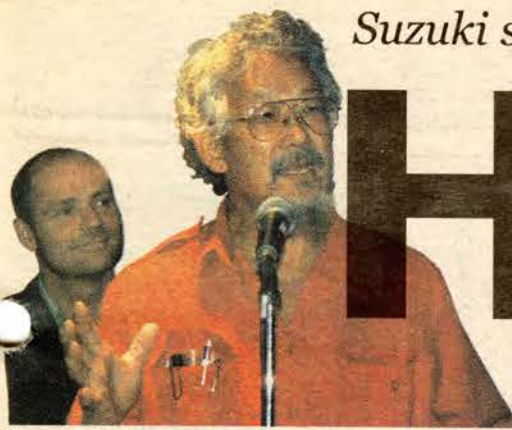


# HUMBER *et cetera*



SEPTEMBER 28, 2000 Vol 29 Issue 03



DEREK MALCOLM

## TO AIR IS HUMAN

A Humber Hawks hopeful shows off his ups in an attempt to land a spot on the 2000-2001 Men's Basketball team. The team should be finalized by next Wednesday in time for the first game of the new year on October 13.

## Humber plans to clean house

by Kevin Waddell

Humber pays more to get rid of its garbage than any other Ontario college, but the implementation of a new pilot project focused on recycling could change that.

Humber currently spends \$92,536 a year in payroll, parts, maintenance, and man hours to handle its trash, Carol Anderson, manager of Campus Services, told the Academic Council last week. Anderson presented to council an alternative method, which could save the college more than \$20,000 a year by increasing the amount of waste the college recycles, in turn reducing the amount we ship to landfill.

"Our waste audit showed that we were only recycling only 18 per cent of our total waste," Anderson said. "It's a matter of reconfiguring the garbage collection equipment."

In an agreement with OMG Media of Concord, Ontario, the college would receive 22 3-in-1 recycling and trash "stations," like ones seen near TTC bus stops with slots for trash, cans and bottles, and plastics.

In exchange for placing advertisements on them, OMG will provide the attractive stainless steel containers free of charge. "Our theory is that recycling has to be attractive, inviting, and obvious," Anderson said.

In addition to the OMG bins, Humber will purchase 250 plastic bins with a similar design, and the 150 blue plastic containers currently in use would be used for paper recycling.

The college sent 690 tons of garbage to the landfill in 1999 at \$70 per ton. Additional costs for pickup can also range from \$1,500 to \$2,500 per month to collect from the two bins on North campus Anderson said. Currently, those bins are not equipped to compact trash, they just collect the garbage bags thrown in by the various departments in the college. As part of the pilot project, one of the bins would be converted to a compacting bin to reduce the frequency that the bins are emptied.

OMG will be given permission to post advertisements on the sides of the containers, and in exchange they will supply the \$55,000 bins free of charge. Humber will supply the 250 additional containers costing \$10,000, a promotions package worth \$3,000, the compactor con-

version at \$3,000, and \$10,000 to relocate all compactors to shipping and receiving in 2002.

Anderson said she is hoping to recover that amount in the first year.

For now, "We're performing very poorly," Anderson told council members about the school's recycling program. "People are not sure what goes in the recycling bins."

*"Our theory is that recycling has to be attractive, inviting, and obvious."*

— Carol Anderson

Anderson said she receives complaints about the current method involving large blue bins. She said that people don't like the smell or visual appeal in the hallways.

In an informal poll, a dozen students were resoundingly apathetic to any change in waste management.

Kavidhan Sundha, a second-year Accounting student, said she would be more inclined to use the OMG bins for recycling because they look cleaner than the current blue bins. "I don't really pay attention to advertising," Sundha said.

Catherine Marrion, a faculty member at the School of Performing Arts, was not keen on having more ads on campus.

"The incursion of advertising in our lives, on so many levels, is exponentially growing," she told council. "Advertising ... is not conducive to the type of teaching that I believe in."

John Mason, director of Ancillary Services, said the bins do mean more ads on campus, but the college does have the right to refuse any proposed controversial ads.

Advertising revenue will be very minimal as well, Anderson said. Currently, Durham and Centennial use OMG's bins. "I spoke with both colleges," Anderson added, "and both are extremely pleased with their programs."

# Task force to find dollars for students

by Desmond Devoy

A new task force has been set up to investigate the efficiencies of Ontario's colleges.

The Advisory Task Force on Investing in Students, formed on Sept. 19th, by the Ontario Ministry of Training, Colleges and Universities, will be looking into how Ontario's 25 colleges and 17 universities are run. They will also look at how new technologies can be used to make these institutions operate more smoothly.

The Ontario Community College Student Parliamentary Association, (OCCSPA), says the task force is a welcome initiative, but any changes it recommends must not come at a cost to students education.

"To be honest, the college system has been efficient for several years," said Tracy Boyer, the OCCSPA's executive director. She added, however, that increased funding is a critical issue.

"The colleges need more money so they can offer more quality to students they've had to do more with less," she said. "Our bottom line is that we need more money [for post secondary education.]"

According to the OCCSPA, provincial funding per student has gone down over the past decade. In the 1990-1991 period, colleges received about \$5,125 per student. By the 1999-2000 school session, that amount had dropped to \$3,059 per student. In those years, community college enrollment has increased by 35 per cent. As a

result, students are having to pick up more of the cost of education.

"Students are being saddled with the costs...if there was an investment in it [post-secondary education] then we could ask the institutions to freeze the fees. Who else is going to pay for it if the government doesn't," asked Boyer. "We need to hold them to their report and see the report reflects the need for affordable, accessible education."

Here at Humber, the task force is getting a positive, if uncertain welcome from the administration.

"They're looking for good ideas on how to spend tax dollars wisely," said Dr. Richard Hook, Vice-president

*"It's always good for government to go in and be reviewing the sector. It's your money, it's my money."*

-Tracy Boyer

of Academics. "[But] the committee is going to have to get going and it will have to clarify its own mandate. We don't have details on it. We've heard about it in a sketchy way. We know as much about it as you do."

Humber has had to deal with the cuts of the past years, while trying to make the best of the situation. The college had 45 per cent cut from its operating budget, which was done with "A fair bit of pain," according to Hook.

Because of these cuts, Hook admits "Students are having to be inconvenienced. There are renovations that didn't occur that should have occurred in a timely way. We are doing 75 per cent of what we should be doing."

Hook cited the problems with the parking lot and the fact that it

took longer than it should have to install air conditioning at the Lakeshore campus.

"We don't see how we can get more efficient...Humber is very efficient. Humber isn't perfect but the students seem satisfied. I'd rather have a student complain about crowded hallways than about the lack of a quality education," he said.

It is estimated that Ontario's colleges will face enrollment increases of about 20 per cent by 2003, while universities will face a whopping 40 per cent increase in enrollment. Humber though, is preparing for the anticipated increase.

"Humber's been planning for this for some time now," said Hook.

The school has a wish list of 72 programs it would like to start up. About eight programs were started in 1999 and 12 more have been added this year. By 2003, when both Grade 12 and OAC students will be graduating from high school, Humber should have about 30 new programs up and running to accommodate the extra load.

While the school is adding new courses, it is not receiving any additional funding for the pilot programs. For Hook though, "It's better to spread out the pain here a little bit," by adding the programs now instead of waiting for funding that may never materialize.

So while both the administration and the OCCSPA remain sceptical of the task force, for Tracy Boyer, part of the force's mandate appears noble.

"It's always good for government to go in and be reviewing the sector. It's your money, it's my money."

# New logo still being tarnished

by Kevin Waddell

The use or abuse of the school logo on three publications from Humber College was questioned at September's Academic Council meeting.

One week after the Humber Et Cetera was warned not to mess with the logo, the Academic Council learned three Humber documents contain three different variations of the same logo.

The documents, school calendars sent out to recruit new students, were brought to council's attention by Barbara Hubbs, professor and faculty advisor in the School of Information Technology.

Hubbs said a colleague showed her the documents, and pointed out the council heard last year that a uniform logo on all publications is required to project a consistent image.

"Now, different publications have gone out, and there are differ-

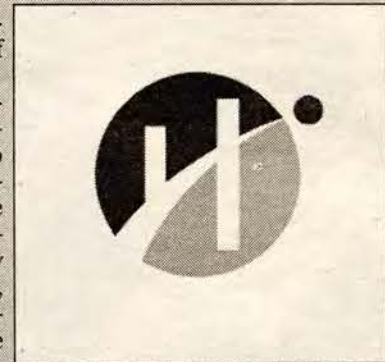
ent identities going out," Hubbs said.

Katharine Webb, a graphic designer in the marketing and communications department, said that the variations on the logo were within the guidelines because of the background colour. The variations, she explained, ensure the logo does not get lost in the background.

But Hubbs said she is concerned that other departments might not know the guidelines for using the logo.

"The policies should be given out to everybody in the college that it's going to affect," she said.

Hubbs said other schools in the college put out flyers and other publications, aside from the Et Cetera. If they don't have a copy of the policies, other departments might also infringe on the logo guidelines, she said. Hubbs added that she has not been sent a copy of the policies regarding the logo.



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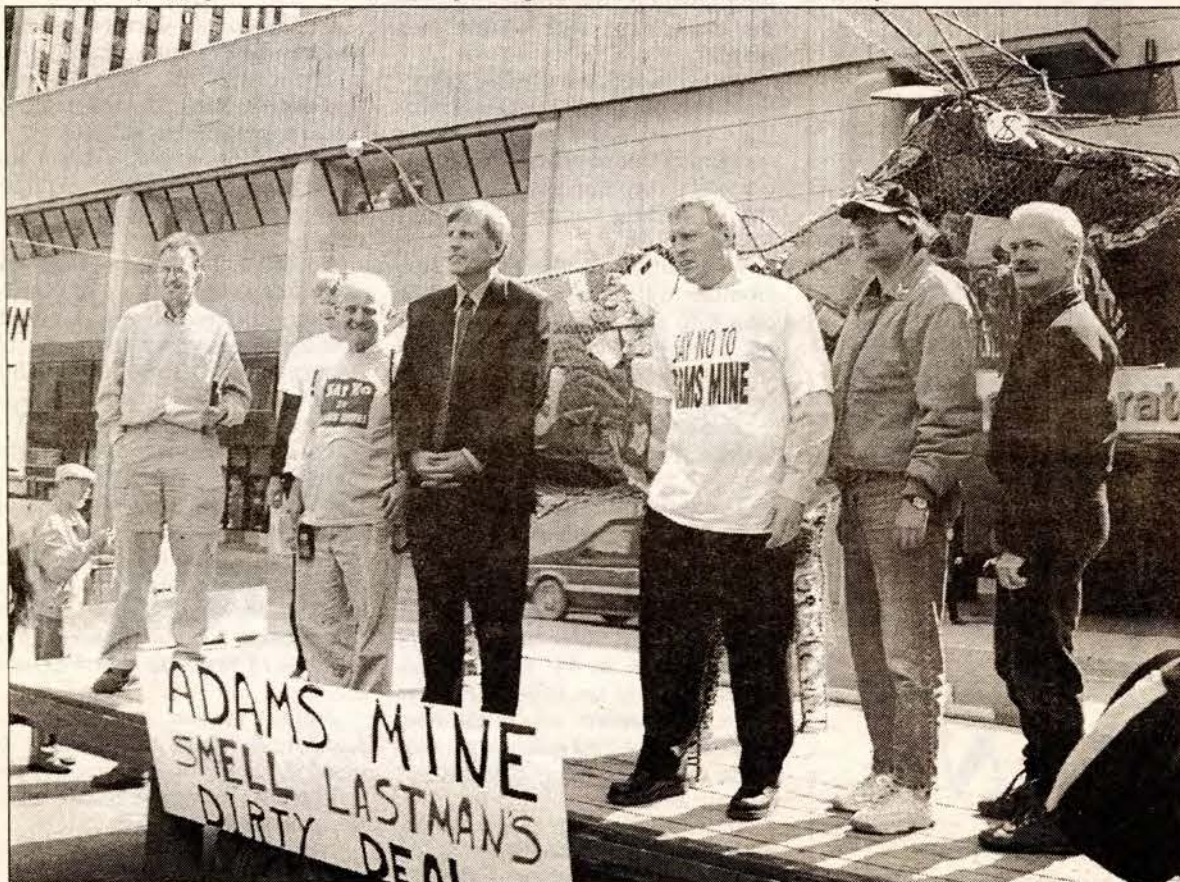
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NICOLE MONTREUIL

**GREAT MOOSE-** Residents of Kirkland Lake, accompanied by Mel the Garbage Moose, made the trip down to city hall to protest the dumping of Toronto garbage in their community. NDP provincial leader Howard Hampton, (third from right), showed up to lend his support.

# AIDS walk to promote awareness

by Alexandra Cygal

Close to 20,000 men, women and children walked through the streets of downtown Toronto, last Sunday, to support the on-going battle against AIDS.

The 11th annual AIDS Walk Toronto promoted awareness and raised funds for critical resources and services provided by AIDS Committee of Toronto and other community organizations.

*"Getting the final numbers in, we don't have yet, but I'm confident that we can succeed."*

-Tim Martin,  
Chair of AIDS Walk  
Toronto

This year's walk also featured a Community Fair, which included many of the community groups that benefit from the raised funds such as the Alliance for South Asian AIDS Prevention and the Positive Youth Outreach.

"The turn-out of people has been great," said Tim Martin, Chair of AIDS Walk Toronto. "Getting the final numbers in, we don't have yet, but I'm confident that we can succeed."

The goal this year is to raise \$500,000.

## ENTERTAINMENT

New this year was the first annual AIDS Walk Toronto BBQ and a Molson Beer Garden, featuring local entertainers as well as Canadian singer/songwriter Kim Stockwood.

Walkers got a chance to win great prizes, including airfare anywhere in North America courtesy of Air Canada/Canadian Airlines and tickets to a Tina Turner concert, courtesy of CHUM FM.

Those who participated put up stickers of reasons why they decided to take part, on big walls placed at the finish line. At the end of the event, the walls were full of little white stick-on notes, and the reasons were many.

They ranged from the personal: "For Michael" to "I want sex to be fun again" to "Human Nature." Martin said that another goal of this event is to get people to understand that "AIDS isn't over."

"There have been a great deal of drug therapies that have been presented in the last few years," Martin said. "They are helping people live longer, but there are also a lot of side effects to that."

And because these people are still living longer, the need for the services that these agencies provide is increased, so we still need these events."

More than 41,000 Canadians are currently living with the HIV virus and, every week, 42 more Canadians are infected.

AIDS Walk Toronto is Canada's largest single-day AIDS fundraising event and has raised over \$5.5 million for the cause in the last 10 years.

# Torontonians join world protests

by Brett Clarkson

Hundreds of chanting, placard-waving demonstrators descended on Toronto's financial district Tuesday to speak out against third-world poverty and the effects of global capitalism on the world's poor.

The protest, organized by Toronto Mobilization for Global Justice, was in solidarity with the massive demonstrations in Prague against the International Monetary Fund and World Bank, who are currently holding their annual meetings in the Czech capital.

"We wanted to show Toronto and the people of Ontario that people in Canada are in world solidarity with our brothers and sisters in Prague," said rally-organizer Jonathon Hodge of the Toronto Mobilization for Global Justice. "[We're] fighting against the egregious errors of the IMF and the World Bank, fighting against policies that keep large chunks of the world heavily in debt and in poverty."

Many complex issues surround the anti-globalization movement, which peaked with the shutting down of the World Trade Organization talks in Seattle this past November.

At the forefront is the growing gap between the rich and poor nations. Opponents of global capitalism condemn the large multinational corporations who exploit cheap labour in the third world.

"The interests that are really

profiting from this don't give a damn," said James Paul, executive director of the New York-based Global Policy Forum, which monitors global policy at the United Nations. "They're just licking their chops and pulling in their profits."

Although the protest was peaceful, police were prepared to deal with any threat of violence. Before the demonstration began, a military tank was deployed in front of the Courthouse at 360 University Avenue, where the demonstrators assembled. The tank soon disappeared, but there were an estimated 100 police on hand, including five police motorcycles and nine Clydesdale horses.

Police made one arrest before the protest began. Fernando Soto, 33, was taken into custody on unspecified charges stemming from the June 15 Queen's Park anti-poverty demonstration.

At 4:45 p.m., the protesters moved steadily down University Ave towards Adelaide and over to the Toronto Stock Exchange, chanting "the people united will never be defeated!"

Tooker Gomberg, who is running against Mel Lastman for mayor of Toronto, was spotted among the crowds handing out leaflets and shaking hands.

"I think it's important to protest when you have organizations like the World Bank and the IMF, which are causing such hardships in the world," Gomberg said. In recent months, an international groundswell of criticism has centred on the

IMF and World Bank, which were set up in 1944 to help reduce world poverty and maintain global financial stability.

Opponents of the IMF and Bank are demanding they forgive the debt of the world's poorest nations.

The World Bank says debt relief is an issue that's very important to them, but it's not easily done because the money is needed to finance development projects in poorer countries.

"The one thing that we're really concerned about is making sure that the money from debt relief is really used to address issues like AIDS in Africa, or access to clean water, education, the things that really make a difference," said Ana Luna, media-relations officer at the World Bank in Washington D.C.

The IMF says more of a focus should be put on building up social

infrastructure within nations.

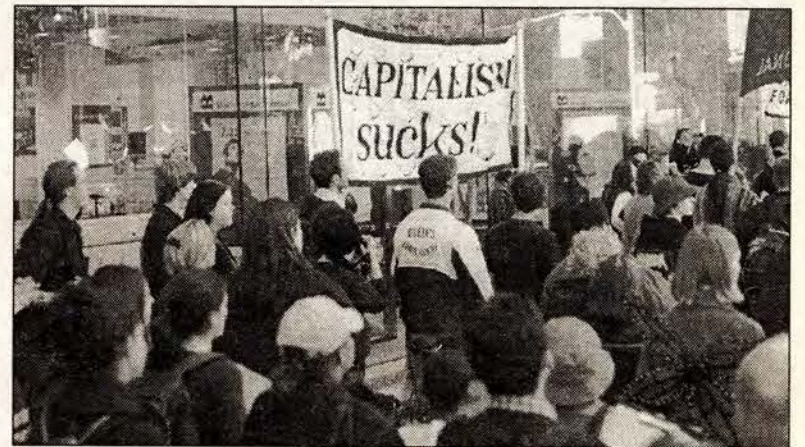
"The issue really is not just writing off the debt," said Vasuki Shastri, Asia-Pacific spokesperson for the IMF. "The issue is how do you help these countries promote growth and good policy."

So how do students feel about globalization?

Mike Smith, 20, a first-year York University student, says globalization "is definitely the bringing together of the people of the world as one amorphous mass under the control of all the rich people of the world."

Both the IMF and World Bank say they're taking the protest movement seriously.

"People here at the Fund and the Bank are willing to take a look at which policies need to be pursued, which will bring about globalization which is just and fair," Shastri said.



BRETT CLARKSON

STAYING PEACEFUL-Hundreds protest world poverty.

# Who ya gonna call?

by Jessica Markoff

When Mike Peterson looks at garbage he doesn't just see trash, he sees a pay cheque.

Peterson, a first year Court and Tribunal Law student at Humber College works for Trashbuster, a student run business that picks up trash, unwanted household appliances and other rubbish that people would like removed.

"I like the independence of driving around to the job sites and pricing the jobs myself. It's also nice to deal with the customers yourself. I like the idea of being my boss," said Peterson.

There are currently three Trashbuster trucks in Toronto and six students employed by the company. The basic wage is \$8 an hour plus commissions.

The company, created about five years ago in Vancouver, has been operating in the Toronto area for four months.

John Hibbard, native of Vancouver and recent graduate of the University of British Columbia, moved to Toronto to expand the business and took the position of operational manager.

"There was a company already here in Toronto called Trash Trucks and the two owners of the company wanted to sell. Trashbusters was looking to expand easterly because we had only been operating in Vancouver, Portland, Denver and Los Angeles," said Hibbard.

All the toll free calls go through the Vancouver office but it is also

possible to request their services at their Web site. There is a next day service policy for most pick up jobs unless the load is large and time consuming.

Trashbuster charges anywhere from \$45 to \$330 according to the size of the load they are picking up.

"A small load would be something like a household appliance, pretty much one item deals, or something like a dozen garbage bags. Large loads are generally things like if someone was tearing down a shed or tearing up a kitchen and they had a bunch of old cupboards, that kind of stuff," said Hibbard.

One of Trashbusters newest customers is Gerry Cybulskie, maintenance supervisor at St. Michael's Cathedral, located at 200 Church St.

"I see their trucks all the time and I figured I'd better give them a call and see how good they are. They did a good job for us and I will give them a call again," said Cybulskie.

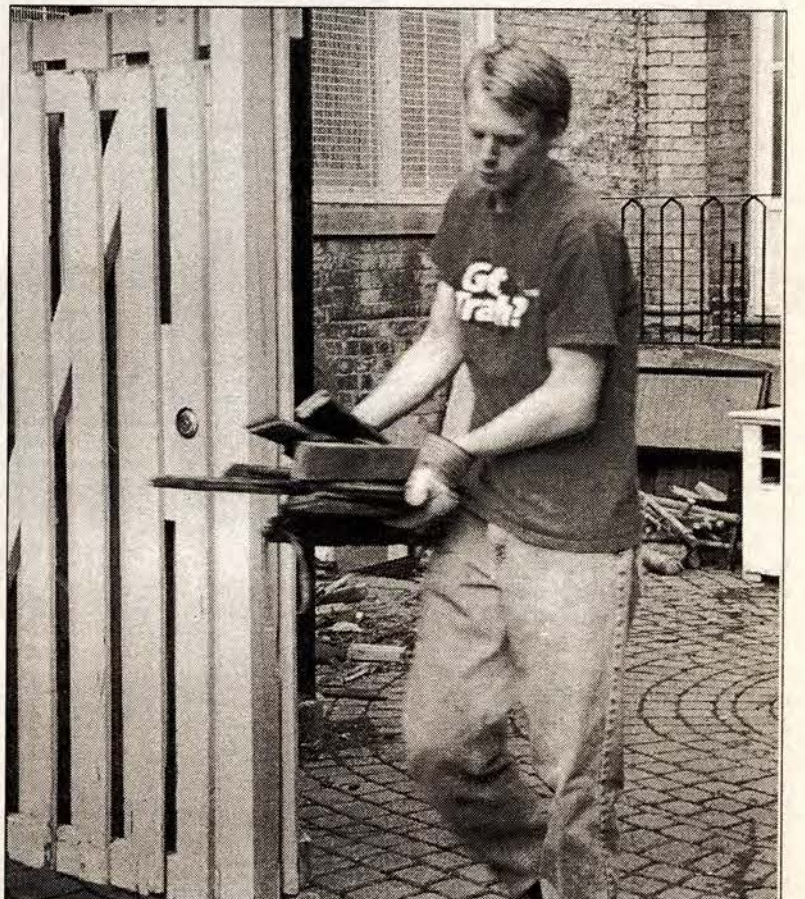
The loads of trash are dropped off at several different locations in the Toronto area. Recyclables are separated into bins and the rest of the trash goes to the dump sites. Target Transfer and Resource Recovery, a privately owned company, receive the construction materials Trashbusters drops off.

Trashbusters has a special licence issued by the government for transporting the trash from their customers' homes to the dump sites.

"We had to get an environmental permit from the Ontario government. Anyone who goes to remove trash in the city and pick it up and transport it anywhere requires a

special licence," said Hibbard.

Late spring through fall are the busiest time for Trashbusters and they usually hire seasonal employees for the summer months.



JESSICA MARKOFF

TAKING OUT THE TRASH- Working for trashbusters is a way for students like Keith Martin to make extra money.

## New Web site gives students an EDge

by Carlo Corbo

EDge Interactive Publishing has introduced a Web site where students can buy and sell used books off the Internet.

The used book Web site ([www.books4exchange.com](http://www.books4exchange.com)), launched nationally on Sept. 5, allows students from across the country to buy and sell textbooks to other students, free of charge.

Selling students are required to register and then post the textbooks they want to sell. The prospective buyer can contact the seller by email or phone to arrange a deal. The students settle on an individual price for the textbooks. The only additional charge is the shipping cost, which the buyer will pay in an agreed method of payment.

There are plans to expand the Web site to offer more services in the future, according to Wilkins.

It will be a "full blown student portal with radio stations, full scholarships, culture, live video and dating," said Wilkins. He also said the site will include a past exam database where students can exchange exams and sell other goods similar to what is presently offered on e-Bay. The purchasing and selling of exams is legal.

The site operates in conjunction with colleges and universities from across the country in a revenue sharing plan. Student councils will share profits from the ads posted on the site.

Humber College, has not come

to an agreement with EDge.

EDge has twice approached Humber according to Stephen Anastasi, Humber Student Federation vice-president of Campus Life.

"We didn't have a Web site so we couldn't establish a link," said Anastasi. "Right now we are investigating it."

He said the HSF Board of Directors will be meeting and a final decision will be made soon.

He also said the HSF wanted to study the agreement with Follett, Humber College's Bookstore owners, to see if there is a conflict.

Humber Bookstore manager Mitch Walker was not aware of EDge or the fact that HSF was considering an offer from them.

"It's all news to me," said Walker.

Walker did not appear to be concerned about losing any business, saying students already swap used books in the hallway. But, said the bookstore is supplying students books at a better value compared to past years.

Walker also said the bookstore has its own Web site that allows students to purchase books online.

EDge President and CEO Chris Wilkins said the site has amassed a collection of 6,200 books with more than 2,000 students registered.

"It is the leading used textbook site in the country," Wilkins said. According to Wilkins the site has processed approximately 2,000 sales so far.

# Super card on the horizon

by Brianne Binelli

You will be able to leave your credit cards and money at home if a new multi-purpose card is introduced to Humber students in the future.

This new card will act as a meal plan card, a student photo identification card, and library card for the whole student body. Ideally it will be used to pay for laundry, parking, food and shopping at the bookstore.

*"The intent would be expand the use of this card to include areas such as the bookstore and the library so students would have the convenience of using one card."*

- John Mason

This idea is in the preliminary stages so it has no official title yet. If implemented, students would pay a flat fee at the beginning of the year which will cover most costs that would be generated in a school year

## Fate of proposed combo card likely to be known by school year's end

by a student, said John Mason, director of customer relations.

"The intent would be to expand the use of this card to include areas such as the bookstore and the library so students would have the convenience of using one card," said Mason.

Don Henriques, general manager of food services thinks the card will be beneficial to students in a number of ways.

"The biggest thing is not having to carry money around," said Henriques, who also said the card will speed up service and protect students from losing money as easily as before.

Managers of various restaurants and services in the school agreed that the card would be a good idea for students.

Mitch Walker, manager of the school bookstore, said he is "for the smart [new] card from the standpoint that it will facilitate students' interaction with different resources on campus." He pointed out that if a student just wants a bag of chips

and some pop from the bookstore and has no money, they can make their purchase without any hassle.

Library books will also be signed out with this card and librarian Lynne Bentley thinks the card has both disadvantages and advantages for Humber students. She worries that if the card gets lost, students will be in a bad situation. In regards to the library, Bentley said it will continue to provide the same services as always.

First-year Business Management student Saba Siddiqui also thinks that the new card would be a great idea.

"I think it's good because you only have to pay once and you don't have to worry about it for a long time," Siddiqui said.

Mason has not found a system that will be able to accommodate the proposed new card yet. He is preparing a proposal to be sent through the purchasing department to a viable vendor. The school hopes to have a response from vendors by the end of the year.

# Celebs unite for global warming

by Jessica Markoff

Canadian celebrities joined David Suzuki at the Insomnia internet cafe for the launch of his organization's new on-line campaign for climate control.

Shoulder to shoulder with Suzuki were musicians Bruce Cockburn, The Tragically Hip's Gord Downie and *Shift* Magazine publisher Andrew Heintzman.

Alex Boston, outreach co-ordinator for the Climate Change project, hosted the event and outlined the main goals of the new Web site.

"The intention is to drive traffic to the fax lines and burn the fax lines of the Prime Minister of Canada and premiers across the country, to try to ensure that Canada lives up to its commitment to protect our climate," Boston said.

The campaign is asking people to use the new Web site to communicate their concerns about climate change and its effects on their lives.

Suzuki, a well-known scientist, environmentalist, and broadcaster, plays a large roll in creating awareness about issues that concern Canadians. He spoke of the urgency in communicating to Canada's government that Canadians care a great deal about the country's position on global warming.

"It's important that Canada show the international leadership that we have been recognized for around the world in the past,"



**LISTEN UP** - (left to right) David Suzuki, Gord Downie, Bruce Cockburn, and Andrew Heintzman prepare to address the media at the Insomnia internet cafe in Toronto.

Suzuki said.

Bruce Cockburn's music is recognized around the world and he has accumulated 10 Juno Awards throughout his career. Cockburn has travelled the world and his music shares the experiences and emotions of the many places he has seen.

"Over the years that I have been doing this travelling, I've seen a large deterioration in the natural beauty almost everywhere and it

breaks my heart, Cockburn said. "That's why I'm here showing my support to David Suzuki and his foundation, in this effort to influence our government."

Apart from his music career, Cockburn finds the time to be an honorary chair of Friends of the Earth Canada and lends his support to various environmental education programs.

The Tragically Hip is recognized for its benefit concerts and

fundraising abilities in raising awareness of many social and political causes.

This past weekend the Hip performed a benefit concert in Winnipeg to raise funds to ensure that children are out of war conflict zones.

Downie contributed a piece of poetry he wrote for the campaign titled *Email the PM*.

*Shift* magazine is one of the most popular Internet magazines in

*"Talk to him and keep your energy clean, tilt into the wind and harness its suggestion. Reflect its glory, make a bird feel good, be funny and transparent, don't fall to soft competition between ugly ideas and those who don't want them ... the infinitely emailable PM."*

- Gord Downie

Canada and is also recognized internationally.

Heintzman, who was also celebrating his two-year-old daughter's birthday, emphasized the importance of how climate control will effect future generations.

"For the unborn and those who will be born in the next 10 years this is going to be probably the most serious issue they face," said Heintzman.

He added that this will be a grassroots issue that will bubble up from the bottom using Web technology and the Internet to pressure politicians.

When the speakers finished pledging their support to Suzuki's new campaign, each used the Web site to email and fax the concerns to the Prime Minister.

The site has a generic fax design page in place and it takes little effort to add your personal information and send it off to your provincial and federal politicians.

Visit Suzuki's Web site at [www.clickforcleanair.org](http://www.clickforcleanair.org).

# College to get upgrades from increased tuition

by Liberata Caccamo

The Humber College Quality Improvement Plan will see over one million dollars invested into the college to improve Humber's learning environment.

Rick Embree, dean of planning and development, and Lois Willson, the director of Government and Community Relations, presented the plan to use revenue from increased tuition fees, combined with \$1 million invested by the college to fund upgrades.

Increased tuition fees approved by the Ministry of Training, Colleges and Universities generated \$424,989 for Humber.

Embree said the plan, requested by the government, looks at "what type of improvements we're making to college infrastructure to improve the learning environment for students."

Changes include adding field placements to some programs and upgrading Humber's technology programs, as well as renovating parts of the school to improve academic space.

Some of the money has already been spent on the replacement of 20 high-end computers for the AutoCAD lab at North campus and updating the Macromedia training centre to a power G4 Mac lab.

Future changes are anticipated to be completed at the end of this year according to Willson. These

improvements include replacing the data projector in North campus' lecture theatre, replacing furniture in various areas of the school and installing a multimedia projection system for the Health Sciences programs.

"Section B of the plan outlines initiatives that we are planning to do and most of them have actually been completed over the summer," Willson said.

The Quality Improvement Plan also discusses concerns about the increase of enrollment in 2003 due to the elimination of OAC.

"Dramatic increases in existing programs will result in an oversupply of many job markets as the double cohort graduates," the plan indicates. "This could result in dissatisfaction with colleges by employers and students and with the public policy decisions related to the double cohort."

To combat this, Humber is introducing new programs leading to new job markets as a means of reducing the competition of existing programs.

"It [the plan] needs to be approved by the Board," Embree said. "When it is, it will then go forward so that all students will be able to have a copy of it, as well as all staff at the college."

Publication of the plan was approved by the Board of Governors at the meeting and copies will soon be made available to staff and students.

# Awareness is the key to Humber's waste problems

by Stacey Roy

Humber College's environmental committee is expected to dish the dirt on planet friendly issues and bring awareness to the campus.

A selected group of students and staff will sit on the committee to develop a potential environmental policy.

Started two years ago by former SAC president Tracy Boyer and chair person Larry Saldanha, the committee focuses primarily on Humber issues and business that are related to the school.

"[Its purpose] is to form a college wide task force to identify issues of concern," Saldanha said.

Steven Bodsworth, dean of applied arts and technology and committee member, said education of environmental issues is the focal point of the committee.

"You don't just stick out a recycling box and expect people to use them, you've got to educate them," Bodsworth said.

Last Thursday, a presentation was made to the academic council in hopes of launching a new recycling program. An audit was conducted by the Integrated Environmental Services of Ottawa, provided information on how much recyclable material is being thrown out.

The audit, done in late October of last year, highlighted areas of improvement for cardboard reduction in food services, and concentrating on paper waste reduction in the computer labs.

Derek Maharaj, residence man-



LEE BAILIE

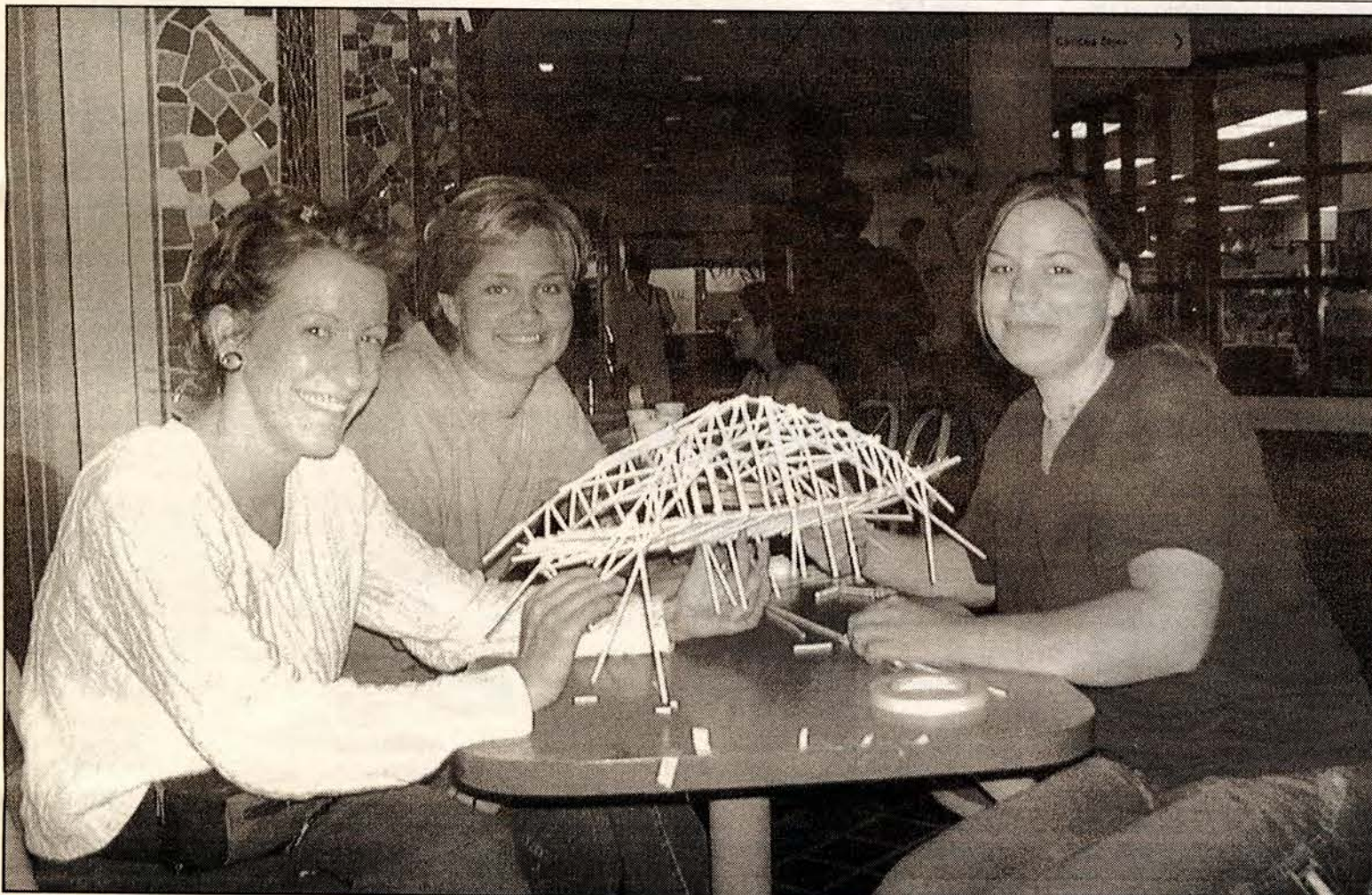
**HELP ME, HELP YOU-** Education is the best way for students to cut down on excess waste around the college.

ager said environmental changes should be visible by next year, but mentions that things can be done now. Awareness boards and a recycling program within residence, are some immediate ideas Maharaj mentioned.

Perspective members have been approached to join the environment committee. Each person brings another dimension to the committee which diversifies the issues being discussed. Spencer Wood, who is involved in the energy field, joined the committee to

discuss the conservation of energy on large and small scales within the campus. Energy efficiency is an important area of discussion as air quality has been an issue for the school in the past, Saldanha said.

There will be three meetings for the committee this semester although the dates have not been set. For those interested in the environment committee contact Larry Saldanha, the chair of the committee at heat@humberc.on.ca or leave a message at extension 5051.



**I'LL HUFF AND I'LL PUFF-** Although this isn't exactly a house of straw, second year Interior Design students, (from left to right), Natasha MacFadyen, Annelies Brouwer, and Krista Aquilina decided to finish a class project of a straw bridge in front of the friendly confines of Java Jazz. This eight hour project took over two days to complete.

MICHAEL STAMOU

# EDITORIAL

## et cetera

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# Cash makes the medals go round

In the last three years the funding for Canada's national sport programs has increased "substantially" said Prime Minister Chretien in his defense of the country's performance at the Olympics.

Of course that explanation corresponds with the comment made by Bill Warren, head of the Canadian Olympic Association, to *The Toronto Sun* earlier this week,

"We're getting exactly what we are paying for."

But "substantial" is such a vague word. When we consider Canada's pathetic showing at this international event, where most combine nationalism and athletic prowess, "substantial funding"

sounds like improving your diet from a hamburger to a cheeseburger.

Sure, we would all like to think that athletes participate in sports for the love of the game, but when Hal Johnson and Joanne McLeod leave their cheesy grins at the television studio, they're actually getting paid. The more money they make, the better their grins get. The same rule MUST apply to our athletes, from the grassroots levels right through to professional.

Motivation in sports comes from a great support group - including family, coaches, friends and fellow countrymen. Whether we as Canadians can fully grasp this concept or don't want to,

incentive in sports comes from the cash flow that will buy the better running shoes, get the best therapist to heal the hamstring faster, afford the elite quality equipment and performance gear, to eventually mold a more confident, proud and ultimately better athlete.

Timing is essential to the improvement of the sports programs across the country and at all levels. While we were cutting funding for 10 consecutive years - a time frame that encompassed TWO Olympics - the Canadian government should not expect an increase of \$2.65 million to amateur coaching only four months before Sydney, to be of strong significance to the athletic programs.

How much support were ranked amateur athletes actually getting, if last March the budget for the Athlete's Assistance Program increased by 60 per cent?

And how does a Canadian amateur runner focus on her relay-race, at an international event in Mexico, when she and her three other teammates don't even have matching or proper fitting uniforms?

So now we have eight medals between 311 athletes, and we may probably finish with about 12, that sounds "substantial." But imagine what our medal standing will be like when those 311 athletes drop down to about 150, because at this point it just doesn't seem worth

even a personal best anymore.

Funding will make the difference. Australia, with a smaller population than us, has proven it. Leading up to the Olympics the host country put \$280 million a year into sports, and is reaping what it sowed with 44 medals so far.

Bill Warren claims that the system in Canada should be "reviewed, revamped, restructured and de-politicized," but that might take another 10 years.

The nation needs to decide if it wants to genuinely support athletes, which may mean enticing corporate funding.

And it has to happen before our athletes start defecting to Australia.

# Bins for your bucks

Ninety-two thousand five hundred and thirty-six dollars a year.

That's how much Humber College pays to dispose of its trash. A private company, OMG, has promised the college almost a 22 per cent reduction in that cost by simply bringing in new and improved recycling bins to reduce some of the waste at the college. They are even willing to foot the \$55,000 cost of the new bins.

All OMG asks for in return is the rights to advertise on the bins, and collect the majority of the revenues generated from those ads.

So now students can walk down the hallway, past the bookstore and those giant Jacob ads and into the bathroom to be hit with Internet and cell phone ads.

Then they can pull out a copy of this newspaper and read more ads. After they're done they can go to one of the new OMG recycling bins to dispose of the paper there, only to be bombarded with yet another ad on the outside of the container.

But just like the Sesame Street song, *Which one of these is not like the other*, there is a difference with these situations

Humber receives a large chunk from the first three advertising sources.

But from the proposed OMG bins the college will receive a maximum of \$3,520 yearly. That number will probably be considerably

less because some of the bins will be placed against the wall, thus reducing the ad space by 50 per cent.

Some people might say the free bins are more than enough of a kick-back. But that is a one-shot deal. After the first year the college will be looking at a minimal financial return.

OMG is a business. Businesses are formed to make money. So you better believe that the revenue from the ads on the bins is worth more than the cost of donating them.

The college does need to find a way to cut down on its massive garbage bill. And maybe new recycling bins are the answer.

However, if the college contracts out the advertising on the bins themselves knowing that 100 per cent revenue was going directly to the college, the extra ads might be a little easier for the students to swallow.

The OMG contract is negotiated on a yearly basis. Although the college says that OMG is taking all the risks because it is up to them to fill the advertisement space, the gamble must be worth it to OMG because Humber is not the first school to take in their bins.

The age of advertisements is upon us. Don't be afraid to recycle them. Humber just can't afford to throw them away.



## HUMBER

### et cetera

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Please send your letters and comments to the Et Cetera newsroom in L231. All submissions must include name and phone number for verification.

# OPINION *et cetera*

## Finding My Marty

It was a moment of pure elation as those sweet words rolled off his lips to reach my ears. He sauntered out the door, his body completely relaxed with acceptance of the fact that he had just left amazing truth lingering behind. I stared out the window watching him, and then my own reflection smiling back at me. I could not conceive then how much that statement would affect my life later, but I felt that I had just heard the nicest thing anyone could ever say. On a summer afternoon three years ago, I met Martin, forever to be named My Marty.

An acquaintance once said to me: "It's so much better to receive validation from a complete stranger." I thought I knew what he meant, but I didn't fully realize the power behind its meaning until I met Martin.

I was waiting on a subway platform reading *Venus to the Hoops* - a book about the 1996 U.S. Women's Olympic Basketball team - I was approached by a man, whom I initially thought peculiar. Probably in his late sixties, he wore a tan cotton polo jacket with blue jeans and a plaid shirt. His face was round and bespectacled; his stomach - even rounder - hung comfortably over his belt. His stance made me think of Sherlock Holmes - body tilted forward, hands behind his back. I was frightened at first as he approached because he seemed to lack a sense of, or respect, for personal space - mine which he was certainly invading.

I had not yet found my place on the page when his baritone voice bellowed in my ear, "What are you reading?" I thought of answering, "What do you want?" But when I looked up at this stranger, who was now staring at me, he appeared harmless. My expression lightened and we began a conversation.

He immediately picked up on my interest in basketball, and as would any person who only pays attention to the championship team, he asked if I liked the Bulls and if Jordan was my favourite player. As for himself, he explained that he was an accountant with his own business. Surprisingly, he had a bit of basketball knowledge: He understood that I was a small forward, but wasn't quite sure how effective I would be at rebounding, considering that I was only 5'8", and he suggested that my university team would have to make use of a "Dennise" Rodman! His spirit was genuine and unassuming; he was just being friendly.

By the time the train arrived, Martin knew I was a student, home for the summer, and had a dream of playing professional basketball overseas. Our conversation moved away from question and answer as Martin began to express concern in my future.

Sherlock Holmes became Walter Cronkite, animated by a Jewish-Montreal accent. "Some people

would say to me, 'Don't discourage her. If she wants to do it she'll put 100% into it and she'll do it,'" he said, "But you know that you will need something to fall back on." I, so well versed in the young person's reply to the worried parent, assured him that I intended to complete my university education...just in case.

Satisfied with my answer, Martin expressed that he found me to be "very pleasant, with the strong and lean frame of an athlete." My face, he said, was "pretty and youthful." I was momentarily confused I thought maybe Martin was getting the wrong idea from our talk, especially when he asked me to call him about working for him. I knew, however, by his expression and farewell that Martin had no impure intentions.

He rose to face the doors, preparing to get off. As the train stopped and the doors were opening, he turned back to me,

"Well, even if I don't see you on TV, I'll still be proud of you," he said. A firm nod showed the degree of seriousness with which I was to accept his statement. The warm smile showed the kindness of his heart that I will always remember.

Instantly, I was glowing with pride and confidence. I felt that "better feeling of validation from a stranger," that my acquaintance from the night before was talking about. I knew then that my dream of becoming a professional baller and sports-writer was not so "out of this world." It was amazing to me that someone, who had no connection to me and no motive, could possibly care about my outcome - win or lose.

I could not stop smiling and I probably told every person I spoke to about my encounter. A friend said to me: "Those kinds of thing only happen to writers, so you must write about him!"

Yes, indeed I am writing about my Marty, who represents more than the stranger on the train who offered me a few nice words. My Marty is the affirmation of my goals. He is the compassion and concern for others that traditionalists thought were lost in modern, urban society. Our meeting proved how the gap in communication between the young and the not so young can be bridged - at least long enough for each to learn something from the other. My Marty is the reminder that everything works out in the end, regardless of the diversions and delays, the wanting and the not receiving, the hard work and the harder work.

My Marty is Martin, wherever you are in the city of Montreal, my inspiration.

Nantali Indongo



## Talking TRASH

Okay, I've got a lot of problems with you people!

I could swear, and I do, that this city is filled with savages. I work in the Eaton Centre, dubbed the Centre of the Universe - really it's the Centre of Refuse. Not that any other mall is better kept, or any public domain for that matter.

Garbage is everywhere. Not only is it ugly, but it's also disgusting. How lazy are YOU, that you cannot throw your pop can in the recycling bin or your snotty Kleenex in the trash?

Sure, there are people who are paid to clean up, whether the areas are playgrounds, malls, or schools, but that's no excuse to be a slob.

You can walk into our cafeteria - any food area - and find pile upon pile of half-eaten foodstuffs, soiled napkins, and wrappers sitting atop food trays.

Come on, man, are you really that worried about getting to class on time that you can't walk your sorry butt over to the garbage can?

Our support staff already has enough worries [read possible strike] without having to pick up after every Humber student.

Garbage litters our streets and our hallways and it's nasty. I don't know how many more times I can step - or sit - in gum before I snap. SAVAGES!

Bernice Couto



And garbage in ashtrays...people please.

Ashtrays are not trash cans. It's not rocket science. It's unnerving to have to field Band-Aids and napkins to put out a cigarette.

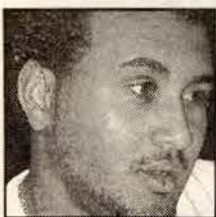
Speaking of which, why do smokers insist on just chucking their butts on the ground? That's what the ashtray bins are for, unless of course they're overflowing with trash. Vicious cycle, I guess.

So, if you see some crazy chick with a whitey fro around campus freaking and yelling at someone, you can bet it's because the Yellee just threw something on the ground.

I beg all of you: let's band together and outstretch those garbage-bearing hands towards the trash can. It's not even so much the environmental issue of cleaning our areas, but it's the principle behind it.

Stop being lazy...savages.

## Word on the Street What do you think about Canada's Olympic performance?



"For us, (7 medals) is a great accomplishment. We don't have the money, and we don't have as much exposure. We're an underrated country."  
Manny Evora  
Graphics and Packaging  
Second Year



"Well, I haven't really watched much, but I guess they're doing okay!"  
Angela Molinaro  
Business Management  
First Year



"I think we're being overshadowed by the coverage on the use of steroids by other athletes. The medals we do win, we should be very proud of, because we won them without cheating."  
Matthew Macmartin  
HRT  
Second Year



"I think it's exceptionally...wow, I should say great. I think the performance is great...great."  
Kingsley Hudson  
Business Management  
Second Year



"It sucks!"  
Narindr Kalyan  
Law clerk  
First Year  
"It's my first year watching. But we could do better."  
Lyndsay Stamp  
Law Clerk, First Year

# SPECIAL

## et cetera

"Tattoos should mark a point in your life like memories that you can't forget"

Daniel Gmiter

# Choice Tattoos



**HIDING**-Tattoos are not always in inconspicuous places. However, the choice of tattoos can be important to your future decision to keep or to remove them. DARREN LUM

by Emily Dolan

## Youthful compulsive choices are easily regrettable later in life

The laser penetrates deeply into human skin, vaporizing the ink. The body reacts by pushing the unwanted substance out.

Getting a tattoo is generally a painful procedure for most, but getting one removed is worse.

Just ask Stan Rosenberger, father of two, 38 from Bradford.

"I guess [I got them] ultimately because I was in control," he said. "You're just a little bit out of the norm. Identification."

Rosenberger was tattooed in a somewhat intoxicated state with a friend.

"We partied and then woke up with tattoos. I guess it wasn't a conscious decision," Rosenberger said.

Rosenberger has been removing his tattoos for the past five years. He had a scorpion and a mermaid, both done in colour.

Each one is gone and it took him eight sessions of intensive laser treatment, which he said was more painful than getting the tattoos.

Each treatment takes a month to heal the Laser Rejuvenation Clinic in Oakville said.

The laser, which is called a Double Frequency Yttrium Aluminum Garnet, or the YAG, penetrates the skin without directly affecting it, instead it makes contact with the ink, pushing it out through the skin, creating an open wound said the clinic.

Rosenberger decided to get his tattoos removed, which cost

over four times as much as it did to get them put on, for two reasons.

"Setting a different example for the kids," he said was priority as a father.

Rosenberger also said the decision was made because tattoos give people different impressions."

Tattoo removal costs anywhere from a minimum of \$200 to \$500 depending on the size of the tattoo said an Oakville clinic. A tattoo measuring two-and-a-half inches by two-and-a-half inches can cost \$300.

For many, tattoos are representations of their identity and the idea of removing them is far from people's minds. Daniel Gmiter, a 25-year-old microcomputer management student, and Tamara Biro, a 19-year-old psychology student have no intentions of removing their tattoos.

"Tattoos should mark a point in your life like memories that you can't forget," Gmiter said. He has a Polish eagle tattooed over his heart, a dragon on his arm, and a tribute to the Canadian army on his left shoulder "where the badge is on the uniform," Gmiter said.

Biro said her tattoos are an image of her self-expression. "I like the theories of folk and fantasy realms," Biro said. "That's who you are and if you start tak-

ing those pieces away then who are you?"

She also says she appreciates the art and permanency of tattoos.

Biro even designed one of her six tattoos.

"Your body is a canvas and if you're going to paint it, you might as well paint it with your own hands," Biro said.

Biro said her decision to keep her tattoos would not change if she was faced with a similar situation as Rosenberger.

Gmiter sees it a little differently.

"Well, yeah, I would get them removed," Gmiter said, but adding "It's kind of hard to put yourself in someone else's shoes."

Neither student has large extravagant tattoos, with Gmiter's easily hidden.

"In the shirt line area, above the wrists and below the neck. In case of job interviews a long sleeved shirt will cover them."

Biro said she wouldn't get anything dramatic tattooed until her future is stable.

"I would never get a tattoo all the way down my arm," she said.

A tattoo can make all the difference in the future.

Rosenberger said he would still get his tattoos if he could go back in time, but he would make more tasteful tattoo choices so they would be appropriate for his children to see.

# Here

by Lori Evans

Most college students thought they would have grown out of pimples, blackheads, and whiteheads by now. Unfortunately many young adults still struggle with the daily battle of skin conditions. When a person thinks about things like acne, they instantly think the way to get rid of it is to wash their face, which must be dirty.

"Acne is not related to hygiene but to hormones, oil glands and such things as the hair follicles on your face," says dermatologist Vince Bertucci of Woman's College Campus Hospital. A person should look at their whole routine and not just what they use on their face, though what's in the product is a good way to start.

When buying over the counter skin products to keep your skin clear there are some cleansers on the market that are better than others.

"It all depends on your skin type and where you're starting," pharmacist Chan Wong said.

Starting with products that are non-comedogenic is a good way to begin saving further damage to your face, said Bertucci. The best over the counter products for facial cleansing should include Benzyl Peroxide. The percentage of Benzyl Peroxide will depend on skin type. If the cleansing product were for someone with oily skin, a percentage of five would give the best results, but for someone with

sensitive skin it would only irritate and cause further problems said Bertucci.

When over the counter cleansers are not doing the job, it might be time to see a dermatologist. The most effective products for skin conditions need to be prescribed by a doctor.

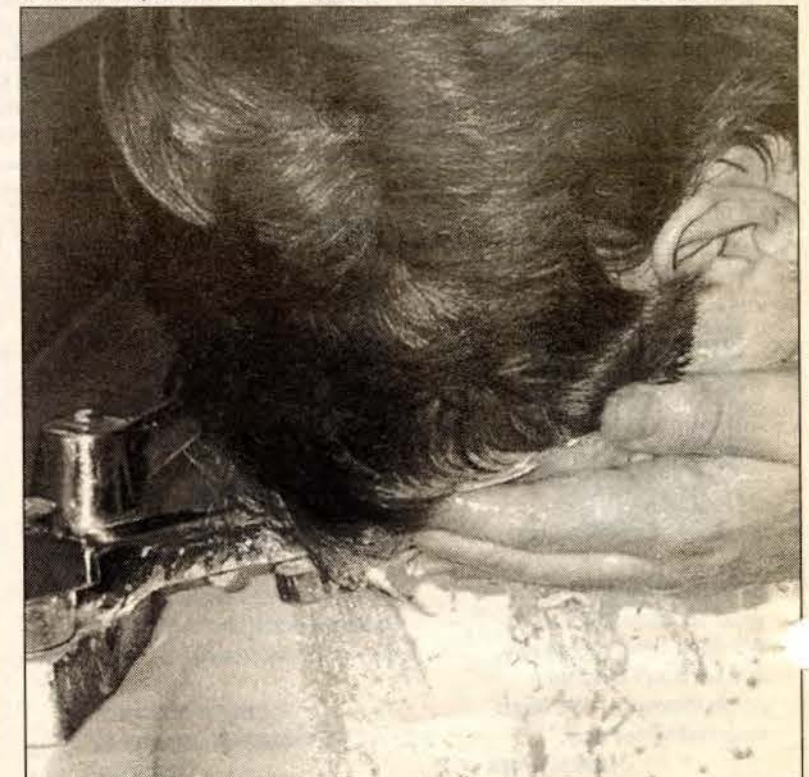
Dermatologist, Dr. Walter Cohen says, "What you're really trying to do is prevent the scarring, and the earlier you start treatment the more likely you'll prevent scarring."

Don't use too many facial products Cohen adds. For cases that include just a few reoccurring pimples and long lasting blackheads, a dermatologist will prescribe topical therapy. Topical therapy includes external creams, lotions, gels and washes that when given time will, reduce acne bacteria, whiteheads and blackheads.

In extreme cases that do not respond to topical therapy a dermatologist will usually prescribe an internal therapy. Using antibiotics is not a cure for acne but will reduce the amount of acne bacteria. For those that suffer from blackheads, a dermatologist will prescribe vitamin A acid. There are many products over the counter that say they have vitamin A, but it is actually the acidic value content that combats acne.

For those who want to stay young looking, break out the SPF

continued on page 9



**MYTH**-washing your face does not always translate into a clear complexion LORI EVANS



*Birth control pills like Dinac-35 and Tricyclen reduce acne*  
 - dermatologists Dr. Vince Bertucci and Dr. Walter Cohen

*See a doctor when non-prescription acne products have not worked, you have acne scars and pimples; you have large, painful acne bumps; you have dark patches where pimples used to be*

FaceFacts.com

*Greasy foods and candy does not contribute skin problems*  
 - dermatologists Dr. Vince Bertucci and Dr. Walter Cohen

# is the skinny

*continued from page 8*

15. A sunscreen is very important in protecting our skin not only from cancer, but also from aging.

"People who use sunscreens will age a little bit later than they normally otherwise would have", says Cohen. People that suntan are not at any higher risk of getting skin conditions than those of us who choose to use a higher SPF to keep from browning. In truth a little browning of the skin gives us extra protection from the sun.

In trying to keep a clear complexion there are many things you can do.

"When using hair products remember to clean it off your face, and for those that wear their hair on their forehead they should find a new hair style," said Bertucci.

Hair products and things such

as moisturizers clog the pores in your skin. Women who wear make-up are adding to the problems their pores already have. When wearing make-up a woman should look for products that are unscented, oil-free, or water based, and should apply the make-up lightly. Make-up should be washed off as soon as it is not needed.

As for the myth that chocolate, and fried foods will cause break-outs, there is no real proof that this is true. The truth is that no food is really bad for skin. That doesn't mean candy and fried foods will contribute to bad skin. Proper nutrition leads to good health, which in turn promotes skin fitness. Eating a balanced diet with lots of water, fruits and vegetables is good for your body and mind, and also your skin.



*SPECIAL TREATMENT-Skin demands attention and various treatments*

PAUL FERGUSON

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# CAMPUS LIFE *et cetera*

*"It should be a pretty crazy event."  
-Kenny Dimech  
see "Down for the count"*

## Kiss 92 goodbye

by Desmond Devoy

Kiss 92.5 FM may no longer be welcome at Humber College.

On Sept. 8, the station's heavy duty Hummer was to appear at the North Campus. But the station cancelled that morning and Steve Anastasi, Humber Students' Federation vice president of campus life at North, said he was as surprised as anyone.

"They're letting us down. It's not the end of the world, but they did have a commitment," said Anastasi. "There were a ton of other radio stations willing to come in that day ... they set a bad reputation for themselves, basically."

At the heart of the rift between HSF and Kiss 92 was a scheduling problem said Anastasi.

"This was just a crappy thing that happened," said Psyche Ke, a Kiss official. "Sales events do take precedence over community events. I find it unfortunate that I'm talking to you [the Humber Et Cetera] about this instead of to Steve."

According to Ke, the station notified Anastasi as early as Wednesday about the scheduling conflict. Anastasi maintains that he did not learn about the cancellation until early Friday morning.

"They wanted it later on Friday but that would have conflicted with

Tony Lee [the X-rated hypnotist performing at Caps] and late on Friday everybody was going straight to the pub," said Anastasi.

Kiss proposed moving the Hummer appearance to a later date, but this wasn't possible.

"I didn't want it to be on a date when nothing else was going on," said Anastasi, who said Humber students are the big losers in the dispute.

For Anastasi, being let down by Kiss 92 doesn't necessarily mean a permanent ban on appearances by the station but it will be some time before the top 40 station will be back in his good books, he said.

"They do appreciate the Humber crowd. But they just didn't come through," he said. "They'd better do something really good to make up for that day because we got stood up."

The stations Anastasi are considering using instead of Kiss in the future include the Humber radio station, CKHC 90.7.

Joe Andrews, the co-ordinator of Humber's post-graduate Radio program, would welcome this opportunity for the station, but was quick to defend Rogers Communications, the owner of Kiss 92, as being a good partner to the program. "Rogers has been a very good company, very supportive in our program's activities," he said.

## Library welcomes the Web

by Ashley Kulp

You can now surf Humber's library from the comforts of your own computer.

The Humber College Library and Media Services has once again renovated its existing Web site to accommodate students.

Features of the site include periodicals, research guides and general library information such as hours and policies.

Margie Zekulin, electronic resources librarian, who maintains the site, said this is about the third renovation the site has gone through since its launch in 1997.

"The idea was to get our

pathfinders and our materials for students to use online, and then more and more resources went online. We hope that students will still come to the library though," Zekulin said.

*"It gives students 24 hour access."*

-Margie Zekulin

The Web site allows students of both North and Lakeshore campuses to search library resources such as catalogues from both Humber and other community colleges and specialized databases.

There are NewsCan and Canadian Newdisc for media stu-

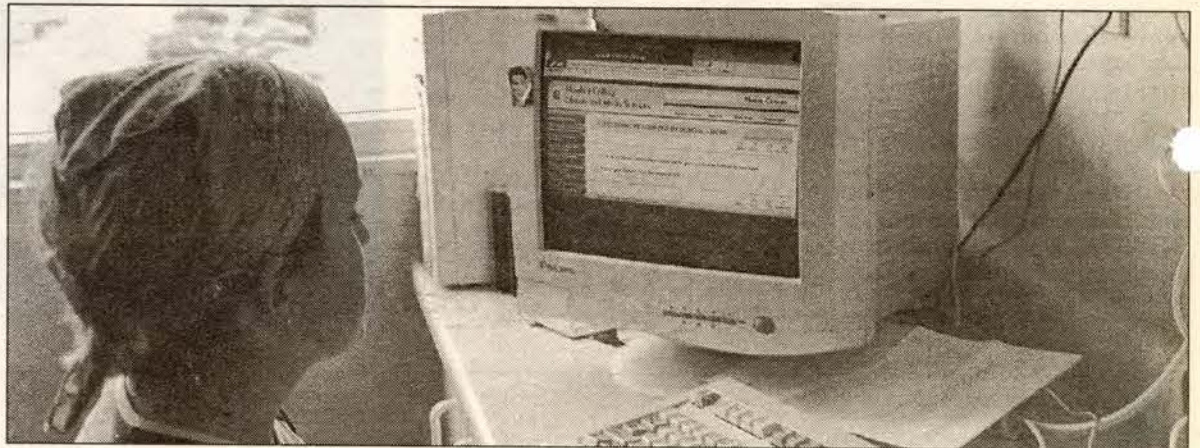
dents and other databases for business and medical students to use.

"It gives students 24-hour access, but this way if a student is a night owl, they can go online and do some last minute checking of stuff for assignments," Zekulin said.

Zekulin also said the library has added links to helpful encyclopedia and dictionary sites to make researching less stressful for students.

The site is updated often but parts of the renovations are still under construction said Zekulin.

Students wanting to check out the new site, can go to [www.library.humberc.on.ca](http://www.library.humberc.on.ca).



LAUNCHING - A student checks out the newest edition to the library.

ASHLEY KULP

## Holy hibachi forum foodman

by Tara Smith

Fire up the barbecue! That's what the Food Forum did on Tuesday night when it held a "Welcome BBQ" for all students living in residence.

The barbecue was just one of the events the Food Forum plans to put on this year.

Other mouth watering treats the Food Forum has up its sleeve are turkey dinner for Thanksgiving and green pistachio pudding on St. Patrick's Day.

*"We're the ones paying for it, so why shouldn't we get a choice?"*

-Trissia Mellor

Students can also expect events for Halloween, Christmas, Valentine's Day, March break, Easter, and year end.

Food Forum is a group of students who work with the food services department to improve and maximize usage of student meal plans. Students are welcome to attend meetings to express their opinions and suggestions about

how improvements can be made. Food Forum also plans to conduct surveys throughout the year to get the opinions of students who aren't a part of Forum.

"[Food Forum] gives students a voice within residence and the school to make sure they get what they want," said Forum chair person Trissia Mellor, a third-year Public Relations student. "We're the ones paying for it, so why shouldn't we get a choice?"

About 15 students came to the Forum's first meeting on Sept. 19.

Students discussed everything from bringing their own dishes to the cafeteria to save Styrofoam and get a discount on meals, to the new dressings at the salad bar, to the lack of fresh vegetables available in the cafeteria.

Mellor is a second-year Forum member and said last year there were about 11 members who committed to regular meetings and helped with special events.

She was pleased with the turnout for the first Forum meeting of the year.

"The group seems excited—so I'm excited about this," Mellor said.

Forum meetings will be held the second Tuesday of every month, in room R112 at 6:30 p.m.

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Al "Grandpa Munster" Lewis used to be a college basketball recruiter.

-www.auschron.com

"Weird" Al Yankovic received a Bachelor's degree in Architecture in 1981. He also served as valedictorian of his high school at age 16.

- VH1's Behind the Music

In the 40's, the Bich pen was changed to Bic for fear that Americans would pronounce it Bitch.'

-www.users.globalnet.co.uk

## Lending a hand at Humber

by Patricia Lima

The Canadarm, located outside the technology wing, would have even Andy Warhol scratching his head in wonder.

"I think it's weird looking," said Colin Brown, a first-year Plumbing student.

He said it doesn't make for a good artistic structure because "it doesn't make any sense.[It's] just like a post."

Brown guessed that Humber displays the Canadarm because an engineering student may have helped to construct the structure.

### Mystery revealed

The mystery of the Canadarm is found on its plaque.

It states that it is a full-sized replica of the space shuttle arm, built by the Toronto-based company Spar Aerospace Limited.

It was conceived, designed, and built by Robotic Machinery Inc. as a working display at Expo '86.

It was given to Humber to serve as a monument to Canadian technology and a source of inspiration and achievement to the students of Humber College.

First launched in 1981, the Canadarm is Canada's most profiled contribution to NASA's space shuttle program.



PATRICIA LIMA

**STRETCHING OUT** – The Canadarm welcomes students at Humber's North campus to school every day.

## Finding the beat of the HEART

by Lindsay Robertson

When it comes to helping out drivers, Humber's got HEART.

The Humber Emergency Auto Response Team (HEART) has been assisting students, staff and visitors with car troubles for over three years.

HEART is offered through the Parking office of Campus Services

on a 24-hour basis, said Nancy Pinson, public safety manager.

During the day, parking staff help people change flat tires or boost dead batteries. At night, the service is offered through security.

"They're not trained mechanics," said Pinson, "but they will also help people contact other services."

The program has a boosting cart, jumper cables, and they keep a gas

can and several fluids on hand.

"Often people forget to turn their lights out before going to class," said Pinson on the frequent requests are for battery boosts.

During the day, HEART can be reached at (416) 675-6622 ext 4416, and at night ext 4214.

HEART can also be contacted through the emergency telephones located in Humber's parking lots.

## Humber cooks it up another notch

by Kim Sinclair

Put down that comic book and trade in that burger and fries for a fine dining and literary experience at the Humber Room.

Off to a spicy new season, the Humber Room offers an a la carte, contemporary cuisine menu for students who need a break from their typical fast food sustenance. It will also host the second season of evening literary readings for students and the community.

"The Humber Room is a live operating restaurant," said Don McCulloch, co-ordinator of the hospitality recreation and tourism catering and learning center. "It's a real life experience for the culinary students in the kitchen, and the hospitality students in the lobby."

First-year students prepare lunch at noon from Tuesday to

Friday, serving a variety of daily specials along with a main menu that changes every eight weeks.

"The prices are quite reasonable," McCulloch said. "Prices could range anywhere from \$7 and up depending on whether you choose to have an appetizer, dessert, or coffee."

Time is an issue for most students, who rush to grab meals between classes, and don't have time to commit to a 45-minute, three-course meal. They can stop in for a fast track special that's ready in five minutes.

"You could be in and out of there in 20 minutes if you had to be," McCulloch said.

Lynne Bentley, manager of library and media services, said the new season of literary readings in the Humber Room is still in the works.

"At this point we're still trying to finalize bookings," Bentley said. "We're planning to have the same form as last year by booking six performances to be scattered throughout the year."

Last year's events ran from October to April, featuring 12 authors over six events. An \$8 ticket, or \$3 student ticket, got patrons into a casual literary atmosphere, where invited authors read passages of their work and invited questions.

A total of 268 tickets were sold last year, with an estimated 57 going to students. Lynne Bentley would like to see more student faces at the literary events this year and is in the process of trying to subsidize student ticket prices.

The Humber room is located just off the open concourse next to Tall Hats in the registration hallway.

## Comedy crack-ups

by Seth Malcolm

The Humber School of Comedy came to a roaring start this year, with some of the top Canadians in the comedy business getting set to pass on their comical knowledge.

Humber's unique program has brought out some of the biggest Canadian comedians.

With names like Chevy Chase and Martin Short committing to appear as guest speakers, the program is sure to be a success.

Of the 400 applicants for the program, only 60 made the cut for the undergraduate program, and 35 for the post-graduate program.

The college used portfolios, interviews, and auditions to carefully narrow down the list to just the comically gifted.

"We can't make people funny. We can make them funnier by helping their setup and punch line delivery," said Joe Kertes, director of the Humber School of Comedy.

Kertes hopes the program will help the aspiring comedians ease into the harsh business.

Canadians play a large role in the comedy business throughout the world.

There are several Canadians working in the comedy spotlight, and even more working behind the scenes.

Humber's highly respected fac-

ulty includes several big names who are known through-out the comedy business.

Allan Guttman has taught Canadian comedians such as Mike Myers and the members of Kids in the Hall. He has also worked with Dan Aykroyd, Gilda Radner, Eugene Levy, John Candy, Martin Short and Bill Murray.

Writing teacher, Lorne Frohman, has won eight Emmy's for *Pryor's Place*, which starred Richard Pryor, Robin Williams and Whoopi Goldberg.

Bruce Jay Friedman will teach the comedy writing classes. Friedman wrote the screenplay for *Stir Crazy*, which starred Richard Pryor and Gene Wilder.

He also wrote a book which was later adapted into a Steve Martin movie called, *The Lonely Guy*.

### Class time crunch

The students take 22 hours of classes per week during their first semester, which include stand-up, writing, improvisation, and sketch comedy.

Mark Breslin, the founder of Yuk Yuk's, the worlds largest comedy club chain, is advisory producer to the program.

With Breslin's involvement in the program, the students will be taken to Yuk Yuk's to perform their material in front of a live audience for credit.

## Caps down for the count

by Desmond Devoy

Get ready to rumble at Caps this Tuesday!

The Championship Heavy-weight Title Match for the Empire Wrestling Federation will be held this Oct. 3rd at Caps.

"These are the big boys. It's identical to the WWF. Chairs flying

around the room, stuff like that," said Caps manager Kenny Dimech. "It should be a pretty crazy event."

Doors open at 8 p.m., but seating is on a first-come-first-served basis, so come early for a good seat. Caps will be closed from 4 to 8 p.m. to prepare for the match.

Tickets cost \$4 for students, \$5 for guests.



KIM SINCLAIR

**HEATING IT UP** – The Humber Room is ready to spark the flame under up and coming culinary students.

# BIZTECH *et cetera*

*"The bottom line is we've got bragging rights."*

*-see Harvard story*

*"There's going to be another million E-Commerce sites within the next four years."*

*-see Web story*

## Humber goes Harvard

by Valeria Sladojevic-Sola

Lions Gate Films brought Hollywood to Humber College this summer when scenes from the film *Harvard Man*, starring Sarah Michelle Gellar, was shot on campus.

The gymnasium morphed into a bustling movie set on July 17. Within days the proud blue and yellow of Humber was transformed to Harvard red to fit the vision of the basketball film's director, James Toback (*Black and White*, *Two Girls and a Guy*).

*"Because we're hosting Nationals this year we had a priority to get the floor done."*

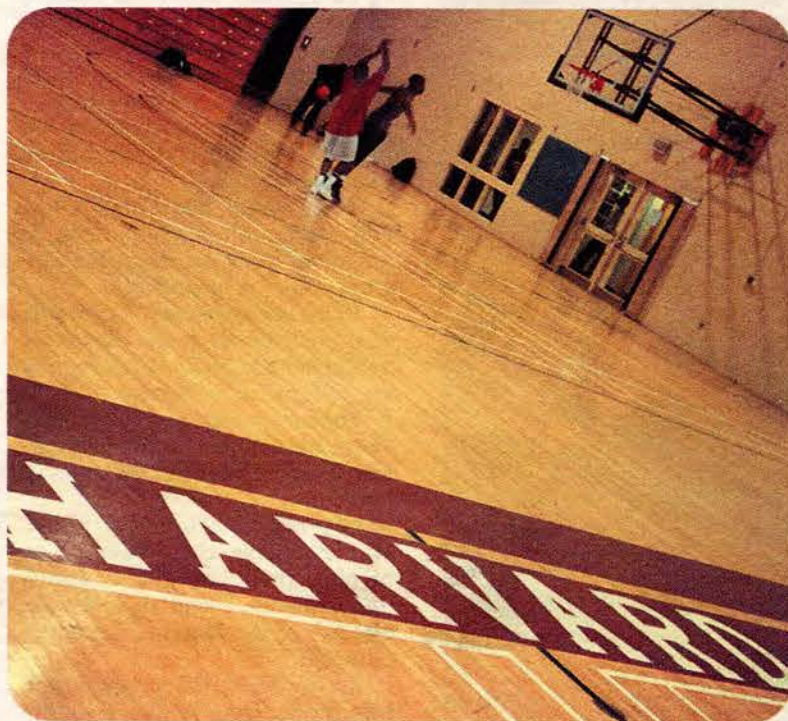
*-Doug Fox,*

The gym was closed for a week due to the installation of a new floor. The Harvard court was restored at an estimated cost of \$12,000 courtesy of Lions Gate Films.

The Athletic Department earned \$14,445 for the three-day shoot, conference assistant Shannon Blace said.

"Our value to the college is not only for lifting weights," manager of Facilities and Recreation Jim Bialek said, "Our value is financial as well."

Humber's location, the two-sided bleacher gymnasium and the



VALERIE SLADOJEVIC-SOLA

**SEEING HARVARD RED**-well at least for a few days!

easily convertible H on the floor filled the criteria needed for the film to be shot here, Athletic Supervisor Ted Lowes said.

"The bottom line is that we've got bragging rights," Jim Bialek said. "The gym is more than just a gymnasium, [it has] a presence and profile within the [local] community and around the world."

"The film production people were super cool," Humber event staff member Michelle Richmond, said. "We were allowed on the set and were in some of the shots as

part of the crowd."

The revenue from *Harvard Man* will be put toward operational costs, repairs, upgrade in equipment (nets, volleyballs, basketballs, etc.), and staffing of the recreation facilities, Bialek said.

"Because we're hosting Nationals this year we had a priority to get the floor done. And it coincided with *Harvard Man*," Athletic Director Doug Fox said. "Otherwise, we wouldn't have been able to allocate the funds for it."

## Waiting list long for WebDesign, Maintenance

by Cameron French

Students waiting to get a piece of Humber's red-hot Web Design & Maintenance program better get in line. Right now the November fall session is full, and the waiting list for the Spring session is at 10 and counting.

*"The demand is tremendous for people who know how to do Web sites, particularly if you can do some E-commerce stuff."*

*-Gary Lima*

Gary Lima, manager of the Digital Imaging Training Centre housed deep in the bowels of N wing, says the appeal of the program lies in the wide-open job market that awaits the graduates.

"The demand is tremendous for people who know how to do Web sites, particularly if you can do some E-commerce stuff," he said.

Now in its fourth year, the program has grown from a part-time 12-week course with an enrollment of seven to a full-time 19-week program that handles 19 students per session.

"There's 16-weeks in the classroom, and three weeks where the

students are allowed to develop their portfolios while they still have access to the lab. Then we start the next session," said Lima. "We sort of run on our own cycle down here."

The program features a unit that introduces students to Flash, Fireworks, and Dreamweaver, an industry standard in Macromedia Web development.

Lima says the Humber program offers a balance of Web design and programming that makes prospective students choose it over others.

"There are other ones, but it seems students check out the other curriculums and come here and say that we're the ones who have it just right," he said.

"We make them go through actually building an E-commerce site and learning how to write the code. I think that's why our [program], is so popular. We're the only one that really covers both sides in the same program."

With a job placement rate of nearly 100 per cent, Lima says the outlook for the program is bright.

"As long as the Internet keeps growing, it looks like (we'll keep growing)," he said.

"There's going to be another million E-commerce sites within the next four years worldwide so, the demand is tremendous for people who know how to build Web sites."

## Economics Department receives cash Award

by Sara Szulc

One student from the Economics department will benefit from a cash award donated by the publishing company Pearson Education Canada. The faculty has decided that the \$250 will go to one student from either North or Lakeshore campus in Micro or Macro Economics.

Students eligible for the award must have taken both Economics courses in either fall, winter, or summer of the last academic year. The award will be based on the highest grade.

"It [the award] recognizes the value of economics in the business curriculum," said Business Administrator Co-ordinator Laurie Turner.

Pearson is the largest educational publisher in Canada, publishing texts for schools and post-secondary students of all disciplines. "We

are obviously delighted to receive this award," said Dean of the Business School Michael Hatton

Yolanda de Rooy, senior vice president of Pearson, said they wanted to demonstrate their support for the excellent teaching faculty in Economics at Humber, and the dedication of the students.

"The department provides students with a complete learning experience by utilizing a variety of excellent Pearson Education learning materials," de Rooy said. "In addition, the faculty is innovative, particularly with its use of WebCT to help teach basic economic principles to first year students."

The awards will be delivered in November, and represents the first time Pearson has given an award to a student in Economics.

Hatton said the award represents the consolidation of another relationship with Humber.

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# Getting the most bang for your buck

by Brad Horn

For students looking to buy a vehicle, now is the best time to save

For many Humber College students the idea of buying a new car never crosses their minds.

Most students are more concerned with homework, outstanding loans, and if there is enough Easy-Mac in the cupboard to get through another week.

But for those students who save enough change from the couch cushions or amass a small fortune as an on-line day trader, now is an ideal time to buy an entry-level economy car. Dealerships need to make room for 2001 models, meaning 2000 models are being offered at lower prices with special financing.

"Interest rates in this type of market, and this level of vehicle is really what makes it," said Brendan O'Dowd, sales associate for QEW 427 Dodge Chrysler. "Most of these people are first time buyers."

As most students lack enough money to fully pay for a new car, dealerships offer financing. If a vehicle is financed, the manufacturer lends the buyer money to purchase the car. This amount must then be repaid to the manufacturer over a specified period and at an interest rate set when the car is purchased.

Nearly 30 different economy cars are currently offered in the Canadian automotive market. Four of the most recognizable and popular are the Chrysler Neon, Honda Civic, Chevrolet Cavalier, and the Toyota Corolla.

The Chrysler Neon is one of the most expensive cars in the economy segment, with a manufacturer's suggested retail price of \$18,670 for the base model LE.

Chrysler is now offering the Neon at a sale price of \$16,488 with zero per cent financing for 60 months, a figure which O'Dowd said is attracting a lot of buyers.

"The interest is really what is doing it," O'Dowd said. "A lot of people are taking advantage of the zero per cent...that is the main selling feature right now."

Despite its high price, the Neon comes with the most powerful engine in its class, a 2.0 litre, 4-cylinder, rated at 132 horsepower. A five speed manual transmission also comes standard.

The power of the Neon's engine does not hurt its fuel economy which falls in the middle of its competitors at 8.3 L/100 km in the city, and 6.2L/100 km on the highway.

The Neon has a three-year, 60,000 kilometres warranty. The drive train is warranted for five

years or 100,000 kilometres. A five-year, 160,000 kilometres corrosion warranty, and five year, 100,000 kilometres roadside assistance also comes standard.

Inside, standard air conditioning is a feature none of the Neon's competitors offer. Also, the Neon comes with an AM/FM cassette player and dual airbags.

"Besides the standard features you have to look at the car and see the fit and finish as well," O'Dowd said. "Everything is colour keyed and the interior has a nice shine to it. It doesn't look like cheap plastic."

For Humber students near graduation, Chrysler's Grad Rebate Program offers an additional \$750 off the purchase or lease of a new Neon.

With an all-new design for next year, Honda is also trying to clear out its 2000 Civic hatchbacks by offering a 7.8 per cent financing rate.

With a base price of \$15,150 the Civic CX hatchback comes with a 1.6 litre, 106 horsepower 4-cylinder engine. A five-speed manual transmission and tilt steering also comes standard.

The Civic lacks many standard features, including a cassette player and a front passenger airbag but fuel economy is high at 7.6 L/100 km in the city and 5.8 L/100 km on the highway.

Sean Hiscock, sales associate for Castle Honda, said the styling and engine has made the Alliston, Ontario built Civic the number one selling car in Canada for the past two years.

"The styling looks very good," Hiscock said. "They are a lot sportier than the Corolla. Plus you see a lot of

more, Hiscock suggested the Civic Special Edition with an automatic transmission. Usually priced at \$17,500, Hiscock said dealers would most likely let the car go for \$16,500.

"There is not a lot of mark-up on Honda's in the first place," Hiscock said. "The amount of profit we make on a hatchback is less now than

even been talk General Motors may start using Honda engines in their cars.

Hiscock said if students want to buy a Civic hatchback they must do so now, as next year's all-

stuck with variations of the old fashion trailing axle suspension since its introduction in 1982.

The Cavalier also hurts in the fuel economy department. On the highway the fuel consumption is 10.8 litres per 100 kilometres, nearly 2.5 litres more than the next highest Chrysler Neon.

Fuel economy also exceeds the Neon in the city by 0.3 litres per 100 kilometres.

Despite these few downfalls, Cohen said, the Cavalier's two bodies styles, coupe and sedan, and the standard ABS set it apart from the Neon, Civic and Corolla.

Now may be the best time for a student to purchase a Cavalier, as the base price is expected to rise by as much as \$990 next year.

Proving its continued popularity in the Canadian auto market, Toyota has already sold out all if its 2000 Corollas, but is offering low rates on the new 2001 model.

The base price of a Corolla, with standard features such as a 5-speed transmission, CD player, automatic headlights and dual airbags, is \$15,625.

Financing is offered at 5.9 per cent, and Toyota's Grad Program allows students \$500 to \$1000 towards the purchase or lease of a Corolla.

Vinh Ngo of Dave Nicholls Toyota said it is the new front styling and economic 1.8 litre, 4-cylinder engine that will attract students to the Corolla.

"It has a sporty look to it," Ngo said. "And of course another thing is when the college students are looking for a vehicle they want one good on gas."

The Corolla's 125 horsepower engine uses Toyota's latest VVT-i engineering. The VVT-i or Variable Valve Timing Intelligence system constantly regulates the timing of the valve in the engine cylinders, keeping fuel consumption and emissions lower.

The VVT-i technology allows the Corolla better fuel economy than the Neon, Civic and Cavalier. In the city, fuel economy is rated at 7.3 litres per 100 kilometres. On the highway fuel consumption is 5.3 litres per 100 kilometres.

The Corolla is warranted for three years or 60,000 kilometres. Drive train and corrosion are both warranted for five years or 100,000 kilometres or unlimited kilometres respectively. Roadside assistance is available for three years or 60,000 kilometres.



BRAD HORN

IT'S A HONDA-the base civic cx is now offered at \$15,150

Civic will come in coupe and sedan form only.

Chevrolet also offers an affordable economy car to students in the form of the Cavalier.

Manufactured on the same assembly line as the Pontiac sunfire, the Cavalier comes standard with a 2.2 litre, 115 horsepower, 4-cylinder engine mated to a 5-speed manual transmission.

At a base price of \$16,745 the Cavalier is "a lot of car for the money," according to Stacey Cohen of North York Chevrolet Oldsmobile.

"One of the things is price and the other is the standard features," Cohen said. "The anti-lock braking system is standard...on a four door, remote keyless entry and power locks are basically standard."

Other standard features include a 4-speaker AM/FM stereo, dual airbags, and long life engine fluids.

The drive train and basic warranties on the Cavalier are either three years or 60,000 kilometres. The corrosion warranty is for six years or 160,000 kilometres and roadside assistance is offered for three years or 60,000 kilometres.

Chevrolet is currently offering 0.9 per cent financing on the Cavalier, along with a \$1,000 credit for graduating students to put towards their lease or purchase.

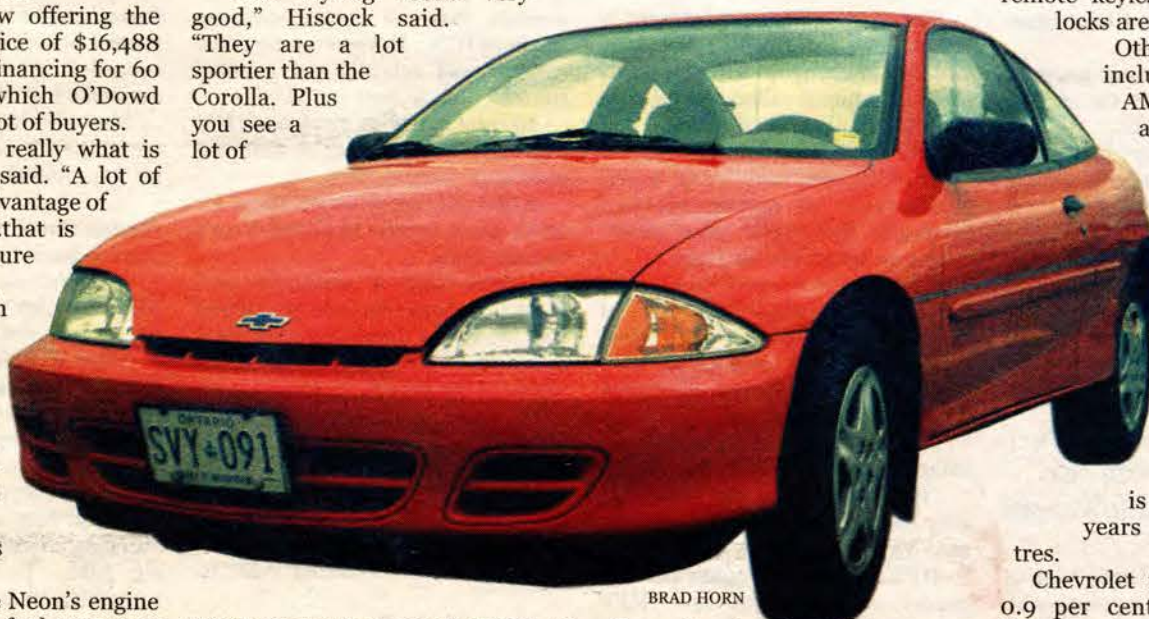
The Cavalier falls behind its competitors in some areas. Most economy cars use a modern form of independent suspension in the rear of the vehicle. Chevy's Cavalier has

at the start of the year...dealers will take less mark-up on the cars at the end of the year because they do have to clear them out."

Honda warranties the Civic for three years or 60,000 kilometres. The drive train is warranted for five years or 100,000 kilometres. Corrosion is covered for five years and unlimited kilometres. No roadside assistance is offered.

Because Honda has concentrated on building different types of engines for years, Hiscock said their design stands out.

"It's like with Nike," Hiscock said. "I'd buy a Nike shoe or Nike clothing, but I don't play Nike golf



BRAD HORN

HEY GOOD LOOKING! The Cavalier is one of the more attractive cars on the budget list, but not great on gas

guys who dress them up and lower them. I think that kind of adds to the fact that they are popular."

For the student looking for a bit

balls when I golf. I'll play a Titleist or a Top-Flite cause that is technically what they do."

According to Hiscock, there has

# HEALTH *et cetera*

*"The ideal image of men is changing and that is definitely putting more pressure on them."*

-Cheryl Bradbury  
See "Eating woes"

*"The next thing she knew, it was 10 hours later...she didn't know where she was."*

-Joanne Strother  
See "Better safe"

## Better to be safe than sorry

by Alys Latimer

She was only gone for a minute, but it was long enough for the drug to be slipped into her drink. Ten hours later, scared and confused, she realized her mistake.

She had been drugged, assaulted, and left with no memory of what happened.

Now, women are being issued a warning: the date rape drug may be closer than you think.

Victims have had the drug slipped into their drinks at bars, parties, and social events.

It is used to incapacitate individuals who are then left vulnerable to sexual assault.

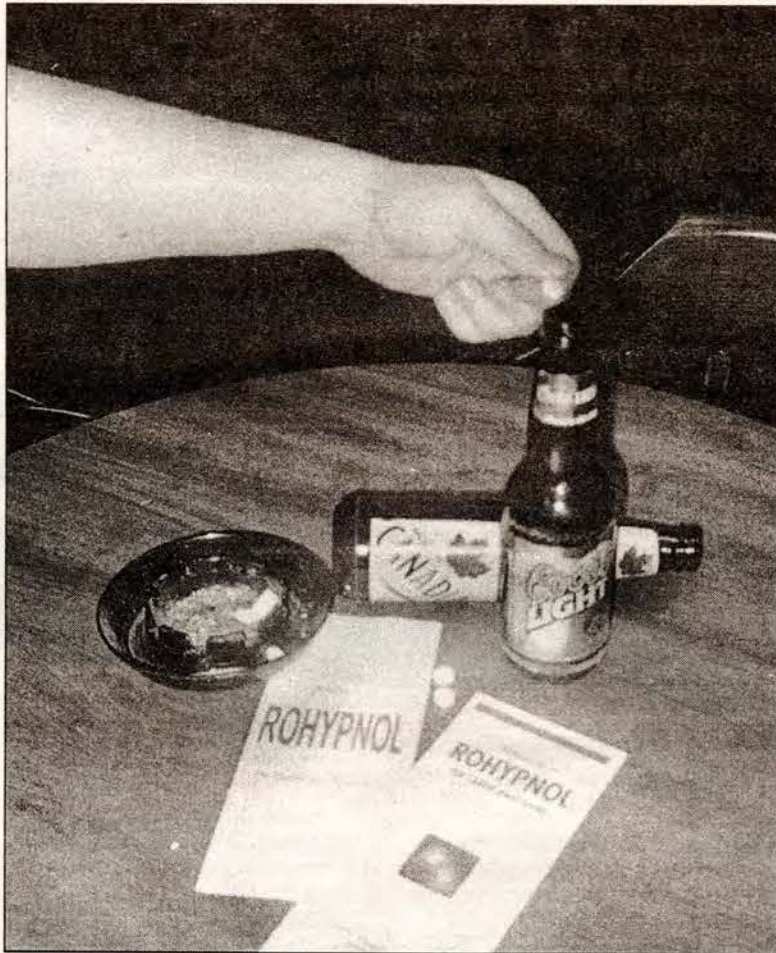
The drug is called Rohypnol, but it is known by several different names including Roofies, Rib, Rope, Roche, and Party Poppers.

Joanne Strother, a crisis worker for Victim Services with the Toronto Police, said a recent rise in reports of drug-related sexual assault could be due to increased awareness of women who realize they may have been drugged.

Women know the signs and symptoms and are coming to police more often.

Strother said one victim reported being in a neighbourhood bar. She was joined by a nice looking man who chatted with her at the table.

She then left to go to the wash-room. When she returned she had



ALYS LATIMER

**PARTY TIME** - Women beware. Rohypnol is slipped into a drink in seconds and can turn a good time into tragedy.

a few sips of her drink.

"The guy suggested they go somewhere more quiet," Strother said. "The next thing she knew, it was 10 hours later...she didn't know where she was."

Despite awareness of the many drugs in circulation, many women are still victimized because they don't believe that it could happen to them, or they put too much trust in someone they've just met.

Kenny Dimech, operations manager at Caps, said Humber College has been lucky so far, having had no problems with drugs for the purpose of sexual assault.

"We are aware of the problem...we share information with other campus pubs [such as] Ryerson and U of T," he said. "We have postings in bathrooms and at the bar. We're on top of it."

Dimech said staff orientation includes training to recognize the symptoms of Rohypnol, so staff members are prepared to handle any situation that may arise.

According to information provided by the Brock University Police and the University of Toronto Faculty of Nursing, Rohypnol is manufactured in Mexico.

It is not legally available in North America.

It is used medically in more than 65 countries to sedate patients for surgery or treat severe insomnia.

The drug's amnesic effects leave the person with little or no memory of the time, which makes it ideal for perpetrators of sexual assault.

In appearance, the drug is similar in size, shape, and colour to Aspirin.

As a sedative, it's ten times stronger than Valium. The drug dissolves easily in liquid and is odourless, colourless and tasteless once dissolved.

It can take effect within 20 minutes and the effects may last for up to eight to ten hours.

Rohypnol enhances the effects of alcohol, causing loss of inhibition, extreme drowsiness, relaxation and blackouts.

When it is mixed with alcohol or other drugs, it can cause respiratory distress, coma, and even death.

Once the drug is taken, various symptoms can appear.

Keep a look out for quick intoxication, impaired co-ordination, dizziness, and hot and cold flashes.

Caps and Crime Stoppers offer several tips to avoid becoming a victim.

They stress never to leave drinks unattended even for a short time.

Do not accept open drinks, especially from strangers or someone you have just met.

If you think you have been drugged or assaulted, tell someone you trust and get medical attention as soon as possible.

## The ABC's and 123's of HPV

by Alexis Zgud

*The most common and contagious STD everyone should be aware of*

The sexually transmitted disease that causes genital warts, human papilloma virus (HPV), is the most contagious and common STD in North America.

According to a September 2000 Health Canada report, 20 to 33 per cent of sexually active Canadian women may have the virus.

Vanita Varma, a sexual health counsellor at the Hassle Free Clinic, said the number may be as high as 75 per cent.

Varma, however, doesn't want to put a damper on people's sexual relationships.

"I don't want to tell people to stop having sex," Varma said.

The virus is transmitted through sexual contact between areas that have been infected, direct "genital to genital contact," and through oral sex. The virus is not transmitted by blood.

HPV can incubate for months or years before symptoms appear.

The most recognizable symptom of HPV is genital warts, but often there are no symptoms at all.

There are over 100 strains of HPV, including many inactive strains. These particular strains are

not a health threat, but over time, could become active.

"If it's inactive, it's not going to do anything, but you could still transmit it," Varma said.

Other strains of the virus cause genital warts. This is almost always the first indication of infection.

Warts can occur in and around the vagina, anus, and thighs of women. On men, warts appear on the head and shaft of the penis, the scrotum, thighs, and inside and around the anus.

*"I don't want to tell people to stop having sex."*

-Vanita Varma

Genital warts can also develop in the mouth or throat of a person who has had oral sex with an infected person.

They grow in small clusters and have a small raised growth, with a cauliflower-like appearance. The warts may also be found flat.

Warts can be removed with a variety of treatments.

The most common treatment is cryotherapy, or freezing the wart with liquid nitrogen. There is also a topical ointment called podophyllin that is applied to the wart and washed off in a few hours.

Trichloroacetic acid (TCA), lasers, and surgery are options reserved for warts that resist other treatments or are inside the body.

Removing the warts may not be successful in removing all traces of the virus. Warts that have been removed recur in 10 to 40 per cent of cases and may need additional treatment.

Sixteen strains of HPV are considered to be high risk.

"If someone has one of those, they have the greatest risk of cancer," Varma said.

HPV is known to cause cervical cancer. Because of this, HPV research is conducted mainly on women and there are no statistics available about how HPV affects men.

"Men are mostly talked about as carriers," Varma said.

According to Health Canada, approximately 10 per cent of

women have a cancer-causing strain of HPV. However, only some women will actually get cervical cancer.

In recent studies, strains of HPV have also been linked to anal and prostate cancer in men.

Although there is a DNA test for HPV, it's too costly to perform on a regular basis.

Varma said a woman's best means of detection is to get annual Pap smears, a technique that takes a sample of cells from scraping the inside of the cervix.

*"If you go for regular Paps, you're being respectful of your health."*

-Vanita Varma

Abnormal cells revealed on a Pap smear do not, however, indicate cancer.

"If we see abnormal cells in your Pap, we can do further testing," Varma said.

Further testing can include monitoring by a physician, repeat

Pap smears, or a referral to a colposcopist who will examine cervical cells through a special scope and may take biopsies of tissue.

She said the risk of cervical cancer drops for women who get regular Pap smears.

"Cervical cancer happens to women who don't receive Paps on a regular basis."

But Varma stresses that it's important for people to keep their perspective about HPV.

"The majority of people have it, but warts can be treated. And if you go for regular Paps, you're being respectful of your health."

To decrease the risk of infection, Varma encourages the use of condoms for anal and vaginal sex, but "condoms don't cover everything," she said. To reduce the risk of transmission during oral sex, dental dams or plastic wrap is suggested.

The Hassle Free Clinic is located at 556 Church Street on the corner of Church and Wellsley.

To contact the clinic, call (905) 922-0566 and a staff member will answer questions concerning your health.

Aromatherapy was first used by the ancient Egyptians to soothe pain.  
-Acupuncture Canada

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-www.feetforlife.org

Narcolepsy has been calculated at about 0.03 per cent of the general population.  
-www.sleepnet.com

# Men hide eating woes

by April Labine

Anorexia, bulimia, binge-eating disorder, muscle dysmorphia—women are not alone in their struggle for beauty.

Male eating disorders are not a popular topic on the news lately. In fact, they're barely mentioned anywhere at all, but that doesn't mean they don't exist.

Men make up about 10 per cent of people diagnosed with anorexia nervosa, and 20 per cent of those diagnosed with bulimia nervosa, however, these are numbers based on those who have sought help.

"There are probably an abundance of men that, for whatever reason, don't feel comfortable," said Cheryl Bradbury, acting assistant program co-ordinator at the National Eating Disorder Information Centre.

"There isn't enough information out there, and there may not be an accessibility for treatment specified to men."

Men with eating disorders are more likely to blame unnatural weight loss on physical, rather than psychological problems, like self-esteem.

Doctors sometimes give a wrong diagnosis because eating disorders are still seen as an issue exclusive to women.

The most common eating disorder among men and women is binge-eating, followed by bulimia and anorexia.

The binge-eater eats to excess frequently, often in reaction to depression. They are usually overweight.

Someone with anorexia suffers drastic weight-loss and sees themselves as overweight regardless of how much weight is lost.

The bulimic endures constant fluctuations in weight and has periods of bingeing, followed by purging. This can involve self-induced vomiting, fasting, excessive exercise and laxative abuse.

"Generally the disorder is the

same regardless of your gender, regardless of your age," Bradbury said. "It's a matter of self-esteem and control."

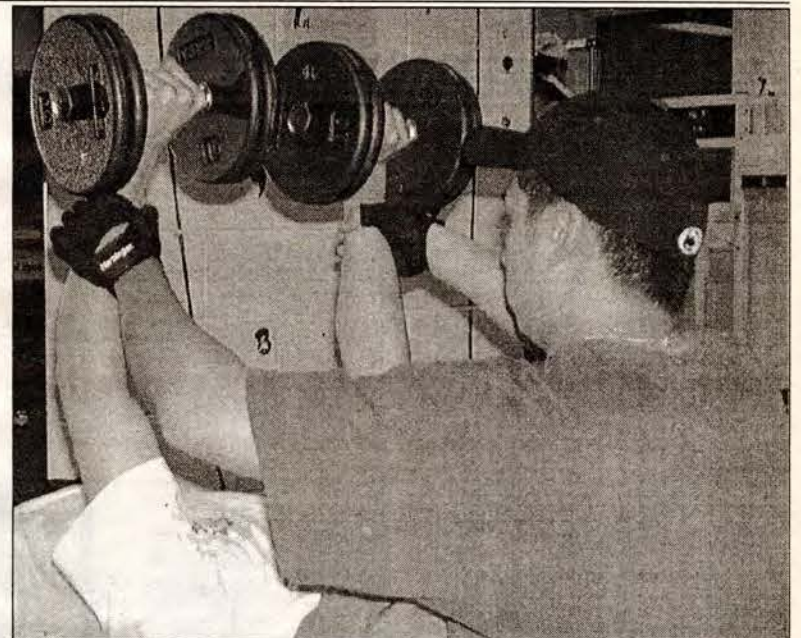
Muscle dysmorphia is a disorder found primarily in men. It is often described as the opposite of anorexia.

While an anorexic obsesses about being too big, someone suffering from muscle dysmorphia obsesses about being too small. They think their muscles are inadequate, so they exercise compulsively.

Muscle dysmorphia is common among bodybuilders, and it is not unusual for wrestlers to binge on carbohydrates and then purge in order to make it to a lower weight class.

A report by the National Eating Disorders Information Centre showed that men with eating disorders were dissatisfied with the same parts of their bodies that women were.

People develop eating disorders in an attempt to be in control of one's body and life. Parents who



JENN MOSSEY

**PUMPING UP** - Although we don't hear about it as often, men are just as concerned about their image as women are.

over-value physical appearance can trigger eating disorders in their children.

Those with eating disorders often have a history of being overweight and have failed diets in the

past. Usually there are a number of reasons.

"The ideal image of men is changing," Bradbury said. "And that is definitely putting more pressure on them."

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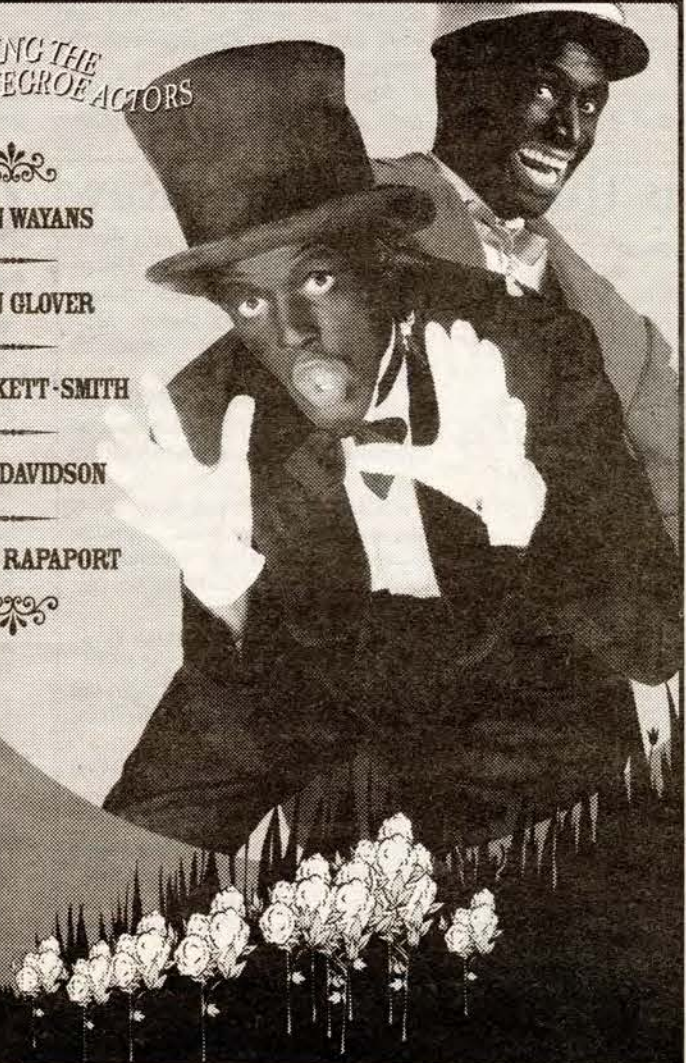
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**COMING TO SELECT THEATRES IN OCTOBER!**

# ENTERTAINMENT *et cetera*

## An Evening of Humber Arboretum Frolics

by Ann-Marie Colacino

Now in its eighth annual year, An Evening with the Artists is a fundraising show held by the Humber Arboretum with events including a silent auction, raffle, buffet dinner, poetry, and music.

"It's a showcase for gardens, art, music, and people to come together," describes Christine Fraser, program coordinator of the Humber Arboretum.

The occasion was designed to help raise money for the Humber Arboretum Building Campaign with plans toward upgrading the existing nature centre, expanding and improving visitor services, and changing over to "green" energy and waste management.

The Arboretum's ultimate goal is to raise \$1 million over the next two years. But Fraser said the whole idea of this event is to promote the cause and bring together the people who believe in it.

"Some people are from our summer camp, parents, politician groups in the city, our management committee, people from the college," Fraser said. "So it's a real mix of people in the community that have been involved in our programs and that's why they are supporting the cause."

Dickson Reid, who was responsible for providing the music for the night, said the Arboretum is also trying to raise money for a windmill.

With a 20-foot high white tent

encompassing candle-lit tables, eloquent art displays, and breath-taking floral arrangement composed of the garden's very own blend (designed by the Humber College first-year Floriculture students), the evening was as formal as a wedding. In fact, a couple were even having their wedding photos taken in the garden during the show.

Rick Manners, artist and emcee of the night, tells how the show began.



ANN-MARIE COLACINO

**GUI – TAR!** Dickson Reid entertains the crowd

"We were kicking around an idea about eight years ago thinking of a fundraiser that we could do for the Arboretum and I said, 'Well let me band together a bunch of my artist friends and we'll have a sit down dinner, like a dinner banquet and we'll call it An Evening with the Artists,' Manners said.

Manners, who is also involved with several other organizations

such as The Sick Children's Hospital, the Heart and Stroke Foundation, and the Red Cross, said he picked artists with different media so there would be a good cross section of arts including blown glass, pottery, jewelry, paintings, and sculptures.

This was the first time the show had been held in September and in an outside setting.

"We've always done it at

artist, said. "They might buy something here but they might not. They may call later and say 'I saw something at Evening with the Artist, do you still have it?'"

Other artists that attended the show include Doris Pontieri, Pamela Meacher, Tara Imerson, Claudio Pascucci (photographer/artist), and Robert McAfee.

The donations for the silent auction and raffle were made by the artists, the Humber Arboretum, and the Building Campaign sponsors, among others. Most of the art work displayed and donated followed the central theme of nature and wild life.

Everyone had their favourite feature of the night.

Diane Arsenault, a guest, said she especially enjoyed the Portfolio exhibit, composed of wrought iron ornaments, lanterns, and other garden decor set up in the gardens.

"I really think the floriculture students ought to be so highly commended for the floral work they've done. It's absolutely stunning. Exquisite," Muller said.

Sid Baller, superintendent of the Humber Arboretum said he starts getting excited when the marquee goes up and just loves the essence of the gardens full of people, music, and moon light.

"As the evening progresses and the sky gets a bit darker and the lights are reflected on the pond, it has a beautiful aura about it, just gorgeous," Baller said.

## Who is this photo Man...Ray

by Holly Bennett

Some are young, some are old; some men, some women; but they're all going to the Art Gallery of Ontario for the same reason.

The exhibit, "A Practical Dreamer: The Photographs of Man Ray," is currently on display and attracting fans both new and old.

Everyone sees something different in his work.

"It's a reflection of people," said Lisa Owen, who also visited the exhibit in New York City. "Some of his work reflects what people are feeling and thinking – even though it's only through photography."

Throughout Man Ray's photography career (which was between the two World Wars), he experimented with portraiture, self-portraiture, still life, and abstract pieces.

Many of his abstract works were composed without a camera. These



LARMES (tears) COURTESY

were created as a result of a dark-room mishap in which he discovered that he could create images using light-sensitive paper. Man Ray called these creations "Rayographs."

Almost half of the exhibit displayed these pieces, which roused the curiosity of those examining his work.

"It's a lot different than some photographs I've seen," George Salac, a middle-age accountant said. "How he did some of his pictures is interesting."

Salac had never seen Man Ray's work until this display at the AGO.

The exhibit not only brought out the curious; it attracted the die-hard fans as well.

A legally blind woman travelled from the Kitchener/Waterloo area to look at the artistry with a magnifying glass. The elderly woman even referred to herself as "Woman Ray."

"[His work] makes your life out of focus," she said. "He's crazy and he got away with it."

The exhibition, organized by J. Paul Getty Museum in Los Angeles, features 100 extraordinary pieces composed by Man Ray, who's known as one of the most original photographers of all time.

The display remains at the AGO until Oct. 8. For information call (416) 979-6610.

different times, in April and November inside," Fraser said. "So we thought we'd showcase Autumn and the gardens and their glory...We're excited to see how it goes."

The artists also gain from the evening.

"You get exposure of course and then people call you and place orders," Camille Muller, a porcelain

## Connie wants bigger boobies

by Jeff Russell

Meet Connie Wickstead. She's miserable, repressed, ugly, and...flat chested. She thinks her life will improve if she had...shall we say politely...larger breasts.

Now meet Mr. Shanks. He is the fitter for the bust enhancing appliance Connie ordered. Mr. Shanks runs into many cases of mistaken identity, so he gets a lot of cheap feels.

No, this isn't the story of an actress trying to get work in Hollywood. It's the premise for the stage play *Habeas Corpus* (Latin for Bring on the Body), a vulgar farce set in 1973 England and written by Alan Bennett.

Director Garth Allen, who has directed 150 plays, says *Habeas Corpus* is a great social commentary on the attitudes of English people in the early '70s, a send up of the medical profession, and an attack of the class system and middle class morality, all done in a witty manner.

Aside from Connie, the play features an eccentric cast of characters, including a mountainous wife, a celibate curate, an obsessed sexpot, a confirmed hypochondriac, and an arrogant colonialist, all brought together in the home of



COURTESY

**MEITZ** hamming it up

one Dr. Wickstead.

"The concept is so wonderfully bizarre and the language is so brilliant," Allen said. "He [Bennett] just slaps people across the face with his beliefs and attitudes without ever injuring anybody...it's very, very, funny. Very clever."

Allen added the play is for people who, "want just an evening where you never stopped laughing."

*Habeas Corpus* is performed without sets, just three chairs at centre stage, where the actors stand up and speak directly to the audience.

"It's a listening show," said

## Go get your New Guinea groove on

Peter Gabriel's Real World is one of those record labels you can count on and this effort from Telek helps prove the theory. *Serious Tam* is a beautiful album, largely based on the music of Telek's people, the Tolai of Papua New Guinea

The album is sung in both the Tolai language and in a Creole dialect called Tok Pisin. For those, yeah, okay all of us, who are ignorant of both languages, the liner notes provide some translation and explanation for the songs. The lyrics serve merely to satisfy any curiosity, as the native languages are half the album's beauty. The other half is flawless instrumentation. Alongside traditional rock instruments, the album is filled with ancestral drums, flutes, and conchs. Né George Mamua Telek, he was rumored to have chewed a sacred betel nut as a child, opening his dreams to his ancestors and inspiring his songs. Whatever the inspiration, the result is a lush, harmonic album which won the Australian award for Best World Music Album

World music it is indeed, mixing the obvious Papua New Guinea sounds and Telek's self-confessed Beatles influence.

*Serious Tam* is most definitely a chill out album but, unfortunately, won't appeal to everyone's taste.

Marilyn Meitz, the actress who plays Connie. "There's nothing to interfere with the words, for the audience, there's nothing to interfere with their hearing. They're not busy looking at something over on the right."

Despite busy schedules, the cast and crew rehearsed twice a week for five weeks, but no one seems to mind.

"It's always hard work, but it's work that you do because it's a great joy, so it doesn't seem like work," Allen said.

For Meitz, her love of acting lies within the characters themselves.

"It's a growing experience," Meitz said. "Every new part you play, is a real growing experience within yourself."

*Habeas Corpus* is presented by Stage Centre Productions at the Fairview Library Theatre. Tickets are \$10 for students. To reserve tickets or for more information call: 416-299-5557.

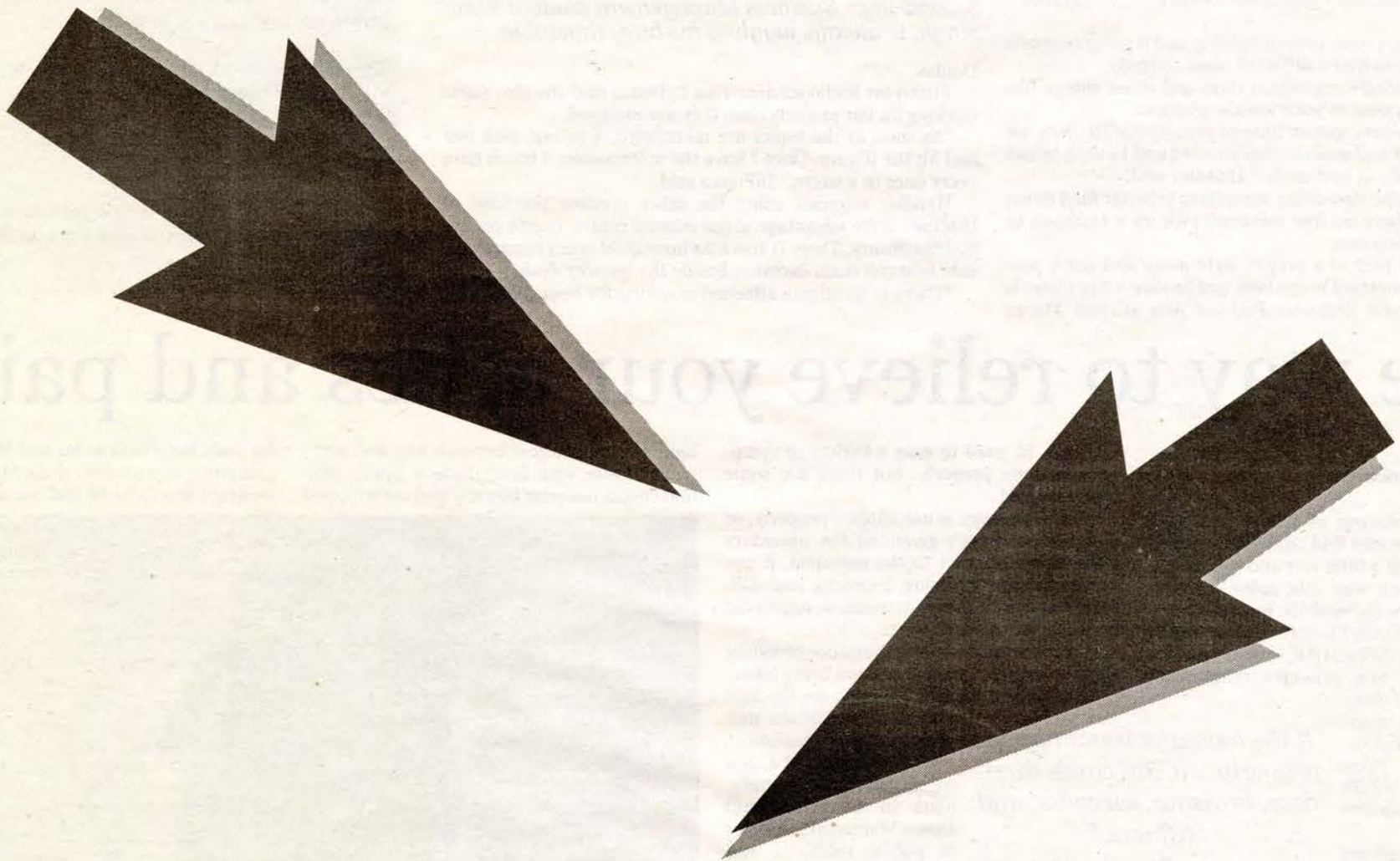
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# Lifestyles et cetera

"Realize your concentration span and remind yourself to take short breaks."  
- See "Shuffling your schedule"

## Shuffling your schedule to make time

by Jenn Cochran

It's the night before the big test and you are just opening your textbook for the first time. At this moment you wish you had managed your time better and started studying sooner. There are a few simple steps to efficient time management.

A time management booklet distributed by Humber's counselling department offers tips on scheduling and prioritizing everything from projects and assignments to eating and sleeping.

"Realize your concentration span and remind yourself to take short breaks," said Barbara Handler, a counsellor at Humber College.

Handler said students should be specific with their studying and set goals. Don't just "study psychology" but write down that you are going to read a certain number of pages out of your psychology textbook.

She also said to tackle a variety of subjects such as studying psychology, followed with some math problems. Don't do two subjects similar in content back to back.

Handler suggests working with a friend or study group. Studying with someone else can motivate you to do your work, even if you are studying different subjects.

"Find a place to study that is compatible to you," Handler said.

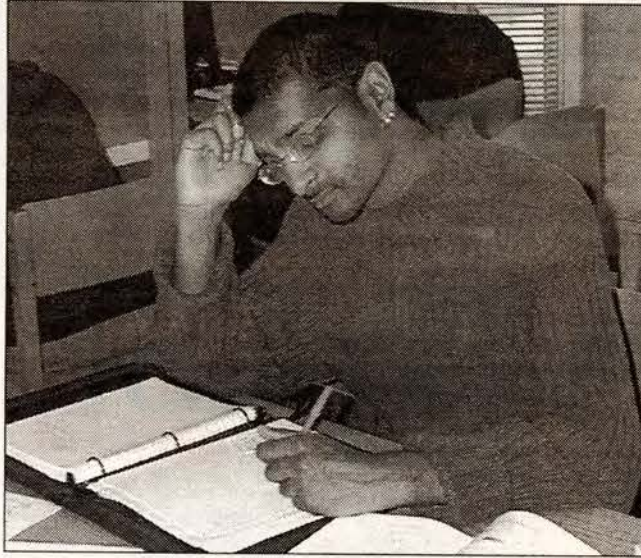
Be sure that you have proper lighting and if noise or music distracts you, try to find a different place to study.

Also try to include recreation time and other things like laundry and shopping in your weekly schedule.

"You must plan recreation time so your whole life does not become just work and school. Stay focused and healthy by not burning the candle at both ends," Handler said.

But Handler also says doing something is better than doing nothing. If you have 10 free minutes, pick up a textbook or review some definitions.

"I try to start part of a project right away so I don't procrastinate. Organization is the best and having a day timer is a good thing," said first-year Fashion Arts student Margo



MICHELE HO SUE

**WHERE HAS THE TIME GONE? –**  
Second-year Business Management student Ryan Singh, is always juggling his busy timetable.

Douglas.

First-year Radio student Tina DiPiazza said she also starts working on her projects once they are assigned.

"As soon as the topics are mentioned, I go out, pick one and hit the library. Once I have the information, I touch base every once in a while," DiPiazza said.

Handler suggests using the other services provided at Humber. Take advantage of the athletic centre, health centre, and the library. There is also a 24 hour quiet study room available near the main entrance beside the security desk.

"There is no stigma attached to asking for help. Don't hes-

itate to seek out assistance," Handler said.

The counselling centre, located at D128 beside Registration, is open Monday to Friday, 8:30-4:30. Handler encourages students to come in and discuss academic concerns, managing relationships, or any issue that may obstruct success.

The centre is offering a variety of workshops over the course of the semester. For more information, contact the counselling centre at 675-5090.

The time management booklet produced by the Humber College counselling centre offers you the following study tips:

- Plan a 5-10 minute break each hour when studying. It is difficult to study after an hour without taking a break.
- Divide large tasks into smaller more specific ones and make a list of the steps that need to be done.
- Work with a classmate or friend. Studying with another person can motivate you to work harder.
- Don't do homework on your bed. We associate the bed with rest and relaxation.
- Use a reward when you are finished studying, like a TV show.
- Find a place to study that is right for you. Pay attention to lighting, noise, music and anything else that can distract you.

## One way to relieve your aches and pains

by Tracey Clarkson

When the pressures of school and work build up, we may find ourselves stressed out and in need of a little rest and relaxation.

Massage is one way that some learn to relax and pamper themselves, but relaxation is only one of the benefits this therapy offers.

It improves circulation, helps reduce blood pressure, and provides relief from injury, stress and pain.

Athletes use massage therapy to loosen, warm up and relax their muscles, before and after a sporting event.

This is something Jeremy Park knows first hand. Park, 20, fractured his right ankle two years ago during a rugby practice. Both his coach and doctor urged him to go to a massage therapist to help his ankle heal.

"I noticed results right away, within the first week," Park said.

The therapist used massage therapy to bring down swelling and had him do a variety of exercises to stretch and strengthen his muscles.

"My ankle is now 100 per cent," Park said. "I would definitely recommend it [massage therapy]."

Pregnant women also turn to massage to help ease pre and postnatal symptoms such as back pain, breast tenderness, fatigue, and pain in weight bearing joints.

It can be used to ease a variety of symptoms if done properly, but there are some risks involved.

"If the massage is not applied properly, or if the client hasn't given all the necessary medical information to the therapist, it can cause dizziness, bruising, soreness, and stiffness," said Blanche Fernandes, a registered massage therapist.

She also stresses the importance of telling a therapist about any medication being taken.

Ontario and British Columbia are the only provinces in Canada that regulate the profession.

"There are about 4,000 registered massage therapists in Ontario," said Diane Martyniuk, director of public relations and media relations for the Ontario Massage

Therapist Association.

"About half of them are members of the OMTA."

Massage therapy has only been regulated for the past decade.

"Regulation puts the profession under the same umbrella as other health practitioners such as nurses, doctors, and chiropractors," Martyniuk said. "That way if there are any complaints people have somewhere they can go."

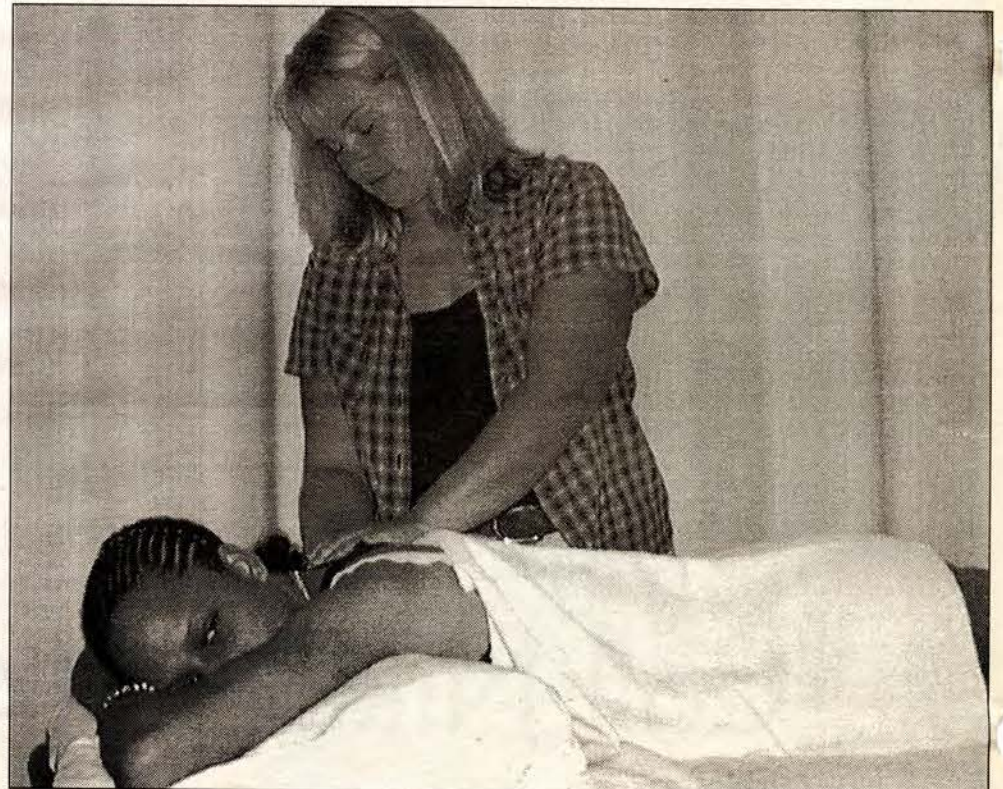
The College of Massage Therapy of Ontario is the governing body that controls the profession and enforces rules set by the government.

Massage therapy is covered by most health plans, but is not covered on OHIP. A one-

hour session can cost between \$45 and \$75.

For those who don't have a health plan that covers massage therapy and are strapped

for cash, both Fernandes and Martyniuk suggest going to a student clinic for a supervised massage at a reduced and reasonable rate.



MICHELE HO SUE

**THE THERAPEUTIC TOUCH –** Athletic therapy student, Kim Jones, gives second-year Hospitality student Nikima Royer a massage. Royer, finds going to the Sports Injury Clinic at Humber to be very beneficial.

The Humber Hawks hockey team squared off against Conestoga on Tuesday night.  
- See "Hawks"

# SPORTS

## et cetera

# Magical goal keeps Hawks flawless

by John Edwards

On the wings of a Pele-like goal, the Humber Hawks soared to a 1-0 victory over the Conestoga Condors Tuesday night, to raise their record to 4-0.

Hawks' midfielder Danny Mantero maneuvered his way from the right side of the pitch, deking past five Condor defenders and placing a shot into the lower right corner past helpless Condor goalkeeper, Lev Sherifali.

Mantero said the goal was an example that taking chances are a part of the game. "It shows sometimes that you just have to go for it," Mantero added.

Head coach Germain Sanchez referred to the goal as "One of the best ever scored for Humber College."

For the remainder of the match, the Hawks were unable to crack the Condor defence and goalkeeper Sherifali. They generated many scoring chances in the opposing zone, but could never capitalize.

Hawks' striker Jesse Calabro, who leads the OCAA in scoring, missed two glorious chances late in the second half, hitting the cross bar on his first attempt, and just firing wide on his second. He said that he was unable to add to his goal total because of the tough defensive play against him. "Over the past two seasons, I have killed Conestoga. I have scored ten goals in four games, and their plan was to put a stop to it, and their plan worked," Calabro added.

*Despite numerous problems capitalizing on scoring chances the Hawks' won their fourth consecutive match to improve record to a perfect 4-0.*

Sanchez said he was pleased with the team's all around play, but a portion of their game was still missing. "We did everything right, except score goals," Sanchez said.

Calabro said the Hawks came out offensively, but have to focus

*"I tried to go upstairs where my mother keeps the Nutella and that's what I did, I put it upstairs,"*

*-Hawks midfielder  
Joey Tomaselli*

and keep their minds in the game from the opening whistle. "We have to get our heads in the game and not worry so much about the fans, or even our girlfriends," Calabro said.

The Hawks' defence was tenacious, as goalkeeper Mike Silva only touched the ball once throughout the entire second half.

Hawks' rookie midfielder Mark White, said the game wasn't pretty, but in the end they got the job done. "It wasn't the greatest game that Humber's ever played, but the end result was in favour for us," White said.

Sanchez said the team is working towards playing top notch soccer in two or three weeks.

"We plan on peaking at that time," Sanchez said.

The Hawks won the battle of the birds with a 2-0 win over the hometown

Fanshawe Falcons last Sunday, in a match that showcased clutch saves and picturesque goalkeeping.

Humber midfielder Joey Tomaselli, scored a beauty from 25 yards away blasting a shot over Fanshawe goalkeeper Stewart Bottrill's left shoulder with under 15 minutes to play to seal the victory for Humber.

"I tried to go upstairs where my mother keeps the Nutella and that's what I did, I put it upstairs," Tomaselli said.

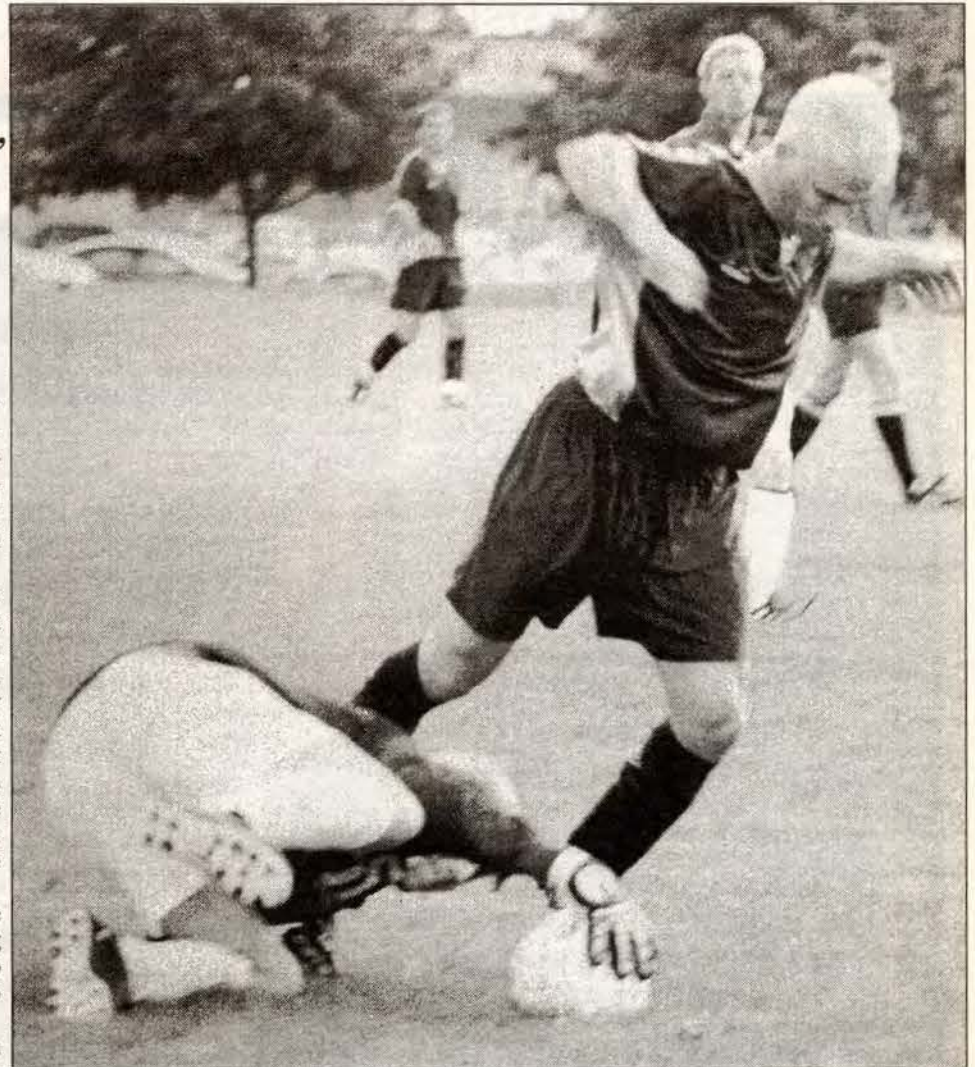
Head coach Germain Sanchez thought Fanshawe was the toughest opponent his team has faced in their young season.

"Our toughest game so far," Sanchez said. "Fanshawe has a good team. They are ranked number three in the country and we beat them without playing that well, so I am quite happy with the win."

Goalkeeper Silva made a spectacular diving save on a Walter Picano penalty kick. "I just got the feeling he was going to go left and I just guessed right," Silva said.

Humber defender Jeff Tait said the save by Silva was the turning point of the match for the Hawks.

"That kept us in the game," Tait said. "The way we were playing, if we were down it would have been hard for us to climb that mountain."



JOHN EDWARDS

**THE BLONDE BOMBSHELL** - Striker Jesse Calabro (right), sporting his new hair-do, is stopped on this scoring chance by the Falcons' goalkeeper Stewart Bottrill.

Fanshawe had several opportunities to get on the board in the first half. The wind curled a Tim Salisbury ball around the right post and Shane Sawa put a clear shot over the crossbar much to the dismay of the Fanshawe faithful.

Calabro, who was sporting his new blonde hairstyle, missed two chances in the first half, but scored his sixth goal of the year with under five minutes to play.

*"We're just going to keep on winning. That's the bottom line and we're never going to lose,"*

*-Joey Tomaselli*

Calabro said he is going to continue to put balls in the net for the Hawks.

"This is my goal-scoring championship and I have to protect it," Calabro said.

Both sides challenged for every ball and played tough defensive games. Tait, sweeper Jason Mesa and defender Matt Carr held down the fort for the Hawks.

Carr said the Hawks had to keep their heads in the game to over-

come a slow offensive start.

"I think it was all about focus, keeping your concentration in the game for 90 minutes instead of 15 minute spurts.

Humber received two yellow cards in the first half with Fanshawe matching that number in the second. Each team was called for several minor infractions over the course of 90 minutes.

Tait said they had to settle down and communicate to prevent any more penalties.

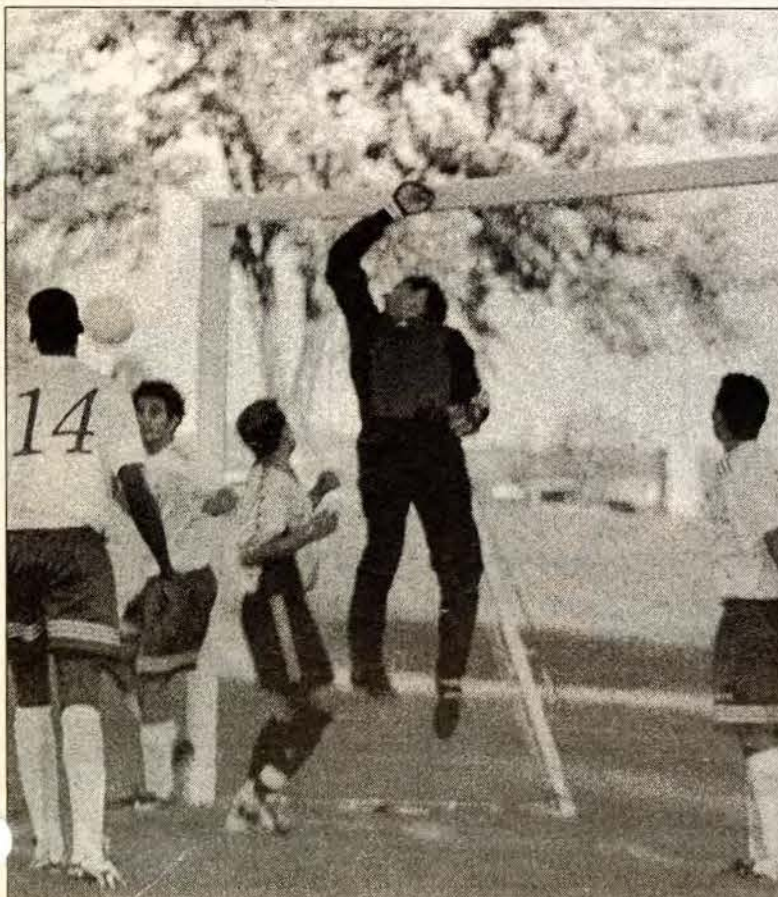
"We were lacklustre and disorganized. We just talked to each other. We kept the ball on the ground that way we could keep it organized, kept it safe and keep it simple. So we were not rushing any balls and taking a chance of getting anymore cards," Tait said.

Calabro said it took the Hawks some time to adjust to the Falcons defensive style.

"The Fanshawe defence wasn't that tough, but they were tough to the ball and we just didn't adapt to that game in the beginning," Calabro said.

Tomaselli feels the Hawks are going to continue with their winning ways.

"We're just going to keep on winning. That's the bottom line and we're never going to lose," Tomaselli said.



JOHN EDWARDS

**CLOSE CALL** - Condor goalkeeper Lev Sherifali leaps to tip the ball out of bounds as Hawks' midfielder Luigi Landauro, (centre) and Condor defenders look on.

# Hawks sluggish in exhibition opener as they tie Conestoga

Hawks Morris Marshall leads the way, with two goals and an assist, in shoot-out with Condors

by Jason Thom

Both teams looked flat in the third period until the Condors took the lead again late in the third on a beautiful solo effort by Corey Bridges.

It stayed that way until the last minute and a half of regulation when coach Joe Washkurak called a timeout to talk things over and rest his team.

"Everyone talks about game shape and none of our guys are there but there are some guys that are pretty close and some other guys that are a little behind," Washkurak said.

They didn't look tired on the face-off however. Intern assistant coach Rich Wand drew up a play with the goalie out that worked to perfection when Shawn Kane fired one through the crowded goal crease and into the cage to tie it up for the third time in the game. Overtime proved nothing and the game ended in a 5-5 tie.

After the game, Washkurak used the last goal as an example on how he wants his team to play. "That's what Humber's about, once we get some of the guys to understand our philosophy around the school," Washkurak said. "But I was happy the way things worked out tonight. Washkurak won't need to look far for help to instill that desire into his team.

Rich Wand was last year's captain and he's behind the bench to give back to the program.

"I can give advice because I've been there," Wand said. "But overall I think we have a pretty good team and with a little hard work and a little heart I think we'll have the chemistry to go the distance."

The game that was supposed to be a battle in the air turned into a battle in the trenches as the Humber Hawks and Conestoga Condors battled to a 5-5 tie in Humber's first exhibition game of the year.

The Hawks came out flying in the first and littered Conestoga goalie Ryan Knettner with five good chances in the first two minutes of play. But the Condors initiated the scoring on two power-play goals in the first half of the period to put them up by two.

But then it was time for OHL journey-man and Hawks rookie Morris Marshall to show his new team what he could do. With the lead cut in half by a J.J. Dickie goal Marshall fired a one-timer from the slot to tie it at two. Then he potted his second of the night just under five minutes later to send the Hawks into intermission up by one.

"I felt pretty good because we've been practicing a lot lately so I've been getting my legs back from the summer," said Marshall.

Not everyone had their legs back however. The Hawks came out slowly in the second and the Condors' Dave Stewart made them pay with his second of the night to tie the game at three. Conestoga then took the lead on an Adam Johnson tip-in near the halfway point of the second. But the Hawks tied it up again late in the second when Jarett Rowden converted a tricky 2-on-1 pass from Rob Cordiero and we were heading into the third deadlocked at four.

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JASON THOM

**IT'S ALL STRATEGY**— Hawks Head Coach, Joe Washkurak plans out the last attempt at the game-tying goal on Tuesday night against the Conestoga Condors.

# Falcons fall prey to explosive Hawks' attack

by Lindsay Higgs

## Lady Hawks break winless streak by capturing first win in convincing fashion.

The women's varsity soccer team breezed to a 10-0 win over the Fanshawe Falcons in London last weekend.

The Hawks' thumping of the Falcons was led by striker, Joanna Vitale, who fired in a total of four goals into the back of the net.

"In the past few games there hasn't really been any action on my side, but today I got the ball a lot

more and finished," said Vitale.

Other goal scorers for the Hawks were Stephanie Wardell, Allison Read, and Nadia Stefanutti, who added two. Midfielders Adriana

Cataldo, and Filomena Aprile both notched a goal a piece. Humber finally pulled off the win in their third game of the season, while defender, Sandra Troiani, said that the win was a long time coming.

"The past two games we've played have made us wake up a little bit, and made us realize what we had to do," said Troiani. "I think with this game, it's going to bring our entire team up to a whole new level."

The Hawks tied both of their opening games of the season against Redeemer and Mohawk, so winning the game against Fanshawe was sweet. "It helps getting a win," said Aprile. "This game puts something in our minds that we needed to settle, and we came out with two ties and we just wanted to come out here and win."

Coach Mauro Ongaro said the team took advantage of their opportunities which is why they won.

Hawks midfielder, Claudia Marmo said part of the problem the team has faced during the past two games, was the positioning on the field.

Vitale was put in the midfield position at the start of the season and has recently been put back to forward, where Marmo said she belongs.

"I think we were lacking in the forward position," said Marmo. "Whenever we fed Joanna the ball she put it in the back of the net. We gave her the ball today and she scored for us."

Another position that needed to be filled was in the midfield right



LINDSAY HIGGS

**THAT'S USING YOUR NOGGIN** - Lucia Sinisi (centre) gets airborne in an attempt to head the ball to a teammate as the opposition looks to intercept the ball.



LINDSAY HIGGS

**PASSING WONDER** - Rookie midfielder Lucia Sinisi fakes out the Falcons' defender with the pass.

## The man behind the championships

by Lindsay Higgs

From being a star basketball player in university to coaching a top college basketball team, Humber Athletic Director Doug Fox is the backbone to an athletic department that is now one of the most respected departments in Ontario, if not Canada.

Fox grew up in Don Mills, North York. After finishing his high school education at Don Mills Collegiate, Fox attended the University of Toronto to complete his bachelor degree in physical education.

Fox played a total of five years at U of T starting at the point guard position. Wearing number 31, Fox was in the top five in scoring for two years. He also won three MVP awards, and two OUAA (Ontario University Athletic Association) awards in his career.

Following the completion of his first degree, Fox went on to finish his teacher's degree and his Masters degree.

"When I went through teachers' college, that was my year of choice," said Fox. "I began to coach here at Humber because I used all of my eligibility playing for five years."

Fox coached Humber's men's basketball team for seven years before starting as athletic director.

"We didn't have much of a program back then. The successful varsity program really was hockey. When I was



COURTESY PHOTO

**MAN IN CHARGE** - Humber Athletic director Doug Fox has been the leader behind Humber's success for over 12 years

hired as a basketball coach there wasn't really that much of a history," said Fox.

Fox began building a profile for the department. He started contacting every high school's board to run their tournaments, like the Etobicoke Championships and the North York Championships.

"I tried to make a profile and it took me about five years, but we are making our way up, progressing in the program."

Because of provincial cut backs, Fox

has been forced to minimize his staff from nine employees to only three.

"I became in charge of more than I really wanted to handle," said Fox. "I spend a great deal of time here and it affects my family life, but I have a great wife and great kids. The reality is, I'd like to be home more."

Fox's assistant, Tamara Bennett, agreed that he doesn't get to spend enough time with his family.

"Doug's wife is super woman," said Bennett. "He looks forward to his summer holidays, but I still don't think that's enough time for him."

Bennett also said that Fox is an easy guy to talk to, which makes his encounters with the players that much more personal.

"When the athletes have problems, they know that they can go and talk to Doug and he will help them," said Bennett.

Student Athletic Association President, Anthony Burroughs said Fox would stop at nothing to reach his goal.

"Doug is the captain of the ship," said Burroughs. "He wants to produce the best product available, and he'll stop at nothing to produce excellence."

Fox has worked at Humber now for more than 12 years, and will continue to strive for excellence in every athletic program.

"I want Humber to be known across the province and be strong in every sport," said Fox.

## CLASSIFIEDS

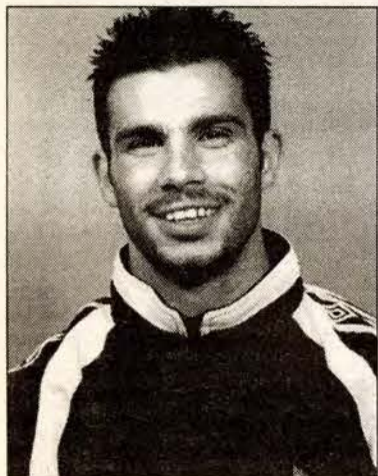
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## HUMBER HAWKS ATHLETES OF THE WEEK



**Jesse Calabro**

Calabro netted a hat trick as the Hawks men's soccer team crushed the Redeemer Royals 10-1 and scored a pair in a game against Mohawk. Calabro now has a league-leading six goals on the season.



**Joanna Vitale**

Despite a slow start to the 2000-01 season, Vitale returned to her former self by potting four goals for the Hawks in a 10-0 romp over the Fanshawe Falcons. Those goals were Joanna's first of the regular season.

## It's not Miller's time anymore

Dennis Miller's jokes are longer than a would-be Ben Stein Rendition of the HMS Pinafore, but his wit is as sharp as a pair of Mike Tyson's incisors.

Like Tyson, Miller does have the ears of others—football fans that is. Although he may have bit off more than he can chew, he managed to accomplish the feat without much bloodshed or need for butterfly stitches.

The new guy in the booth on ABC's weekly telecast of Monday Night Football (MNF) has been the cause of much debate. Some misguided viewers think that Miller is as complimentary to commentators Al Michaels and Dan Fouts as a ten-year-old Balderson cheddar is to a bottle of a 1982 Chateau Petreus. Seriously though, fans might actually have the luxury of hearing some expert analysis from Micheals and Fouts if it wouldn't take Miller three downs to tell a joke. Fouts and Michaels have more trouble getting a word in than Verne "Mini Me" Troyer would standing between Spike Lee and Reggie Miller.

Furthermore, Dennis Miller has used enough curse words and obscenities in his career as a comedian to create a new section in the New Webster Encyclopedic Dictionary of the English Language. On MNF, Miller will have to consult a fairly large thesaurus, which will be difficult since there is more testosterone on the tip of his tongue than in the entire



**Luc Hebert**  
Sports Columnist

body of a Canadian sprinter away on a summer vacation in Seoul, Korea.

Miller did say, during the season opening MNF telecast, that he would be using an "F" word rather frequently during the 2000-2001 NFL season: Faulk - referring to explosive running back Marshal Faulk of the Saint Louis Rams.

It is evident that Miller has a great knowledge of football. In addition, he is extremely well prepared for each of the MNF telecasts. He has a comprehension of the game that is paralleled by few people. Two of those people are Michaels and Fouts, who deserve much more than to be left in the proverbial shadows created by Miller's increasingly swelling ego. Consequently, only one thing remains to be said.

Dennis, shut the Faulk up!

# Mays closes chapter on and off of the ice

By Michael Nicholas Stamou

Ron Mays is a young man with a bright future in hockey. If you haven't heard of him by now, chances are you will in the near future.

The 24-year-old Burlington resident and Head Coach in the Burlington City Rep hockey system recently published his first book, *Goaltending In The New Millennium*. The 178-page book explains the technical and tactical skills goaltenders at every level require to be successful. Mays decided to write the book after studying goaltending in great detail.

"The goaltending position has changed a great deal since 1986, when Patrick Roy entered the NHL," said Mays. "I looked at the goaltending resources that were available and I realized that while a lot of them were good, none of them adequately addressed the changing nature of the position. I wrote the book to inform goaltenders, coaches, and parents of goaltenders how and why the position is being played the way it is today."

The McMaster University graduate believes his book offers a unique and fresh approach to understanding hockey's most glamorous, yet demanding position.

"If this book increases the skill level of just one goaltender or the knowledge of just one coach or parent then I will have accomplished my goal," Mays said.

Mays is convinced that goaltending at the NHL level is better today than it has been at any time in the past.

"The biggest difference is the athletic ability of goaltenders," said Mays. "Goaltenders at the NHL level are much better athletes today than they were in the past. I am convinced that goalies such as Curtis Joseph, Martin Brodeur, and Dominik Hasek could be first line centres or quarterbacking the powerplay if they weren't stopping pucks."

Mays also credits much of the top goaltenders' success to a change in strategy.

"Goaltenders in the past were always taught to stay on their feet as much as possible. Today's goaltenders have found a better way to play the position. Instead of relying on their reflexes and trying to be quicker than the puck, the top goaltenders are more concerned with positioning," said Mays. "They make themselves as big a target as possible, rely on the butterfly to cover the bottom of the net and allow the puck to hit them."

After graduating from McMaster University in 1999, Mays decided to enroll in Humber College's Public

Relations Certificate program, a decision he does not regret.

"I have thoroughly enjoyed my time at Humber," said Mays. "I have learned a lot about communicating with people and the program has certainly prepared me well for life outside of school."

While Mays finds public relations to be a fascinating industry, it is not what he is most passionate about.

"I think public relations is a very interesting industry. But it is not what I want to do for the rest of my life. I am a firm believer that people

"I have always been impressed with his knowledge of the game of hockey. I think I have learned as much from him as he has learned from me during our time working together. And I have been coaching for over 20 years," added Weaver.

Rick Shuker, another coach who has worked with Mays in recent years, describes Mays as a hard-working coach who is constantly in search of new knowledge.

"Ron goes the extra mile to help his players get better and they really respect him for that. He is easily the hardest working coach I have come across in my years of coaching," Shuker said.

Mays is quick to point out that he is much more than a goaltending coach.

"As soon as other coaches find out you know something about the goaltending position, they want to pidgeon-hole you as a goaltending coach. I am a head coach who also happens to have the ability to work with goaltenders because I have played and taught the position for most of my life," said Mays.

The coaching phenomenon also has high aspirations for his coaching career.

"I'd like to get involved with the Canadian Hockey Association's Program of Excellence. I don't think there is any greater honour in sports than representing your country," said Mays, who recently became one of the youngest Advanced Level One certified hockey coaches in Canada's National Coaching Certification Program.

Mays is taking his coaching expertise to the National Coaching Institute in Calgary, Alberta next year.

"The NCI program in Calgary will allow me to focus all of my energy on becoming the most complete and knowledgeable coach I can be for the first time in my life. It will also provide me with the opportunity to work with Canada's National hockey team and to study under Head Coach, Tom Renney, who I regard as one of the best hockey coaches in the world," Mays said.

*Goaltending in the New Millennium* is the first book Mays has published, but it certainly won't be the last.

"I am in the process of completing a drill book to complement *Goaltending in the New Millennium*. I intend to produce several more books and videos. At this point, it is simply a matter of finding the time to sit down and write them," Mays said.

Remember the name Ron Mays. You could be hearing it often in the coming years.



COURTESY PHOTO

**MASKED MAYS**—Humber grad, Ron Mays, a goalie, a coach, and his book.

should do what they are most passionate about. Hockey, and in particular coaching hockey, is what I am most passionate about and it is what I do best," said Mays. Mays defends his decision to attend Humber by saying, "coaching, especially at the professional level does not offer a lot of job security. You only have a job as long as you're winning. Public relations provides me with the security I need to follow my dreams."

Mays believes there are several similarities between public relations and coaching.

"When it comes down to it, both public relations and coaching are primarily concerned with getting people to buy into whatever it is you're selling, whether it be a product, service, or idea," said Mays.

Mays has accomplished something rare in the coaching fraternity. Although he is much younger than most of his peers, he has gained their respect to the point where he is widely regarded as one of the top young hockey coaches in Canada.

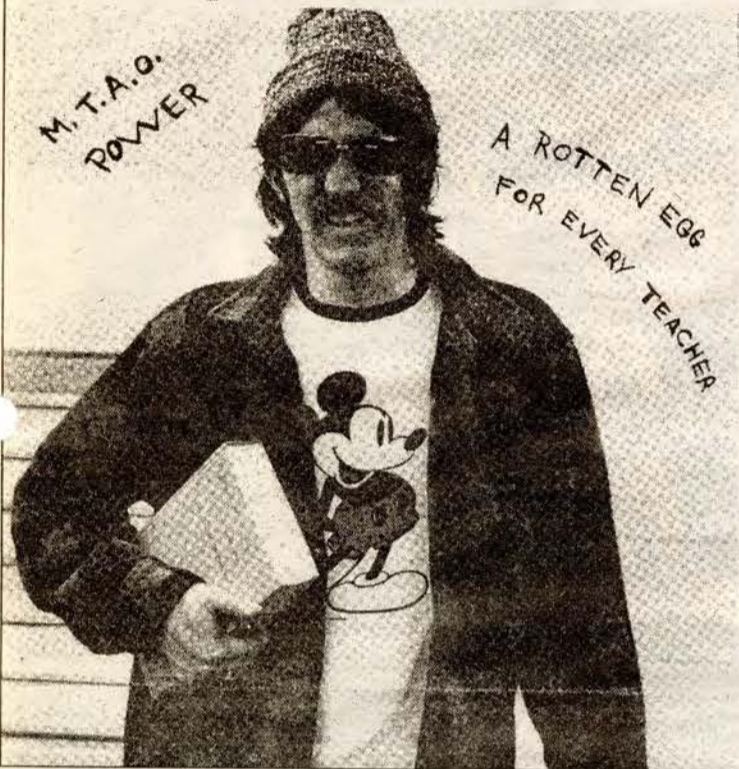
"Ron brings a very studious and analytical approach to the game of hockey," said Gord Weaver, a head coach in the Stoney Creek Minor Hockey Association, who has coached with Mays for the past two years.

# BIZZARTIFACTS *et cetera*

## Sloven

SLOVENIR  
ISSUE

SLUMBER COLLEGE OF APPLIED FARTS AND BUREAUCRACY



### So that's where that nickname came from!

Taken from the Humber Coven archives circa 1975, this spoof of the newspaper, now the Et Cetera, featured crazy articles on striking teachers fighting with rotten eggs as a militant group in uniform (above), and comments from farm animals. Stories were written by writers such as Glad Lola, Skip Rope, and Bee Ferroni. How witty.

## Fun with flatulence

**Q: Where do farts come from?**

**A:** From the air we swallow, gas produced by chemical reactions and bacteria living in our guts.

**Q: What makes farts stink?**

**A:** The more sulphur in your diet, the more your farts will stink. Cauliflower, eggs and meat are staples of the stink diet.

**Q: Why do farts make noise?**

**A:** Sounds are produced by vibrations of the anal opening depending on the velocity of expulsion and the tightness of the sphincter.

**Q: How much gas does a normal person pass per day?**

**A:** On average, about half a litre, distributed over an average of 14 daily farts.

**Q: Where do farts go when you hold them in?**

**A:** The fart is neither released or absorbed. It moves back into the intestines and comes out later. They're not lost, just delayed.

Source: [www.heptune.com/farts.html](http://www.heptune.com/farts.html)

## Say What? "1989"

"Sometimes hard-boiled, sometimes runny. Comes from a chicken, not a bunny, dummy."

-Eggman, The Beastie Boys

"Here's a quarter. Go downtown and have a rat naw that thing off your face."

-John Candy, Uncle Buck

"Yeah but this is Ohio. If you don't have a brewski in your hand, you may as well be wearing a dress."

-Heathers

"I hit fastballs very much, but curveballs, bats are afraid."

-Pedro Cerrano, Major League



John Candy

## What's your sign?

### VIRGO

**23 August - 22 September**  
Those potato chips you've been munching on have been laced with rat poison. You now have 16 hours, 41 minutes, and 7 seconds to live, 5 seconds, 4 seconds...

### LIBRA

**23 September - 22 October**  
This week green means go and red means stop - unless you're colour blind. Then all bets are off.

### SCORPIO

**23 October - 21 November**  
The weight of the world is resting on your shoulders; don't shrug or your head might pop off. Watch where you put your feet because your head might be underneath them.

### SAGITTARIUS

**22 November - 21 December**  
Are you dreaming about orange turtles or swimming with yellow dolphins? Time to make some alterations in your "natural" lifestyle. Sleep through your alarm, you really need it.

### CAPRICORN

**22 December - 18 January**  
Beware of falling chickens. Life's roller coaster will bring you down, but be patient because things are on the rise. Opportunity is around the corner.

### AQUARIUS

**21 January - 18 February**  
Okay, everything for you up to this point has been going great. Your personal life, your social life, your family life, hell even your sex life has been booming. But all good things must come to an end. Prepare for Armageddon, and oh yeah, watch for falling bird droppings.

### PISCES

**19 February - 20 March**  
Hey Pisces. Does the wind cry Mary? Got a whole lotta love? Get your head out of that rock psychadelia and do some freakin' work!

### ARIES

**21 March - 19 April**  
Cheese in a can. Spam. Are these a few of your favourite things? It's called scurvy my friend. Go to the nearest store and buy some real food. Corn dogs don't count.

### TAURUS

**20 April - 20 May**  
Oh no! Run! Run as fast as you can. Don't think twice, don't look back, just pack up and leave. What lies ahead is pure evil - evil beyond your wildest imagination.

### GEMINI

**21 May - 20 June**  
If your name begins with a consonant, jump for joy. This week will be good. And if your one of those people whose name starts with a vowel, well, you're already in the minority so it doesn't matter if your week sucks.

### CANCER

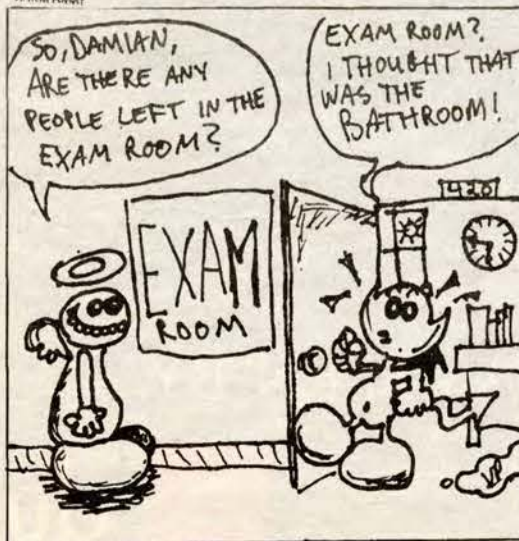
**21 June - 22 July**  
A wise man once said knowledge will leave an imprint greater than any punch. Then someone grabbed a crowbar and broke his kneecaps. This week wisdom is what you make it.

### LEO

**23 July - 22 August**  
Broken mirrors may reflect more problems than you can handle. You're hands will just get all bloody and those stains are incriminating and hard to get out. This week cover your ass.

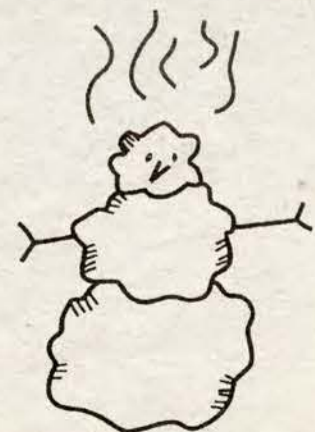
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BY BILL BROWN



## Backyard Blues

By Suzanne



Young Dung Beetles at play



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