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Women's soccer team undefeated

By MATTHEW IABONI

After clinching first place in their division last week, the Humber Hawks defeated the Sheridan Bruins 1-0 this Tuesday.

The win completed the Hawks' back-to-back sweep against the Bruins that began with a 2-0 victory on Sheridan's home turf Oct. 9.

The first game was the biggest of the year for the Hawks who were holding off the Bruins for first place in the division.

The Hawks weren't given much time to create opportunities as teams continue to play physically against them.

"Teams are realizing to beat us you have to put a lot of high pressure, don't give us time with the ball and come in hard on us," Hawks co-coach Vince Pileggi said.

Humber was able to get the lead at 25 minutes when Natalie Achim scored off a corner kick for her first goal of the season.

"It was exhilarating, I'm extremely happy to have scored," Achim said.

Sandra Coelho blasted a shot at

55 minutes to seal the victory.

It was an intense game as the Hawks received three yellow cards and one red card. Midfielder Joanna Kontonikolas was ejected in the second half, becoming the first women's soccer player in Humber history to ever receive a red card in a game.

"I missed half the year with an ankle injury and now I'm suspended for one game - it's very disappointing," Kontonikolas said.

"The team was able to maintain its composure for the rest of the game which was a very good thing to see," Pileggi said.

With first place wrapped up, the Hawks used Tuesday's game as a warm up to the playoffs.

The Hawks were fortunate not to concede a goal in a sluggish first half.

The Hawks picked up the pace in the final 45 minutes and took control of the game. Humber's patience was rewarded when Nicole Petersen rifled home her second goal of the season.

Goaltenders Sonya Vitale and Vanessa Galle each played a half and shared the shutout.



First-year Law Clerk student Ash Sherdel, left, and second-year Early Childhood Education student Gaby Carrizo check out the books at the United Way's Book and Garage Sale Wednesday.

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Student apathy delays meeting

By JASON MAGDER

After a 40 minute delay, due to an apparent lack of student interest, the Humber Student Federation passed a budget Wednesday approving expenditures of more than \$1 million.

The Bi-Annual General Meeting, which took place at the Student Centre in the North Campus, needed a minimum of 50 voting students to approve motions.

With noticeably less than 50 students registered at the scheduled start time, executives were seen asking students in the hallways to sign up to vote. The meet-

ing, originally called for 11 a.m., didn't get started until 11:38.

Rishi Gupta, vice-president of Campus Life North, said the AGM is an important meeting and he'd like to see more people show up.

"We've just got to get [students] more informed," he said. "The opportunity is there for students to ask any questions they want to ask us or if they want to question the executives specifically, they can. But some people just don't care."

Damon Crack, a first-year Nursing student, said he believes students aren't interested in extra-curricular activities.

"I'm here to go to school. I'm

not really interested in getting involved," he said. "It's just classes and go home."

Crack, 28, said he thinks many students treat school like a job.

"We put in our time and leave. A lot of the older students already have commitments like work and family."

No constitutional changes were made at the AGM, but the new directors, including VP of Administration North, Nadia Conforti, were approved. The financial statement, which ended March 31st was also passed.

HSF brought in \$1.3 million in revenue and spent about \$1.1 million. The \$1.1 million is about

\$300,000 less than 2001, mostly because the HSF donated \$329,500 to the Athletics Centre last year.

Revenue was also very similar to 2001. The biggest source of revenue, other than mandatory student fees (\$92 per student) was \$65,761 brought in from the Games Room, up more than \$12,000 from the previous year.

"That's not surprising," HSF President Craig Wilson said. "And beside the Games Room, we'll open up a bubble tea [room] soon, which will create more of a variety of things to do on campus. So revenues from the Games Room will probably increase."

Etc.



A walking tour last weekend helped commemorate the damage inflicted by Hurricane Hazel nearly 50 years ago.

Hurricane Hazel remembered on walk along Humber River

By COLLEEN MCDOWELL

Over 100 people turned out for a Heritage Toronto walking tour last weekend commemorating the devastation of Hurricane Hazel to the Humber River and surrounding area nearly 50 years ago.

On Oct. 14, 1954, Hurricane Hazel hit Toronto causing the greatest flood in the history of the city, with 81 casualties and thousands left homeless.

The 5km walk started at the Old Mill and followed the Humber River to the Dundas Street Bridge. Most of the area covered on the tour was submerged during the flood.

The sites included a bronze memorial plaque for five vol-

unteer firefighters who died trying to save children in the flood and the Lambton House Hotel, which served as the search and rescue headquarters.

"When you go out to sites and experience walking in the footsteps of the ghosts of the past you get a feel for it. You get more of an understanding of what life was like," Madeleine McDowell, the tour leader, said.

Several participants recalled how the hurricane affected Toronto residents at the time.

"It brought the people together," Jan Gregor, a tour participant and history enthusiast who lived through the Hurricane, said.

The devastation caused by Hurricane Hazel began a movement to control and protect conservation land in Toronto and surrounding areas.

"In some ways it was a turning point. Development was taking place, we were developing industrially at a tremendous pace and the flood made people very much more aware of the natural environments we have," McDowell said.

Due to heavy rainfall the previous September and early October, the land was already saturated before 40 billion gallons of water from the hurricane were dumped on to the wet ground.

The river rose almost seven metres and more than 20

bridges were destroyed or washed away.

The Humber River Bridge, built in 1926, remained intact. Now a blue line painted seven metres up indicates the flood's crest.

"It woke up a lot of people and made them realize that we have to have protection of the greenery," Gregor said.

Hurricane Hazel jump-started the Toronto Region Conservation Authority's flood control program in 1959, which was meant to protect flood plains and against the effects of future hurricanes.

"[People] saw the beauty of the rivers and the natural environment that we had and there was a desire and a will to protect that," McDowell said.

College evaluated as Vanguard school

Humber judged on progress

By PAUL PAPAS

Officials from the League of Innovations visited Humber last week to evaluate the college in its progress towards becoming a more learning-centered environment for students.

The league chose Humber in 2000 as one of 12 Vanguard schools for the Learning College Project, a three-year pilot to be used as an example for other colleges.

Humber was selected from a pool of 94 colleges worldwide and was the only Canadian school chosen for the project.

Humber has been a member of the League of Innovations, an international organization dedicated to improving com-

munity colleges through innovation and institutional change, for 18 years.

Humber was evaluated on its ability to provide improvements such as additional one-on-one time for students, tools and resources to suit student goals, special courses, and access to school equipment and facilities.

Stationed in Phoenix, Ariz., representatives from the league will visit all 12 Vanguard colleges and prepare a report for their 750 member colleges worldwide, to help them fulfill their commitment to the Learning College Project.

League official Cynthia Wilson and outside observer Kay McCleney from the Education Commission in the

U.S., met with Humber administrators, including President Robert Gordon and academic Vice-President Richard Hook.

The project has five main objectives:

- To create an organizational culture where policies, programs, practices and personnel support learning.

- To create or expand recruitment and hiring programs and ensure that new staff and faculty are learning-centered, and will also create or expand professional development programs for staff.

- To use information technology primarily to improve and expand student learning.

- To set up assessment processes and learning outcomes.

- To create or expand programs and strategies to ensure the success of under-prepared students.

Gordon said meeting those objectives at Humber would be an ongoing process.

"There are many challenges ahead, including the curriculum, faculty and administrators," Gordon said at the meeting last Thursday.

Humber coordinator George Byrnes said the League was impressed with the school's progress.

"I thought it went extremely well. We showed what we've done is connected. It really shows how rich the development work is here."

World Digest



By DALIA WRIGHT

Sniper hunt intensifies

UNITED STATES. An FBI agent is the ninth fatality of the Washington, D.C. area sniper, shot dead while she and her husband loaded parcels outside a Home Depot in Falls Church, Virginia.

The 48-year-old mother, who was not connected with the sniper investigation was shot in the head from a distance of 90 feet.

Since Oct. 2, the sniper has killed nine people and wounded two others.

Police have released a composite of a Ford Econoline van and a white Chevrolet Astro as the suspected vehicles linked with the crimes.

U.S. Defence Secretary Donald Rumsfeld has also given clearance for two military surveillance aircraft to assist in locating the sniper.

Canadian feared dead

INDONESIA. The Indonesian government is seeking answers after a terrorist nightclub bombing in Bali late Saturday night.

Almost 200 people, mostly tourists, were killed and 300 were hurt when a car bomb detonated just outside the Sari Club, in the resort town of Kuta.

Canadian rugby player Mervin Popadyne, 38, is missing and presumed dead. He played in a tournament in Bali the day of the blast.

Three other Canadians were injured in the explosion.

British take over

N. IRELAND. The British government has taken control of Northern Ireland until peace talks between Catholics and Protestants are finalized.

This is the most devastating action for the country since the 1998 Good Friday peace accord.

Preacher apologizes

WASHINGTON. U.S. religious preacher Jerry Falwell has apologized after his controversial remarks regarding the prophet Mohammad, which sparked violence between Hindus and Muslims worldwide.

In an Oct. 6 interview on CBS' *60 Minutes*, Falwell said, "I think that Mohammad was a terrorist. I think I read enough of the history of his life, written by both Muslims and non-Muslims, [to know] that he was a violent man, a man of war."

In his apology, Falwell said he meant no disrespect to "any sincere, law-abiding Muslims."

Protesters staged a demonstration outside the CBS studio in New York after the statements.

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On Campus

Design courses showcase Humber talent

By ANITA VERMA

The Graphic Design students are emerging as the new generation of digital design, showcasing the college's cutting-edge talent on an international plateau.

"We see that there's a big demand for talent in 3D animation and there is nobody doing that type of design work in Canada," Gary Lima, director of the DITC said.

"Studios in Toronto are looking for trained people, so why should they go to the U.S. when we can train people right here?"

The programs at the Digital Imaging Training Centre are short, intense courses intended for people already working in their industries who want to refresh or upgrade their skills.

The five full-time day programs include Web Design; Development and Maintenance; Graphic Design for Print and Web; 3D for Broadcast Design and Animation; 3D for Games and Interactive Entertainment; and E-commerce Web Development.

"We partnered the programs with several companies. One in particular is Alias Wavefront, which is the company that makes

probably the most popular 3D animation software. It's used in *Star Wars*, *Shrek*, and *Toy Story*," Lima said.

"The E-Commerce Development program is partnered with Microsoft, so we get all the latest new dot-net languages that they develop for new e-commerce Web sites."

Alias was impressed by the high-caliber work produced by students and plans to help showcase their talent through Alias resources.

"The reaction from people in the industry is what impressed us. They said that Humber students produced some of the best 3D animation they've seen anywhere," Lima said. "Alias is going to put the students' work on their Web site, so it'll be showcased all over the world."

Because the DITC is a fee-for-service unit, it operates like a business independent of the college.

All day courses are also available in the evenings, seven days a week and the curriculum can be changed to reflect industry standards.

"Being in a self-sustaining unit of the college allows us to deliver

new things really quickly to reflect industry needs, and all of our instructors work in the industry so they're always coming up with new ideas to try," Lima said.

"We're constantly changing our full-time curriculum because things change so fast and this way we can get right from the industry into the classrooms by starting new

courses as soon as we get the information."

Over the summer, the DITC was relocated upstairs to the J-wing of the North Campus from the basement. The classrooms and four labs were renovated and a new studio/design house is almost completed.

"Students worked here night

and day, so we had to open up the labs 24 hours a day. We have a lot of excitement with all the new people here, it's really positive and we have a lot of fun, but we work really hard too," he said.

For further information on the Digital Imaging Training Centre and the courses offered, visit www.digital.humber.on.ca.

Healthy meal options cooking at Tall Hats

By KRISTIE KENT



Richard Scott, customer service assistant at Tall Hats, sells the food made daily by the students in the Hospitality Recreation and Tourism program.

Are you in a rush but looking for a healthy meal? Try looking under the big hat.

The Tall Hats food store, located in the North Campus across from the Bookstore, offers fresh and healthy meals for staff and students on the go.

"It's a very reasonable price because it's a full meal and it's only five or six bucks," student Jodi Goldfinger said.

Students in Culinary Management, Hospitality Management, Chef Training and Cook Apprentice programs prepare the meals ranging from pasta to meat dishes.

"The unique thing about Tall Hats is that we have four to five different programs producing food. Each lab produces on a different day and each week the students produce something different," Don McCulloch, business development manager of the

School of Hospitality, Recreation and Tourism, said.

The difference between Tall Hats and the Humber Room, which is located next door, is customers can only take the food out. There are no tables.

"However, we have a microwave in Tall Hats so you can heat up your food," Richard Scott, customer service assistant at Tall Hats, said.

After the renovations, which were completed last year, the size of Tall Hats doubled. As it became more noticeable, sales increased.

According to McCulloch, Tall Hats changed from a full-service counter to a self-serve concept; with the addition in size allowing a better flow of customers.

Tall Hats is a part of the Albert Schnell-Hilton Learning and Catering Centre, which is used by the Hospitality, Recreation and Tourism students.

The store is open Monday to Thursday from 9 a.m. to 7 p.m. and Friday from 9 a.m. to 5 p.m.

Robot "killing matches" coming next semester

By NATALIE MANDIC

If you haven't been to a good Robot Aikido Death Match in a while, then you might consider checking out Humber's Electronics Technology Association.

As the name suggests, the death match puts robot against robot in a fight to the death (or disqualification). Members of the technology association construct robots, but all Humber students are welcome to get involved.

"Last year, we decided that it would be a good time to try and get electronics enthusiasts, electronics students, any technical-minded people together to channel their energies into something worthwhile," Raymon Julien, co-founder of the club and part-time student.

"At first it was going to be called the Sumo Wrestling Death Match, but then we realized that Sumo Wrestling is nothing but kicking and slapping," association president Thomas Murphy, director of the School of Applied Technology said.

"Aikido is much more aggressive than Sumo. We are kind of hoping it will be a competition between computer engineering students and electronics students."

Anyone can enter the match,

providing they construct their own robot and meet specific height and weight restrictions. There is an entrance fee of \$5 per robot for association members, or \$10 for non-members.

Submissions will be taken until the end of February and prizes will be awarded to the winning team in either money or equipment.

"It's like a think-tank. People have a broad range of interests and knowledge and it becomes very difficult to become a master at many different disciplines involved in electronics," Julien said.

"Since some people have more interest in one area than the other, we can bring people's strengths together and make something better."

Although the club is mostly comprised of male electronics students, it is looking to broaden its membership. All are welcome and women in particular are encouraged to join.

"We are open to everyone but, women, please join. There are very few women in technologies at all so if any woman has the interest, come join and we'll nurture the interest," Murphy said.

The Robotic Aikido Death Match is scheduled for March 22.

Dining plan to expand

By DANIEL COX

Purchasing food on campus will soon become easier for students using the Campus Dining Plan.

By August 2003, the intent is for all campus food establishments to incorporate the Campus Dining Plan program.

"Any student at Humber should have the same advantages as students who live in residence, with the dining plan," Don Henriques, General Foods Services manager, said.

An advantage to having the dining plan is students don't have to cook and they don't need to carry cash.

"There is a cash savings of 7-15 percent on all meals purchased," Henriques added.

Students are currently able to use their dining plan cards at residence and the Food Emporium at the North

Campus and the William's Cafe and the main faculty building at Lakeshore.

In a week, Henriques expects to have both Tout Sweet and Caps Trattoria accepting the dining plan.

"We want to make purchasing a meal plan worthwhile to students,"

Henriques said.

Connor Brawly, a Bachelor of Nursing student, said she feels limited when it comes to where she can use her meal card.

"I would like to be able to use my meal card to buy coffee at Java Jazz," Connor said.

Film developing is back

By STEPHANIE HARNADEK

The Bookstore has expanded its services, adding the convenience of photo developing to the North Campus.

With the closing of Sunshine Photo, which was replaced by the Tout Sweet candy store, students have been left in the dark about where to get their photos developed without having to leave campus.

"I think it's pretty convenient for people who live in residence," first-year Fashion Arts student, Melissa

Teodoro said. "It's close by and we can drop it off after class."

According to Debbie Martin, Bookstore Manager, the quality of prints is comparable to Black's and Loblaws.

"We went to about three different companies to find the best deal," Martin said.

Students can give their film to any of the cashiers. One and two-day service is available. Prices are \$4.99 for 12 exposures, \$6.99 for 24 exposures and \$6.99 for 36 exposures. Doubles are \$0.23 a print.

Etc.

Tantalizing your tastebuds

New Ontario Science Centre exhibit is pretty sweet

By SARAH LISI

Grade five students from Grenoble Elementary School challenged their senses at the Science Centre last week.

The new exhibit, Candy Unwrapped, didn't open until Oct. 12, but media and students were invited to a special opening on Oct. 9.

"I think this has turned out to be an excellent exhibit. There seems to be a lot of interest with the children and they are really well engaged with everything. So, it has all the hallmarks of an excellent show for us," Walter Stoddard, host of the opening, said.

The exhibit was produced by both the Ontario Science Centre and Ybrick/Design3D and took two years to complete.

Design director Bev Dywan and content director Nicola Lisus from Ybrick/Design3D explained in a press release what they thought of the idea.

"We were walking past a retro candy store and the most amazing smells engulfed us and drew us in. We were delighted and thought, if we can recreate this simple excitement on an exhibition floor, we could make visitors as happy and excited as... well, kids in a candy store."

The 17 interactive exhibits test the senses of sight, smell, sound, taste and touch.

The exhibits include taste experiences, like the jellybean test, which teaches visitors the connection between smell and taste. There is also a super sour challenge, where visitors learn why we make funny faces when eating sour candy.

"At the Science Centre, we are always trying to push the limit and get people to really see that science is everywhere, it's in everything, even in your candy," Donna Francis, a Science Centre employee, said.

Most students favoured the Taste Bud Tango exhibit and spent the majority of their time jumping on the giant tongue.

This exhibit teaches visitors where the taste buds are on the tongue.

"In true Science Centre fashion, we want our visitors to have fun and learn through interactive experiences," Lesley Lewis, CEO of the Ontario Science Centre, said.

Candy Unwrapped will be on display at the Science Centre until March of next year. At that time, it will move to other science centres across North America.



Children have fun climbing Crystal Mountain at the new Candy Unwrapped exhibit which runs until March at the Ontario Science Centre.

On the move

Ride the rocket and win big

By MARIO CYWINSKI

After 81 years, the TTC is expecting its 24 billionth rider and to celebrate commuters will have a chance to win prizes for riding the rocket.

The TTC is running the 24 Billionth Rider Contest which opened on Oct. 14, with entry forms available in all TTC

brochures. They can be picked up in any TTC bus, streetcar or subway.

"It's hard to picture 24 billion people, but that's four times the population of the world or 20 million subway trains full of riders," TTC chairwoman, Betty Disero, said in a press release.

The contest will ask past and present riders to submit their most memorable stories

of their experiences on the TTC. A committee appointed by the TTC will then choose 24 stories as finalists.

Once the 24 are selected, each finalist will receive a Rider Dream Pack, complete with a shoulder bag, an umbrella, an MP3 player, Second Cup gift certificates and a travel mug.

One story will then be drawn and the winner will receive a first-class trip for two on Via Rail to any Canadian city, a year's worth of travel on the TTC, as well as a TTC jacket.

Once the contest opens on Oct. 14, a new page on TTC's Web site at www.ttc.ca will inform riders of detailed information on the contest.

Entries can be submitted via snail mail at 1900 Yonge St., Toronto, ON, M4S 1Z2, fax at 416-338-0127, or e-mail at 24billioncontest@ttc.ca.

All entries must be received by Nov. 19.

The 24 billionth rider is expected to pass through the turnstiles the week of Dec. 9.



In celebration of its 24 billionth rider, the TTC is holding a new contest giving riders the chance to win a year's worth of transportation fare and a trip to any Canadian city, among other prizes.

What's up?

Oct. 23

•Learn how to market your own business. Whether you're developing a new business or just want to learn more about marketing, attend this session. It takes place from 6:30 p.m. to 9 p.m., at the Mississauga Central Library, Room CL3.

Nov. 7

•Learn about starting a business at a luncheon with special guests Martin and Farah Perelmuter, owners of Speaker's Spotlight, one of Canada's fastest growing companies. Tickets are \$75 and registration deadline is Oct. 24. To register, call (905) 615-4460.

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All's not fair in war

On Canada Day of this year, the International Criminal Court was created.

Headquartered in The Hague, the tribunal is the first permanent international court designed to judge all those charged with war crimes.

Well, almost all. U.S. citizens will be exempt from trial by this court. Instead, they'll be tried in the States.

The Bush administration has said U.S. soldiers wouldn't receive a fair trial by the ICC. Instead, they'd be subject to politically motivated trials, because of the extensive peacekeeping and military operations the U.S. is involved in across numerous volatile regions.

But, as *The Toronto Star* reported on Oct. 6, safeguards are in place to prevent such unreasonable trials. The ICC will only prosecute cases of "sufficient gravity," so politically motivated cases shouldn't stand a chance.

Unlike the U.S., Canada and 138 other countries believe the ICC will succeed in establishing fair outcomes.

But, apparently, President George W. Bush believes Americans are above international law, and European Union officials haven't done much to dissuade his administration from holding this opinion.

On Sept. 30, the EU bowed to pressure from the Bush administration by agreeing to exempt the U.S. from the war crimes court.

Since the decision was made, the EU has staunchly maintained that allowing U.S. criminals to face trial at home has not, and will not, jeopardize the new court's integrity.

They claim they are not being strong-armed by the U.S. But that's debatable.

What's so international about a tribunal that doesn't mete out justice to the world's greatest superpower?

It can hardly be denied that allowing U.S. soldiers to be tried at home undermines the objectives of the ICC.

It amounts to permitting the operation of a two-tier justice system, or in other words, a system where no justice can be found.

Lying to ourselves

Heather Crowe is a non-smoker with terminal lung cancer. The 57-year-old former waitress from Ottawa claims she inhaled the equivalent of one-and-a-half to two packs of cigarette smoke daily during her 40 years working in restaurants.

In what has been described as a "landmark ruling," the Ontario Workplace Safety and Insurance Board has awarded her compensation. Crowe will receive money for lost wages, medical expenses and other undisclosed needs.

She told *The Globe and Mail* on Oct. 10, "I have no qualms about the industry. The only problem was that I just wasn't protected. I just wasn't told."

Surely she knew that being surrounded by second-hand smoke wasn't good for her health.

And now that she's received compensation, many more cases are likely to surface, claiming workplaces like restaurants and bars are cancer-causing agents.

In case you think this doesn't affect you, think again. The money awarded by the WSIB will come out of your pocket.

We live in a litigious society, evidenced by the fact that these days, more and more people are trying to blame others for unfortunate things that happen to them.

In the States, Bronx resident Caesar Barber has recently taken action against McDonald's, Burger King, KFC and Wendy's, claiming the chains are to blame for his obesity and related health problems.

Over the last few years, these restaurants have started to post nutritional information about the food they serve, although admittedly that sounds like an oxymoron.

It seems their honesty hasn't paid off, since Barber took that information to mean the food must be healthy for him. His lawyer claims the food chains are, "irresponsible and deceptive," by posting nutritional information.

How is this deceptive? By detailing the contents of menu items, fast food outlets are in fact admitting to the public that what they're serving is loaded with calories.

It's embarrassing. Who's really being deceptive here? McDonald's with its Big Mac? Burger King with its Whopper? Or us, with our greedy little hands open? Aren't we lying to ourselves?

Do we really want to legislate away even more of our treasured free will?

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Tired of e-mail porn



JENNIFER KLEIMAN

Like many people today, I rely on e-mail as a form of communication.

Since I've moved to Toronto, one of the first things I do every morning is check my e-mail. I turn on my computer, log onto the Internet and access my Hotmail account.

I get excited when I see I have new messages, thinking so many of my friends got back to me after the last e-mail I sent out the night before.

Usually, my mailbox is flooded with happy regards from friends back home, or messages of love from my family. But this morning in particular, the new messages were nothing I was expecting, with subjects ranging from, "Come see me live on my new Web cam," to "Barely Legal Teens Taking It All Off."

Not quite the loving letter I was expecting. And this isn't a one-time thing.

It seems every time I access this high-tech form of communication, I find the majority of the messages are junk mail that have been blanket sent, or they're pornographic Web sites where I

can see "Barely Legal Teens."

It doesn't seem to matter how many new accounts I create, or how I set my filters to try and limit the number of questionable e-mails; they always end up finding me!

I try to block the sender, thinking I've outsmarted them; but they just answer back by changing the sender information, and the sites are back in my account.

What if I weren't in school? E-mails like this aren't as easily overlooked in the workplace.

A friend of mine, who works at an engineering company in Ottawa, was told on his first day that his e-mail and viewed Web sites would be checked all the time. He was told that they had fired people for "misconduct in their personal viewings."

Is he at risk of being fired because these messages are sent to him? Will his boss fire him because he's communicating with me through an e-mail provider that sends a porn site or two with every e-mail sent or received?

What about younger children?

I know the last thing I'd want my children to see is an e-mail message inviting them to "Come see me live on my new Web cam," exposing them to something pornographic.

Now I'm off to see what was delivered to my inbox as I wrote this column. I'll delete the porn, then conduct my own search, so I can mail those anonymous senders sites that are interesting to me, and see how they like it.

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Opinion

Pirates enjoy bounty



PHIL BERNARDO

Music piracy has become a big problem in the last few years, because the Recording Industry Association of America claims that file sharing amounts to illegally distributing music on the Internet.

So what's wrong with that? Not all musical artists are against sharing music. Actually, in a small way, it's like trading baseball cards with your best friend. But that isn't outlawed now, is it?

But overcharging consumers for CDs, which don't always contain all of the best songs for that particular band, is not illegal because it's conducted in a business-like fashion. Something isn't right here.

Depending on who you ask, Napster and similar programs are either the largest band of electronic pirates or the biggest music ad campaign an artist could ask for.

Ask any file sharing user and they will give you one of two answers – they want to sample the CD before they buy it or they couldn't care less about the laws and just want free music.

Sampling a CD is legal as long as the songs you download are deleted within 24 hours. But in all honesty, who's really going to delete a song they like?

Others complain about overpriced CDs, or the fact that they only like one or two songs on an album. If they could buy just the songs they like, at a reasonable price of course, they would.

Some artists enjoy file sharing programs as a way of exposing their work. File sharing acts as a free advertising campaign for smaller, lesser-known bands. Other groups allow some recordings (such as live concerts) to be distributed, but not recordings from CDs.

So why are some bands and the Recording Association making a big deal about free advertising and file sharing? Basically, it comes down to copyright infringements.

Major record labels and other music industry giants have tried many times to shut down the whole file sharing craze and have won some minor victories here and there, but it's like trying to put out a forest fire with a bucket of

water.

The largest victory occurred when the Recording Association sued Shawn Fanning, creator of Napster, for copyright infringements and illegal distribution of copyrighted material and forced him to become a pay-to-use program.

A major victory for the Recording Association, but nothing in comparison to what happened shortly after the decision – nearly a dozen clone programs sprang up almost overnight to replace and expand Napster's legacy.

So how is it that music piracy hasn't been snuffed out for good? The answer is simple – there isn't enough money or manpower to stop it.

Big companies like Sony, RCA, Samsung and other electronics manufacturers make big bucks on big ticket items like CD burners and Mp3 players. Some file sharing programs have turned to "pop-up" advertising to keep their sites free, which in turn generates profit for the companies who advertise.

The battle over music piracy is like the war on drugs: You can't win it, but you could fight it forever, and spend millions on the battle.

Taking action for animals



MIRIAM OSBORNE

Every year, two million dogs and thousands of cats are murdered in South Korea for human consumption according to *Animal Times*, published by People for the Ethical Treatment of Animals.

Many North Americans are furious about it. Not just animal rights groups, but many who have been lucky enough to share their homes with a cat or dog, and even those who haven't, are joining the fight to try and help these defenseless beings.

Killing cats and dogs for food in South Korea is illegal, but unfortunately, the laws are not being adequately enforced, if at all. Many groups, like the Korean Animal Protection Society, are

trying to put an end to the killings.

Here in Canada, animal-rights activists have written hundreds of letters to President Kim Dae-jung, begging him to impose more severe penalties. They threatened to approach corporations sponsoring the World Cup last summer to convince them to pull out, unless something was done. Activists even wanted U.S. President George W. Bush, who is probably unaware there is a South Korea, to publicly condemn these murders.

And why? Yes, it is horrible, but aren't we just as guilty of animal abuse?

Across Canada, thousands of cats and dogs are killed in research labs every year, after undergoing invasive procedures like electrical shocks and surgical mutilations. As well, close to half a million more are euthanized in shelters because they're no longer welcome in their homes.

Some argue that, no matter what we may do to dogs and cats, it comes down to the fact that we don't eat them. This is true, but what about the deaths of over half

a billion cows, pigs, chickens and turkeys we contribute to every year? It's funny how, since we're so accustomed to eating meat, we forget they are, or at least were, living, breathing beings, just like cats and dogs. Just like us.

We want to convince a government on the other side of the world to protect animals, when our own laws need to be looked at seriously. If the same number of people put their anger into changing our own laws, maybe Bill C-15b, a bill that will at least strengthen animal abuse charges, could have already been passed in the House of Commons.

Neither culture nor tradition can justify boiling cats alive or stringing dogs by their necks where they are left to suffocate. However, the fate of a cow, hung upside down with its throat slit, left to bleed to death, is no more justifiable.

Before we criticize South Korea, we need to look at how we treat our fellow animals here in Canada, starting with what's on our plate.

Dreams a mystery, even to Freud



ALEK GAZDIC

I was partying with my buddies at the newly renovated Brunswick House on Bloor St. Thursday night.

I remember shaking my booty on the stage (an occurrence that only happens after many, many drinks) when I felt a pair of small arms wrap tightly around my waist.

Without turning around, I could tell it was a short woman who was just looking to have a good time. I danced with her for several moments, then turned around to see who it was.

Much to my surprise, it was none other than actress Jada Pinkett Smith. Yes, Fresh Prince Will's wife.

We continued to dance for several songs until I decided to jump off the stage and see my friends back at our table. With one leg dangling, I quickly stopped myself.

There was a problem. The floor beneath me was now covered with swampy water and several aggressive alligators were just waiting to chomp on my flesh.

My cell phone rang and I woke up. It was all just a dream. A happy, horrifying and above all *strange* dream.

Unusual dreams are not uncommon for millions of people. It's an unconquered realm that holds no limits and raises many questions. What exactly do they mean and what's the point of them?

Dream analysis is a very complex topic with no definitive answers. It's one that has been studied by many people and from all angles.

Sigmund Freud was a pioneer

of psychoanalytical dream interpretation. He felt they reflected sexually repressed desires. Freud also did enough cocaine to make Robert Downey Jr. jealous.

A biological approach argues that dreams are physiologically driven. Dreams are a function of REM (rapid eye movement), and during this deep sleep phase, the brain tries to make sense of the random activity by creating a dream. This explains why some dreams don't make sense or have a confusing feel.

Cognitive theorists believe dreams are a form of information processing during which we sort through all the information collected throughout the day. In other words, dreams help us to think, solve problems and work with information.

This theory makes some sense to me because often times, images I've seen during the day appear in dreams, like when the crocs showed up at the Brunswick House.

Earlier that night I was watching Aussie Steve Irwin wrestle with the reptile beasts on Discovery.

I'm still not sure why Jada Pinkett Smith appeared, I don't really have a thing for her.

I recall a strange article I read shortly after Sept. 11 when the entire world knew the name and face of Osama bin Laden. It seems many women started to fantasize about sexual encounters with him. Because he was so feared, and mysterious, it turned women on.

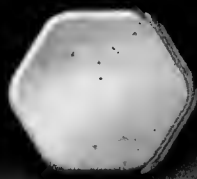
It's also been reported that a girl who dreams about having passionate sex with her boyfriend's dad means that her boyfriend isn't a great lover.

A *déjà vu*, or an event or place that seems too familiar, is most often the work of a precognitive dream that allows us to glimpse into the future. These flashes don't usually foreshadow major life events, however.

Today I've eaten cookies, lifted weights, gone shopping for deodorant, talked with an old friend and fed my cat. I wonder what's in store for me tonight.

We welcome your letters, comments and opinions. Phone: (416) 675-6622 ext. 4514. E-mail: humberetc@yahoo.ca

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In Focus

Beauty is only skin-deep

By RENEE BOROVITCH

There are myriad methods used to beautify oneself, and to that list we can add yet another.

According to the Canadian Society for Aesthetic and Cosmetic Plastic Surgery (CSAPS) at www.csaps.ca, more and more people are using Botox injections to erase the wrinkles that make them look older.

Botox injections relax the muscles that create wrinkles. As a result, the appearance of frown lines, laugh lines, and crow's feet are radically reduced, and even completely eliminated.

It is the overuse of certain facial muscles that create lines around the eyes, forehead, and mouth.

The benefits of this procedure last anywhere from four to six months. Results can last up to 10 months.

In a world where youth reigns supreme even the young have been influenced. They, too, are trying to look more youthful.

Dr. Nowell Solish, a plastic surgeon based in Toronto said he has performed this procedure on peo-

ple in their mid-20's.

Most of these young people are frowners.

"They have people telling them that they look unhappy," Solish

muscles which produce wrinkles, thereby causing the lines to disappear or diminish dramatically.

Solish said the results are phenomenal.

ularity is the time it takes to complete the procedure and the time it takes to recover from it.

Solish said people come in on their lunch hours to get botox injec-

before your treatment and every four to six hours for a day after treatment should reduce any discomfort.

The cost of the procedure at the Botox Clinic here in Toronto, which is run by Dr. Solish, starts at \$350. Price increments depend on the amount of the substance used.

According to CSAPS, although it is a toxin, Botox has been used safely for the past 10 years.

The side-effects include headache, pain at the site of injection, redness and muscle weakness, said a report on www.mayoclinic.com.

Botox, botulinum toxin, was first used by ophthalmologists in the late '70s to treat "lazy eye."

According to Dr. Jeffrey Cooper on www.strabismus.org "lazy eye" is a condition characterized by reduced vision not correctable by glasses or contact lenses. In the '80s the drug was used to correct other facial and limb diseases such as tremors and spasms.

Without the recovery time that surgery requires, it seems like the only limit to this mode of beautifying is the price.

Botox injections eliminate frown lines: doctors have the pictures to prove it.



BEFORE



AFTER

Photos courtesy of Dr. Nowell Solish

said.

Tiny amounts of Botox are injected into the sides of the mouth to eliminate the frowning look.

In a CSAPS report these injections inactivate or paralyze the

"The results are as close to surgery as you can get," Solish said.

"This procedure has become very popular in the last decade," he added.

One of the reasons for this pop-

ularity. It only takes five to 10 minutes.

In an online report by the Kingston Cosmetic Institute, www.kingstoncosmeticinstitute.com, taking a couple of plain Tylenol

Human canvasses: body art beautiful

By CHRISSIE O'BRIEN

Body art —tattooing, piercing, stretching and branding— to some it's enough to make the skin crawl.

But in recent years there has been a resurgence of this medium which makes the body a canvas.

"Acceptance of tattooing comes in 10 year waves. We're currently three years on the good side of the wave," said Jay McKay, manager and head artist at Lucky Devil Tattoos in Newmarket.

"If you go back 40 years most men and no women had tattoos. Twenty years ago, the only women who had tattoos were biker chicks and strippers."

But today he says customers who come to his shop for tattoos fall into three different categories.

First are the connoisseurs, who devote their entire bodies to the same artist. Next are the collectors, who get each of their tattoos from a different artist. Finally there are those who come in only once for a very basic tattoo.

"They're the posers who choose a butterfly or a dolphin off the wall," McKay said.

For McKay, body art is about creating a lasting work to be enjoyed by the owner.

"If you paint or build something it can be ruined by man



Tattoo artist Jay McKay says body art is about self-expression. These walls are suggestions to build on.

or weather. But on the human body, art will last until the person dies," he said.

McKay says the importance of a tattoo is that they go deep, not only into the skin but also in their meaning.

"It is the only thing that someone who comes into the world with nothing will be able to take out."

He says body art is a form of expression beyond any other.

"You're making the appearance of your body appealing to you and to others."

McKay says aspects such as detail and challenge are defining characteristics for tattoo artists. He says basic tattoos may be his bread and butter but do not challenge his creativity.

"Kanjis (Chinese characters) are pretty popular right now. People get them to see if they can sit through the pain. However they are basic, you cannot grasp the artistic expression through a kanji," he explained.

McKay says body art—in order to continually self-express—has had to become extravagant to get away from the overdone images of roses, skulls, and dolphins.

"People go to extremes now; they're tattooing really awkward spots like armpits or genitals. People are putting a spin on things with new school art, you can get surgical implants with spiders or jewelry and tattoo over them. That's not just tattooing, it's surgery," McKay explained.

"They're taking it to a totally different level by getting surgically implanted horns in their skulls or awkward piercings," he said.

No matter what goes onto the skin or in to it, in the case of piercing, body art is all about someone exercising self-expression.

"Some piercings mean things depending on where they are," Mike Lavender, a professional piercer at Lucky Devil, said.

Lavender concurs his art is all about self-expression: "I pierce around my eyes because I believe the eyes are the windows to the soul."

Piercing has evolved into stretching, a new form of body art. McKay explained that stretching is an art form that conveys status on the body.



Chris Smith learns the ropes of body art.

"You see someone with bigger earlobes than you and you're going to stretch yours. It's beauty in the eye of the beholder but it is all about size," McKay said.

"After a while you get bored with having little dangly earrings and you put plugs in your lobes," he said. "It's about pushing the limit. You go further from what you thought was hardcore each time," said Chris Smith, who is currently apprenticing at Lucky Devil as a tattoo artist under McKay.

"We've had a 20 per cent increase in business each year for the last three years," McKay said.

He adds the shop is expecting that again this summer, as more people come in to express themselves in metal and ink. Many critics of body art say the practice reflects a generation rebelling and pushing the limits out of control.

Yet body artists contend their rebellion is actually all about control of their bodies and themselves. "You're in control of your destiny and setting your own limits," Smith said.

His generation is standing behind him, evident in the increase of business at Lucky Devil.

For information visit www.luckydevil.homestead.com.

Etc.

Security alert follows mugging near Humber

By CAMILLE ROY

Humber College has issued another security alert after a first-year Business Management student and his friend were robbed Monday evening on Highway 27.

This is the second time in less than a month that a Humber student has been robbed near school property.

Constable Christopher Tracey from 23 Division would not guarantee that the two muggings are related, but there will be an investigation by the Major Crime Unit.

The first incident occurred on Sept. 11 when two Humber students were mugged while walking along Rexdale Boulevard near Woodbine Centre.

This week's mugging occurred on Oct. 14 at around 5:30 p.m., when Josh Taylor, an international student from Trinidad, and a friend were walking down Highway 27

on their way back to residence after eating at Burger King. Two men approached them on BMX-style bikes and boxed them in, asking where they were from and for their wallets and money.

"One of the guys actually stuck his hand inside my friend's pocket and took out his wallet," Taylor said.

He said the thieves took \$300 U.S. from his friend and \$50 Cdn. from him.

After taking the money, Taylor said the men gave them back their wallets.

"Then they started asking for our jewellery," Taylor said. "We said 'no' we're not giving them that and they kept asking, but eventually they just took off back in the direction of Burger King."

Taylor said the men did not show any weapons, but one of the guys kept his hand in his pocket the entire time.

Taylor said in the future he would be more cautious, but that this incident has not scared him into staying home.

"It's just the fact that it happened in broad daylight and the highway was right there. That kind of caught me off guard," Taylor said. "I'm just going to be more aware, I guess."

Nancy Deason, manager of Public Safety at Humber, advised students to carry small amounts of cash and not carry credit cards and I.D. in their wallets.

The first suspect is described as a black male, 6 feet tall, in his early 20s. He has a thin face and was wearing a dark blue hooded sweater and white Nike shoes.

The second suspect is described as a black male, in his early 20s, with a stocky build. He has a dark complexion and was wearing a grey hooded sweater and had a stud in his nose.



HSF's Meghan Yost introduces Sam Vekemans (left) and Craig Wilson, the two hopefuls in the election for the BOG student rep.

Students vote for a voice on college's board

By ADAM COHEN

A student voice is needed on the Board of Governors, Stuart Smith, board chair, said.

"The student representative, as with the faculty representative, administration representative and support staff representative is there to make sure the students' concerns get a hearing. So it's very important a student rep sits on the board," Gary Begg, the faculty member on the board, said.

There has not always been a student voice on the board, but members have realized the necessity in having one.

"Students are the reason we all volunteer our time for the board and its activities," Smith said.

Students have many concerns they would like raised, so to have a voice on the board is a very sensible thing, Begg said.

"Their comments are listened to as intently as anyone else on the board and are as valuable to the meeting," Begg said.

It is really important for the student to attend, to prove their commitment and willingness to show other external members in attendance that they belong there, Begg said.

"The board is always eager for the opinions of such persons and is generally guided by what it hears," Smith said.

The two candidates, Craig Wilson, business management student and HSF president, and Sam Vekemans, business student and

member of the Board of Directors, both feel that they could best represent the student voice.

Wilson said he has had the opportunity to hear many of the students' concerns regarding financial aid, transferability, new university degrees and additional funding for international aid.

"Based on my experience, I think I could encourage issues like this to be talked about," Wilson said.

Vekemans said his experience from four years of volunteering, being on the Board of Directors and being a part of the Information Technology Steering Committee, gives him the advantage of being able to contribute to board meetings.

"I feel I could manage myself very well," Vekemans said.

Wilson also believes that it is valuable for a student to be on the board.

"As a student we can often be pushed under the carpet, but I will not allow that to happen," Wilson said.

Wilson plans to improve services at Lakeshore and would like to see facilities improved to accommodate students there.

If Vekemans is elected, he plans to press for three major issues: enhancing technological services for teachers and students, ensuring the Humber Web site becomes more user-friendly and ensuring adequate professional development for the current faculty.

Voting continues until Thursday Oct. 17 at 4p.m. at the North Campus.

Staff worry about winter supplies

Food drive hurt by low donations

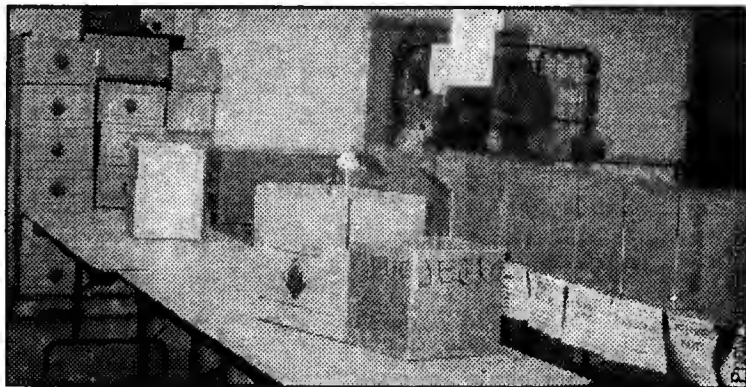
By CAMILLE ROY

Toronto's Daily Bread Food Bank had to cancel its "Thanksgiving food sort" because donations were much lower than expected this year.

The three-week Thanksgiving food drive, which runs to Oct. 27, is usually their busiest time of year, because the food they receive now has to last all winter, said Jim Russell, director of public involvement and development at the Daily Bread.

"We use Thanksgiving as a time to get food, but we actually don't need the food for Thanksgiving," Russell said. "In fact, we need the food for the dead of winter, and that's why we run these [Thanksgiving] drives."

The Daily Bread hopes to raise one million pounds of non-perishable food during this drive, Russell



Empty boxes at the Daily Bread Food Bank have volunteers worried that this year's drive may leave supplies short for the winter.

said.

More than 155,000 people in Toronto use food banks each month, up by 15,000 more than last year.

The Daily Bread Food Bank conducts several yearly surveys in an effort to find solutions to the problems that cause people to go hungry.

One survey by Daily Bread found that in 1995, the average low-income household used food banks six times a year. By 2001, that number had risen to 13 times a year. This year, low-income households will turn to food banks an average of 15 times.

Food bank users are people of all ages and have varied sources of income, but the one thing they all have in common is an extremely low after-rent income.

Most people who frequent food banks have \$4.11 per day (or \$120 per month) to buy food and other necessities.

Most food banks only have enough food to provide a family

with a three-day supply and many will not serve a family more than once a month.

A study by U of T's School of Nutrition found that 50 per cent of food bank users could not afford meat, poultry, or fish, 26 per cent could not afford fruits and vegetables, and almost 6 per cent could not afford milk.

Forty-one per cent said an extra \$100 a month would enable them to buy all the food required to maintain a healthy diet.

Russell said food banks are always looking for more nutritious foods like canned stew, baby formula, tuna fish and peanut butter.

"We want things that, in combination with what we get donated from the food industry, we can make into a reasonably nutritious food hamper for folks," Russell said.

For more information about volunteering, or donating food or money contact the Daily Bread Food Bank at: 416-203-0050, or www.givegroceries.com.

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Male Beauty: sloth rears its ugly head

By JEFF COLLIER

Men around the world rejoice because they no longer need to stand around holding in their guts.

If beauty is in the eye of the beholder, and if advertising and media gurus are correct, women these days are blind.

Several of today's top television programs, magazines and radio formats are geared towards making men feel better about being beer-guzzling, mono-syllabic ogres, while still allowing for life's little pleasures—like a 36-24-32 woman.

And for a role model, they need go no further than the local XXX porn retailer.

Ron Jeremy, nicknamed "The Hedgehog" for his striking similarities to the roly-poly, ferret-like animal, is the porn industry's answer to Wayne Gretzky.

Without so much as lifting a barbell to shape his bulbous physique, Jeremy has bedded virtually every one of porn's princesses and has set the standard for being a man, that according to his recent movie trailers say, "real men can



Media and advertising have created a modern day version of "opposites attract".

Get physical: fitness more than just a fad for modern muscle heads

By CHRISSE O'BRIEN

Swathed in spandex and sweat-pants, more people are making the trek to their local gym.

As we become more concerned with physical fitness and working out, gyms have made the transition from brawn builders to full-body fixers.

Fitness companies say the current trend of leaving the TV and the 20-minute workout tapes behind in lieu of a workout at the gym is a positive one for workout buffs.

"It's the beginning of people becoming healthier," said Megan Lerette, membership coordinator for Good Life fitness in Etobicoke.

"Up until 10 years ago gym members were already healthy, but I think this will go on for quite a while," Lerette said.

"We wanted a gym that cares about anyone trying to get fit. It's no longer a gym for muscle heads but a place where people can come and shape and tone their bodies."

Fitness centres have also demonstrated they understand their clientele, offering separate gyms for women, women and children, and men.

Lerette says the benefit of these gender-specific gyms is women are often most comfortable doing a full-body workout with no men around.

"They're not wondering if the big guy next to them is looking at them," she said.

Gyms also offer fitness counselling specific to each individual, so their workout benefits only them. They can also opt for the assistance of a personal trainer.

This personal trainer is a fitness expert who introduces the new gym member to their bodies and their needs, helping them to design the best workout to meet their goals.

Lerette says the new gym member can choose to pay for a personal trainer or to take a mandatory class such as body pump or tai chi. "The classes are an orientation

to the gym," Lerette said.

Paying for the each stage of a gym membership is one detriment for fitness buffs.

Humber College's fitness centre is an alternative for students or alumni who think a gym membership is out of their financial spectrum.

Located next to the Athletic complex, it runs on the same basic rules, providing a weight room and aerobics classes.

"There are also personal trainers on staff who can advise on diet and help students plan their workout," Karen Horan, fitness trainer and manager of Humber's weight room said.

"It's no longer a gym for muscle heads but a place where people can come and shape and tone their bodies"

A session with a personal trainer costs from \$35 to \$75, depending on the session.

Horan says she has observed an increase in students coming to use the fitness centre at Humber.

"More and more people are becoming aware of how important exercise is in their life. Most of the students who use the gym want to improve their overall fitness," she said.

"Everyone would like a quick fix but it takes hard work."



Humber's Fitness Centre is available to Alums and students

look up to."

Susan J. Burych, founder of Toronto's extremely successful international modelling agency, Susan J., said she shudders at the thought of someone like Jeremy being a male role model and argues that men are crazy for thinking beauty and aesthetics don't mean anything these days.

"First impressions are everything," she said.

"The good-looking guy will always end up with all the women and the best-paying job."

The choices are simple.

You can travel the low and easy road as the slovenly fellow, or take the high and hard road of extraneous cardiovascular training and muscular development as the dude with a beautifully chiseled bod.

Hell, even the bible of the X chromosome, *Cosmopolitan* magazine, begs men to take that low road and remain lazy and emotionally crippled while women read ways to break the code of the male psyche.

In almost any issue the mag might instruct women to "unlock his emotions," by asking: "What

are you good at that you wish you were paid to do?"

Burych said she thinks the reason men act and look the way they do is because of advertising that has bombarded men with silly ideas and influences to fool them into thinking they can get away with letting their bodies, and subsequently their minds, fall apart.

The message received is a man can act as foolishly and look as slovenly as he wants, but still get the best-looking and most intelligent woman available.

"The good-looking guy will always end up with all the women and the best paying job."

So for all those Humber men who use their home gym as a closet organizer and textbooks to prop up the sofa a bit higher, relax and breathe a sigh of relief that modern media no longer expect any more from you.

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Health

Dance your belly off

By ALICIA REWEGA

The ancient art of belly dancing seems to be a growing trend among pop stars, not only because it looks sexy but it has numerous mental and physical advantages.

Marion MacGarvie, dance instructor from I Dream dance studio in Etobicoke, said belly dancing is equivalent to a regular cardiovascular workout.

"Within ten minutes I [sweat] buckets of water off my face," she said adding, "it helps in losing pounds, inches and cellulite. For many women, these pouches of fat are disappearing."

According to Dr. Carole Jean-Murat, belly dancing can burn up to 300 calories per hour, almost double than if you were walking on your treadmill.

Second-year Film and Television student Venessa Loubert, an advanced student at I Dream dance studio, said she swears by belly dancing and its many benefits.

"It really does tighten your abs. Everything feels a little more toned since I've been dancing," she said. "I feel in control of parts of my body that I didn't know were there."

The main muscles targeted while doing various belly dancing moves like the shimmy, lifts and dips are the thigh, lower back, bicep, tricep, shoulder, buttock and the abdominal.

The styles differ in tempo, foot movements and the use of arms and hips. But all focus on a theatrical rhythmic, controlled movement of the stomach muscles.

In addition to creating a tight body, MacGarvie said these movements help increase flexibility and

can be therapeutic. She said belly dancing encourages self-expression, sensuality and creativity.

"I wanted to do something really creative and belly dancing was one thing I hadn't done," Loubert said. "The physical aspect was just an added bonus."

Another benefit to students, besides keeping in shape and in touch with their creative side, is the stress relief that this type of dancing offers.

"When you walk in to dance and something else is on your mind, you just have to leave it outside," Loubert said.

"Once your body starts moving, you just forget it. There's nothing else but your body and the music."

MacGarvie said belly dancing releases tension and creates a positive sense of well-being.

"Anyone can do it," MacGarvie said. "I worked with children as young as four. I've worked with blind people, people in wheelchairs



The art of belly dancing encourages self-expression, sensuality and creativity.



Day programs at local hospital help patients with mental illness deal with everyday situations and strengthen their self-esteem.

Learning how to build self-esteem

By LISA HARRIS

Self-esteem can be the key to good mental health for any average student, but building self-esteem is difficult with symptoms of schizophrenia or bi-polar disorder.

Facilities like William Osler Health Centre at the Etobicoke Hospital offers a program to help individuals with a mental illness build self-esteem.

Judy Guilherme, patient care manager of mental health, said before entering the program, one 40-year-old patient who lives with his parents was unable to leave the house by himself.

"[Now] he's coming on the bus by himself and he goes up and down the elevator for cigarettes outside," she said.

The program, Guilherme said, is for all people with major mental health issues, like schizophrenia, bi-polar disorder, effective bi-polar

disorder and major depression.

"There are [also] individuals in there that have reactions to situational stress, such as separation, death and divorce," she said.

Patients dealing with major illnesses are usually in the program long-term, and individuals dealing with grief situations are usually involved for about eight weeks.

The program offers activities like life skills, leisure planning, cooking groups, problem-solving groups, using a computer lab and involvement in physical activities.

"It helps give [patients] independence, self-esteem, coping skills and information about medication," Guilherme said.

Employment will help raise self-esteem and self-worth, so the patients in the program created a coffee club, where they sell coffee and other beverages to patients and staff. Proceeds are put back into the club's fund.

"The program works very hard on promoting people to get involved in activities outside of the hospital, because people with major mental illnesses don't socialize and that compounds the problem of becoming isolated," Guilherme said.

It is Mental Illness Week at the Etobicoke Hospital and they have celebrated by holding lectures every day to educate about mental health.

The day program at Etobicoke Hospital runs Monday to Friday from 8 a.m. to 4 p.m. and is staffed by two registered nurses, an occupational therapist and a social worker.

For more information, call (416) 747-3400 ext. 3570.

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• Oct 17: Toronto Pharmacy, 50 Steinway Blvd., 11 a.m. to 4 p.m.

Don't just mask it...

Beat the bad breath blues

By MELANIE COUTO

If you've ever had to search for that one life-saving stick of gum or mint at the bottom of your bag to mask your bad breath, you're not alone.

According to Dentistry on Danforth clinic, over 90 million people in North America suffer from halitosis, most commonly known as bad breath.

Karen Jerney, Toronto dental hygienist, said there are many reasons for bad breath.

"One is bacteria in your mouth," she said. "People who don't floss or brush regularly get a large build-up of bacteria."

Then there are the foods we eat.

"If we eat a lot of garlic and

onions, even [eating] a lot of fish can cause bad breath," Jerney said. "The third reason is the medical reason, which is stomach problems."

Many products can control bad breath for a short period of time like deodorizing sprays and mouth tablets. But Jerney said these products just mask the problem.

"The best way is to treat the problem, generally the bacteria build-up, is to floss and brush your teeth on a regular basis or at least twice a day," she said.

In order to help prevent bad breath, Jerney said it is important to visit your dentist every six months for your monthly cleaning and to practice oral hygiene at home.

Etc.

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This week's HERO File:

Crisis in the classroom

By MARSHA KNAPP

Chloe Cunningham doesn't feel any more special than the other teachers she works with. She's just doing what she loves.

But Cunningham isn't just an ordinary teacher. She's one that gives back to her students. Literally.

Despite being her first year on the job, she's already sacrificed \$3,000 of her personal savings to purchase school supplies for her second-grade students.

"The kids would have suffered," she said.

When Cunningham walked into her classroom in June, there was nothing in there that indicated a classroom environment other than some desks and chairs. The lack of decoration, not even a poster on the wall, made the environment a difficult one to work in.

She took matters into her own hands and bought all the materials needed to create a nurturing place for her class of 23 students.

"I basically had to give money. Without resources you're unable to teach. I still don't have books for their reading level," she said. "All these expenses and hardships will be worth it in the end. The students will benefit."

Cunningham became a teacher because of her love for children and desire to make a difference in



Going above and beyond, Chloe Cunningham spent \$3,000 of her own money to purchase much needed class materials.

have that many good teachers, so I wanted to change that, by adding more meaningful learning," she said. "I wanted to make learning more real, more hands-on."

She feels strongly about accommodating all differences in the classroom.

"I believe in all students and understand there's all types of learning. I appreciate their strengths and celebrate them."

Cunningham has helped at other schools, but wanted to teach at an inner city school because she wanted to go where she was needed.

"No parent should have to pay for public school, people are already paying taxes," Cunningham said. "It's so normal for teachers to give money, but it depends what's in your classroom and what resources the teacher left before you. The problem is the government not properly funding our schools."

Cunningham's efforts received some publicity from the *Toronto Star*. One parent, who had kept clippings of her story, sent her a basket of lotions and a thank-you note.

"I know she can't afford that, and she didn't have to. The priority for these parents is to put food on the table," she said.

Company alleviates cutlery confusion

By CHARMAINE MERCHANT

Everyone remembers what mom used to say about table manners, so most people should have it down pat, right? Wrong.

Etiquette experts say there is a lot more to it.

Karen Mallett and Lewena

Bayer, owners of In Good Company, provide classes and various training programs on etiquette. Although the company is stationed in Winnipeg, the women travel all over the country helping clients become more polished in social situations.

Topics discussed in their semi-

nars range from the handshake, to rules on tipping, to what to do with napkins and utensils. More detailed information can be found on their website, www.etiquetteladies.com.

Another website with some pages devoted to the rules of etiquette is soyouwanna.com.

According to the web site, you

should always sit up straight. If you drop your fork let the waiter know instead of picking it up and placing it back on the table.

Remember not to prop those elbows on the table either and take your time when eating. Everyone should be going at about the same pace.

Other don'ts include: grabbing food, talking while eating, smoking, placing personal items on the table such as keys, purse or the ever famous cellphone. It's all about coming off classy.

Etiquette also varies depending where you are in the world.

"In some cultures if you get up from the table without belching, that's an insult to the host. Where, if you do that here, it's quite unacceptable," Tony Bevan, coordinator of Humber's Culinary Program, said.

Lesley Carlin and Honore Ervin, the driving forces behind etiquettegrls.com, are well-schooled in the art of polished social graces.

Having attended prestigious schools, including Princeton University, they should know a thing or two about class.

From a young age they learned how to do many things, the most important being proper behaviour at the table.

"We learned both the basics and intricacies of proper behavior and gracious living as tiny tots, at our mothers' knees," they said.

If you're allergic to something, then you can refuse politely without going into details.

"In general, we think it's always most gracious to take a tiny bit of everything that's offered."

Be open-minded. Don't knock something until you've tried it.

"The whole concept of eating a meal in company is to enjoy the company. There's a lot that happens around the table, around a meal, that goes beyond what to eat. There's the social interaction, the coming together of people," Bevan said.

Bon Appetit.

Smother yourself in the ray of light



Getting hot, hot, hot: Tanning simply enhances the top layers of skin. The old saying "I burn, and then it turns to a tan," is false.

By PAUL GALLORO

As our bodies begin to shut down into a quasi-hibernating state, we enter the winter slump.

The best way to avoid this is to trick your body into believing it's summer by getting an indoor tan.

"As much as it's relaxing, it gives you a boost. It's like the gym, once you're done you're all pumped up," Lena

Panagiotakakos, owner of Fabutan at Burnhamthorpe and Dundas, said.

About 25 per cent of all Canadians suffer from Seasonal Affective Disorder (SAD). It's been proven that exposure to controlled lighting in the winter can prevent this syndrome.

Typical symptoms include feeling down, loss of energy, weight gain in the winter months, and having difficulty getting up in the morning.

Panagiotakakos suggests 15 minutes a session, three times per week to beat the winter blues, achieve relaxation, and get a nice

tan.

Indoor tanning is also known to prevent certain cancers such as colon, prostate and breast cancer, as well as osteoporosis. It increases the sex drive in men, and is also a cure for the common cold.

Tanning beds work by using ultraviolet light to penetrate through the skin. This triggers the melanin buried deep within the skin to flow to the top layers giving it a dark colour.

The reaction increases the amount of vitamin D in the body, which prevents certain illnesses like SAD and osteoporosis.

Other important things to remember when tanning are to always wear eye protection, don't bathe two hours before or after tanning, make sure you're not on medications that make skin photosensitive to light and don't over do it.

"If you feel too hot, get out of the bed," Panagiotakakos said.

Moisturizing after each session keeps your tan stronger for a longer period of time.

Another very important tip is to exfoliate the skin two to three times per week to get rid of dead skin cells. The dried up cells can weaken the tan or give the skin a leather look.



Cut it up: More often than not, picking the right utensil can be a daunting task, especially during huge gatherings and dinners.

Etc.



Photo: Paul Galloro

To shave or not to shave? That is the question on the minds of many who try to avoid ingrown hairs at all costs.

Ingrown hairs out in the open

By PAUL GALLORO

Whether it's shaving, waxing, sugaring, depilatory creams, or tweezing, men and women are bound to get ingrown hairs at some point. As they may know, ingrowns can be painfully unattractive.

"I get them when I pluck my eyebrows and sometimes when I wax my bikini line," Olympia Kukulis, a first-year Radio Broadcast student, said.

Ingrown hairs are those that fail to break through the top layer of skin after any form of hair removal. The hair curls inside the skin causing the hair follicle to inflame. An unsightly bump is usually the result.

They can also be caused by dead skin cells sitting on the top layer of skin.

Razor bumps, which are similar to ingrown hairs, happen when the hair breaks through the top layer of skin, but then curls and digs back. This creates a foreign body reaction causing a pimple-like bump to form.

It's more common among people with curly or wavy hair. Not to worry - they can be treated.

"Exfoliate the skin area before you perform any type of hair removal," Sandra Trotto, an aesthetician at Salon Shampoo in Woodbridge, said. "Exfoliating gets rid of old, dead skin on the top layer to reveal new, smoother looking skin."

Exfoliation keeps the pores open to allow for easier hair growth.

Be careful not to scrub more than once or twice a week. Overdoing it will dry the skin and leave it more sensitive.

"Always moisturize your skin with a moisturizer that works with your skin type," Trotto said. "This will keep the area hydrated and sooth the skin after hair removal."

She advises not to touch newly waxed or shaved areas as this may cause infection, which can lead to

even more ingrowns.

If the hair isn't completely under the skin, use disinfected tweezers to pull it out in the direction it grows.

Avoid tweezing the upper lip or chin area. The abrupt and jerky action can speed up the hair growth in these areas. Once the hair is removed, disinfect the area using a toner or rubbing alcohol.

For hair that is deep beneath the skin's surface and has caused a pimple, Trotto warns never to pick at it.

"Clean the area with an astringent, then dip a clean cloth in boiling water and let it cool down before putting it on the skin surface," Trotto said. "Do this several times a day until the hair is brought to the surface."

Once the hair is visible, use tweezers to pull it out doing so in the direction of the hair growth.

If the area around the ingrown hair has become infected, make an appointment to see an aesthetician and have it removed.

Toners, rubbing alcohol, and hot water can keep the area clean, but there are a few products on the market that can treat and help prevent ingrowns after each wax or shave. This will prevent further infection.

Tend Skin is a product available at most beauty supply stores or salons. It works by squeezing the hair follicle, which in turn makes it hard for the hair to become ingrown or cause a bump.

It has also been used to treat razor burn, redness after waxing and around the necktie area, and can also be used as a foot and underarm deodorant. Tend Skin costs between \$19 and \$25.

Another tip is to buy a bottle of all natural aloe oil and a bottle of all natural vitamin E oil.

Mix 2/3 aloe oil and 1/3 vitamin E oil and apply directly on the area after shaving and then once a day there after. These items can be purchased at a health food or organic store - just be sure they're all-natural.

Breakaway from school

By REBECCA GORDON

If you're searching high and low for affordable and fun adventures this year, check out Breakaway Tours, which is celebrating its 19th year in the travel business.

The company specializes in student travel and is expecting to send 25,000 students to visit warm and exotic locales this year. Last year 20,000 students enjoyed vacations through Breakaway.

"It's our niche, our market," Norm DeMelo, the company's vice-president, said.

Breakaway markets towards high school, college, and university students who wish to travel during peak seasons like New Year's and Spring Break. They also hire

students as group leaders where free travel is part of the job.

"We deal with volume. Obviously you get volume discounts," DeMelo said.

Breakaway has arranged parties at their selected destinations hosted by MuchMusic and radio stations across the country.

Third Eye Blind, Tea Party, Blink 182 and Choclair are some of the bands that have performed for Breakaway's clients in the past.

"MuchMusic can get the acts down there, we can get the people down there," DeMelo said.

Packages catered to students ready to party include trips to Daytona Beach and Montreal. Exciting activities are already included in these packages giving

beach-goers the opportunity for unique experiences like dolphin-watching and organized bar hopping, that usually include up to 15 clubs a night.

"I had some friends who partied in Florida last year and had a blast. I'm definitely checking Breakaway out this year," Melissa Lee, a first-year Paramedic student, said.

"I was at the Web site last week and looked into becoming a group leader. Travel free and get paid - what could be better?"

Breakaway has everything at your fingertips. If your parents are the type to worry, Breakaway has information available on their Web site to relieve their fears.

For more information, visit www.breakawaytours.com.

"It's Sandler's head-turning performance and Anderson's unfailingly extraordinary direction that make this movie such a standout."

"Punch-Drunk Love" is not only one of the edgiest romantic comedies ever made, it's a romantic comedy on the edge: on the edge of being a comedy, on the edge of being romantic, on the edge of sanity and on the edge - the leading one - of American movies themselves."

"Punch-Drunk Love" is a bizarre and compulsively interesting romantic drama in which Sandler is brilliantly cast. Emily Watson is sublime. Adam Sandler is this dutifully perfect... an extraordinary experience."

"A romantic comedy as wonderful as it is strange, that expands the genre to its absurdist outer limits and makes us believe... Paul Thomas Anderson is, in the best sense, a filmmaker who is doing everything - the audience, the form, his collaborators, himself, most of all - to go further than they have before."

"Punch-Drunk Love" is sweet and strange with an ending whose heart melting sincerity had several tough critics (including this one) in tears... "Punch-Drunk Love" takes place in a world entirely of its own devising, offering the kind of pleasure that might be described as escapist."

A P.T. ANDERSON PICTURE

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•The Rolling Stones Forty Licks Tour stops in Toronto to play the Skydome Oct. 18.

•The Bamboo Club is closing its doors after Halloween. If this is your hot spot, it is time to pay it a last visit. 312 Queen St. W. Call 416-593-5771.

•Hear the sounds of Stomp. Shows run Oct. 15 to Oct. 25 at the Elgin and Winter Garden Theatre, 189 Yonge St. Call 416-314-2901.

•Out to rent a movie? *Mr. Deeds* arrives in video stores Oct. 22.

•Check out the Xtreme Freestyle Motocross at Copps Coliseum in Hamilton Oct. 19. Call 905-527-7666.

-with files from Kristine Hughes.

Student punk band awaits CD release

BY PUNEET BAJAJ

Life after college may not make full use of your education, and former Humber student, Kristen Butcher, is proof of that.

Butcher studied Advertising in Media Sales and was expecting a career in that field, but that wasn't what he got.

Instead he started a band, Wheels On The Bus, last year with his friends, Steve Fennell, Dan Mills and Nick McTaggart. And now they are waiting for their CD, *796: The Number of the Beast*, to be released by EeZeE records at the end of this year.

"We're kind of a punk band, but not exactly punk," Butcher said. "It's kind of hard to describe."

"Some people classify us as Emo(tional)," Fennell said. "But we're not that either."

The band's name was a gag suggestion from a friend, but they loved it.

WOTB admitted they are pleasantly surprised by the response from the public towards their music.

"In certain places we've generated great fans already," Butcher said. "[For example, fans] from Brampton come to every show we do."

Like most bands, WOTB are grateful to their fans, but unlike most bands, they go the extra mile to make a fan.

"We give a lot of our stuff away," Butcher said. "I give out [demo] CDs to fans instead of them paying for them."

"We want people to tell their friends 'Man those guys were so cool. They gave me a CD for free!'"

"We work on word of mouth," Fennell said.

The band's first single is available on *mp3.com*. They want people to download it, but finding it might be hard.

"We don't have names for any of our songs," Butcher said. "That's how lazy we are."

"I want people to hear our stuff. That way they'll come to the shows. I mean, you can't download a show," Fennell said. "Besides, we're better in person and it's all good if it gets our name out there."



Wheels On The Bus have freebies for fans after their shows.

The smell of success hasn't tainted the reason why WOTB got into this business and they don't think it will later on either.

"I'm in a band with my best friends," Fennell said. "That's why I do this every weekend."

"For seven years all we wanted to do was play music," Butcher said. "It's one of the only things that turns me on."

Check out the WOTB online at www.wheelsonthabus.net.

Spotlight

Skid Row and success

Film student publishes non-profit magazine

BY IRENE RUNDLE

No Assembly Required surfaced in the underground world of zines four years ago and the creator has let out a secret—some assembly was required.

The third issue took two years to complete but it was worth every drop of sweat for Tara Timoon a.k.a. Skid Row, the 19-year-old Humber film student who is the zine's creator and publisher.

So what is a zine? It is a self-published compilation of prose, poetry and pictures. All it takes is an idea, some paper, some creativity and some quarters for photocopying.

"There's so many different kinds of zines. The topics can range from punk to politics, to comedy to sex," Timoon said. "They're usually non-profit because people won't pay any more for that."

NAR's (No Assembly Required) third issue is about 20 pages long and is filled with

black and white comics and satirical tidbits.

Timoon works hard to put out this funny, controversial, and often twisted collection of columns, stories and interviews.

She uses the unisex pen name, Skid Row, to maintain a certain amount of secrecy about the zine, which she finds draws in curious readers.

"It's pretty much supposed to insult everybody. It's just an image that we have, that we're jerks and all we care about is our own opinion," she said.

"People like to read that stuff because it's controversial."

But no one starts a zine to make millions, she warns. There is no money coming in.

"I wanted to do something that I could share with a lot of



Leaf through Tara Timoon's pages to read up on issues from punk to politics.

people and also receive feedback," Timoon said. "Plus, it's so gosh darn fun."

This entrepreneur said she hopes to continue with *NAR* and said her fantasy is to put it out twice a year.

If you are interested in contributing to *NAR* or obtaining an issue, contact Skid at no_assembly@yahoo.com.

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Tuxedo (PG)	1:00, 3:05, 5:20, 7:30, 9:40
Abandon (PG)	1:30, 4:00, 7:10, 9:20
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Sports

Hawks hammer Ryerson

By CORY SMITH

It may have been just another pre-season game, but the Humber Hawks hockey team is riding high after their decisive victory against the Ryerson Rams last Friday.

The Hawks skated onto the Rams' home ice and laid a 7-3 drubbing on the university squad, giving the Hawks a renewed sense of optimism about the season to come.

"For us to come out and beat them like this is more than I imagined," Hawks head coach Joe Washkurak said after the game. "I think [Ryerson] wanted to send a message, but we just shut them down."

The Hawks were sloppy in the beginning after missing out on a scheduled pre-season contest the night before because of an equipment problem. The team was both

anxious to get started and determined to win.

"There was a lot of tension built up out there," Washkurak said.

Undisciplined play kept the Hawks shorthanded for much of the first period, but after allowing only one power play goal, Humber held a 2-1 lead at the first intermission.

"I think a lot of the penalties were deserved, but sooner or later it ends up being pretty even," Washkurak said.

Some of the players noted that Ryerson isn't a hockey powerhouse, but the possibility of beating a university team was on their minds when they took the ice at Lakeshore Lions Arena, which doubles as the Toronto Maple Leafs' practice facility.

"Because it's a university team we were up for it and we wanted to make a good name for



Photo: Cory Smith

Ryerson players try to force a play behind the Hawks net. Humber took the game in a 7-3 thrashing, scoring five unanswered goals in the third period.

our school and ourselves," Hawks player Seth Gray said. Gray scored a hat trick on the night.

"We were pretty pumped," he added. "It's a good kick-start to our year."

Coach Washkurak said the turning point of the game came in the second period when captain Scott Barnes scored on a penalty shot, putting the Hawks up 5-1 and deflating the Rams' spirits.

Another standout for the Hawks was goalie Nick Grainger. While he wasn't tested nearly as much as the Ryerson net-minders, Grainger was very sharp when called upon.

The Hawks' next pre-season game is this Saturday against Sir Sanford Fleming College.

Women's volleyball team places sixth in Kalamazoo tournament

By REBECCA VIRGIN

While many Humber students sat down to their Thanksgiving turkey this weekend, their women's volleyball team was hard at work in Kalamazoo, Michigan.

The Hawks played in a tournament hosted by Kalamazoo College over the weekend and finished sixth over-all, losing in the quarter-finals to Muskegon College, a team

who has an astounding 46-3 record this season.

"They've played a lot of matches," Hawks coach Chris Wilkens said.

"Considering that was basically our second match, it was difficult for us."

The Hawks fought hard in the quarter-finals, but came up short, losing their first game 30-22, and the second game 30-21.

"Our goals were accomplished," Wilkens said. "We wanted to win, but the bigger picture for us was to get to know each other and understand how to play together on the court. That really makes a big difference down the road."

The Hawks were victorious in two of their four matches at the tournament. They beat South Suburban College (30-25, 30-26) and Waubesa College (30-28, 30-15).

The other two matches includ-

ed two close losses to Kellogg Community College (30-28, 30-26) and Lake Michigan College (30-27, 30-25).

The team will now focus on working on their skills for the upcoming season starting with a tournament at Sheridan College next weekend.

"Offensively we're a very sound team. We have strong offensive players. Passing and defence are our two areas that we really need to focus on over the next month,"

Wilkens said. "We have good defensive and good passing players on our team, we just need to focus on it and get stronger at it. That will only highlight our offence even more."

"We wanted to win, but the bigger picture for us was to get to know each other and to understand how to play together on the court."

The girls did not mind giving up their long weekend, according to Coach Wilkens.

"The girls got an opportunity to play some games to get prepared for the important stuff that starts next week. It was a good learning experience for us, to learn how to play together."

Players of note at the tournament were veterans Lesley Westervelt and Carrie Moffat, as well as newcomer Risha Toney.

The Hawks first regular season home game of the year is Thursday, Nov. 7 against the Sheridan Bruins at 6p.m.

Humber ends the pre-season with a 2-3 record.

Soccer team can't clinch top spot in loss to Bruins

Hawks suffer first loss in three years

By JOSEPH MUCIO

The Hawks' men's soccer team has enjoyed tremendous success this season, but now they have to deal with defeat for the first time.

After compiling an unbeaten streak that stretched over three seasons, the Hawks found themselves on the other side of the scoreboard last night losing 2-0 to Sheridan College.

In the second half of this home and home series, the Bruins gave the Hawks their biggest test so far this season, wanting revenge for their 2-1 loss last week at Humber.

Not wanting to suffer the same fate on their home turf, the Bruins gained the advantage, in what had been a tightly contested game. They opened the scoring in the 71st minute on a low, hard drive that barely found its way inside the post.

The Bruins then delivered the fatal blow 10 minutes later on a beautifully placed header that ended up in the middle of the net.

Showing their tenacity and determination, the Hawks refused to concede defeat and ended up with two quality scoring chances by Paul Lombardo with fewer than 15 minutes left to play.

Unfortunately fate was not on Humber's side as both opportunities resulted in a direct hit with the

crossbar, ending the Hawks chance at another undefeated year.

Despite last night's loss, head coach Germaine Sanchez was pleased with the team's effort.

"I don't have any major concerns. We played a decent game, it's just that when they got the lead, they kept taking it to us and tonight we were unable to come back."

With a post-season berth already locked up, this game represented home field advantage dur-

ing the first round of the playoffs by finishing first in the Central West division.

With yesterday's victory, Sheridan improved to 23 points, one point behind Humber for the division title with one game remaining for each school.

A win in their final regular season game today at Mohawk College would guarantee the Hawks first place and a home play-off date.

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Lacrosse star living his dream

Humber student finds success in Canada's other national sport

By DOUGLAS JOHNSON

As a kid growing up playing hockey in Orangeville, Bruce Codd dreamed about one day making it to the National Hockey League and winning the Stanley Cup.

But Codd found his niche playing lacrosse and this past September realized another dream as he helped the Brampton Excelsiors win lacrosse's holy grail, the Mann Cup.

It was an emotional experience for Codd, who followed the team as a kid and attended many of their home games.

"Winning the Mann Cup was unbelievable," he said. "I grew up watching a lot of lacrosse in Brampton. I watched the Excelsiors win the Mann Cup in 1992 and 1993, so to have the

chance to win it as an Excelsior was a pretty big deal for me."

In what he describes as the Stanley Cup of lacrosse, Codd said winning the Mann Cup takes a lot of grit and determination, as players often have to suffer through multiple injuries.

"During the final series we played seven games in nine nights," he said. "I was sore for probably about two weeks after that."

A Recreation and Leisure Services student at Humber, Codd said when he was a teenager he had to make a decision whether to pursue hockey or lacrosse.

"Growing up I always wanted to be a hockey player, the NHL was the big goal," he said. "I started realizing at 17 or 18 that I didn't really have a future in hockey and that's when lacrosse started to be more of a higher priority."

Codd also plays in the National Lacrosse League (NLL) with the Ottawa Rebels, and was recently named captain. He played junior lacrosse with the



Codd helped the Brampton Excelsiors win lacrosse's Mann Cup this year.

Orangeville Northmen and for the past two years has played senior lacrosse with the Excelsiors.

Many players playing profes-

sional lacrosse have to take second jobs during the summer to make ends meet. Codd hopes that one day players will make enough money to make lacrosse a career.

"I don't think I'll see it myself," he said. "I think that as long as I'm playing it will be the part-time gig, but it's starting to get some recognition in the media and people are starting to catch on to what a great game it is."

Codd credits the NLL's Toronto Rock with the increased exposure the game of lacrosse has been getting lately.

He said the team has done a tremendous job of marketing the game and getting people interested at the grass roots level.

And even though he would be playing for his home team, Codd said he would not want to play for the Rock.

"Everyone always asks me that," he said. "It certainly would be good for the travel and everything, but I really don't like the Rock. Maybe that comes from the fact they're winning all the time."

Codd said when his playing

days are over he would definitely love to remain involved in lacrosse in some shape or form.

"I hope one day I could get a job in lacrosse after I'm done playing," he said. "Either coaching or working for a team, that's ultimately what I want to do."

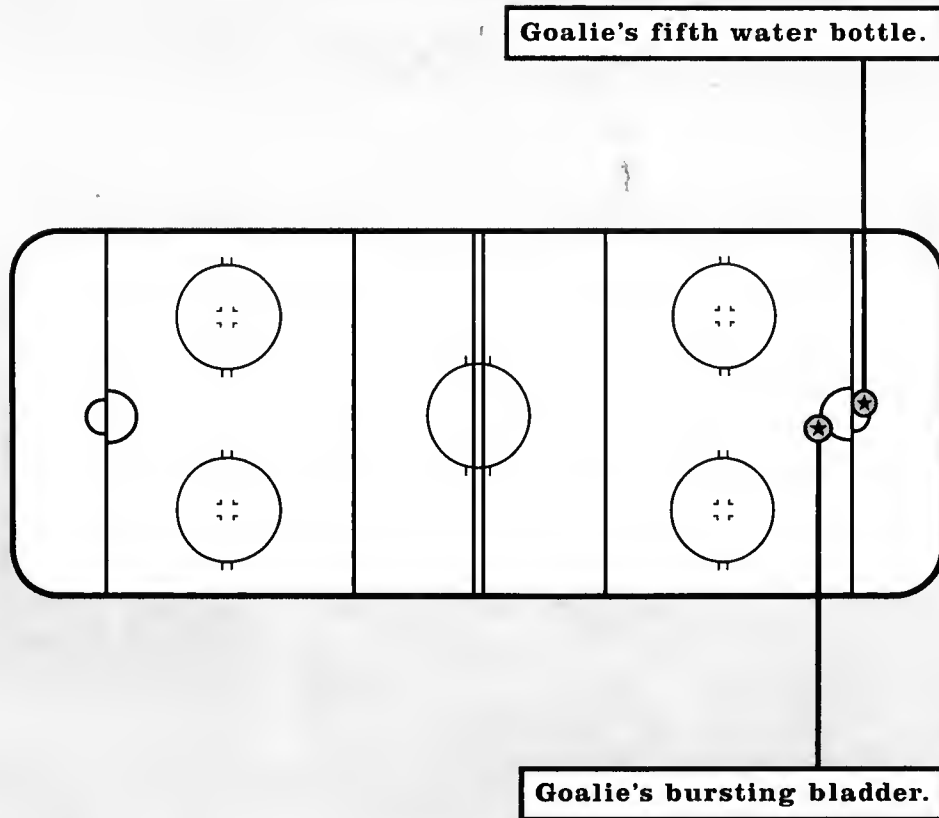
Right now Codd is happy to earn money playing a sport he has played since he was four-years-old.

"One thing I say about playing professionally is that they're paying me to do a thing I'd do for free," he said.

"It's like gravy, it's living a dream."

Correction

In the Oct. 10 edition of the *Humber Et Cetera*, a soccer player was misidentified in a picture on pg. 21. The player pictured was Adrianna Cornacchia. The editors of the *Et Cetera* apologize for the error.



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