, he said, shoe manufacturers have eliminated the really pointy toe and the really high heel, but women enjoy wearing high heels because being taller gives them a feeling of superiority.

"A high heel shoe flexes the calf muscle, so it makes the leg look nice, it extends the leg length, and height. It actually pushes the butt and chest area out as well. Basically you can see why a young female is going to be wearing a high heeled shoe."

Transit shoe store manager in the Woodbine Centre, Ahmed Nahabi said high heels aren't very popular for everyday use, but are still a big seller for special occasions.

Aldo shoe store, manager Kavin Khosravi said most women are more concerned about style and looks than comfort.

"About 70 per cent of our sales are because of the fashion and then the rest is just about the quality, the brand and the price. What's in style now is the stiletto type, and a lot of women like that because of how it looks."

There are things women can do to make their shoe as comfortable as possible.

If women insist on wearing heels, there are ways to prevent discomfort.

Orthotics, a shoe insert to help raise the arch so that the foot doesn't drop, can help make the woman feel more comfortable.

There are many different varieties of shoe inserts, from rigid and semi rigid, to flexible.

Also, many shoe distributors are putting padding into the shoe so it makes the bottom of the shoe more comfortable.

Some are also making shoes with extra depth in the toes.

"They're making the heels a lot thicker so there's less strain on the foot" Nahabi said. "If the heel is a lot thicker and chunkier, it's taking more stress off the foot."

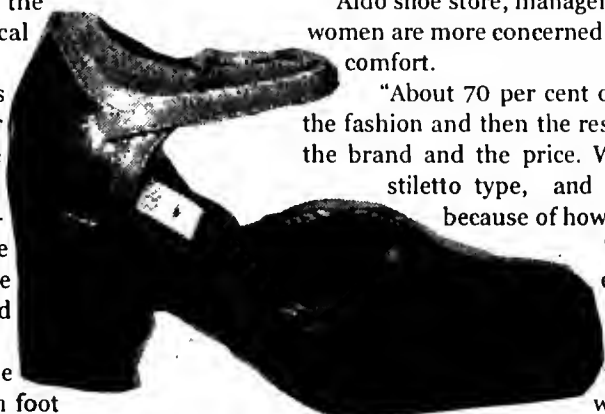
Both Ramelli and Ramsden recommend a heel height no higher than an inch and a half as they say this is the perfect height for the foot to function.

"She should look for a shoe with a good contour in the heel to give her stability and more heel contact," said Ramsden.

"A flexible soled shoe is reasonably good. Women should also look for a shoe with a more rounded toe."

Wearing heels sparingly will help limit pain.

"If you only wear [high heels] for evenings or when you go out, then it shouldn't be a problem," said Corbo.



ELLIOTT BELKIN

Break free: Chris Vernon who smoked for 15 years, has been smoke-free for three months thanks to a little help from Zyban

Where there's a will there's a pill

BY SEANNA MURRAY-NECK

If you still haven't been able to butt out and you've tried everything from the patch to cold turkey, Zyban may be the solution you need.

Chris Vernon was a smoker for 15 years. He had tried everything to quit but nothing seemed to help terminate his cravings for nicotine until he tried Zyban.

Zyban is a nicotine-free pill that specifically helps people quit smoking.

Derived from the parent drug Wellbutrin, an anti-depressant, Zyban uses its active ingredient, bupropion hydrochloride to help get rid of the cravings for nicotine.

"By circumstance they found out that the drug does something to that part of the brain that produces the desire to smoke, but we don't know why," said Dr. Arnie Ein who has prescribed Zyban to some of his patients.

Pharmacist Connie Judge, said dosages will vary depending on the severity of your addiction, but it generally works like this: one pill a day for three days, followed by two pills a day until you stop needing it.

It takes about a week for the drug to reach the right levels in your body to be effective so you can smoke for the first week of taking Zyban.

Treatment is usually taken for seven to 12 weeks or longer depending on the addiction of the smoker. The cost of Zyban is about \$65 for a 30-day treatment.

Vernon said Zyban altered his desire to smoke but he was definitely ready to kick the habit.

"It was my time to quit. They say you try to quit about six times before you're actually ready and I guess I was just lucky."

Vernon has been smoke-free for three months.

"Zyban is not a miracle drug," said Ein. "It's a crutch, and without the desire to quit smoking, you will not be successful."

He said the drug does not work for everyone and it is much more successful for some than others.

Ryan Simper has been a smoker for three years and tried Zyban to help him kick the habit.

"It didn't work for me because I'm still smoking," said Simper. "It had some serious side effects that I just couldn't deal with."

He said that he already suffered some insomnia and Zyban seemed to make it worse.

Troubled sleep is one of the more common side effects associated with Zyban, along with dry mouth, headache, constipation, anxiety, blurred vision and shakiness.

Some less common side effects include, mood changes, slowed movements, difficulty urinating and a decreased sex drive or drowsiness.

Zyban is supposed to suppress the urge to smoke but it will not work if the patient is not ready to quit.

Ein said Zyban is an option to help you quit smoking but he prefers to suggest it as a last resort.

"I'd prefer [patients] to first try cold turkey and then nicotine gum, then the patch and when you've exhausted all of those and are dedicated to quitting then try Zyban. Zyban won't do it for you."

BRAVE

new

WORLDS

*Culture, Politics,
and
Technology*

GENERAL EDUCATION LECTURE SERIES

HUMBER

All students and staff are invited

For free admission tickets, contact:

Liberal Arts & Sciences Division

K201, North Campus

or Phone: (416) 675-6622, ext. 4313

Sponsored by the Office of the President and
General Education Department

Irshad Manji

Social Commentator

Thursday, April 6, 2000

1:30 p.m. in the Community Room



SPORTS *Set Cetera*



Humber varsity awards, p29

Coach "Mr. Patience" Spratt, p30

Hawks honour their own

Awards banquet pays tribute to excellence in athletics

BY JAMIE QUINN

Humber Athletes were recognized for their sporting achievements on Tuesday at the 12th annual awards banquet organized by the Student Athletic Association (SAA).

The evening was a thank you celebration dedicated to athletes, staff, and students whose efforts combined are what make athletics work.

"Whether you are a team player or you just work in the office, if you look at the way athletics have developed we're all one gigantic team," said SAA president, Dana Smith.

Outstanding players on both men and women's teams received awards for rookie of the year, most improved player, and most valuable player.

Four students took home the athlete of the year award. Adriana Cataldo, on the female soccer team and Caroline Fletcher, on the women's volleyball team, each took home the award for women.

The male athlete of the year award was also shared, by Dexter Miller on the men's basketball team and Matt Tim of the men's volleyball team.

Doug Fox, who has been the athletic director at Humber for the past 12 years, said that a night like this is very important and special for athletes.

"We're all one gigantic team"

"In terms of the athletes themselves it's a long year and this is the one time that they get the recognition back from all the hard work that they go through," Fox said. "It's my goal to make sure that everyone of those athletes that come here walk away saying 'this is a great place, I had a great career and I am really happy with it'. So that's what we work for."

Fox spends a lot of time looking for great athletes across the province. He said that Humber has been blessed and has some of the best.

Adriana Cataldo won a total of three awards on Tuesday for her contribution to the women's soccer team. Other than being named ath-



JAMIE QUINN

Hawk Heart Award: Winners (l to r) Matt Carr, Marcel Lawrence, Rich Wand and Adriana Cataldo

lete of the year Cataldo was named the most valuable player on her team, and was one of four recipients of the Hawk Heart award.

CONFIDENCE BOOST

Although Cataldo sustained numerous injuries throughout the season, she continued to play games and lead her team to victory. She accepted her award with a broken wrist and said that playing sports has enhanced her overall experience at Humber.

"Playing a sport that you are good at gives you a high that builds confidence. For me, it gives me discipline too. Because I know I am good at one thing, I think hey, I could be good at other things too, like school work," Cataldo said.

The Hawk Heart award recognizes team players who demonstrate great heart for the game. The other three winners were Rich Wand, Marcel Lawrence, and Matt Carr.

Hall of fame awards recognized athletes for good sportsmanship

and athletic excellence.

SAA also took time to thank sports reporters for their dedication and excellence in sports reporting and editing.

The Joe Suzor memorial award was presented to Dean Pinkham, editor-in-chief and former sports editor of the *Humber Et Cetera*.

"It's my goal to make sure that everyone of those athletes that come here walk away saying 'this is a great place'"

"His work alongside reporters as an editor contributed to outstanding sports coverage this year," Fox said. "Dean makes sports happen. He made sure that every team got covered. Every team was given fair and equitable treatment from the paper this year."

CAA chief Smith said that sports are very important to students for a few different reasons.

"Not everyone does really really well academically, but when they get

the opportunity to get involved in other things like sports, it helps them academically. Sports is just one of those outlets that helps round out everything else," said Smith.

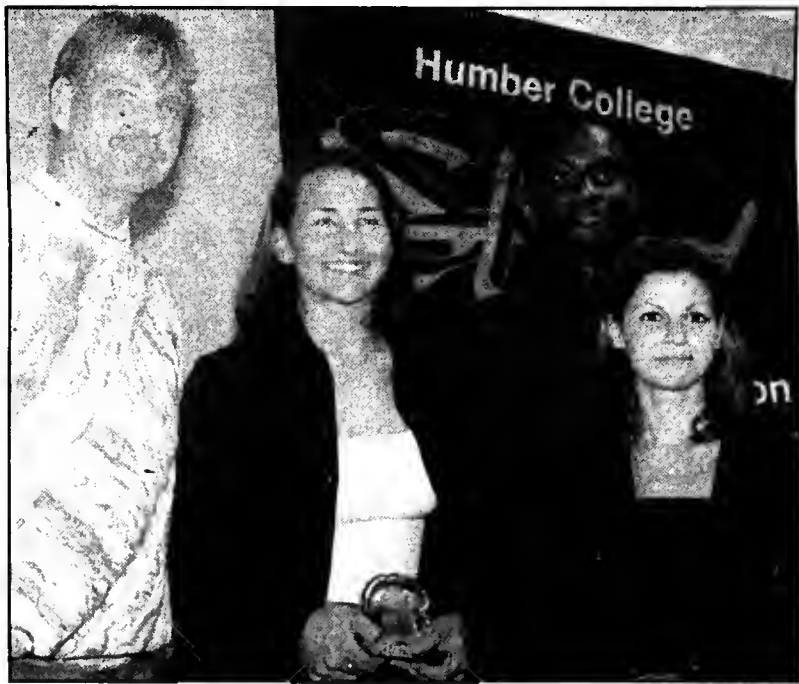
The evening recognized not only individual athletes and but also the very special role that the athletic program plays for students who are involved in sports.

Nathaniel Singleton, who won the award for most improved player on the men's soccer team, said that being a member of the team has been a learning experience.

He said that dedication, and commitment, and leadership skills combined make for an excellent athlete.

Singleton has been on the team for two years. Being recognized this year as most improved player means a lot to him, he said.

"For me to win most improved player means that I can still play with the best and keep up to par, and still make that long lasting impression on the field," Singleton said.



JAMIE QUINN

Excellence: Athletics Director Doug Fox (left) and Warrick Manner (second from right) with winners of the Warrick Manner Athletic Excellence and Fair Play Award Beth Latendresse and Joanna Vitale

etc. etc.

We're geared to help you find work.

Career Centre for Student Employment



One-on-one job search assistance



Graduate Employment Service

We're offering personal job search assistance to our 3,369 graduates. Register with the Career Center for Student Employment. Receive a kit of information and resources. Provide us with a resume or e-mail address and we'll refer you to good jobs exclusive to Humber College. Employers are impressed by immediate referrals from qualified graduating students.



Above: The friendly Career Center staff (North Campus)
Below: The friendly Career Center staff (Lakeshore Campus)
All Photos taken by: David Lui



Just a few of our services

- free faxing
- co-op placement/job search assistance
- internet access job search resources
- laser printing of resumes
- full-time, part-time, summer job listings
- resume/interview assistance

Check our Web site resources

www.humberc.on.ca/~gradrprt
www.humberc.on.ca/~careersc



www.campusworklink.com
for internet job postings

Be sure to drop by A100 (North Campus)
A120 (Lakeshore Campus)

