

HUMBER ET CETERA

Fighting milky
cravings
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Darcy Tucker
throws his
weight around
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Computer server fails Humber students and faculty

By SHELL BUJOLD
Et Cetera Staff

Humber's computer servers went down for two days on Nov. 19 and 20 disabling many computer services such as the internal e-mail system and on-line student records.

"The equipment literally failed," said Mark Naylor, the CIO of computer services at the North campus. "This is the first time they've failed in over a year."

Humber's computer maintenance team, Brains II, managed to get the problem under control on Nov. 20.

After 18 hours and with a little help from IBM, Brains II thought they had everything fixed.

But another problem ensued the following day when the server went down again, leaving administrators unable to do their work.

Although the servers were not down for the whole day, it created problems.

Students can't understand. It's beginning to sound like an excuse," said Muriel Axford, program advisor for the Continuing Education ECE sector.

The server failure prevented some students from checking their school e-mail accounts, and stopped the school's staff from getting messages, assignments, or access to student record services.

"Several problems have affected the administration, and did not affect the students...I can't anticipate all the problems we have," Naylor said.

Naylor added that the downed system did not cost the school any money.

Fees for computer maintenance are partly covered by tuition costs and partly paid for by the provincial government.

According to Naylor, staff work on an older server than students, so some bugs are more likely to happen.

But the server will be switched to the same one students currently use within a year.

"Take my left hand, take my right hand, but don't take away my computer," said Axford, who is very frustrated with ongoing computer problems.



Jenn Kleiman

Journalists and riot police keep busy at the G20 Summit as protesters take to the streets. See news page 3

Humber students caught red handed

By CANDI JERONIMO
Et Cetera Staff

Men using washrooms at Humber wash their hands less often than women according to a *Humber Et Cetera* investigative report.

Sixty-eight per cent of men didn't wash their hands after using the bathroom compared to 35 per cent of women in Humber restrooms.

The study was conducted in four different washrooms around the North campus and monitored for 20 minutes each during peak periods (11 a.m. - 2 p.m.).

A survey conducted by the American Society of Microbiology found that 95 per cent of people admit to washing their hands, while only 67 per cent actually did.

"While it may seem amusing at first, this is really a very serious issue," said Dr. Judy Daly from the American Society of Microbiology. "We really need to help the public understand the significance of these findings and the importance of hand washing."

See Hand on page 18

Binge drinking continues to increase among young adults

By CANDI JERONIMO
Et Cetera Staff

Drinking five drinks once a month qualifies you as a binge drinker, according to the Centre for Addiction and Mental Health.

The 2001 Ontario Student Drug Use survey, conducted on 4,211 students in grades 7 to 13, found that binge drinking among teens is up seven per cent, while cigarette use is down by five per cent - the lowest it's been since 1977.

"It's hard to say [why binge drinking is up], when you do a survey," said Angela Paglia, a research associate who conducted the study at the Centre for Addiction and Mental

Health. "You can't look at the cause and effect."

Those who said "yes" to being binge drinkers in the survey drank five or more drinks in one sitting at least once in four weeks.

Humber students agreed that binge drinking was about five drinks on average in one sitting, but said tolerance levels should be considered.

"Some people drink two beers and they're trashed," said Josh Hornung, a second-year Internet management student who bartends at Caps. "Some people drink six and they're fine. It depends on the person."

Other students like Scott Bensen and Ryan McBride, both second-year golf management students, said the number of drinks to be considered a

binge drinker is much higher.

"Twelve drinks is probably minimum," Bensen said.

"People drink five drinks every day," McBride said. "That's not a lot."

The survey found no change in teen use of alcohol, tobacco and cannabis. The percentage of new users has not increased since the last survey.

"The '80s were a period of decline of drug use," said Dr. Edward Adlaf, a senior scientist with the Centre of Addiction and Mental Health. "The '90s had a resurgence. In 2001, the good news is that illicit drug use among youth isn't growing. The bad news is it's still higher than it was in the early '90s."

Along with an increase among

teens, adult consumption of alcohol has risen in the last decade, Paglia said.

"These are all hypothesis [about why drinking has increased]. Societal attitudes may have changed, there are more liquor ads, bars and LCBO outlets have extended hours, [and there is a] less perceived risk associated with alcohol."

The Centre for Addiction and Mental Health has three different sections of programming available to help deal with alcohol abuse; there are family-youth treatments, policy and research advocacy teams and prevention programs. The centre also produces prevention and awareness curriculum for schools in Toronto.

See Youth on page 3

Newsetc.

'Loopholes' in Moraine deal

By NOEL McINNIS
Et Cetera Staff

Environmental groups have told the government it is too early to start patting themselves on the back for passing legislation on the Oak Ridges Moraine.

The Federation of Ontario Naturalists (FON), Save The Oak Ridges Moraine Coalition, Earthroots, and environmental lawyer David Estrin are calling on the government to fix the loopholes they claim are in Bill 122.

"The government should put the champagne on ice until this bill is amended," said Earthroots campaigner Josh Matlow at a press conference Tuesday.

"The act currently does not give

the Moraine permanent protection."

The environmental groups said the bill has a loophole which allows the Ministry of Municipal Affairs and Housing to revoke the entire conservation plan at any time. Another concern is that while Minister Chris Hodgson announced on Nov. 1 that 62 per cent of the moraine's prime natural area could not be reduced for development, the bill does not guarantee preservation of the original boundaries.

The conservation groups called on the government to hold public hearings regarding any new plans for the moraine and to hear the public's ideas for protection of the area.

"The issue is whether the content in the bill is real or mythical," said David Estrin, an environmental lawyer. "Why provide for the conser-

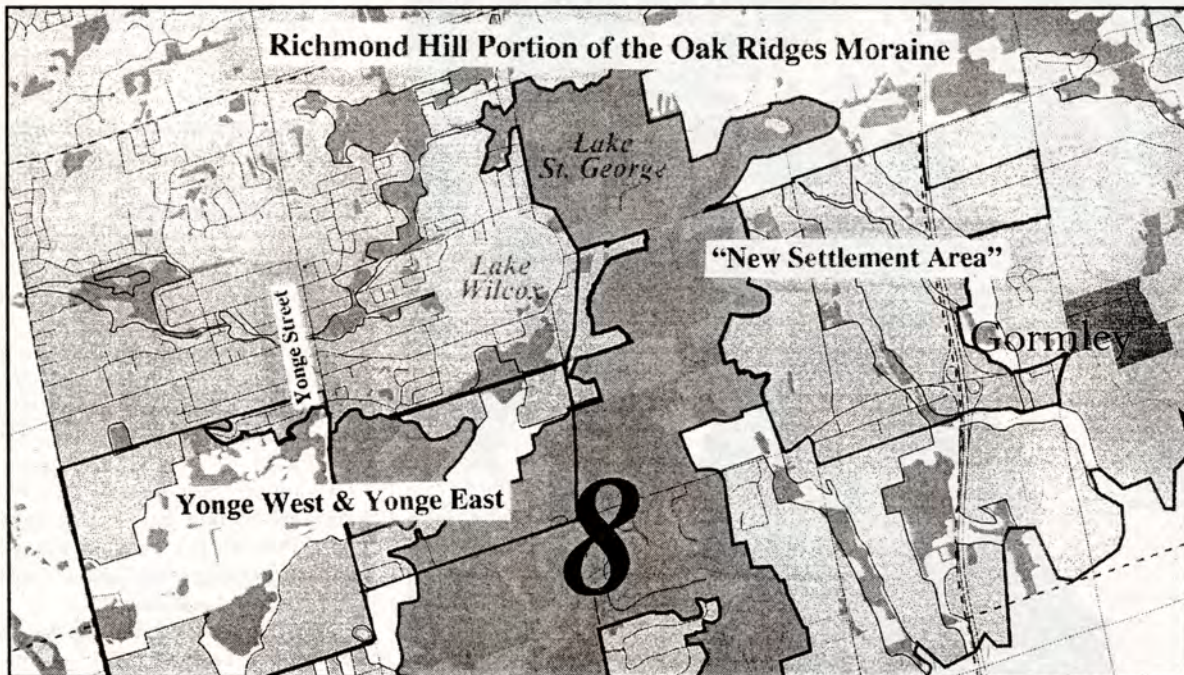
vation plan to be eliminated at the decision of a minister?"

Linda Pim, the conservation policy co-ordinator for FON said the conservationists had compared the Oak Ridges Moraine bill with the Niagara Escarpment.

"The government saw no reason to allow for a clause for that plan to be revoked," she said. "So why provide one for the moraine?"

Another area of concern was the "lack of public transparency" on land swap between Richmond Hill and Pickering.

Debbie Crandall of STORM Coalition explained that the environmentalists did applaud the government's "ecology-first" intent in the moraine proposals, but stressed that any flaws in the bill must be corrected.



Courtesy Earthroots

The moraine land swap settlement has relocated home development to Pickering and created a new debate

PEN Canada highlights freedom of expression

By SARAH Y. FOSTER
Et Cetera Staff

Last Thursday marked the 21st annual PEN (Poets, Essayists and Novelists) international day of the imprisoned writer.

PEN Canada is the Canadian chapter of International PEN, founded in England in 1921, whose mandate is to 'promote literature as a means of understanding across borders.' The registered charity lobbies internationally for writers and journalists imprisoned or punished for expressing themselves through words.

"This is one day to focus international attention to PEN initiative," said Louis Gentile, executive director of PEN Canada.

This year, PEN named Cuban writer Bernardo Arevalo Padron an honorary member. Padron, the for-

mer director of an independent news agency, is serving a six-year prison term in Cuba after being found guilty of 'enemy propaganda' for allegedly insulting government officials including President Fidel Castro in his articles.

There are now 124 centres and over 12,000 members in International PEN in 90 countries, and more than 700 members of PEN Canada across the country. Several members of Humber faculty are members of PEN, including five-year member Joe Kertes, a writer and dean of Creative and Performing Arts.

"PEN is a very important tool. There are many writers in jail worldwide that have been gagged by their government," Kertes said.

Kertes said Canadians are largely ignorant of what's going on in the rest of the world. "Canadians are as naive as babies. That's why PEN is so

important internationally."

Gentile said many North American journalists seem to have forgotten the power of their words.

"It's astonishing that journalists don't write as much about human rights," Gentile said. "Pieces are common, but not about the people involved."

As a result, Gentile said that some PEN chapters are more active than others.

International PEN is currently monitoring 900 cases of persecuted writers. In the past year, International PEN has tracked the assault or murder of 717 journalists worldwide.

Gentile said there is a lot that Canadians, citizens and writers can do to help the PEN cause.

"We can lobby the government, write more about what's happening and ask the right questions," he said.

U of T, Waterloo grab top honours from Maclean's

By DALIA WRIGHT
Et Cetera Staff

Maclean's magazine released their annual top 47 university rankings issue *Choosing the right school: An insider's guide* last week, lending help to potential university students but leaving college-bound students waiting until March for something similar.

Anne Johnston, editor of the university special, said that while it is easier to compare 47 universities in the categories of medical doctoral, comprehensive and primarily undergraduate, it is a little more difficult to include colleges that can be specific to art, medical or other things.

"We have never published an issue that ranks colleges," Johnston said. "I have spoken to the Association of Community Colleges...and they have never expressed an interest for colleges to have their own college ranked issue."

Economist editor talks globalization

By CRAIG MacBRIDE
Et Cetera Staff

The war on terrorism, as well as the terrorists' war against America, is a war for global change, a leading economic and political journalist told a gathering of Toronto's business elite Wednesday.

"Whose agenda for change is having the most success?" asked Bill Emmott, editor-in-chief of the British-based magazine, *The Economist*, in a speech at the Grand Ballroom of Queen Street's Sheraton Hotel.

Emmott was presented as a guest of the Vancouver-based Fraser Institute's new Centre for Globalization.

"We see stories all the time about increasing poverty, child labour, environmental degradation, and rising inequality - all blamed on globalization and all simply not true," said Fred McMahon, the centre's director.

He expressed support for "bringing accurate well-researched information" to the areas of globalization and free trade, particularly in the Americas.

The Economist also outwardly supports these ideas, and a few hundred business people in Toronto spent \$65 to see Emmott speak about those subjects in relation to the suffering economy and war.

Emmott split the types of changes that resulted from Sept. 11 into four groups: accelerated change, change clarified, things that wouldn't have otherwise changed and things unchanged that will challenge us to change in the future.

Emmott grouped the maturing of the Bush administration and the recession under the heading of

Because colleges are so specific and more connected to the job market, while universities are more universal to offering more or less the same thing, it's quite difficult to compare colleges the same way we rank universities."

Although *Maclean's* does not offer a top 40 exclusive college rankings, they do publish a \$16.95 College Guide Book that will be released in March. Johnston said this year the book was published as a double issue covering college and university questions. The book includes information about residences, co-ops, scholarships and other areas of student interest.

"We decided to make the double issue because we realized that more students were looking at both university and college," Johnston said.

Maclean's ranked Waterloo, The University of Toronto, McGill, Queen's and the University of Alberta as the top five national universities out of 47.

accelerated change.

"The move into a recession was on its way. The major ingredients were already there, but Sept. 11 just sped it up," he said. "It also means the recession might be deeper, but it doesn't necessarily mean that it has to be longer...I think the decisions by consumers and companies about spending will depend on what happens in the war."

America, the only remaining superpower after the cold war, headed up the group of changes clarified. Emmott said because of this, America makes "a good scapegoat and a good target."

The changes that wouldn't have happened otherwise included Pakistan joining the American side of the fight, even if, as Emmott suggested, it was only in order to have sanctions lifted.

"The important thing is that [Afghanistan] is now our pariah state," he said.

Regarding future challenges, Emmott said he expects that the West will need to transform their poor reputation as nation builders once they get the chance in Afghanistan.

"[Otherwise] it will be done in a muddled way, as it was done in Cambodia, as it's still being done in East Timor," he said.

Once Emmott finished his speech, he took some questions from the audience. "Are you optimistic about the future?" a young woman asked.

"Yes, I am optimistic," Emmott said.

"I think it's a difficult period that isn't going to come to an end because all the beards in Kabul are shaved. But I am optimistic."

Dancing, chanting, toilet paper tossing at G20

By JENN KLEIMAN
Et Cetera Staff

Thousands of activists swarmed Ottawa to protest the G20 financial summit last weekend.

Police and demonstrators kept the protest peaceful Saturday morning. Groups of protesters from the University of Ottawa, Hull, and LeBreton Flats began marching



Jenn Kleiman

Protesters crowd Ottawa streets around 10 a.m. The three groups were marching against what they perceive to be the unfair treatment of the world's poor people by the World Bank and the IMF. Although there were tense moments for the protesters from the University of Ottawa, there was no contact with riot police.

"We will be letting you all through, but we will not allow you to

bring your gas masks or any violent tools," said an Ottawa riot police officer who did not wish to be identified. "We understand that you are being peaceful, but for our own safety, we have to do this," he said.

At one point traffic was blocked at Nicholas Street and Laurier Avenue, due to a police blockade. Protesters sat on the street chanting, "We are peaceful protesters" in unison, with hopes of being allowed to pass through. Protesters also danced and drummed their messages, chanting: "This is what democracy looks like," and "We are peaceful, how about you?"

"My opinion of the protest was that it was much more peaceful than the similar protests in Quebec City, or Seattle," said Bobbak Ghadaksaz, an Ottawa University professor. "I like to think that our message was brought across but I highly doubt it."

After being re-routed several times, about 2,000 protesters met at the Supreme Court of Canada around noon before splitting into two groups.

One faction marched towards Elgin Street for a pep rally at Byward Market. The second marched down Wellington Street but was stopped by a police roadblock that was set up only 100 metres from the Government Conference Centre.

Protesters launched toilet paper

and balloons over the metal fence blockade. Police retaliated with tear gas, pepper spray, cold water and rubber bullets.

By 6 p.m. most protesters had left the area. Only a handful remained at the courthouse on Eglin Street for a sit-in to protest arrests.

Friday was host to more violent demonstrations with vandalism to a Bank Street McDonald's and the closure of most downtown shops.

Many businesses sent employees home early and boarded up windows. The Rideau Centre locked its doors with shoppers and retailers inside.

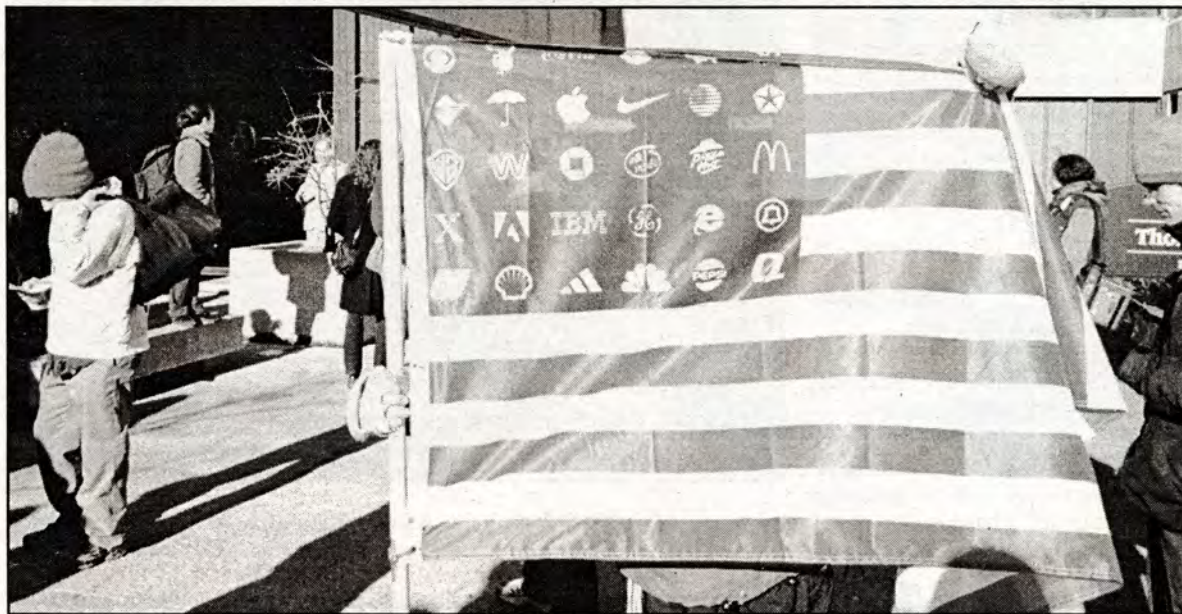
Residents and tourists were advised not to change their plans, but to keep in mind that there would be major delays and store closures.

"We wouldn't go downtown because a lot of the streets were blocked to pedestrian and vehicle

traffic," said Mary Lucyshyn, a tourist from Saskatoon. "We were concerned for our personal safety because of the clash between protesters and police that happened in Quebec."

The protests lead to one arrest Sunday, 41 arrests on Saturday, and eight on Friday.

In connection with Friday's protest, four men were charged with the vandalism of the McDonald's and Bank of Canada building.



Jenn Kleiman

A G20 protester holds up a flag representing the perceived overbearing corporate influence on the U.S.A.

Solar peak brings Northern lightshow

By TAMI LEE
Et Cetera Staff

An 11-year peak in solar activity this month has brought a spectacular show of northern lights to southern skygazers normally out of the range of visibility.

Aurora borealis, also called Northern Lights, is commonly observed in northern communities of northern Ontario or Alberta, but peak solar activity in past weeks has brought the lights to residents in the GTA and even as far south as California and Atlanta.

For some unsuspecting skywatchers the splashes of red and green light were alarming.

"They didn't understand what it was and feared the worst," said John Percy, an astronomy professor at the University of Toronto.

Every 11 years, the sun produces more sunspots and solar flares. During this maximum period of solar activity, the sun gives off more charged particles that get thrown and trapped into the earth's north and south magnetic poles.

"Charged particles from the sun interact with our magnetic field, accelerate particles that bang into our upper atmosphere particles, excite them, then give off light," explained Tom Olien, an astronomy professor at Humber College.

It usually takes three days for the wind of charged particles to travel from the sun to the earth, but the blast of colours that showed up in places

like California only took a day and a half.

"Recently, they've been seen further south, far south into Los Angeles, so there has to be much more extended activity to be seen so far down in the states," Olien said.

Northern Ontario and Alberta are used to this phenomenon because they are closer to the magnetic fields.

Suburban areas such as Bolton and Stouffville are also able to see the aurora borealis quite often because they are just outside Toronto's city lights.

"For Toronto, it's reasonably special. If we had dark skies all the time, then we would see this quite often in our lifetime," Percy said.

Karen Zhon, a Business Administration student, said she was 10 minutes north of Humber College when she witnessed the same rare rays of beauty seen in California.

"We were just looking at the planets themselves and all of a sudden we saw the sky . . . it was really red and then after about 20 minutes it started fading to a whitish green," Zhon said.

"It was really weird because half the sky was red, and I've never seen something like that but I think it was really cool," she said.

Humber students can go up to the nearby fields of Albion Hills Conservation Area or Clairville Conservation Area on a clear night to see the Northern Lights.

Youth boozing it up

continued from page 1

Declining smoking trends with Toronto teens could have to do with anti-smoking by-laws currently in effect or photo warnings on cigarette packages showing the effects smoking can have on health.

Other findings in the survey included:

- Teens in the survey that could drive were more likely to drive under the influence of cannabis (19 per cent) rather than drinking and driving (15 per cent).

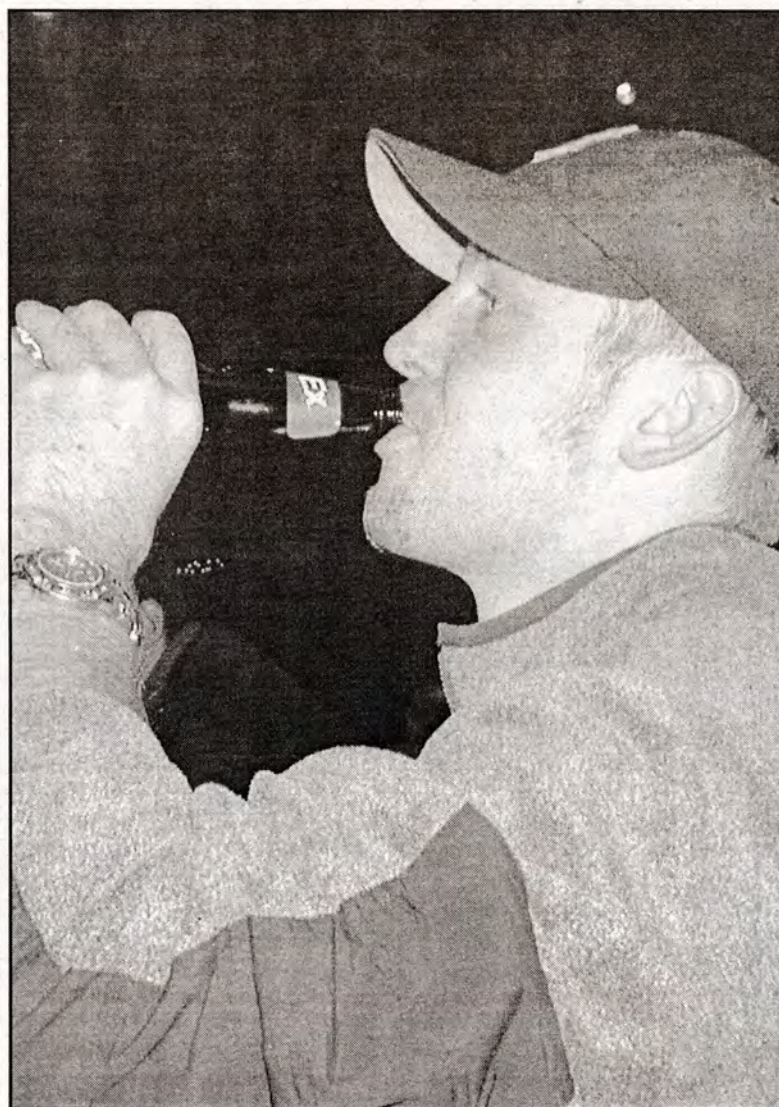
- Perceptions of risks of cannabis, cocaine and LSD use decreased.

- Females report higher usage of non-medical stimulants, while males reported higher rates of heavy drinking, cannabis, glue, methamphetamine, LSD and hallucinogens.

- In 1993, binge drinking averaged 18 per cent. In 2001, it averages 25 per cent.

- Ten per cent more people are getting drunk in 2001 than two years ago.

- Twenty-four per cent smoke in 2001, a figure which is unchanged from 1999 statistics.



Candi Jeronimo

It's not uncommon for students to have a beer after or between classes

OnCampusetc.

Landscape students digging it at Arboretum

By ELAINE WILSON
Et Cetera Staff

Second-year Landscape students are working with Arboretum staff to construct a waterfall, streams, pathways and gazebo to make the outdoor experience more enjoyable.

"It's lots of fun. I'm learning a lot," said Allan Darwent a second-year Landscape student working on the project.

There are three different classes and 12 students from different sections who work on the project twice a week for five hours.

"Students get the experience on this stuff [landscaping] and then the public can enjoy it," said Liane Gillies, a program instructor.

Program Co-ordinator Harry Chang who designed the waterfall, overlooked and helps with the construction.

"The reason we build is to give students practice and to reinforce design training," Chang said.

The project is in its third year and students expect to have a lot done by winter.

"The walls will be finished and maybe the river," said Alistair Johnston, a program instructor.

Not many flowers will be in the garden, and those that are will be white and blue which will reflect well during the night.

The garden has been designed so everyone can enjoy it as it will be

almost 100 per cent wheelchair accessible. Blind and deaf people will also benefit because of the colourful fragrant flowers.

Students work on the project during the winter as they do the rest of the year.

"The walls are built indoors during the winter. We built them there so that we can ship them out [in the spring]," Johnston said.

Students are required to wear

steel-toed boots, safety glasses and hard hats when needed.

"We have hard hats when we need them, measuring tapes too, because you're always measuring," Gillies said.

As well as working on this project, Humber College Landscape students, are preparing a booth for the Canada Blooms horticultural show. Last year Humber won the award for best workmanship.



Elaine Wilson

Students and faculty work toward a new gazebo, waterfall and pathways

In Brief

MEETING CANCELLED

Due to a miscommunication, the anti-war meeting scheduled for Nov. 14 was postponed.

The meeting was supposed to be at 5:30 p.m. in the community room at the North campus, but the speakers slated to attend went to the Lakeshore campus instead.

Seeing no signs of the meeting at Lakeshore, the speakers left before organizer Amir Saffar could get hold of them to straighten out the miscommunication.

"I am really sorry about the mix-up," said Saffar, a second-year Multimedia Design student. "Sometimes these things just happen."

Saffar is working on re-scheduling the meeting for a later date.

"I will have to find out when the community room is free again. After that I will post signs around the school and Residence to let people know when the meeting will be."

The anti-war meeting will feature speakers discussing issues ranging from the U.S. bombing of Afghanistan to globalization and terrorism.

-Joel Hoidas

MULTICULTURAL WEEK

Multicultural Week is coming up the week of Nov. 26 at both North and Lakeshore campuses.

Students will learn about the cultures that make our school diverse.

International food, live bands, dancers and demonstrations will also be part of the event.

International food, live bands and dancers and demonstrations will also be part of the event.

"I don't want to give out any secrets for this year. In the past we've had students teaching us their cultures. We've had demonstrations like martial arts. We've had the lizard man. He has all exotic safe pets. We've had Hawaiian bands, mariachi and limbo dancers. This year we are trying to show Humber College's cultures," said Stephen Anastasi, vice-president of Campus Life.

-Muna Ismail

UPCOMING JAZZ CONCERT

The Humber College School of Music is set to perform its second jazz concert with a two-part jazz ensemble Nov. 28 at 8 p.m.

The first half of the show will include a vocal ensemble led by faculty member Trish Colter and the audience will hear the instrumental sounds led by faculty member John McLeod to close the show.

The concert will be held in the auditorium at the Lakeshore campus.

Admission is \$5 for students and seniors and \$8 for general admission. Tickets are available at the door. Parking is free.

-Alek Gazdic

Election bogged up

By DESMOND DEVOY
Et Cetera Staff

The race for the student representative spot on the Board of Governors (BOG) was run without an applicable set of rules.

Instead of a separate list of rules for the position, the same HSF Elections and Appeals Policy used for HSF positions like the president were used.

Some of these rules were not applicable to the BOG race but were included in the nomination policy handed to candidates.

"We had to throw in the Board of Governor's [position] because we were asked to do it. And we had no time in order to adjust," said HSF President John Pulla.

One of the rules stated that anyone running for a spot on the HSF could not enter the Federation's offices at

Lakeshore or the North campus.

As the HSF President, there was some confusion as to whether Pulla was permitted to be in the HSF's North office during the election campaign, as the package indicated.

Pulla admitted he conducted interviews in his office during the election campaign.

"They never knew about my schedule and the things that I had set up," he said.

Pulla said he got permission from the president's office.

"I would in fact be permitted to miss the all-candidates meeting and attend the interviews [in my office]," Pulla said. "This decision was on the basis of my responsibility."

Even though the event was run by HSF, it technically was not an HSF election for an HSF position, Pulla said.

The BOG, which does not have its

own electoral policy, approached the HSF to run the election. As a result, the HSF had to rely on its existing election packages.

Nominations for the Student Rep. position opened along with unfilled HSF Board of Director positions Sept. 7. Nominations closed Sept. 14 with all HSF director spots acclaimed. The nomination period for the BOG student representative spot was extended until Sept. 28. Voting took place from Oct. 9 to 10.

Pulla won the election for Student Rep. on the BOG with 131 votes. Runner-up Meghan Yost got 112 votes followed by Matt Bremer with 51.

Valerie Hewson, the executive assistant to the Board of Governors, is working on a new set of guidelines for BOG elections for next year.

The rules will be based on the existing HSF rules but will be amended accordingly.

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Canada

Rinaldo talks, Humber listens

By SANDY GARCIA
Et Cetera Staff

CTV News anchor Sandie Rinaldo gave Humber journalism students an in depth look into the world of broadcast reporting Wednesday.

About 200 students gathered in the lecture theatre at the North campus to listen to Rinaldo recall her career.

Rinaldo said she was the first female Canadian reporter to anchor her own show despite the stigma illustrated by a CBC guidebook from the '50s that said women should not be news anchors because their voices were not credible.

"No one thinks twice anymore at hiring a woman as a news anchor," Rinaldo said. "There are women everywhere now."



Sandy Garcia
CTV's Sandie Rinaldo offers advice

Rinaldo has been anchoring for CTV News on weekends since 1985 and has filled in for Lloyd Robertson as alternate anchor of CTV News on week nights since 1981.

After being hired by CTV in 1973 as a secretary, Rinaldo worked her way through the ranks and found her niche as a producer for *W-FIVE*.

In 1976, she joined Canada AM as a story producer and specialized in federal and provincial politics.

A year later, she was appointed to an on-air position as reporter for Canada AM, a position that saw her regularly scooting from Vancouver to Cape Breton to the Middle East.

"Keith [Morrison] was ill one day and they asked me if I wanted to host the national news, and of course I said I would do it," she said. "It was an eye opener for me."

She became the first woman in Canadian history to anchor a daily network newscast.

During her years with CTV she had three children, and even endured labour pains while live on air.

With over 20 years of experience, Rinaldo offered journalism students advice on interviewing skills.

She said the key to a good interview is to open yourself up to possibilities.

"Don't be afraid of rejection, it's the nature of the beast," Rinaldo said.

As advice to future reporters she said don't ever allow people to discourage you from doing what you want to do.

"As young people you think you can do everything and God bless you," she said.

Biting into jobs

By LYNDSY VANDYK
Et Cetera Staff

Breaking the ice with fruit, coffee and muffins may be a good way for students to get over the fear of approaching authoritative figures.

The Networking Breakfast for the business students was a great opportunity to get a free continental breakfast, meet some employers and build contacts.

Marsha Waugh, a second-year Business Administration student said it's good for skill building.

"Basically the networking skills are what I'm here for. I'm hoping to come here next year with the skills to get a job successfully. I'm not graduating here this year, so I'm not looking for a job, but I'll be more prepared for when I am trying to get one next year," Waugh said.

The breakfast was held Nov. 14 in the Seventh Semester.

It drew many employers including A&P, Canada's Wonderland, CIBC, Investor's Group and RBC Insurance.

The employers gave contact information and sat with the students over coffee, discussing things like portfolio building and the chances of getting hired.

Enterprise Rent-A-Car employee, Andrea DeNoble, said Enterprise has been coming to the breakfasts for the last several years.

"I think it's fantastic. It's a great time for students to get used to talking to employers and get prepared for the real world. I fully enjoy coming here and I will continue to," DeNoble said.



Lyndsey VanDyk

Humber's business students network with companies over breakfast

Students were expected to come with a resume, cover letter and business cards.

A short introduction was given and the rest of the time was left for people to mingle.

Sylvia Ciuciura, program co-ordinator for the Business Management and Business Administration school thinks other programs should have the breakfast as well.

"This is a great opportunity for students to practise before they go out into the work force. I think every program should have it. This is the second or third year that we've had it

and the response is really good," Ciuciura said.

Pritpal Heer, a second-year Business Management student, said she was successful with it last year.

"I got calls from HMV and places like that. All these different employers came today and I'm going to try to get employment here before I leave. This is a really good system," Heer said.

The Networking Breakfast lasted about two hours giving all business students a chance to talk to future employers.

Charity pub night flaming success

By SARAH HATTEN
Et Cetera Staff

Whether you came for fun, charity or just the firefighters it didn't matter. At last Thursday's pub night, the fire services students raised more than \$1,400 for the Sunnybrook burn unit.

The fire services students collected donations at Caps in a boot drive at the door and through a raffle inside.

"It's called a charity pub, and so the Humber College student firefighters are organizing it and running everything, and we're going to try and raise money for the Sunnybrook Hospital Burn Unit," said Charlie Gray, co-organizer.

Fire Services students raised money for the same cause last year.

"They chose this one before, so that's why we're doing it. The burn unit is really connected with fire departments around the city, and it takes about 85 per cent of all burn victims in Ontario. They have a state of the art facility and a special team of physiotherapists, surgeons, plastic surgeons and nurses. So, it's the place



Sarah Hatten

Humber firefighting students take a break at the Charity pub night that raised more than \$1,400 at Caps

to be if you've been burned," Gray said.

The raffle had a variety of prizes ranging from courtside Raptors tickets worth \$1,000 to dinner for two at

Jack Astor's to Leaf and Raptor jerseys.

Approximately 1,850 tickets were sold.

But none of the ticket holders were

as lucky as Amber Doupe, a second-year Recreation and Leisure student. She was the night's grand prizewinner.

"I didn't really feel like I'd won,

but people told me to get up there because I'd won the tickets. It was exciting," Doupe said.

With Caps full and last year's record of \$940 defeated, it was an outstanding night for everyone.

"Everyone contributed and everybody had a good time. It was a big success," said Ryan Kingston, a fire services student and co-organizer.

His fellow student firefighters agreed.

"I think you get out of it what you put into it, to quote what chief says. You put in a lot of effort; everybody donated time and hours and money. We got a benefit for Sunnybrook Hospital," said Michael Fennell, a Fire Services student.

"It was really well organized and you could see the time that we put into it," said D.J. Marchese, a Fire Services student.

The Fire Services students will present a cheque, combining proceeds from the charity pub and school wide raffle, to the burn unit as soon as the raffle ends.

Stops in clubland

By MUNA ISMAIL
Et Cetera Staff

There are clubs and associations that suit the need of every Humber student; it's a chance to meet new people, learn new cultures or practice your religious faith.

You can experience dance, music, food and culture at the LatinO Cultural Organization [LOCO].

"It's a club that is trying to get the cultural awareness, bring together the community. Teach anyone that wants to find the education. We did a lot of fund raising, parties and have done shows for the multicultural week," said John Pulla, Humber Student Federation's [HSF] president and former vice-president of LOCO.

The freedom to express your opinion and creative writing is what the writer's club is all about.

Their motto is to learn, to write and to express. This club is for students who want to share their creative writing, opinion and criticism with their peers.

Anyone who is interested in writing or wants to establish a career in creative writing can join the group.

The Muslim Students' Association [MSA] allows Muslims and non-Muslims to learn more about the Islamic faith, but primarily it gives Muslim students a chance to practise their five daily prayers.

The MSA meets every Friday for prayers at 1:30 p.m. in the new Interfaith prayer room D223.

"We offer a variety of services. The most important is the Friday prayers and to maintain the Interfaith prayer room. Our prayers are considered vital. The main purpose is the union of Muslim students," said Majid Fakhruddin MSA president.

Ramadan, 30 days of fasting from sunrise to sunset, is one of the holiest times for Muslims.

MSA provides food for breaking fast at sunset, called iftar, in the prayer room.

"The Muslim students in the college can gather and stick with each

other and not to feel lonely. Muslims are proud to be together."

The Korean Social Organization encourages students to learn more about the culture and to help Korean students with homework, among other things.

Another group is the Lifeline Christian Fellowship, which encourages individual Christian growth. Sponsored by Baptist Student Ministries, the association is open for anyone who wants to learn about Christianity.

Humber's Indian Student Association has opened up their culture to other students for years. They've been part of Multi-Cultural Week and compete in Indian dance competitions.

At Humber's Lesbian, Gay, Bisexual and Transgender club [LGBT] students can get together and at the same time have some fun and make new friends.

Humber's Helping Hand Club is a new club this year. Members of the club volunteer in and around the community.

"[The clubs] were the first ones on campus to initiate the 'on the wings of a dove.' This was when you [students] donated money and then your name went on a dove and was sent to the U.S. for victims of the World Trade Center attacks," said Stephen Anastasi, vice president of Campus Life.

Humber Environmental Action Team [HEAT] is dedicated to protecting the environment at both campuses.

Other clubs include Tamil Students Association, Dance Squad and Outdoor Adventures Club.

Clubs are open to all Humber students. If you're interested drop by the HSF office and ask how you can be a member of a club.

You can also check out the HSF web site [www.hsfoeb.com] for any of the clubs' e-mails.

Established clubs

Some of the established HSF clubs (they have been on campus for more than two consecutive semesters)

••	International Students' Association (ISA)
••	••
••	The LatinO Cultural Organization
••	••
••	Lesbian Gay Bisexual Transgender (LGBT)
••	••
••	Lifeline Christian Fellowship/Baptist Student Ministries
••	••
••	The Muslim Student Association
••	••
••	Outdoor Adventure Club
••	••
••	-compiled by Muna Ismail



Humber offers the only Funeral Services program in Ontario which averages about 95 graduates each year

Program no dead end

By TAMI LEE
Et Cetera Staff

Humber College has the only accredited English-speaking funeral service program for the 750 funeral homes in Ontario.

Jeff Caldwell, a professor in the two-year program, explained some public misconceptions about the people who choose to go into the industry.

"Our society as a whole is definitely death denying, we're afraid of death and yet we have a morbid curiosity... those are not the students we attract, they are interested in helping the survivors," he said.

Caldwell said that the bodies the classes work on are briefly kept in the college accessible to instructors who conduct lab sessions. He said students could sometimes spend eight solid hours in a lab.

According to Caldwell, bodies are released by the coroner's office downtown when they are unable to find

their family members. Once they've been embalmed, the bodies are returned to a funeral home in Toronto for proper burial.

"A lot of the general public have this preconceived notion that we're just death-mongering people who live in shady, dark basements somewhere and come out to collect the dead and dispose of them. That's what the general public thinks and it's such a little part of what we do," Caldwell said.

David Garvie is the funeral director and general manager at Ogden Funeral Homes. "They think of a person who is dealing with dead bodies and that's only 10 per cent of what we do. Ninety per cent is dealing with the supportive and business side," said Garvie, who is a 28-year veteran.

Garvie said the profession's people are there to help others acknowledge a death and move on. He runs support groups for people having trouble dealing with their grief. "That, to me, confirms the value of what we do here in funeral services."

Caldwell said he is disappointed by the media because they don't respectfully portray a realistic image of the industry. He referred to an article from a Toronto magazine that reads, "someone's got to train the undertakers and Humber has shouldered the job with enthusiasm."

Garvie graduated from the same program and later taught a course for a year. Current students would be happy to know his firm regularly hires graduates. "I'm excited about the new young ones that are coming in," he said.

Around 95 students make it to graduation day of the 130 that are accepted each year. There are various reasons for the unequal ratio. "We've had students withdraw because they haven't had a full observation of what the business entails... other students think they'll get rich quick being a funeral director," Caldwell said.

None of the students from the Funeral Services program were able to comment for privacy reasons.

Committed to committees

By JENNIFER MARCH
Et Cetera Staff

When you are stuck in residence with hours worth of homework take a break and join a committee to get your mind off school.

There are many interesting committees floating around Residence that students may be unaware of.

One of them is the social committee. "We organize all events for Res," said Brenda Vanderwal, committee head.

The group specializes in organizing theme weeks, including the recent Alcohol Awareness Week. "We did a comedy night and a movie night that were alcohol related. We even had a [recovering alcoholic] come in and

talk to students," Vanderwal said.

Resident Advisor of the social committee, Stephan Tang, said they have more events planned for upcoming months.

"A karaoke coffee room is an idea we have thrown around," he said. "But the major event coming up is the semi-formal Christmas party."

The group meets every Wednesday at 8 p.m. in the conference room and everyone is invited.

Another committee at Residence is Humber Helping Hands.

It's a student outreach volunteer group whose goal is to help others in need, at Humber, in the community, and in the larger community of Toronto.

Humber Helping Hands has

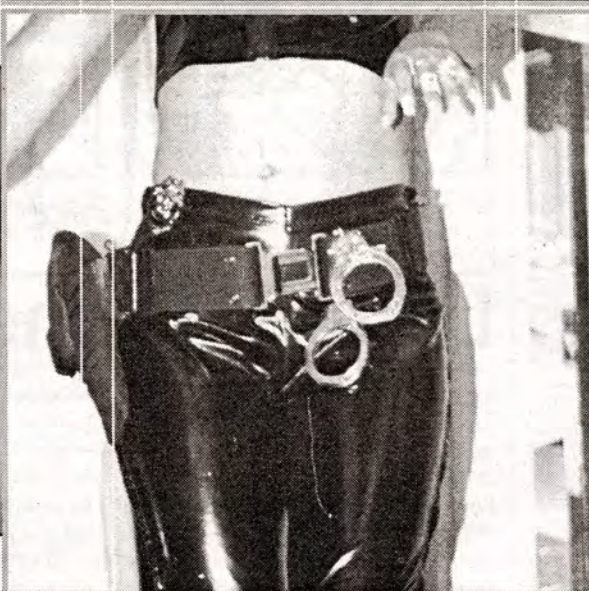
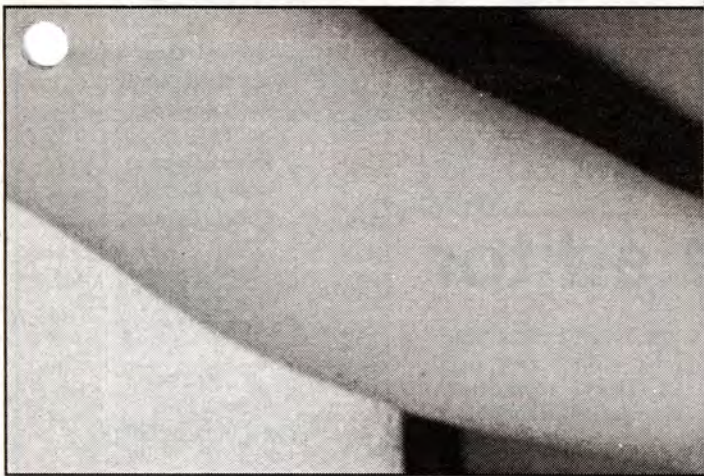
organized the AIDS walk, a Thanksgiving food drive, and a fund raiser for the New York Relief Fund called *Wings of a Dove*.

"We made little paper doves and for a donation you could purchase a dove and write a message on it and those are being sent to the victims," said Amanda Claassen, creator and head of the committee.

"We raised \$540 in two days and the money we collected was sent to the Red Cross," she added.

With cold weather and Christmas on the way, the committee is hoping to volunteer at shelters, give out sandwiches and hot chocolate downtown, and organize a sweater drive and a mitten tree.

Snapshots In Focus etc.



Editorialsetc.

Ripples in the pond

We have all encountered them at some point, cynicism and negativity couched in their actions: the impatient driver, the rude employee at the grocery store, the boss having a bad day and all of the pessimists who have, somewhere along the line, accepted a mission to make our lives a little more difficult than they already are.

But, sometimes the squeaky wheel doesn't always get the grease.

For instance, a professor at the University of B.C. has been suspended on allegations that his attitude was polluting the working environment. This is just one example of how a bad attitude doesn't go a long way.

The doctor is currently trying to restore his reputation and his job after he was accused of being overbearing, rude, aggressive, litigious and sarcastic – in other words just plain miserable to be around.

What is important to note is that his expertise has never been questioned, nor have his patients been in any danger of malpractice. But, co-workers are at risk of having their happiness and potential to lead a positive and productive lifestyle limited because of his poisonous attitude.

Many co-workers have gone on stress leave claiming their working environment was tainted with his bitterness and gloom.

This example helps to prove that it takes more than simple know-how to be successful. You must have the total package. Interpersonal skills and a positive outlook are equally, if not more important, than an impressive collection of qualifications and credentials.

College students may want to take this professor's experiences into consideration as they embark on their budding careers. Upon graduation, we will hopefully have acquired the competence and training needed to start our occupational journeys, but will we possess the necessary people skills to succeed?

As we move forward, it should be a priority to work on improving our attitudes towards others rather than just our professional qualifications. Not only can a negative attitude impede the success of our careers but it can also affect our health and the health of those around us.

Often we get so immersed in our own hardships that we don't realize that our attitude is contagious. The challenge is to stop and reflect occasionally in order to prevent negativity from spreading. Luckily, it seems to take less energy to be happy than it does to be angry so it makes sense to ditch the disheartening ways.

Celebrating soccer

If nothing else, the recent national championship victory by the Humber Hawks men's soccer team, should finally persuade the college to begin renovations to Humber's soccer field.

National championship caliber teams deserve quality fields to play on.

The Humber Hawks soccer teams play their home games on a bumpy, dry, torn up Valley Field. Valley Field is maintained by the City of Toronto Parks and Recreation and has no built-in irrigation system which means the only water it receives is from rain.

Earlier this year, as quoted in the *Humber Et Cetera*, Humber Athletics Director Doug Fox said "After the drought we've had, it's not in very good shape in terms of being thick and lush and all the things you'd like to see in a soccer field."

According to women's co-coach, Vince Pileggi, the poor playing surface hinders both the men's and women's team performance.

German Sanchez, head coach of the men's soccer team also commented in the *Humber Et Cetera* that "the better the field gets, the better it's going to be for us because we have more skills than other teams and our style is to put the ball on the ground and pass, pass, pass."

There are plans to build a new field, but nothing has been finalized, and without a new field, one of the country's top soccer programs will never be able to host the national championships.

How long will it take for a makeover? Let's hope sooner rather than later.

Let us have it!

Do you have a beef with us?

Do you disagree with something we've said?

What are your thoughts about your college newspaper?

The *Humber Et Cetera* wants to know what you think.

Drop us a line at humberetc@hotmail.com.



Letters to the editor

Re: *This weekend, read a book* (November 8, 2001 Editorial)

I recently read the editorial *This weekend, read a book* and came to the conclusion that whomever wrote the article is very ignorant or decided not to research the subject before making an "informed" opinion on the subject. The article is almost laughable.

People will never stop reading books. Since the dawn of cinema, when the first book was made into a silent black and white film, people have been claiming that this is the end of books. For the past 80 years, nothing has happened, because people enjoy reading. Do you read so many books that you have become isolated from reality?

Anywhere you go, you see someone with *The Lord of the Rings* book in hand. At every major book store, giant *The Lord of the Rings* and *Harry Potter* book displays dominate. More people read *The Lord of the Rings* now than they did in the past 25 years, all due to the movie, so how is the movie's release bringing about the end of people reading the books? People want to read the books simply

because of the movie. Any time a movie adapted from a novel is released, book sales go up, not down. People like to interpret things for themselves. You are simply too cynical and jaded.

And to say that whenever we read the book we will only envision what we saw in the movie – do you lack that much imagination? The visual ideas for *The Lord of the Rings* were taken from original drawings and paintings by Tolkien and others who did various illustrations for the books and you call it fluff, a direct insult to Mr. J.R.R. Tolkien himself.

The director, Peter Jackson, is not forcing his view of the book on us, he is showing us what we all want to see. All movies are the directors own interpretation, nothing is objective, so stop complaining and read a book like everyone else and open your eyes. You may notice you aren't the only person that carries a book around with them. And until our brains can download information a la *The Matrix*, books will still be read by millions, despite the rants of a deluded few.

Matt Hardstaff
Film and Television Student



Hey, anybody up for some quidditch?

Harry Pothead: A teacher's nightmare
rated AA

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Kesey gave me perspective



Karli Vezina

I never used to believe in heroes.

I remember my high school yearbook, with the comment sheet you had to fill out beside your graduating picture. I had a remark for everything except the part that asked about heroes.

"I don't have any," I thought to myself and wondered if I should. I thought of someone who could help and came up with squat.

It wasn't until this Nov. 10 that I realized I had one all the time. I just never realized it.

The stereo in my bedroom is usually tuned into 680 News, and I hear of people dying everyday. Some famous, some unknown and some just regular people like you and I. While getting ready for bed after a long, late shift at work, I heard the news whisper quietly in the background that Ken Kesey, the hero I didn't know I had, was dead at 66.

Ken Elton Kesey used to work night shifts in a psychiatric Veterans Administration Hospital in 1961 for money during school. A doctor once asked him if he would help out with some experiments for an extra \$20 a day. Kesey agreed and spent the next few weeks strapped to a hospital bed being injected with LSD, peyote and other drugs like a lab rat. It was this experience that put him on the road

to becoming a mentor to many in the '60s cultural movement.

In 1962 Kesey wrote the novel *One Flew Over the Cuckoo's Nest*, gaining fame in the world of literature. Cuckoo's nest was a brilliant novel based on what everyday life is like in an insane asylum. The story was led by narrator Chief Bromden, who said nothing but saw everything in the ward. It was an inspiring yet sad tale of the loss of dignity and individualism in a highly structured world with strict routines.

Cuckoo's Nest has always been a favourite book of mine and I have never forgotten it. It makes you wonder who is crazy and who isn't.

In 1964, Kesey became the headstrong leader of the Merry Pranksters, a group of 20-odd soul-searching hippies who went looking for enlightenment through LSD. The Pranksters traveled across San Francisco on a school bus-turned-motor home, dripping with psychedelic "day-glo" paint. The licence plate read, "Further."

When not hosting parties with such esteemed guests as the Hell's Angels, Kesey and his band of Merry Pranksters spent days discussing life, religion, politics and drugs.

The Pranksters lived on Perry Lane, just up the road from Kesey's school at Stanford University. The Prankster home became his life.

When not hosting parties with such esteemed guests as the Hell's

Angels, Kesey and his band of Merry Pranksters spent days discussing life, religion, politics and drugs. Their crazy lifestyle was documented in Tom Wolfe's 1968 novel *The Electric Kool-Aid Acid Test*.

Kesey was always open to new ideas, never turned down a lost soul or put down a friend. He was level-headed amidst the acid-crazed drama that was life on Perry Lane. He also raised four kids with his wife (and Prankster) Faye, in the middle of orchestrating each new Prankster endeavour. He was always on the outside a little, just enough to observe with an even perspective and an open eye.

Living in a whirlwind of cultural change and drug-induced visions, one would think such events would change a man, but not Kesey. He spent his days raising beef cattle with his wife and enjoyed fatherhood, while good ol' Further fell to pieces in the barn. He went back to the University of Oregon to teach novel writing in 1990. In 1992 he was diagnosed with diabetes. He continued to teach and farm until his liver gave out on Nov. 10.

Those who lived and experienced the '60s say it was a trip in itself. So for Kesey to lead such a group of pure-hearted, curious people through a world unknown to most and into adulthood is commendable.

Kesey did many things in one lifetime, met many people in his travels, learned more than can be imagined and never got cocky. To experience such a life and end up returning humbly to school to teach others is enough to make him my hero. He was one of the most influential men in my life, aside from my father, and he always will be.

What's the bigger picture?



Celeste Bottero

It's ironic that while we live in an era that considers the flow of information sacred, journalists have misrepresented something so prevalent in international politics as Islamic fundamentalism.

Islamic fundamentalists react against governments who try to Westernize the Muslim world and are determined to create an Islamic state based on their religion. Some believe that they can accomplish their goals through education and peaceful means; others, through terror.

Many in the Arab world view the U.S. as a nation that has joined Israel to repress the Palestinian aspirations for land and independence. The U.S. military's presence in Saudi Arabia and economic sanctions against Iraq have also contributed to anti-American sentiment.

So why then is it that the average citizen in the West was in complete shock when the terror landed on American soil? Politicians did not think the acts of terror that were happening in Yemen, Algeria, Israel, Libya, Morocco and a host of other nations could ever penetrate the American border.

Coverage was limited to sensational violent incidents such as suicide bombings in Israel or the poor treatment of women in places like Taliban-controlled Afghanistan, while

paying little attention to the philosophical reasons behind their actions. Journalists must go beyond reporting on violence. They must place events into a broader context.

Following the attack, many journalists voiced their opinions on what the government should do. Former New York Times editor, A.M. Rosenthal said countries like Iraq, Libya, Iran, Syria, Sudan and Afghanistan should be "bombed to the ground" if they refuse to hand over information on terrorists within a three day period. Editor of the *National Review*, Rich Lowry, said, "if we flatten part of Damascus or Tehran, whatever it takes, that is part of the solution."

Is this the kind of objectivity that journalists pride themselves on? On the other hand, how do they remain objective when Islamic fundamentalism attacks the very freedoms that allow journalists to voice their opinions? Where does one draw the line between patriot and journalist?

When new footage of bin Laden was acquired last month, the Bush administration asked media outlets not to air the tape and they didn't. News organizations are buying into the 'what we don't know won't hurt us' mentality instead of uncovering the truth.

The threat of Islamic fundamentalism must not be taken lightly. The growing numbers of extreme militants, propaganda and the power of turning religion into a political crusade all warrant international attention.

Some of the responsibilities that journalists have will continue to change. However, fair and accurate reporting must never be compromised even with these challenging responsibilities.

Tip top talent at the circus of lights



Lauren Ferranti

I rarely watch television at 5 a.m. but let down as I was after a foggy night sky obscured the only meteor shower of our lifetime, I ended up in front of a very literal "boob tube".

So instead of gazing up in amazement at shooting stars this past Saturday night, I focused my disbelief on another wonder of the world - *Electric Circus*.

Self-proclaimed as the hottest live dance party in the world, *Electric Circus* did not end in the mid '90s like I thought it did - it's still going strong.

After five minutes of staring in

horror, at the screen, mouth agape, I realized that it must not be that difficult to get in the circus.

As far as I could surmise, here are the requirements for a spot on the dance platforms:

1. Shameless flaunting of the following body parts: breasts, stomach and ass - toned or otherwise.
2. A crusty-looking orange-hued tan all over the aforementioned body parts.
3. Body piercings and/or big jewelry.
4. Rapid and random arm movements followed by spastic jerking of the pelvic area and heavily lined lips making kisses at the camera.
5. Any clothing that is
 - a) skin tight and revealing of aforementioned body parts
 - b) reptile skin/animal print
 - c) see-through or sparkly

Much to my surprise, EC producers apparently audition and hire regular dancers, scouting them at clubs and choreographing their slick moves especially for the circus.

This sophisticated choreography

includes guys standing in one place, pumping from side to side or front to back, flexing their arm and jaw muscles. They prefer to let the girls do most of the work.

They lick their lips, pout, gyrate...I almost feel like I'm watching something I should be paying for by the minute.

And when these bedazzled walking cosmetic counters are not draping themselves all over the men, then they're thrusting into imaginary dance partners, making love to the camera. They lick their lips, pout, gyrate...I almost feel like I'm watching something I should be paying for by the minute.

But these "dancers" are not just busting bad moves, they're also starring in their own personal music

videos. Again, in this case, it's mostly the women who've convinced themselves that they're the newest incarnations of current pop stars.

There was one girl with braided pigtails and a tanned midriff who could have passed for Britney Spears' older and more ragged cousin.

And talk about multi-tasking; everyone also lip-syncs! They don't just mouth the words either. These circus performers enunciate and express themselves as though they're actually singing. Someone should remind them that they're not. Still, they know all the words and they seem to adopt a different personality with every new top 10 song.

But watch out when the music changes to lyricless DJ beats. The troupe becomes disoriented and confused. Their movements are suddenly off rhythm and they falter for a few key seconds, unsure whether to be Janet Jackson or Jay Z.

If all of this isn't pathetically funny enough, wait for the camera to pan outside to the corner of Queen

and John. Young white suburban girls, with tight shirts and no boobs underneath their puffy winter jackets, are freezing their asses off, trying to look really cool and enthusiastic for the 12 second highlight of their weekend.

They scream and pose, shoving their best friends aside for their debut in the spotlight. They are oblivious to the nasty old man who's successfully sidled up behind them (surely not their father), joyfully waving his arms just like one of the girls.

The conclusion is that live to air vanity television is alive and well in the city of Toronto, much to my disgust. I would like to scoff that it won't last long, but then I consider its already unbelievable track record—the fact that it's lasted more than one year, let alone over 10, is a truth that's scary enough.

Ladies and gentlemen, welcome to the circus, where all shooting stars burn bright for a few moments before the camera moves onto someone flashier.

Things are getting Harry

Movie review

By SANDY GARCIA
Et Cetera Staff

The spells have been cast and the magic has begun as *Harry Potter and the Philosopher's Stone* takes you on a journey through a magical world of goblins, witches and wizards.

The film features veteran actors Richard Harris, Maggie Smith and Alan Rickman along with upstarts

Daniel Radcliffe as Harry, and Rupert Grint and Emma Watson as Ron and Hermione, his partners in crime.

Brought to the big screen is the story of an 11-year-old English orphan's first encounter that marks him as a gifted wizard. It thoughtfully brings to life both the full-bodied characters conceived by Rowling and the magical world they live in.

A preface gracefully sets the mood of the story. An ordinary moonlit street becomes altogether extraordinary before wondering eyes. A formidable-looking man with long white

hair and beard stands by the street lamps. A cat on the corner morphs into a commanding figure of a woman in flowing black cloak and sharply pointed black hat. Owls cry and fly about with eerie purposefulness. A hulk of a man leaves a swaddled infant at the door of one of the houses on the street.

This is the infant Harry, of course, dropped by his gifted caretakers at the home of his wretchedly bourgeois closest relations - referred to as "Muggles," in Rowling's lingo - to be raised until he is old enough to discover and be schooled in his wondrous heritage. The prelude is perfect: it sets the tone, suggests the magic to come and launches the extraordinary story.

Director Chris Columbus' account of Harry's boy-Cinderella experience with his "Muggle" relatives doesn't have quite the energy Rowling summons, and even Harry's quarters in a closet at the base of the staircase actually look quite cozy. His aunt and uncle are abnormal, and their son, about Harry's age, is spoiled beyond rotten and obnoxious.

About a third of the way into its rewarding two-and-a-half hours, *Harry Potter and the Philosopher's Stone* moves into high gear, and from there, it hits every note in Rowling's impressive range. Harry is summoned to Hogwarts School of Wizardry and Witchcraft. Once he boards the train - track 9 3/4, directly behind a solid brick wall - the movie leaps from engaging to enthralling.

With its magic wands and sports played on flying broomsticks; with its lessons in levitation and potions;

Potter casts a spell on box office sales

- Top Canadian box office haul (in three days) bringing in \$93.4 million. Previous record held by *The Lost World: Jurassic Park*.
- Fastest movie to hit \$100 million (surpassed four day record)
- \$80,000 in advance ticket sales for Famous Players
- Best single day take with \$31.6 million, previously held by *Star Wars: Episode 1 - The Phantom Menace* with \$28.5 million.

with its oil paintings and staircases that have a mind of their own and mobility to match; with its owl-based mail delivery system; with a population that includes ghosts, goblins and unicorns as well as witches and wizards, this is a story made for the particular skills of special effects masterminds. They do not disappoint. Every showing of the film will inspire regular choruses of ooh's and aaah's, and gasps and giggles.

The special effects reportedly took up half of the picture's \$120-million price tag and they are fabulous.

When it comes to both fidelity to text and productions values, there has probably never been a larger order in movie history.

The picture, adapted for the screen by Steve Kloves and directed by Columbus, takes that dual challenge to heart. Yet, correctly, the movie stresses the complexity and vulnerability of the characters, most notably its young hero, Harry.

It is Harry who early on and continuingly becomes the viewer's main point of focus. He's the one whose

doubts, amazement, and awe respond to both the fabulous and mundane but deeply touching moments.

Daniel Radcliffe, as Harry, is enchanting in an all-boy way; you trust and love him on first sight. Rupert Grint as his first pal at wizard's school becomes very much his own impressive young man by the end of the film. Emma Watson as their third, a bossy, by-the-book youngster, has presence to spare; you can't decide whether to love or despise her until the film's end, when she has become, truly and admirably, one of the guys.

Harry Potter and the Philosopher's Stone bring together a superb combination of magic, wit, craft and imagination. It's a movie about good and evil that is truly transporting, for child and adult alike.

The magic has erupted; the broomstick has finally landed and it is here to stay.



All photos courtesy www.hpgalleries.com

Wizard wannabes line up to see Potter

By SANDY GARCIA
Et Cetera Staff

The line-ups at Yorkdale's Famous Players theatres were endless as kids of all ages and their parents anxiously awaited their turn to buy tickets to the movie based on J.K. Rowling's

best-selling children's book.

"My kids have been talking about this movie for the past few months, ever since they saw the commercial on TV," said Laura Bently, mother of three.

"It's wonderful to see so much hype put into a book. This is what literature is all about," Bently said.

Much has been made of Rowling's insistence that the film be an honest rendition of her best-selling story about an orphaned boy who one day discovers he is a wizard.

And although Friday's buzz from reviewers was mostly favourable, many said the film didn't measure up to the Harry Potter of their imaginations.

"It was a good movie, but I think the book was better," said 14-year-old Stephanie Costa, who attended a screening with her older sister at Yorkdale's Famous Players in Toronto.

"Everybody has their own opinions, they see it differently, so it wasn't going to live up to expectations," Costa said.

"They missed some of my

favourite parts, parts that were in the book and not in the movie," said Costa's 9-year-old brother, Christopher.

However, the demand for Potter tickets was so strong that the film opened in a record number of Canadian theatres. According to a Famous Players representative, in 89 of their locations nationwide, Famous Players committed 339 of its 875 screens to ensure the film wouldn't be sold out even before opening day.

Most of the kids wanted to wait in line, no matter how long it was, just to gain the Harry Potter experience.

"I've read all of J.K. Rowling's books five times. I'm a big fan," said Stephen Jamieson, a 20-year-old

Engineering student at Ryerson University, who stood outside for an hour and a half to get into the first show.

"I love Harry Potter and all of his adventures, but I think it won't be as good as the books because I don't think you can pull that off," Jamieson said.



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Comedy Night Live

By SANDY GARCIA
Et Cetera Staff

Caps' Pub was the place to be for a barrel of laughs as Humber's very own comedy students took centre stage with their hilarious stand-up and sketches this past Tuesday night.

With \$2.50 beers and a great emcee, the audience was able to have a great time and enjoy the two hour long show which began at 9 p.m. The room that night was filled with cheers, laughs, and applause for these exhilarating young comedians.

Ben Burland, a second year Comedy Writing and Performance student, was the emcee and organized the entire show himself. With his amazing juggling, flamethrowing and unicycling the show was a huge hit.

The stand-up comedians were hilarious. They nearly had me falling out of my chair," said Marty Adams, a first year Comedy Writing and Performance student.

Jennifer Peck, a second year Computer Programming student,



Sandy Garcia

Students from the School of Comedy showcased their talent at Caps pub

said she really liked one of Burland's first acts. "I was amazed how Ben was able to juggle two balls with his left hand, spin another ball with his right hand, have a spinning plate on a stick with his mouth and all while balancing on a rolling platform," Peck said.

Burland said the entire show took about one month to put together. "It was a lot of hard work to prepare everything, but I managed to pull it off."

"It was a night full of surprises, and I'm sure no one was expecting it to be," he said.

"Why comedy? So I can sleep in, and be my own boss. Comedy just kind of chose me; I just don't like working for other people and I work for myself now," Burland said. "There's a lot of flexibility and freedom that you don't get in a regular job. I get to do what I like, and I like to make people laugh - what's better than that?"

Born and raised in Newmarket, Burland found his way to Humber nearly a year and a half ago to become a comedian, and follow in the footsteps of his favourite comedian, George Carlin.

"George Carlin is a comedian I idolize. He's a veteran and I think every comedian in the world looks up

to him. He just has a delivery about him, about his jokes and stuff that's just incredible," he said. "He's just the best comedian ever."

Burland enjoys his schooling and his job. Although he hasn't won any awards yet, he has been nominated for one.

"I was nominated for the entertainer of the year award by Festivals and Events Ontario," Burland said, smiling.

Burland, like most comedians, writes his own acts. He says that the writing process is just that, a writing process. "Sometimes it's right there in front of you and it takes a few minutes to write it all down, but other times it takes a few days. It just depends on the topic I'm writing on."

Before a show, Burland gets ready by listening to music which he says calms him down when he's nervous. This stand-up comedian and juggler said of all the cartoons he's watched he would most compare himself to Wile E. Coyote.

"I love Wile E. Coyote's character - he's funny and smart, and always getting himself into some kind of mischief," Burland said, laughing.

If you're up for a few laughs and want more information on upcoming performances call the School of Comedy at (416) 675-6622 ext. 5083.

Musician proves he's something to crow about

By BEVERLEY COOK
Et Cetera Staff

For the past two years, Grant Lyle has been playing the Crow's Nest at Chicago's Diner.

Although he plays a variety of clubs in and around Toronto, his favourite place to be is the Diner. He describes the atmosphere as "casual-eclectic".

"It's comfortable and real. We meet a variety of people. It seems like a new crowd each week," he said.

Lyle's regular rhythm section features Steve Woods on drums and Scott Brammer on bass, although he plays with a variety of musicians.

"It's Worth It" is the title track from Lyle's second CD.

"It's about healing and understanding and compassion," said Lyle, who writes the music and lyrics.

"I Can't Stop Loving my Baby Tonight", another song from the second CD, follows a more conventional blues structure. The lyrics are, "I missed my baby, but I then got my baby, so I'm loving my baby 'cuz I just can't stop." Writing this in the 21st Century makes it a completely uncreative cliché, but Lyle puts a passion into his music and when he sings it you believe it. Although the band plays a basic blues progression in this song, there's nothing sad about it. Most of Lyle's original songs are upbeat and happy, in a restless kind of way.

Lyle's version of "Black Magic Woman" is as smooth as fine Irish Whiskey. He beefs Jeff Healy's "I See the Light" with the funky twang of a Wawa pedal, but unlike some musicians, he doesn't overuse the effect.

"I like songs where you can put a lot of heavy love into it, and that changes from night to night. Some nights it comes out better than you expected. Other nights it's like banging your head against the wall," Lyle said.

When he plays, Lyle's face mirrors the music. His lips twitch, his eyebrows arch and he mouths the sound of the notes he plays. Lyle plays with passion and endurance. He creates music to move not only the listener, but also himself. He lives vicariously in the music he plays. He likes to call it "deep-soul music".

"We're at the mercy of the music," Lyle said. "On a good night, the music plays us."

One drawback to Lyle's live performance is that he tends to dominate the stage. Leading the band is a logical move for someone who wants to be a solo artist, but it's obvious that his backup musicians have more talent than they're showing when they play with him. Eric Sooster's six-string bass doesn't get as much play as it is capable of, although his true ability comes through in the few solos he plays at each gig. Sooster can fire out gentle but rapid bullets of song that leave the audience silent and gaping.

But despite the obvious talent of Lyle and the musicians he plays with, he's realized that making it in the big city isn't as easy as the movies make it seem.

"It's hard to get a following in Toronto. There's so much entertainment to choose from," he said. But when we connect with the audience, we connect well. We've got people that care about what we do, and that's always nice."



Sandy Garcia

comedians performed tricks in addition to stand up comedy

Anarchists steer cheers with crude sound

By JILLIAN NESS
Et Cetera Staff

Tired of the bubblegum pop dominating the airways these days? Anarchy Steering Committee might be just what you're looking for.

The brainchild of former creative writing major John Sigler, ASC blends spoken word, comedy, social commentary, and hip hop beats to produce a sound truly unlike any other.

"Years ago, I wrote up a list of names for bands if I were ever to start one. It included *nom de plumes* like 'Dictators We Love' and 'Bran', but I ultimately settled on Anarchy Steering Committee because it was the most clever," Sigler said.

However, once Sigler made the decision to start up his band, not everything was smooth sailing.

"When I first started, I knew nothing about recording or making music.

Basically, I used a really crude sound application to do multi-tracked recordings. I didn't know anything about compression or mixing things you need to do to make recordings sound professional," Sigler said. "Two years ago, I started using Sonic Foundry Acid (an audio software program) to make the five ASC albums. Concurrently, I have been teaching myself how to play bass, guitar, and keyboards and have been integrating these new skills into each record."

And has he ever been integrating. Although Sigler originally saw the goal of writing and producing 1,000 songs as unattainable, since its inception ASC has produced over 400 tracks.

"I stated the 1,000 total as a joke because I figured I could never find 1,000 topics to write about. Amazingly, when I think the well has run dry, I start on a writing binge. A

thousand songs is a real possibility in a few years."

Since ASC's first hit in 1999 with "I Think My Teletubby is Gay" (released around the time of Jerry Falwell's damning rant against purse carrying Tinky Winky), Sigler has produced five full albums, been featured in Newsweek and included on a MacWorld CD Rom, but says his favourite thing is the enjoyment the fans seem to be getting from his twisted sense of humour.

"The coolest thing for me is that I'm making people laugh," Sigler said.

While ASC has had some laughing with songs like "I Wanna Be A Stormtrooper", "Hating Ricky Martin" and "It's Hard To Be Peppy In Hell", his more controversial songs - "Cleavage" "In The Workplace", "The Syphillis Quilt", "Requiem For A Crack Dealer" - have raised some

eyebrows.

"Almost every ASC song is about some social or interpersonal issue, whether or not I'm successful in conveying the metaphors in the material. I won't release a song that is vulgar for no purpose because, as a listener, I find stuff like that hollow and extremely boring. I admire people like Dennis Miller who use vulgar comedy to address social issues," Sigler said.

Whatever reactions he may get from his unusual songwriting style, it doesn't seem to be slowing Sigler down in his quest for a thousand songs. In the next twelve months, he plans to add two more albums to ASC's discography.

For more information on Anarchy Steering Committee, visit <http://www.earstation.com/asc/> or go to <http://artists.mp3s.com> for free downloads.



Courtesy John Sigler

John Sigler, writer and producer of Anarchy Steering Committee

Test your Simpsons knowledge here

By BRETT CLARKSON
Et Cetera Staff

I'm not one to proclaim things, but it's time the truth was uttered – *The Simpsons* is quite simply the best show in the history of television. Now in its 13th season, the show is still surprisingly vital and yes, it's still very funny.

For your enjoyment, this is the first-ever Et Cetera Simpsons quiz.

Answers will appear in next week's online edition of the Et Cetera, www.etcetera.humberc.on.ca.

To be entered to win a prize, send answers to humberetc@hotmail.com.

The baseball team in Springfield is known as what?

What's the name of the Simpson family cat(s)?

Name the two sons of Ned Flanders.

Name three doctors that have appeared in *The Simpsons* throughout the years.

What's the name of the local Springfield newspaper?

What neighbouring city do Springfield residents consider to be their town's nemesis?

Who presides over the church services in Springfield?

What's the first name of Principal Skinner's mom?

If you were to have a beer and cigarette in Springfield, what brands would you likely be smoking and drinking?

If Bart says "Aye Carumba" and Homer yells "D'oh!", what is Nelson's catchphrase?

In one episode, Lisa finds herself falling for Nelson. As she watches him from the classroom window one afternoon, he throws "a football" over to Groundskeeper Willie, urging him to catch it. Much to Willie's chagrin however, the object being tossed at him is not a football. What is it?

Name two things that Barney has drank beer out of other than a beer glass or a bottle.

When Bart visits Grampa at the Springfield Retirement Castle to hear

the old man's wisdom about love, Grampa excitedly thanks Bart for remembering his birthday. Bart has no idea, and is forced to quickly give Grampa a gift. What does he successfully pass off as a present?

During a typical Bart crank call, Moe finally loses his cool and threatens to rip out Bart's eyes and shove them down his pants. What would Bart see if Moe were to actually do this?

What Springfield restaurant has the word 'Grove' in its title?

Lurleen Lumpkin, an aspiring country singer, wrote a few songs alluding to her love for Homer. Name two songs by this would-be homewrecker.

What's the name of the pirate-looking boat captain?

What is the Simpsons' address?

When Homer finds himself in court because he was told to stop eating at an all-you-can-eat fish buffet, the trial is interrupted by a group of men who march into the court with bags full of letters. What trial should these men be at instead?

What time is it when Lionel Hutz offers Homer and Marge some Scotch?

Why was Homer told he had 24 hours to live?

In one show, Springfield is threatened with losing its baseball team to which city?

Nobody in the Simpson household hears Maggie's first word. What is it?

What did Abe Simpson wear for his 102-year old crush before she fell in with that "Guinness Book of Records crowd?"

Krusty co-owned a horse named Kruddler with what actress?

Bart prolongs and eventually escapes death at the hands of Sideshow Bob by asking him to perform which musical?

How long does it take for one episode to be completed?

Where is the final stages of the show's animation done?

What comic strip – which appears in numerous alternative weekly papers – is also the product of Simpsons creator Matt Groening?

Finally, what city will *The Simpsons* visit in February, 2002?

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Coffee craze

By ROO GUILHERME
Et Cetera Staff

You need it. You want it. You love it so much it's the first thing you drink every morning. It's a drug but you still love it. Admit it. You're addicted and you just can't stop. Maybe you can, but you probably wouldn't want to.

Surely no one can deny the intoxicating scent of a freshly brewed pot of coffee. After all, how can one simple beverage last over a century as the most popular drink of choice.

If you don't believe me, just take a look at all the coffee shops out there. Second Cup, Timothy's, Starbucks, Tim Hortons, the list is endless. So are the morning line-ups at the local Starbucks.

Coffee has become more than a commodity. Espressos, cappuccinos, lattes, mochaccinos, frappaccinos, have all made this basic staple a luxurious indulgence that people just can't stay away from.

"It's gourmet coffee," said Sarah Attwell, a supervisor of one of the busiest Starbucks located in the business area of downtown Toronto.

"Having your same old black coffee can be boring. Even if you add sugar and milk or cream to it, there's not enough variety to keep you coming back for more. People can ask for hazlenut or chocolate shots in their coffee for an extra kick. Whipped cream and caramel are also great with coffee," Attwell said.

Coffee is mainly cultivated in the Americas, although countries such as Arabia, India, and the West Indies produce smaller quantities.

More than 400 billion cups of coffee are consumed annually. Not bad for something that was discovered by mistake.

Urban legend has it that around the year 500, an Ethiopian shepherd by the name of Kaldi noticed that his flock was acting strangely one night. He eventually discovered that his animals had been eating curious red-berries. The sheep became jumpy and jittery. Kaldi tested some himself and got his share of the caffeine kick. Voila - the coffee bean is discovered.

The craze grew so fast it captured attention worldwide. Khair Beg, the governor of Mecca at the time, even tried to ban coffee. He was executed.

How many times have you been threatened by someone who hasn't had their morning coffee yet? Learn from Beg, stay out of their way.

Soon the trendy Europeans got in on the java craze. Coffee shops sprouted everywhere during the 17th and 18th centuries. It became an afternoon pastime. Culture-shocked, coffee influenced European life in every-way possible. Johann Sebastian Bach even composed a "Coffee Cantata."

Jennifer Balido, an employee with Tim Hortons, noticed the influence coffee has on society.

"It relaxes people I guess. It also gives people a time to sit down and talk," she said.

"Many people, especially the elderly, like to come in and just sit for hours. I guess it's what everyone has in common," Balido said.

Jeff Ridout, a 2nd year film and television student, not only enjoys the rush from coffee but the wonderful variety in blends and flavours as well.

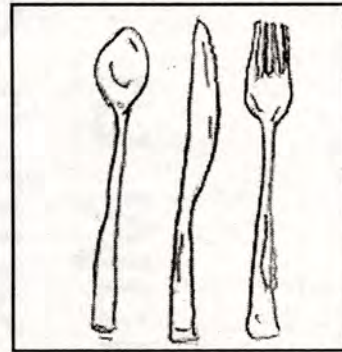
"I love coffee. It just tastes so good but the sugar helps me stay awake more than the caffeine, though. It's so much better when they mix it with chocolate or raspberry or other stuff. I just prefer flavoured coffee, I guess," he said.



Roo Guilherme

So much coffee, so little time - an endless variety of brew at Java Jazz

The Recipe File



Coffee cake

- 1 cup sifted cake flour
- 1/2 cup sugar
- 1 1/2 cup egg whites
- 1 1/4 tsp cream of tartar
- 1/4 tsp of salt
- 1 cp of sugar

3/4 cup of ground coffee beans (your favourite blend)
1/2 tsp of vanilla essence
Sift 1 cup of flour with 1/2 cup sugar three times.

Beat egg whites, cream of tartar and salt until egg whites are stiff enough to stand up.

Add remaining 1 cup of sugar to egg whites, 2 tbsp at a time, beating after each addition to blend.

Sift about 1/4 of flour over egg white mixture and fold in lightly.

Fold remaining flour by fourths. Sift in 3/4 cup coffee mixture.

Divide batter into 2 parts. Fold vanilla into 1/2 of the batter, then fold in the other 1/2 of the batter.

Grease any cake pan (tube cake pan works best).

Bake at 375 degrees for about 30 minutes.

- compiled by Roo Guilherme

Beer basics guide to brews

Improving your suds savoir-faire is easier than you think - read this beer breakdown

By ALEK GAZDIC
Et Cetera Staff



To all those beer lovers out there who enjoy the crisp, clean and refreshing taste of our Canadian beers, a hidden world of great brews exists.

Countries around the world are producing topnotch beers available at your local LCBO and Beer Stores.

I know most of you haven't tried many beers outside of what's widely available from our domestic Canadian brewers, or sampled foreign beers that aren't mass advertised like Corona, Heineken and Guinness.

I know you're probably thinking, "who the hell's this guy to say what constitutes a good brew?" but I've been working at the LCBO for a year now, and we carry more than a hundred different beers and many very good imported beers.

I've kind of become our store's go-to beer guy - sort of like our beer connoisseur/product consultant. I've tasted dozens of different beers from many different countries and have read beer guides and reviews from

two well-known beer experts, and I find my tastes match their's fairly closely.

So for your own tasting pleasure, I've compiled a neat little rating guide to the best beers and buys around.

If school's taking up all of your time right now, as it is for many of us cramming before finals, take in some new brewskies over the holidays. Your taste buds will thank you later.

Terms to know:

Hops: derived from plants, this is the main ingredient that gives beer its flavour, bitterness, and aroma.

Brewing styles:

Lager - a bright (usually golden), clear and light beer that accounts for more than 90 per cent of the beers on the market.

Ale - the oldest of all brewing styles; usually heavier and more bitter than a lager; tends to be sweet with a smooth texture; often with a fruity, flowery aroma.

Pilsner - a lager with a light, hoppy style; high in hops and bitterness, with a clean, dry, rich taste; most widely brewed and copied beer style in the world; originally brewed in Czechoslovakia.

Rating the brews

(Rated out of 5 - based on look, aroma, taste, finish and price)

North American beers:

Molson Canadian - 3.8 - this home-grown lager is one of the better Canadian brews

Sleeman Cream Ale - 3.5 - a very good drink at first, but loses flavour to a watered finish

Labatt Classic - 4.2 - a smooth, quality brew that goes down very, very easily

Alexander Keith's - 3.9 - a good, tasteful import from Nova Scotia, but over priced

Miller Light - 2.6 - a very market-oriented American beer that is light and watered down

Samuel Adams - 4.5 - this Boston lager is an American classic; a soft, complex drink to be savoured, not chugged

Corona - 2.4 - a cheaply made, watery drink originally intended as a thirst-quencher for manual workers in Mexico; a top seller, this over priced brew is hardly drinkable without a lime

European beers: (note: many bars and clubs don't carry all of these - it's a shame)

Pilsner Urquell - 4.5 - a perfect beginner beer before experimenting in the European market; a light, crisp,

balanced, fresh beer that proves the quality of Czech beer.

Heineken - 3.7 - a sharp, quality beer from Holland, but over priced

Dab - 4.7 - a hoppy, sweet-tasting beer from Germany; also comes in a convenient five-litre keg equivalent to 15 beers for under \$20; a Dab good beer!

Lowenbrau - 4.5 - another German great, this hoppy pilsner leaves a crisp finish that makes it hard to put down

Okocim (O-ko-chim) - 4.2 - a nice,

bitter beer that's easy to chug; a Polish brew and one of the fastest-selling

Grolsch - 3.4 - a Dutch brew with a crisp flavour but a dulling aftertaste (almost grass-like); set to be phased out in the 1950s but consumers objected, making it a cult beer

Guinness Draft - 4.5 - an Irish classic; a mellow, soft, bitter taste similar to dark chocolate

Stella Artois - 4.0 - one of the fastest sellers, a good, crisp beer that is just the tip of the complex and diverse Belgian style; overpriced



Alek Gazdic

Beer is good for more than a cheap buzz, it is appealing the world over

Psychic inclinations

By CHRISTINE ATKINSON
Et Cetera Staff

Psychic expos and clairvoyant conventions roll across Canada so frequently that it's tough for fortune seekers to separate the real talents from the fakes.

With masters of the metaphysical world selling promised fortunes at a painful price to the public via television, radio and newsprint, it was time for this reporter to experience Tarot readers, aura imagers and animal communicators to try to sort things out for myself.

"Telepathy is natural to everyone and everything... We're born with the ability to do it," said Kristin Foster, 17, an animal telepathist and communicator.

"When you say anything, you are communicating telepathically, taking thought, shaping it into a word and sending it to another person. With telepathy... you send out a message with your own style, pictures, feel-

ings, words, whatever comes to you, and someone receives them, allowing their brain to translate it to something they can understand."

But Foster warns, "With anything in life, crooks, fakes, and con artists are abundant. Perhaps more abundant here, in the so-called mystical field, than anywhere else."

A leading psychic from Ireland named Mark Lewis offered a free demonstration of numerology, the secrets that numbers can reveal about one's life. (a regular session cost \$50.)

Lewis asked my birthdate and after adding every number in the series, he came to the conclusion and drew lines on paper as though preparing a tic-tac-toe game.

"You're slightly psychic yourself," he said, scrawling numbers down. "Well, maybe not psychic, more like you have good intuition," he chuckled. Then he started circling numbers. "You're a worrier and you're going to be in the public eye."

The psychic was right about the last three points, but they were also

pretty general. Everyone is entitled to their 15 minutes of fame, and people do have gut feelings, which could pass as good intuition. But then, Lewis was only demonstrating.

Dian Nicholson, a Psychotherapist and Metaphysician sat poised under a sign that read "have one question answered free."

"You're not listening to your heart enough," Nicholson began.

"You have to make a choice: happiness or societal acceptance," she said.

"You're not hard to read. People aren't hard to read."

The points she made were correct, but could have easily been correct to anyone sitting in my place.

The last reading was the most accurately made and was very detailed. It came from a \$10 electronic psychic machine.

"You love words and word games, like jokes and witty banter," it read.

Not much to be proud of, but it was true and it didn't cost an arm and a leg.



Christine Atkinson

Tarot cards and other paraphernalia help clairvoyants communicate

Domestic crimes

By YASNA MARKOVIC
Et Cetera Staff

Domestic violence in Canada may be one of the worst crimes (against women) and one of the best kept secrets of a relationship.

Despite increased awareness, women are still being abused by their partners and not reporting the incidents. Some couples don't even consider domestic violence a crime, as it is such an everyday part of their lives.

Toronto Police Services receives about 28,000 domestic violence radio calls a year with almost 20,000 of those being partner abuse, said Sgt. Nadia Horodysky, Toronto Police Services domestic violence co-ordinator.

A small percentage of abusers may have personality disorders, suffer from brain injuries or mental illnesses, but a majority of batterers are normal, said Dr. Peter Jaffe, a domestic violence expert and clinical psychologist.

The most common definition of domestic violence offered by Jaffe at the Gillian Hadley inquest is any use of physical or sexual force, actual or threatened, in an intimate relationship.

Toronto Police Services defines domestic violence as any coercive or intimidating behaviour designed to establish and maintain dominance and control over another's behaviour.

It is also any pattern of behaviour which escalates in frequency and severity, and any physical, sexual or psychological harm attempted or caused to another family member.

"We look at it as a crime, not a family matter," Horodysky said.

Jaffe said that of 12,000 Canadian women studied, 29 per cent experienced physical or sexual abuse by a partner and 10 per cent overall feared for their life.

Women's College Hospital's

Sexual Assault and Domestic Violence Care Centre can see anywhere from four to 10 women a month, said Marilyn (last name withheld), service coordinator for the centre.

Though figures show that the number of domestic violence cases have steadily decreased since 1991, Jaffe said the number of cases reported to the police during this period has increased.

He added that women are four times more likely to experience the most serious and potentially lethal violence such as being threatened or harassed.

Both Jaffe and Horodysky said violence is typically used to intimidate, humiliate or frighten victims, or to make them feel powerless.

Jaffe said women stay with their abusive partners because of their children, a fear of retaliation, hope for change and low self-esteem or loneliness.

Sgt. Horodysky added that these issues, combined with the secrecy of the abuse, causes victims to hesitate when reporting the abuse.

Separating from an abusive partner is the most dangerous period for women escaping abusive relationships.

During this period 24 per cent of women report ongoing or more severe violence.

Ex-marital partners are responsible for 28 per cent of homicides against women, with 49 per cent of homicides occurring within two months of separation, Jaffe said.

Horodysky said education may be a key factor in ending domestic violence. Couples need to be taught that domestic violence is a crime.

"We need to learn more respect. We have to treat family members like any other person. We need education." Sgt. Horodysky said.

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Roving reporter finds his groove in fashion

By MAR FENECH
Et Cetera Staff

Fashion Television reporter Glen Baxter can't sit still.

Variety is the spice of life for the reporter, who jumped around between four different high schools in five years, left Montreal to pursue a journalism career in Toronto, and following graduation from Ryerson, spent one year touring the Mediterranean.

"It was all good. I liked the change," Baxter said, now completing his 10th year with Citytv.

Born July 23, 1963 in Montreal, Baxter was raised with his older sister and younger twin brothers in a home where both French and English were spoken.

"I picked on my brothers when I was young and now they're my best friends," he said.

Baxter said his Anglophone father and Francophone mother were very supportive of him and his siblings.

"They let us study what we chose to study," Baxter said. "They encouraged us to pursue our own career paths. In my case, it had to do with writing because I was terrible with numbers. I wanted to be a physiotherapist but I couldn't pass calculus or chemistry or anything that demanded discipline on a daily basis."

Baxter said he was always jumping around in high school because he embraced change.

After five years of high school, Baxter went to John Abbot College, which he enjoyed because of the variety it offered.

"The good thing is that I got to jump around, tackle different classes and find out what it is I wanted to do," Baxter said. "And it's all free, so it's perfect. It's just a great ground before heading to university. After

doing the CEGEP thing, you basically head to university knowing what you want."

Following John Abbot College, Baxter went to Concordia University to study English Literature for one year. He was accepted to Ryerson's Print Journalism program and left Montreal. He drove to Toronto in his parent's car and found the switch to living in Toronto mentally taxing.

"I drove back to Montreal every second weekend and spent all my money. I didn't like Toronto. I hated the night life," he said. "It took me a year to realize that Montreal and Toronto are two different cities. The mentality is completely different. I couldn't live the Montreal lifestyle in Toronto. They have two different cultures."

Baxter said when he spent his weekends partying in Montreal he drove back to Toronto Sunday night with the window rolled down and the music blasting to keep him awake, while munching on fresh-baked bagels because if his "mouth was occupied, it was harder to fall asleep."

Before graduating from Ryerson in 1988, he worked part-time as a copy clerk in the newsroom for the French CBC.

In his last two years at Ryerson he was a traffic reporter on a morning radio show for CBC.

"It was great," Baxter said. "The best part was that it was unionized, so I was getting paid union wages. You got paid well whether or not you've been doing it for many years, or whether or not you're really good or you're crap. I basically got the opportunity because I spoke French. That never would have happened if I'd been living in Montreal because the guy that does traffic over there has been doing it for over 20 years."

Baxter then picked up and trav-

eled the Mediterranean for a year.

"I went all over Western Europe, the Middle East and I finished in Egypt."

When he got back from his trip he ended up doing a complete turnaround from print to television.

"When I came back, I went to see my friends at the French CBC and they were launching a weekly half-hour arts show. They had one reporter and were looking for a second. The other reporter they had hired was a woman, middle aged, who was going to do the ballet, opera, and classical music type of thing. I came back with long hair. They wanted me to do the youth-oriented stories. They sent me out with a camera and liked the story I came back with and I got the job. That's how I got involved in entertainment and that's how I got involved in television."

In the early '90s, following the arts show, he started working for Citytv and loved it.

He worked as an entertainment reporter for 10 years, and his impressive list of interviews includes Johnny Depp, Nancy Sinatra, Chevy Chase and Daniel Day Lewis.

Baxter said the key to obtaining a satisfying interview is taking a fresh approach and trying something new.

"I'm most concerned about illustrating people in a different way," he said. "A lot of people are interviewing the same person on the same day, so if I make an effort to be creative, they appreciate it."

He said he likes working for television because it involves seeing, not just telling.

"The best interviews for me are the ones I can put together visually and creatively. You can read an interview in depth in a magazine or newspaper, but you can't see what you can see on television," he said. "Television allows you to illustrate



Courtesy Citytv

Citytv's Glen Baxter is sitting pretty as Fashion Television's hip reporter

the story. I can tell a story within a minute and a half with all the images that I have at my disposal."

Baxter enjoys being an entertainment reporter because the people he interviews want to talk to him, so he's not exploiting anyone's tragedy.

In August of this year, Baxter became the newest member of the Fashion Television team.

"Once I heard the CRTC approved

a licence for this new digital channel, I begged for a job. Design, architecture, photography, art and fashion, [it would be a] new challenge, a chance to travel and the thrill to be part of something new. So far so good."

For now, he is happy where he is. He loves his job and has completely adjusted to living in Toronto. At Citytv, Baxter is sitting pretty and, for the time being, sitting still.



Natalie Aston

Young Jewish adults visit the Golan Heights to learn about Israeli politics

Homeland bound

By NATALIE ASTON
Et Cetera Staff

Young Jewish adults have the birthright opportunity to go on an all expense paid 10-day trip to Israel as a gift from leading philanthropists in Jewish communities all over the world.

Birthright Israel is a program created to send young Jewish adults to Israel. The trip is totally paid for and all inclusive.

The aim of the trip is to get as many young adults to go to Israel as possible. The trip allows young adults to develop their Jewish roots and heritage.

There are three partners involved in offering this opportunity of a lifetime; the government of Israel, local Jewish communities around the world and leading philanthropists. All have worked together to offer this to Jewish young adults, who have not traveled to Israel on a peer educational trip before.

The vacation covers roundtrip airfare, hotel accommodation, transportation and all other associated land costs and is open to all eligible applicants between the ages of 18-26, regardless of Jewish religious affiliation, community involvement or financial status.

The \$250 deposit is fully refundable upon return home after successfully completing the program.

So far, over 22,000 young adults from around the world have participated. The goal is to send 100,000 young Jewish adults to Israel over a period of five years. The participants, chosen through a lottery, come from all different backgrounds and degrees of travel experience.

Arye Burke, the former director of the Jewish Students Union at the University of Western Ontario said that Birthright is trying to avoid the lottery situation. Basically anyone who applies is assured a position, if not on one trip then certainly on the next.

While Israel remains a hotbed of

political and social unrest and air travel has fallen in popularity, young enthusiastic Jews searching for their Jewish identities, are not being deterred.

Tamar Lee, 22, is a Birthright trip leader, and said that security is the utmost priority of the Birthright trip.

"We have a great relationship with the country and the administrative bodies. We are in constant communication with the airlines, the Israeli Defense Force, the ministry of education and the ministry of transportation. We never go anywhere without being informed of the present situation."

Lee also said that when the itinerary has to be changed due to security precautions it does not sacrifice the integrity of the trip.

"There is so much to do in Israel. If you miss out on one thing there is always something else to see, so it balances out," she said.

If you are eligible and interested applying for a free trip to Israel go www.birthrightisrael.com.

Organically-raised chickens know good eggs

By CHRISTINE ATKINSON
Et Cetera Staff

Meet Diana Mueller, a woman who juggles a job, a family and chickens. Mueller, a full-time circulation clerk at Humber's North campus library, lives on a 100-acre hobby farm in Orangeville where her organically raised chickens lay exceptionally large eggs.

The eggs from Mueller's Rhode Island Reds and Tan Leghorns Chickens vary in length, width, radius and colour. Because her hens are brown they always lay brown eggs, but darkness of the shell varies.

According to Mueller, there's generally no difference between brown and white eggs aside from the colour.

But the difference in taste in free-range eggs and conventional eggs is like night and day, she said.

"They're huge!" said Brian Bowle, a co-worker of the Muellers. "The yolks are so yellow! I don't eat many eggs, but you know they're different."

Compared to a dozen convention-

al eggs, each curiously weighing exactly two ounces, Mueller's organic hens lay eggs weighing between two to three ounces each. When fried sunnyside up, no clear film is developed over the yolk and whites as it does in conventional eggs.

The whites are fluffier and the yolks are brighter yellow.

Mueller may be a chicken lady, but she is not afraid to go the distance for her birds. From preparing a special feed to playing classical music, she does everything she can to be a mother hen to her feathered friends.

But it isn't all fun and feather, sometimes it's fowl play.

Chickens can cannibalize each other if kept in restrictive cages, and Mueller has seen the end results. It isn't pretty.

"My meat birds, when we had problems with heating and had to move them into a smaller area, pecked each other to death. I'll just find a pair of legs. That's all that's left. It's pretty disgusting," Mueller said.

To ensure the chicken's quality of life Mueller tries to avoid feeding her birds commercial feed.

"Commercial feed - a lot of it - you're not really sure what is in it and you have chemicals or lots of hormones, so I feed my chickens a natural grain and I add flax seeds to it," Mueller said.

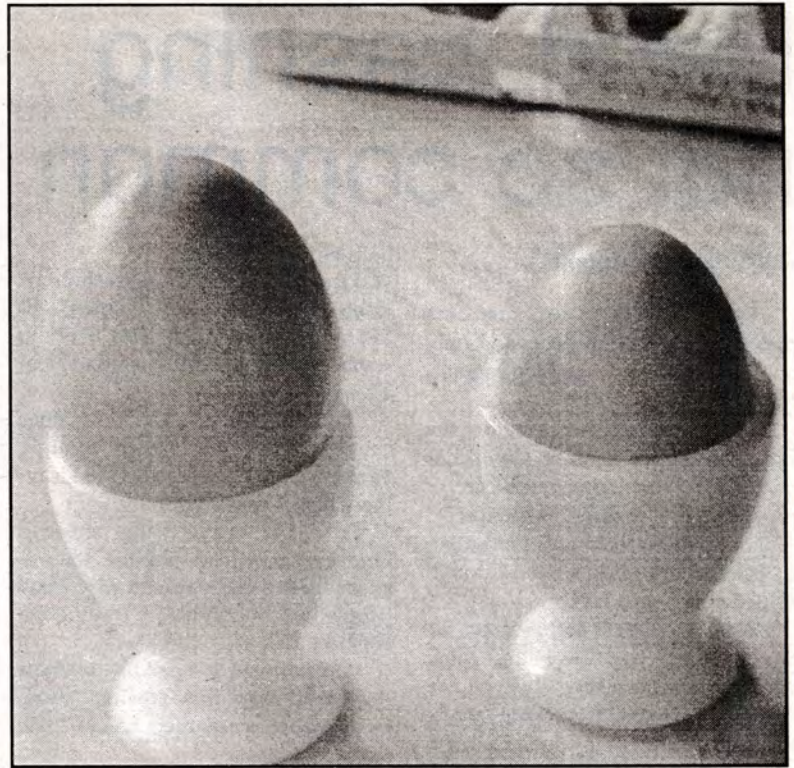
John Cloud, an organic consultant, said that going organic is not only good for the birds, it's a lifestyle that benefits humans as well.

"If we locked you in a closet and gave you artificial light as opposed to a living room with sunlight for socializing, you'd be a totally different person," Cloud said, putting things in perspective.

A free-range lifestyle for chickens means having space to roam, exposure to sunlight and specially developed feed. Conventionally raised birds have such luxury.

It's a difference that Mueller is convinced makes the birds smarter.

"My mother-in-law comes by all the time and she always has multi-grain snacks for my chickens. I can have people driving in and out, but when her car pulls in, they all run to her car," she said laughing. "I didn't think they were that smart."



Christine Atkinson

Can you see the difference? The conventional egg versus the organic egg

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Health etc.

Hand washing not so common

continued from page 1

Humber *Et Cetera* staff members polled 20 Humber students and only one admitted to not washing regularly.

Hand washing according to the U.S. Centres for Disease Control is one of the "most important means of preventing the spread of infection."

The common cold and food-related diseases are easily spread through dirty hands.

"Now that we are in flu season, we always stress hand washing, hand washing, hand washing and you can decrease chances of picking something up," said Anna Miranda, manager of control of infectious disease and infection control for Toronto public health, east region.

People must wash their hands regularly before handling food, when around children and after handling pets.

Most bacterial microbes can be washed away with soap, but water isn't enough to cleanse hands properly.

At Humber, all washrooms are equipped with an ample number of soap dispensers.

Each washroom is also equipped

with working dryers.

People using the main washrooms located beside Java Jazz (women) and the library (men) were least likely to wash their hands and seemed to be in a hurry.

Students weren't the only ones caught with dirty hands though. Faculty members were also seen leaving without washing up.

First-year Advertising student, Lindsey Crowther, said the soap is probably the major reason why some people don't wash before leaving the washroom.

"It's garbage. It's just like foam. If they had soap that smelled good, guys would wash their hands," she said.

Jeff Mann, a second-year Advertising student said there is no reason not to wash your hands.

"That's not right. I wash my hands all the time. It's just wrong. You're supposed to wash your hands. Where did these people grow up?" he said.

The American Society of Microbiology survey found the following statistics:

- men wash less frequently than women
- in Grand Central/Penn Station in New York, only 49 out of 2,283 people washed their hands after using the



Candi Jeronim

Soap and water work together to combat germs, but few people take the proper amount of time to cleanse

restroom

- 78 per cent said they wash after changing a diaper
- 77 per cent say they wash before eating or handling food
- 45 per cent say they don't wash after petting an animal
- 31 per cent say they don't wash after coughing or sneezing
- 20 per cent say they don't wash after handling money

Engineers in the U.S. have developed a sensor machine that will be located above a sink and will be used to scan barcodes on an employee's

sleeve. The scanner will record the employee's total washing time, making it easier for fast food restaurants and daycares to keep track of clean hands.

"The American Society of Microbiology will continue to educate the public and monitor results over time," Daly said. "Just as it's taken time to convince Americans to see the life-saving value of using their seat belts, we know this equally important effort will take time and we're in it for the long haul."

With files from Alek Gazdic

Guidelines

The most important factor in preventing and controlling disease is careful hand washing.

- Use liquid soap and running water
- Rub hands vigorously as you wash
- Wash all surfaces, including backs of hands, wrists, between fingers and under fingernails
- Rinse hands well
- Dry your hands with a single use towel
- Turn off the water with a paper towel instead of using your hands

Reduce stress, laugh out loud

By MELANIE THOMPSON
Et Cetera Staff

You wake up late, rush to school, hurry from class to class, speed to work and then go home to face endless hours of homework.

Before running to the doctor begging for stress relief pills, ask yourself this, when was the last time you had a good laugh?

Like most busy people, you probably don't remember.

According to Jan MacQuarrie, a national certified laughter leader and head of the first World Laughter Tour Canadian branch, the average child laughs up to 250 times a day, whereas adults only laugh approximately eight times a day.

"We are all much too serious minded," said MacQuarrie, a registered nurse who has studied human behaviours and actions for more than 22 years.

MacQuarrie teaches the hidden benefits of laughter in her laughter therapy sessions. Laughing triggers endorphins, the body's natural painkillers and can help release negative emotions, such as frustration and guilt.

In turn, this lowers stress in a person's life.

Laughter therapy is increasing in popularity, with 800 laughter clubs

operating successfully around the world.

The group sessions aren't what people would expect though, because no jokes are told.

Instead, members laugh just for the sake of laughing.

"Fake it if you have to. You don't have to think anything is funny, just act like it is," said Steve Wilson, World Laughter Tour president, who otherwise likes to be known as 'The Cheerman of the Bored.'

Wilson created the World Laughter Tour in July, 1998 after being inspired by Dr. Madan Kataria of India, the founder of Laughter Club International, who prescribed

laughter to his patients as an alternative medicine.

Kataria and Wilson teamed up and toured the United States, lecturing in 14 cities on the benefits of laughter. World Laughter Day was created in 1997 by Dr. Kataria and is observed on the first Monday in May by eight countries.

"The whole psychological way that laughter boosts morale and makes people optimistic is wonderful," Wilson said. "It strengthens the immune system [and] relieves stress."

Those attending the sessions also find out what laughter does for the digestive system.

The deep breaths that are taken

when laughing move the diaphragm up and down, massaging the colon, liver, pancreas and stomach. It also stimulates both sides of the brain and the nervous system, increasing levels of alertness while boosting creativity.

Sixty-year-old Wilson justifies laughter therapy through several first hand experiences, one being that he has not been sick since becoming a 'cheerman.'

On a more serious note, Wilson added doses of laughter to his sister's chemotherapy treatments, which he felt helped her battle two different types of cancer.

Recreation therapist Nicole Mesic is adding laughter to the lives of people facing Alzheimer's disease.

Working at the Providence Centre 24-Hour Alzheimer Day Program in Scarborough, Mesic started a humour club in May known as the Giggle Box for her clients who wanted a good chuckle.

She kicks off the sessions by dressing up as a clown, singing songs and telling knock-knock jokes. The Giggle Box also includes *I Love Lucy* reruns, Bill Cosby books and humorous pictures.

"It adds joy to their lives and empowers child-like play," said Mesic, who was inspired to get involved in laughter therapy after attending some of MacQuarrie's con-

ferences.

"Sometimes as grown ups, we forget how to do that."

Mesic thinks that her laughter sessions not only benefit the seniors with pain management but also provide them with psychological help.

Those suffering from arthritis get relief with more oxygen reaching the muscles through laughter, releasing the tension held in the body as the muscles relax.

When MacQuarrie came to the Providence Centre to introduce laughter therapy to Alzheimer's patients, a woman who usually spent her day weeping actually began to laugh.

"There's a real biological, mental and emotional connection when we laugh," said Sandra Parkinson, community education co-ordinator for the Guelph-Canadian Mental Health Association. "There is an actual chemical change in our bodies."

While the majority of laughter club leaders may be female, Humber College second-year Comedy and Writing student, Angela Stalteri, said that her program is approximately 85 per cent men.

"Women are scared to take chances," Stalteri said. "The women that are in my program right now are brave. It's all about being able to yourself."



Melanie Thompson

Humour and laughter help release negative emotions and frustration

Healthy flying

By KELLY MACHADO
Et Cetera Staff

With the impending cold weather many people are planning vacations, but taking to the skies in germ incubators may have serious health effects.

"Airplanes, with their dry, confined conditions, make the flying experience far from comfortable," said Laura McCarthy, a travel consultant at The Travel Network Corp. in North York.

Often, passengers will experience flu-like symptoms shortly after boarding the plane.

These headaches, sore throats, coughing, dry lips, and dry or watery eyes are in fact due to the elbow-to-elbow seating and lack of fresh air in the cabin. Relative humidity drops immensely in flight, especially on long journeys.

"Humans find a 50 per cent rate of humidity to be comfortable, however, humidity in-flight drops to 10 per cent and below, with moisture resulting mainly from our own bodies," McCarthy said. "The physiological effect is rapid dehydration."

Dehydration weakens the immune system and cramped conditions allow for the contraction of germs. It is one of the most serious hazards long distance flyers face.

"Drinking at least eight ounces of water every hour en route, avoiding alcohol and coffee, and covering your nose with a water-saturated cotton handkerchief for humidified breathing air are all steps to offset in-flight dehydration," said Tara Ross, a Humber graduate who is now a consultant at Belview Travel Services Inc. in Etobicoke.

This low air pressure, in combination with dehydration and lack of movement, also puts passengers at risk of so-called 'economy class syndrome,' also referred to as Deep Vein Thrombosis (DVT).

DVT occurs when blood clots form during long periods of immobility.

"DVT often begins in the calf or thigh because blood moves relatively slowly in these areas, particularly if exercise is limited," said Dr. Ludmila Kohut, family physician in Toronto. "As the blood begins to pool in an area, a clot develops and can attach itself to the wall of a vessel, blocking blood flow. DVT can be fatal when a blood clot in a deep vein, such as in the leg, flows into the lung and blocks a blood vessel."

The best way to avoid DVT is to maintain a healthy lifestyle, but exercise, although not a certain preventative, does help during the flight.

"Elevating your feet by using your carry-on as a foot rest, walking around the aircraft aisles in lopping strides with bent knees and wearing compression stockings on the plane are all useful tips for combating the dangers of DVT on long-haul flights," McCarthy said.

Along with dehydration and DVT, passengers also face the discomforts of ear aches and pains caused by in-flight air pressure.

As the aircraft descends, the changes in pressure can temporarily block the Eustachian tube, causing ears to pop or to experience a sensation of fullness.

"To equalize the pressure you should swallow frequently," McCarthy said.

"In order to clear your blocked ears on commercial flights you will need a few things – a cup, paper napkins and some boiling water that you can get from the flight attendant," said Carlo Savinetti, president and owner of Suntur Travel Agency.

"Get a coated drinking cup, and place two paper cocktail napkins in the bottom, add boiling water, then drain off all the water so there is only steam in the cup. Lean your head down towards the cup to cover your blocked ear. As the steam reaches into the ear, the Eustachian tubes clear and pain can ease immediately."

Another tip for clearing blocked ears is chewing gum or candy or

pinching the nose and blowing out.

As if surviving the rigors of economy class flight isn't difficult enough, when passengers arrive at their destination, they succumb to jet lag.

Jet lag occurs when our internal body clock becomes unco-ordinated with that of our new destination.

This can occur after crossing as few as three time zones. For example, you may be rushing off to see the pyramids in Egypt just when your brain was expecting to crawl under the covers for some badly needed sleep.

On the other hand, it may be time for lights out but your mind is telling you that it's only 3 p.m.

"The symptoms of jet lag include loss of appetite, insomnia or fatigue, disorientation, constipation, low blood sugar and irritability," Savinetti said. "The severity might depend upon the direction of your travel, the number of time zones crossed and your personal susceptibility."

There is no quick remedy for the symptoms of jet lag, but travellers can experience less jet lag when they skip eating airline food.

It is typically high in fat, salt, sugar and low in carbohydrates.

According to Lifewater Canada, flying west usually causes less jet lag than flying east. This is because east-bound travel shortens the day to less than 24 hours, so at bedtime, passengers are not sleepy and then it's hard to get up in the morning.

"To help reset biological cycles, set your watch to the local time at your arrival destination when you first board your flight," McCarthy said. "Sleep on board if your flights land in the morning and avoid sleeping on board if your flight lands at night and do isometric exercises, eat lightly and drink little or no alcohol."

So the next time you or your family decide to book an all exclusive trip somewhere half way around the world, make sure to follow these simple travel guide tips to ensure that you have a healthy, comfortable trip as you soar through the skies.



Shell Bujold

Try a fruit-filled, dairy-free milkshake to satisfy those milky cravings

Be lactose free

By SHELL BUJOLD
Et Cetera Staff

All glass of milk, a pure milk chocolate bar, a large strawberry milk shake and a piece of mom's homemade double chocolate cake – these things may be the ultimate craving to some people, but to others it's a cry of sheer pain and frustration.

Lactose intolerance is a sickness many people in Canada suffer from and a lot of people don't even know they have it. According to Brenda Davis, author of *Dairy Free and Delicious*, one in five Canadians is lactose intolerant.

"When I eat milk products, I get light headed, hot flashes, pains in my lower abdomen and swollen intestines within the first hour or so. After that, I feel nauseous and have the runs," said Greg Johnston, a second-year Sociology student at the University of Ottawa.

Symptoms are similar in most people with lactose intolerance, with most problems occurring in the stomach.

"Symptoms include gas, bloating, flatulence and diarrhea," said Steve Carper, who runs the Web site, *The Lactose Free Clearinghouse*. "Younger children may also have vomiting as a symptom. In general, however, adults will only see intestinal symptoms."

Lactose intolerance occurs when the body does not have enough lactase, a chemical normally found in the body, to properly break down the milk sugar, lactose. Thus, stomach problems ensue.

Important vitamins and nutrients may be a worry to those who can't have milk, but worry not, because many products are fortified with calcium.

"No nutrients, including calcium, need to be lacking from a non-dairy diet. There are many alternate sources of calcium. Breads, juices and many other foods come fortified with calcium these days. Several soy milks have as much calcium as cow's milk," Carper said.

Johnston said he takes calcium supplement pills twice a day, eats yogurt and drinks a glass of lactose-free milk a day.

If pills are not the route you want to take, then try eating more broccoli.

As far as vitamin D goes, just go in the sun more often because that's where the most abundant

source lies (bread is also a good source).

"Yogurt and cheese are well tolerated by most people with LI [lactose intolerance]," said Carper, who is the author of *Milk is Not for Everyone: Living With Lactose Intolerance*. "And all people with LI can use lactose pills with dairy products to minimize symptoms."

Carper was diagnosed with lactose intolerance in 1978 and said there was virtually no information about it at that time. His book and Web site are dedicated to informing people about the facts and myths of not being able to digest milk.

"There are hundreds of products on the market, soy-based, and also nut-based, rice-based, or based on other foods, that are designed to be alternatives to milk products. Different people with different tastes will enjoy some of these more than others, and they have a range of nutrients and fat contents, just like any other grouping of foods," Carper said.

Vegans also lead dairy-free lives, with all of their proteins and calcium coming strictly from vegetables.

Many vegetarians use the same alternatives as people with lactose intolerance, except that it's important that the products don't contain any meat.

Carper also said that calcium-processed tofu and many vegetables are good sources of calcium, and they don't contain animal products.

Johnston recommended checking out food before it leaves the shelves.

"Also, I have gotten into the habit of checking all labels of food products at the grocery store before purchasing them," he said.

NON-DAIRY SHAKES

Ingredients:

1-1 1/2 cups lactaid milk, or soymilk
1/2 cup frozen fruit: blueberries, blackberries, strawberries, bananas, etc.

1-2 mint leaves (optional)

Directions:

Pour non-dairy milk and fruit in a blender.

Blend together for 20 to 30 seconds or until the mixture reaches desired texture.

For an added fresh mint taste, add one or two mint leaves while blending.

Yields: one serving



Victor Penney

Disease runs rampant on airplanes due to the excessive number of flyers, poor air quality and tight quarters

North American cell phone users don't get the message

By JEFF LIM
Et Cetera Staff

In Europe and Asia, text messaging is the latest craze in wireless services, but it has failed to catch on in North America.

The messages can be up to 160 characters long and are typed by pressing the number on the phone corresponding to each letter.

"It's not that big in Canada mainly because I don't think people know that much about it," said Michelle Bercasio, a consultant at Fido. "My best customers already know text messaging right off the bat or they come from Europe and Asia and use it a lot there."

Sheila Hawkins, a Rogers employee, says lots of people use text messaging in North America, though it's incomparable to the use in Asia.

"There's probably thousands of people sending messages each month here, though it hasn't really caught on," Hawkins said. "There's still a lot of people who use it, though the numbers pale to those of Europe."

Bryan Chan, a consultant at the Telephone Booth says text messaging is a feature customers rarely ask for.

"People don't see the point of text messaging when you can just talk," Chan said. "Some people find it expensive as well."

According to Chan, text messages can cost from 10 to 15 cents each or a package of 100 messages can be pur-



Jeff Lim

A message costs around 15 cents chased for \$5 a month.

Fido offers a plan called Fido Pro that can be added onto any other basic plan for \$8 a month.

"Fido Pro offers unlimited text messaging, unlimited email, unlimited voice mail, performance voice mail and call display. So you get the whole deal," Bercasio said. "It costs 10 cents to send a message and sometimes 10 cents to receive a message. If you do that a lot it adds up to more than the \$8 to add on Fido Pro."

The text messaging offered in Fido Pro is useful because messages can be sent to other countries at no extra charge, Bercasio said.

Although the customer awareness of text messaging is not very high, that should soon change as mobile service providers begin to push text messaging more.

"If people think it's cool they'll want to buy it, or if they think they need it, they'll buy it," Bercasio said.

Buying used

By CLEO PORTER
Et Cetera Staff

Sooner or later we will all want to own a new car. In the meantime, a used car is a viable, cheaper alternative.

But be aware. Buying a used car can be emotionally draining.

When buying a used vehicle several factors must be considered to ensure you get the most value for your purchase.

- Find out what kind of vehicle would be most useful for what you need. A small economy car would be the smart choice for students since it's cheaper on gas and insurance.

- Decide how much you plan to spend on the vehicle. A reliable used vehicle usually ranges from \$8,000 to \$10,000. But if you can't afford to pay that much, you can still find good vehicles for less. However, it will take a lot more research.

- Using the Internet and contacting automotive consumer organizations will help you find what you are looking for. Car Help Canada and the Automobile Protection Association will provide services for a small fee.

"We explain to people there are safeguards in the used car buying field today that most of [them] don't know exist," said George Powell of Car Help Canada.

- Next, consider if you will be purchasing from a used car dealer or



Jeff Lim

There are hundreds of used car lots throughout the Greater Toronto area privately. Ensure that the used car dealer operates a reputable business. You can check the Used Car Dealer Association Web site at www.ucda.org to see if a dealer is registered with them. Registered dealers must follow certain guidelines, and the site explains them.

- Buying from a private owner can be risky because they don't have guidelines to follow. You can find the history of a used car from the Government of Ontario. Used Vehicle Information Packages [UVIPs] detail any accidents, floods or thefts on the car. The package is available from the Ministry of Transportation for \$20 and provides information from insurance records.

- Individuals who try to sell more than one vehicle privately are called curbsiders. They usually don't

give you a home address and usually try to offer you more than one vehicle.

It is recommended that you don't purchase a vehicle from them as it might be stolen or smuggled from another country.

- A used vehicle should be certified, meaning it has passed minimal requirements to be fit for driving. However, it doesn't mean the vehicle is in perfect condition.

"Most people believe the car has been mechanically inspected, which is erroneous," Powell said. "All the certification process does is make sure the car is safe—that the headlights work and the door locks work."

Remember to always have a qualified mechanic inspect the vehicle thoroughly before purchase. They usually charge about \$50.

Caught in a Web

By VICTOR PENNEY
Et Cetera Staff

We're in the middle of the movie season where Hollywood studios release those sentimental films they think will earn them an Academy Award. But what about those great science fiction and fantasy films?

Fans have been waiting a long time for two movies in particular—*Star Wars: Episode II Attack of the Clones* and the first installment in the *Lord of the Rings* trilogy, *The Fellowship of the Ring*. Here's where you can find out more information about these two movies online.

At www.starwars.com find out about *Attack of the Clones*, set for release in May 2002.

In the Episode II section of the site, browse through photo galleries of production stills and behind the scenes shots.

There is also an area where you can learn about every character's background in the second episode.

To compliment that, the site also features news and updates on the production of the new *Star Wars* flick.

At starwars.com, take a look at the

other four movies in the series. Through the site's databank, read about every character, vehicle, planet, droid and creature within the *Star Wars* universe.

The only drawback to the site is that you have to register to check out some of the behind the scenes video footage or the new teaser trailer.

I give this site four and a half globes out of five.

The other site is www.lordoftherings.net.

With the movie coming out Dec. 19, check out the photo gallery and screensavers available to download.

There are also production notes and news updates to keep you informed on what's happening right up to the official release date.

The site features exclusive interviews with cast and crew. One interview of particular interest is with the film's main star, Elijah Woods.

One other interesting feature is an interactive map that lets you journey through Middle-earth. It's a little slow though and there's not as much interacting as you may want.

Overall, I give this site four globes out of a possible five.

Rogers ready to drop @Home email addresses

By SHELL BUJOLD
Et Cetera Staff

Rogers Communications Inc. is getting consumers to change their email names.

Instead of using @Home technology, Rogers has opted to continue alone, switching their main servers to the name @Rogers instead. The changes take place November 22.

"I don't really mind using a different email address," said Jeff Ridout, a second-year Film and Television student. "It might make the service faster."

Excite@Home, the company that originated high speed Internet access in the United States has a debt of more than \$1 billion dollars (U.S.). They also filed for bankruptcy protection in September to help protect against future losses.

Rogers decided that by going with their own servers and taking control of the network, they would be able to make the service more reliable.

Many users of the high-speed company complained about the service outages.

With the switch, the service should become faster if they have more servers in Canadian cities.

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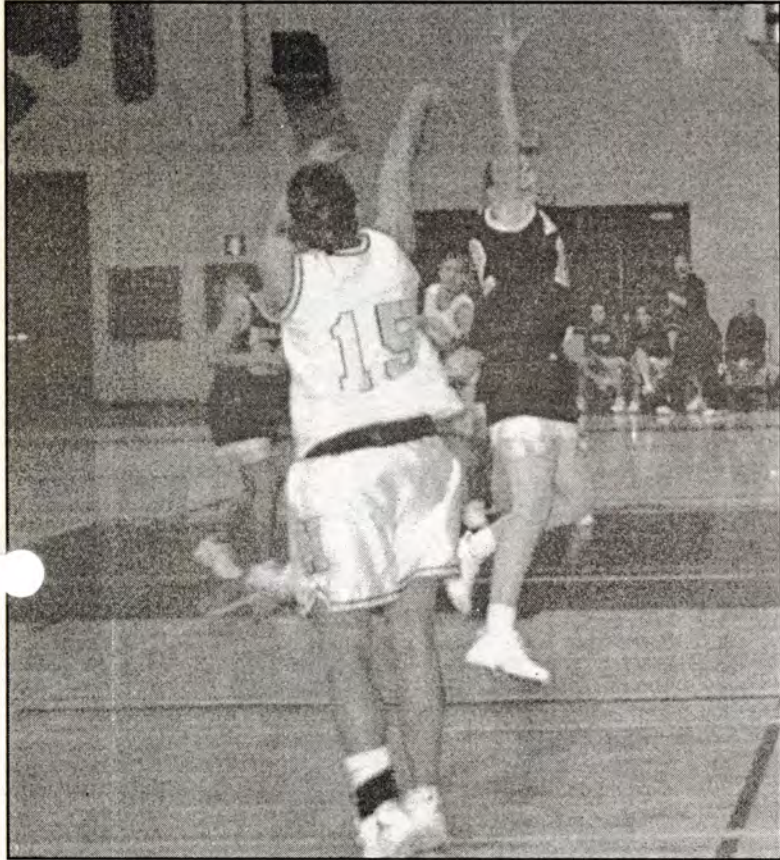
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Lady's basketball net consolation win



Cheryl Clarke

Beth Latendresse led Humber to victory with her hot outside shooting

By CHERYL CLARKE
Et Cetera Staff

The Humber Hawks women's basketball team continued to soar this weekend winning the consolation championship at the Durham College Mr. Big "8" Classic.

After losing a close game to Kirtland Community College in the opening game, it was the battle of the Greater Toronto Area in the consolation round. Humber sent the Mohawk Mountaineers packing and left the George Brown Huskies to lick their wounds.

Beth Latendresse, Humber's master of consistency, led the Hawks to the consolation victory. Her effort was rewarded when she was chosen as tournament all-star for the second time this month. She tallied 44 points over three games.

Brenda Chambers also had a strong weekend for the Hawks. She matched her tough defence with some spectacular offence and notched 58 points in the tournament. She said her secret was simply to relax.

"I'm not stressed out anymore. It's good. In the beginning I was always rushing. Now, I am taking my time and things are going even bet-

ter," she said.

Humber took out Mohawk 62 to 43 with Chambers leading the way with 25 points. Myranda Pyette chipped in with 15 points.

The Hawks moved the ball well and maximized rebounds. The second half was cut short by five minutes after two Mohawk players collided and injured themselves at centre court. Mohawk's Mandy Anderson was taken out on a stretcher. According to Jen Johnson, Humber's trainer, who tended to the player, her injuries appeared to be minor but she may have suffered shock.

Next up were the George Brown Huskies and it was a nasty battle. George Brown fell behind early and stayed there. Their solution was to get dirty. Humber's guard, Lindsay Higgs, was sucker punched while playing tight defence on the Huskies' Sharnette Hardware.

"I bumped her just a little bit, and she came at me with her fist. It wasn't really a full fist but she jabbed it into my chest. When I went on the second time she did it again. She was mouthy the whole time," Higgs said.

Humber's revenge was the 69-44 win and the strong, composed play by Higgs. If the rough stuff wasn't

enough for fans, Latendresse put on a show that included three back-to-back three pointers from the most awkward parts of the court. She totalled 26 points. Pyette was strong in front of the net as well and powered through the defence for a 15-point night.

An early 67-66 loss to the Kirtland Community College Firebirds disqualified Humber from the tournament's championship finals. Humber played strong but failed to capitalize on their foul throws, missing over 50 per cent of their shots. Assistant Coach Corran Bogle, didn't let the loss get her down.

"All in all, I think we did a good job. It's early in the season and I think we are starting to build. We are a little inconsistent, but I think today's games showed we can really keep our composure. We were able to build on what we developed in the first game against Kirtland. We didn't win the first game, but we had stretches that showed we are a very talented team. I think we did a good job," Bogle said.

Hawks downed in battle of birds

By JOHN-PAUL McNALLY
Et Cetera Staff

The Humber Hawks hockey team suffered its first loss of the regular season on Saturday night falling 6-4 to the Conestoga Condors.

After thrashing the Seneca Sting 8-2 last Wednesday afternoon, the Hawks walked into Saturday night's ch up with a 2-0 record. Humber played a game with few bright moments that included undisciplined hockey and over 45 minutes in penalties, resulting in a loss to a team that

only a few weeks ago they beat by nine goals.

"On a 15 game schedule every game's important," Chris McFadyen said. "When we start losing track of our game plan and take stupid penalties and play selfishly like that, obviously you saw what happened. We just have to keep our heads for the entire 60 minutes."

At the start of the first period, Humber's ineffectiveness was evident. Missed passes, disorganized rushes and missed opportunities hampered the Hawks much like they would throughout the game. Having a mediocre period didn't stop Humber from scoring as McFadyen managed a goal and the Hawks left the first tied 1-1.

The second period saw the total breakdown of both Humber's offence and defence.

By the end of the second, the Condors had out shot the Hawks 24-22, and Humber took eight penalties. This undisciplined play led to four unanswered Conestoga goals and a game ejection for Cal Robinson, a new addition to the Humber team.

"Bad things happen," Shawn Gibbons said. "We got a couple of bad penalties but they're mistakes you have to learn from and next game we'll realize what we have to do and correct those mistakes."

Hawks' goalie Terry Gilmer was once again solid as he made several stunning saves consistently throughout the second and third periods. He stopped a point blank shot late in the second sliding across the crease to

steal a goal from the Condors and keep the game close.

"So far our goaltending has been great," said McFadyen. "We just didn't give Terry much help today."

The Hawks walked into the dressing room down three goals and needing a break.

What they got was solid play for the entire third. Humber came out flying, scoring nine minutes in, slowly closing the gap.

The Hawks scored with just under six minutes remaining as Jamie Chikoski shot one past the Conestoga goalie.

That was as close as the Hawks would get, however, as the Condors added an empty net goal late to bring the final score to 6-4. The Hawks out shot the Condors 33-31 throughout the game, but took 29 penalties and only played one solid period of hockey.

"You learn from your losses and hopefully we don't have too many learned experiences," Jason Fortier said. "I'd rather keep it simple and play the basics. We had a good game last game and we thought it would carry over into tonight. We just didn't pay the price to win."

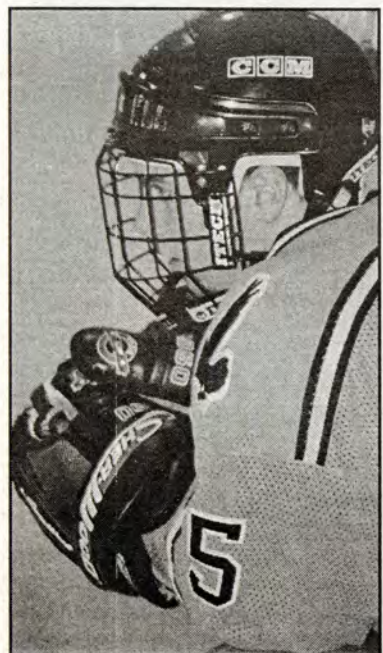
Terry Gilmer received the player of the game award for his consistent play while McFadyen, Chikoski, Dan Lambert, and Chris Pugliese all scored for the Hawks.

Humber's next challenge will be tonight when they face off against Fleming at 7:30 p.m.



Diane Denby

Dan Lambert chipped in with a goal but it wasn't enough to overcome a lacklustre performance by the Hawks. The Hawks play tonight at 7:30



Diane Denby

Shawn Gibbons looks on in a frustrating loss to Conestoga last week

Gryphons turn hapless Hawks into tasty treat

By MARC MacDONALD
Et Cetera Staff

The high-flying Humber Hawks were grounded last Wednesday in men's basketball when they traveled to the University of Guelph to take on the Gryphons in an exhibition contest.

The Hawks, who have fared well against university competition this season, fell to Guelph by a score of 88-59, evening their record at 2-2 against university teams.

They beat Ryerson and Queen's, but lost to Guelph and York in a close game. Hawks' players were not pleased with their effort in last Wednesday's game.

"We just had a lapse. I don't know, maybe guys' heads just weren't into it. Our problem is intensity and we just didn't execute," said veteran forward Ben Sanders.

The Hawks were behind the eight ball immediately, allowing the Gryphons to dominate Humber on boards.

The Gryphons were continually allowed second chances, which

ended up killing the Hawks.

The only highlight came early, when Roger Scott had a breakaway dunk. There weren't many more bright spots in the blowout.

The Hawks tried to stay tight early; the closest they came was being down 24-18 with seven minutes remaining in the first half. Guelph buried the Hawks down the stretch of the first half, going on a 14-0 run to close out the half with a 43-21 lead.

The first ten minutes of the second half were much of the same for the Hawks, who were being manhandled by the Gryphons.

Guelph continued to extend their lead, going ahead by as many as 34 points.

The last ten minutes of the second half were a better showing by the Hawks, who narrowed Guelph's lead to 29 points at the final buzzer.

Hawks players would not agree to the fact that they were beaten by a better, more experienced team, but rather they said their own play was to blame.

"I'd have to say that them

(Guelph) being a university team has very little to do with the loss. Our team is young; we're not at their level consistently. It's definitely a learning experience right now," said Sanders.

Some players said that Humber got out of their offensive flow, playing a more selfish game.

"Personally, I came out good tonight, then I started playing stupidly. I was being selfish, taking bad shots," said Scott, who was Humber's leading scorer at the half, with 8 points.

The Hawks remain 1-0 in the regular season, which is what counts in the standings, but there are clearly some bad habits that need to be broken. Consistent effort is something that has been lacking so far this season.

The Hawks were slated to return to league play Wednesday, Nov. 21, when they hosted crosstown rivals, George Brown College, in a continuation of the Raptors Cup.



Marc MacDonald

The Hawks men's basketball team was de-feathered by Guelph last week, but looked to get on the winning track against George Brown on Nov. 21

Hawks have horseshoe onside against Colts

By AMANDA DA PONTE
Et Cetera Staff

The women's volleyball team won against the Centennial Colts Tuesday, 3-0, but the victory didn't come without a price.

Once the final set was over, head coach Chris Wilkins instructed his team to put on their workout shirts as they would be doing a few practice drills before heading home for the night.

"In three years that I've been on the team, we've never done conditioning and training after a game," said Hawk Krista Schaff. "We played so lackadaisical during the game, training and conditioning afterwards is going to push us to work harder in the next game."

The Hawks swept the floor with the Colts in the first set as they got an easy 25-6 victory.

In the second set, the Colts managed to get three times as many points as they did in the first, but that did not help them in getting the win over Humber.

Despite the two set lead, the Hawks fell apart in the third as they, trailing for most of the set, would be looking to make a comeback.

"We had a lack of communication, our free balling was so if we don't have defence, we can't run our offence," said Schaff of the final set.

As Humber was down 12-7, they

got a five-point run to tie up the game and would then take a one-point lead.

It was then back and forth on the scoreboard until Humber gained the lead 15-14.

The next three points also went to Humber and helped in securing their second victory of the season and a perfect 6-0 set record.

"We dropped the level of competition and we sort of took things for granted and stopped working hard," Wilkins said. "To their (Centennial) credit, they played hard and they did the things they were supposed to do to try and put themselves in a position to win."

The post game conditioning is not a consistency in Wilkins' coaching habits. But after his team's performance he felt it was necessary.

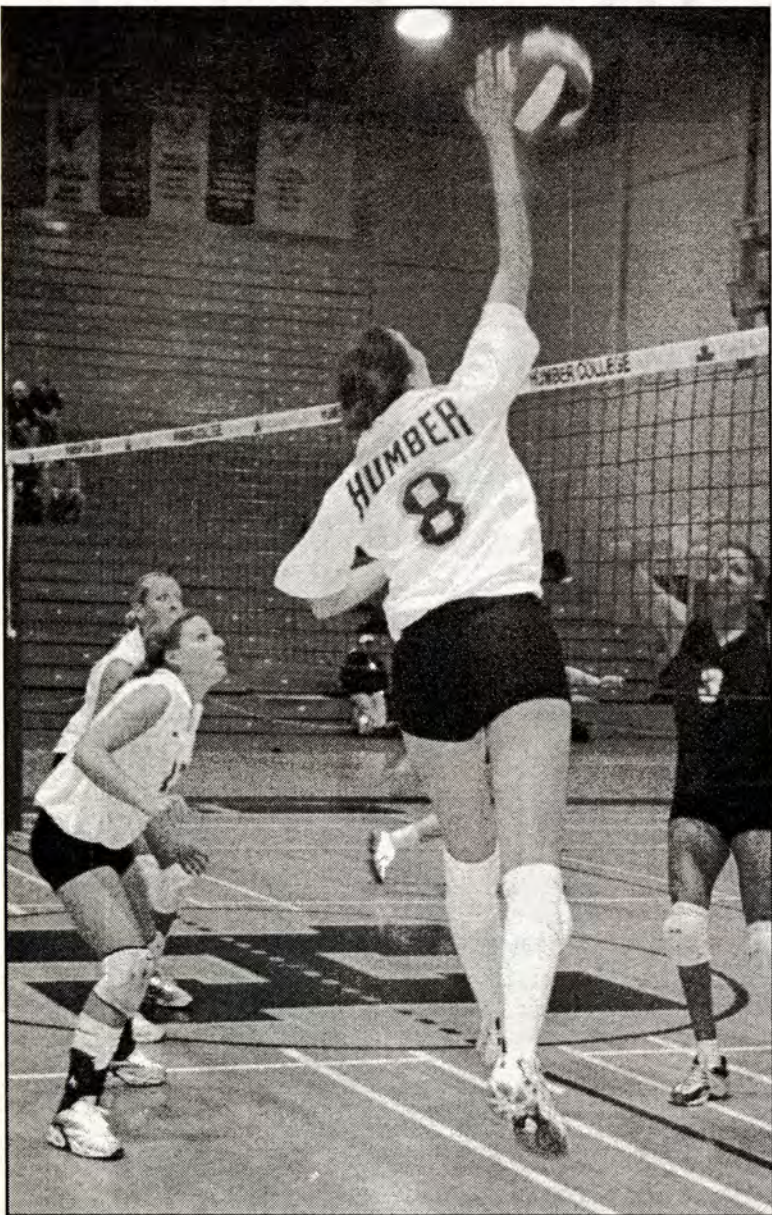
"If we're going to condition ourselves to work hard all the time, then we need to put out an honest effort all the time and that was just sort of a friendly reminder that they need to work hard all the time and the girls understand that."

"If it burns a little memory in the back of their head then you know what, this was a lesson that was well learned, that we can't take teams for granted and we can't expect that teams will just roll over and give us wins," Wilkins said.

Both Schaff and Wilkins said that winning early on in the season is crucial to the rest of the year.

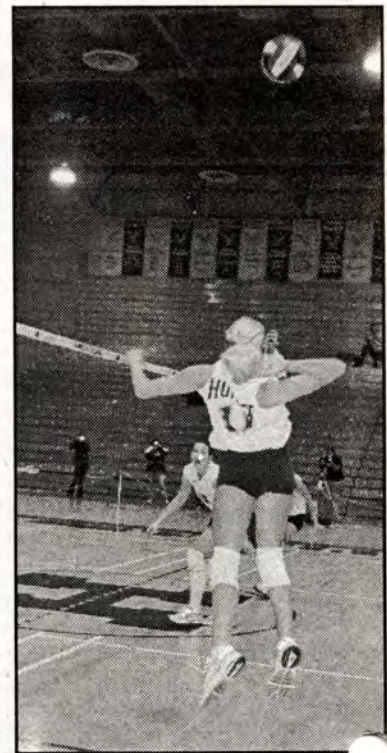
"It's very important," Schaff said. "We have to set precedence in our league so everybody knows that Humber's on top and they're going to have to come out strong to beat us."

Wilkins added, "This year, this team has too much talent to all teams to come in, especially Humber, and take games from them."



Amanda Da Ponte

The Hawks look to prey on the Seneca Sting tonight at home at 6 p.m



Amanda Da Ponte

A Hawk is going in for the kill

Tucker, from bailing hay to scoring goals on Bay

By CHRISTINA WIENECKE
Et Cetera Staff

Toronto Maple Leafs forward, Darcy Tucker had a relatively normal Canadian childhood, but honing his skills in a backyard rink in Castor, Alberta paid off in unlikely ways.

Like many youngsters in Alberta, Tucker grew up idolizing the dominant Edmonton Oilers teams of the 1980s.

"Watching the Oilers and a lot of their players was a big influence. Wayne Gretzky, Glenn Anderson, Mark Messier and Jari Kurri; guys like that were my role models when I was growing up as a kid. Seeing them win gave me the drive to win the Stanley Cup," Tucker said.

The 26-year-old is currently third in Maple Leafs scoring with 16 points.

Tucker credits his father, who was his hometown hockey coach, for being the biggest influence on his life. He said his father probably coached him a little harder than the rest of the kids and if it wasn't for him, he might not be playing in the NHL.

"My father's obviously the biggest influence because he coached me all the way until I was 15 years old and he pushed me to be who I am today and where I am today."

Tucker also said there was no pressure from his family to stay and help out on the farm.

"I had full support from my family and my brother Dwight is still living at home so he can take over the family business when the time comes."

After playing in Castor, Tucker headed to Red Deer, Alberta where he began playing in the bantam league. From 1991 to 1995 he played major junior for the Western Hockey League's Kamloops Blazers helping them win the Memorial Cup in '92, '94, and '95.

During the 1995/1996 season Tucker played for the American Hockey League's Fredericton Canadiens.

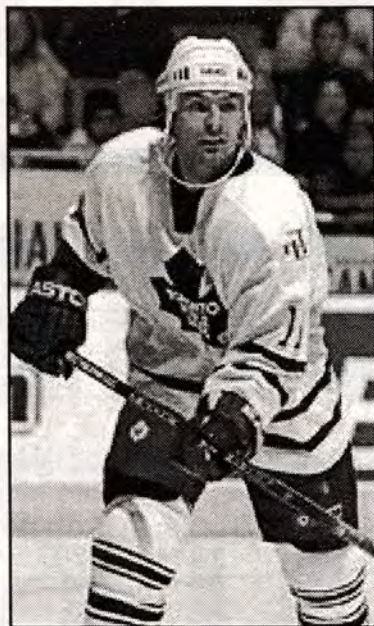
His 29 goals and 64 assists won him the AHL rookie of the year.

The next season, Tucker played 73 games with the Montreal Canadiens, scoring 20 points in his first full NHL season.

Midway through the '98 season Tucker was traded to the Tampa Bay Lightning

Tucker played with Tampa Bay for a little over a year before he landed in Toronto in a trade.

He said he enjoys Toronto for many reasons, more specifically because his wife is from the area and



Courtesy torontomapleleafs.com

Tucker is proud to be a Leaf he came to a team where there's a chance to be in the playoffs.

"Well, Toronto's a city where if you don't play well you are going to take heat. I want to be a player that can win the Stanley Cup and I love playing in Toronto."

Tucker has always described himself as a willing player who loves battles and challenges. Tucker looks up

to his brother-in-law and fellow Leaf Shayne Corson. Tucker and Corson have been linemates throughout the last two seasons. This season Tucker has managed to focus his aggression in a positive way avoiding many of the bad penalties that hung over his head last season.

The *Hockey News* senior writer, Mike Brophy said of Tucker's play of this season compared to last "Darcy's a more composed player."

Brophy said when Quinn wanted the Leafs to play a more aggressive style last season, Tucker took it to a different level.

"He went from being aggressive to being silly," Brophy said.

Tucker, who wears number 16 to honour Bobby Clarke, admired his toothless grin, how fierce he was on the ice and the fact that a lot of people were afraid to play against him.

Tucker, like many hockey players, is very superstitious.

"I have to have a coffee and a Coke before a game and it has to be mixed half and half. When we are on a winning streak, I drive to the rink the same way and if we are losing I change it up. I have little idiosyncrasies that I try to stick to. It makes me mentally sharp and helps me stay on top of my game."

Oui,Oui Ranting Frenchman returns



Marc MacDonald

Contraction.

Not that I don't understand why Major League Baseball has to remove two teams from its schedule, but it is sad to see the Expos and Twins go. It's pretty ironic that the work stoppage in 1994, which forced the cancellation of the World Series that season, is one of the biggest reasons why the Expos couldn't survive dans La Belle Province. The Twins were never really a terrible team, but both teams had terrible stadiums.

Time to March on.

Speaking of contractions, that's exactly what should happen to San Jose defenceman Bryan Marchment, possibly the all-time cheapest player, who is now serving his 14th career suspension. The man clearly will never learn and makes Tie Domi look like a saint. Florida's Jason Wiemer gets an honourable mention for his butt end on Darcy Tucker, as does Buffalo's Vaclav Varada, basically for anything that's ever happened in his career.

Big E to wear Maple Leaf?

Toronto hockey fans who desperately wanted to see Eric Lindros wearing a Maple Leaf on his chest may get their wish... at the 2002 Winter Games, for Canada. Lindros has spearheaded the Rangers to an impressive turnaround, and with Ryan Smyth out with a broken ankle, Lindros' chances of making the team are even better. Jarome Iginla has been outstanding.

Someone call Jimmy Johnson.

It looks like the Dallas Cowboys are trying to be competitive after all. I mean with the Detroit Lions at 0-9 and the Cowboys at 2-7, coach Dave Campo has decided to start young journeyman Ryan Leaf at quarterback, the white flags have been waived in Dallas. Plans for the draft party are already under way.

Save drama for your mama.

Once again the Lakers have a drama: Coach Phil Jackson and Shaq are having a falling out. Rather than fine him, Shaq should be sentenced to free throw practice.

Charles Oakley is by far the most discreet and peaceful player in the league.

Radical Canadian.

The Grey Cup is set to go this weekend. This just in: nobody cares. The Argos and Rob Johnson will make appearances at the big game, by serving popcorn at the concession stands. The score will be Winnipeg 314, Calgary 209.

Behind the laughter with Harry Neale

By CHRISTINA WIENECKE
Et Cetera Staff

Hockey Night In Canada broadcaster Harry Neale has seen the game of hockey from behind the bench, but now he has the best seat in the house.

"I haven't lost a game in 13 years and I go to the finals every year. As a coach you can never say that," Neale

Although Neale misses coaching and meeting some of the great players of the game, he doesn't miss the agony of defeat.

"When the game's over, I don't spend ten seconds worrying about why the Leafs lost or why the team we're playing lost. As a coach you can never get away from the game once the season starts," Neale said.

Neale began his career as a colour commentator in 1985, after he lost his job as the head coach for the Detroit Red Wings. Before that, he worked with the Vancouver Canucks for seven years: five years as head coach and two as general manager.

"I needed a job when I finished coaching, and after my first game as a colour commentator, I wondered why they ever asked me to come back. There's no training, you just go up there and do it," Neale said.

Neale, who does most of his commentating for the Toronto Maple Leafs said his most enjoyable thrill as an analyst is covering the playoffs even when Toronto bows out.

Working for CBC and TSN, I know I'm going to do four rounds of



Courtesy CBC sports

Neale can be heard on HNIC.

the playoffs, whether the Leafs make it or not. The playoffs are the best time of the year to be in this business because the games are the best and the audience is the biggest," Neale said.

On HNIC, Neale is teamed with master play-by-play commentator, Bob Cole. Neale said he feels fortunate to work with Cole, even though there's very little bantering back and forth, and not much humour.

"Bob Cole is an old-time broadcaster and he's as good as there is in

the business, but I can only make him laugh about once a month, maybe," Neale said.

Neale also works with one of the other great broadcasters, Joe Bowen, and enjoys the way Bowen takes the game lightly.

"When we get to laughing, we get our producers telling us to calm down and do the game occasionally," Neale said. "I've never been asked to choose between (Cole and Bowen) and hopefully I never will."

When he watches the game, Neale said he's watching for something that he can talk about and share with the audience, to be able to identify the significance of a penalty, a goal, a save, or something he knows the producers are going to show on the

replay.

"When I first started in this business, my producers told me 'we can all see what happens, could you possibly tell us why it happens?' I try and find parts of the game that viewers might not catch if they weren't looking for it: a good defensive play in the centre zone or a good play checking someone behind the net," Neale said.

64-year old Neale said he has no intention of retiring and doesn't see why he can't continue his job for another five years.

"In this business, whether you're playing, coaching, or broadcasting, somebody probably tells you to retire before you want to. But right now, I'd be devastated if all of a sudden I had nothing to do."

Athletes of the week



Amanda McGhie

Amanda was solid in a victory for the Hawks over the Centennial Colts.

She had several key kills in the match that contributed to Hawks' points.

Amanda and the Hawks will be in action Nov. 22 against Seneca.



Chris McFadyen

Men's hockey team Captain Chris McFadyen was one of the only bright spots in an undisciplined 6-4 loss against the Conestoga Condors.

Chris will lead his Hawks into battle Nov. 22 against Sir Sanford Fleming.

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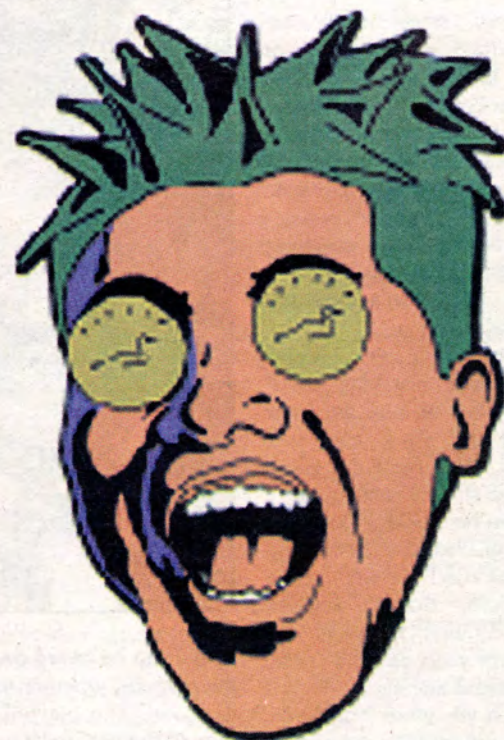
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