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30 YEARS

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Elections drag on

By PAUL MARKOWSKI

Fourteen days and counting since the HSF election, and Humber students still don't know the names of their new president and North Campus vice president Campus Life. But the controversy may be settled by the end of this week when the matter goes before the Election Appeals Committee.

"In the best interest of the organization, in the best interest of the student body, I believe their obligation is to try to move the process in a timely manner," said Michael Parent, the HSF's Business Manager.

Stephen Anastasi, Usman Ghani and Adam Hackett – all identical candidates – as well as Kishi Gupta, a candidate for vice president Campus Life at North Campus, secured the necessary signatures to launch an appeal process disputing the validity of the elections.

The appeals hinge on the actions of Chief Returning Officer (CRO) Ben Zettel and his interpretation of the HSF Elections and Appeals Policy (Policy 6).

"Personally, I am appealing the entire election process," said Adam Hackett, HSF's current vice president Administration at North Campus. "The CRO didn't con-

duct the election process properly."

Hackett said that Zettel failed to explain the election process at a meeting of the candidates prior to campaigning and did not provide a list of members on the Election Appeals Committee, violating the elections policy.

Zettel maintains that the election was fair.

"I feel confident that I ran the election in a nominal (sic) fashion," he said. "In fact I did not (give them the list), but that list was not made available to myself – it is still not available today. It's of no consequence to the elections themselves."

Hackett disagrees. "We must be told who sits on the Appeals Committee," he said. "We didn't find out until the third candidates meeting."

The appeals also state that Zettel told the candidates they were permitted to post campaign material in washrooms and classrooms, going against restrictions in the elections policy.

Zettel said he told candidates that postering in these areas was okay at Lakeshore, but not at North Campus.

Stephen Anastasi, HSF's current vice president campus life at North Campus, also questioned Zettel's conduct during the election.

"I appealed some of the actions taken by the other candidates and the actions and decisions of the CRO," said Anastasi. "Public slander should not be tolerated."

Anastasi said he was slandered by a candidate during a public forum and Zettel, who witnessed the event, did not take appropriate actions under the policy.

When questioned about the incident, Zettel refused to comment.

The candidates who appealed also question Zettel's decision to reinstate disqualified candidates Craig Wilson and Jain Thevaril. The two had been disqualified for using HSF office computers to distribute campaign emails.

"Those candidates who had repeatedly broken the rules, should suffer the consequences of their actions," said Anastasi.

Hackett agreed, saying that candidates who are caught cheating should be disqualified. "Humber students should be given the opportunity to re-affirm their voice," he said.

The remaining candidates have been so disadvantaged, Hackett said, that a fair election result cannot be expected.

Zettel stands by his decision to reinstate Wilson and Thevaril because they were initially disqualified based on limited information.

"I made the decision to disqualify them based on the information I was given at the time," Zettel said. "After reviewing the facts, I discovered that my interpretation of the election policy was incorrect."

Zettel said that the election policy has no provisions for electronic campaigning or using administrative offices for campaigning purposes.

"I was overstepping the bounds of what the policy allows me to do when I made the decision," Zettel explained. "If the policy was more stringent, strict and clear, there would be no (room for) interpretation."

Barring a decision by the Election Appeals Committee for a re-election, the ballots will be counted by the end of this week.

Humber mourns one of its own



ELIZABETH BOWER

Humber's flag flew at half-mast on Tuesday in memory of Wasim Shah, 22, a student in Humber's Fire and Emergency Services program, who died in a car crash Sunday. See story on page 3.



PAUL MARKOWSKI

HSF business manager Michael Parent has decided that four candidates' election appeals will be heard later this week.

News etc.

Humber braces for TTC strike

By PATRICK MALONEY and TRACY MOORE

The potential TTC strike could leave Humber College's commuting students in gridlock.

While the strike is not a certainty – the earliest possible walk-out date is Monday – many students are faced with the reality that making it to school could be impossible. Just ask Jeremy Watkins.

"I may not even come to school," said the Media Copywriting student. "I live in Scarborough and GO Transit is expensive."

About 4,000 Humber students don't have their own car and must rely on carpools or TTC to get to school, said director of Public Safety Gary Jaynes. A strike would cripple commuting, but Jaynes has put in

place a contingency plan.

An additional 450 parking spaces have been allotted at the Woodbine Centre, just south of the college, for Humber students. But carpooling, Jaynes suggested, should be students' first option.

"Options are limited," he admitted. "Students can also look at GO Transit or Mississauga/Brampton Transit for North Campus."

Marilyn Bolton, a TTC spokesperson, echoed those sentiments.

"The public should start planning or organizing carpools, especially students/schools and companies," she said.

The TTC and its union are currently negotiating a new contract, as the old one officially ended last Sunday. A media blackout has left



Buses may be empty and out of commission on Monday morning.

the public in the dark about the potential strike, which may affect all forms of TTC transportation – including trains and streetcars.

Jaynes is trying to stay positive about the situation, but the potential impact is not lost on him. His office

has outlined a number of options, and will be handing out flyers to students at nearby bus shelters today.

"This is just an additional stress (for students) during exam time," he said. "We'll do everything we can to lessen the stress."

KPI nets Humber \$1.5 million

By CLARK KIM

The KPI surveys students filled out earlier this year have paid dividends for Humber. Positive results have led the Ontario government to grant Humber College more than \$1.5 million this year.

Provincial funding for Ontario colleges is based on three key performance indicator (KPI) results: employment rate, graduate and employer satisfaction rates.

"Humber is delighted," said Richard Hook, Humber's vice-president of Academics.

The 2000-2001 KPI results show more than 90 per cent of grads are employed within six months of graduation. Graduate and employer satisfaction rates were high at 85.5 per cent and 91 per cent, respectively.

Humber received more of the \$16.4 million performance-based government fund than any other college.

But Hook insists that even more financial support is necessary to ensure future positive results.

"Tight funding of the colleges, which is significantly lower than that received by universities, will make it progressively more difficult for colleges to maintain the quality for which they strive," he said.

Data collected from the KPI survey show improved work opportunities in a number of programs.

"Public Relations seems to be doing very well," said Karen Fast, KPI college contact for Humber. "Hospitality and any of the tourism areas, again, doing well."

The KPI results also show which Humber programs need more consultation with outside employers.

"Our IT programs, the wireless in particular," Fast said. "Quite frankly, I think it was ahead of its time. So we've got these graduating students who don't seem to have a fit with employers."

Humber's Career Centre is already focusing on finding ways to improve KPI results for next year.

"We're pulling together kits, we'll be visiting classes, we send out mailings, we do the email to the students, we have postcards we send to employers," explained Fast of the process of getting work for graduating students. "It's an on-going, all-year process for us."

International fees to rise

By IVETTE MONTILLA-HOOKONG

John Gonzalez from Ecuador, Mariko Hattori from Japan and Venezuelan José Abinazar are three of Humber's 450 international students who face an increase of two per cent in tuition fees next year.

Gonzalez and Abinazar will each pay almost \$150 more per semester for a total of \$5,394 and Hattori close to \$200 more for a total of \$2,552 for an eight-week English program.

On top of that, residence fees will increase by almost \$200 to \$5,990 for two semesters.

For Gonzalez, a first-year Business Administration student, the increase is not a big deal – he said his parents will send him more money and that's the end of it.

But for Hattori and Abinazar, finding the money won't be that easy.

Hattori, in her first year of the English program, said she may not be able to live in residence next year.

Abinazar, a second-year Civil Engineering student, said the increase would be very hard on him. Currently working part-time at the International Centre, he said he must start looking for another job.

"The economy in my country is going through tough times and my



Humber international students Jennifer Lee, Josie Dong, Yoga Kurniawan and Paul Kim will have to pay extra tuition next year.

parents won't be able to increase my allowance," he said.

Mike Kopinak, a manager of Humber's International Student Services, said that because scholarships are not available for international students, they are hard pressed to cover all the extra costs.

"The Canadian government allows international students to work only on campus and since job demand had been growing, the school has already created a large number of new jobs," Kopinak said.

Rick Embree, dean of Planning

and Development, said the increase was long overdue since international students' tuitions have not changed for five years.

While local students have been subjected to a yearly two per cent increase since 1998, international tuitions have not changed at all, Embree said.

He said the additional money would make it possible to raise the International Centre's budget and will also fund the individual schools to enhance their programs.

Frank Franklin, chair of the

International Centre, said the money from the adjustment would go toward international recruitment and the hiring of more personnel.

"The load of inquiries has increased significantly with the aggressive recruitment strategies that are being implemented and we are going to need more people to help with that," Franklin said.

"Our target is to have 550 international students by September and we need to continue the recruitment to achieve that number."

Franklin admitted all students will feel the pinch of the hike.

"Nobody likes it, but realistically, we have to understand the need to do it. The cost in the delivery of education keeps going up and we have to make sure we keep a balanced budget."

Embree said the increase will provide better service for international students and will also add more space for them, since foreign students have to compete for spots in each program. If there is a high demand from local students, then there are fewer spaces for international students.

Embree and Franklin both said the tuition increase would not affect the number of international students enrolling in Humber next year.

Student dies in car crash

Family, classmates mourn the loss of Humber Fire and Emergency Services student Wasim Shah

By PETER A. CRISCIONE

A Humber College student was killed last weekend in a two-car collision near Port Perry.

First-year Fire and Emergency Services student Wasim Shah, 22, died early Sunday afternoon when his car collided with a van travelling in the opposite direction at an intersection in Scugog Township, 80 km northeast of Toronto.

The accident also resulted in the death of his younger sister Nadia, 20. They were the only children of Syed and Anneke Shah of Georgetown.

Irka Dello, an aunt who travelled from Mexico to be with the family,



Wasim Shah, 22, an "excellent student with a lot of potential."

said her niece and nephew showed great enthusiasm for life and were loved by all who knew them.

"We are totally beaten down by this. It is still very fresh in our minds," she said. "They were really great kids. They were the kind of people who made a difference in

your life once you knew them."

Fire and Emergency Services student Adam Martin recalled Wasim as a cheerful individual who very seldom wore a frown.

"I never saw him without a smile," he said. "He was always laughing and kidding around. He was a good guy, a great person."

Jeff Draper, president of Shah's class, said he and his classmates are saddened by Wasim's tragic death and wished to offer his family their deepest sympathies.

"He was an inspirational guy with massive strength," he said.

Faculty members also provided words of sympathy, calling Shah an inspiration to his peers.

"Wasim was an excellent student with a lot of potential. It's unfortunate that this had to happen," said Ian Sim, manager of the Fire and Emergency Services program. "We're going to really miss him."

Funeral services for Wasim and his sister will be held at 1 p.m. today at J.S. Jones and Sons Funeral Home in Georgetown.

Bachelor degrees coming to Humber

By MELANIE BECHARD

Humber College is adding two new applied degree programs to its calendar as part of the Ontario government's plan to introduce bachelor degrees to colleges.

The college could begin enrolling students in the Bachelor of Applied Business (E-Business) degree and the Bachelor of Applied Arts (Paralegal Studies) degree this September, but will wait instead until the fall of 2003.

"We've got to take the time to market (these programs) properly," said Humber president Robert Gordon.

Both are four-year programs, and will include 14 weeks of paid field placement, according to strict guidelines laid out by the Ministry

of Training, Colleges and Universities.

According to the Ministry's handbook for applied degrees, colleges must prove that their proposed program does not duplicate programs normally offered by Ontario universities.

They must also show that there is a high demand for the program from students and employers.

Michael Hatton, Humber's dean of Business, said that won't be a problem.

"E-business is cutting edge and no other post-secondary institution in Canada offers a similar program," he said.

"The paralegal applied degree is also unique in Canada. Together, these two programs enhance Humber's strong and unique position in the post-secondary education marketplace."

But the College Student Alliance (CSA), the lobby group to which Humber belongs, is not so optimistic about the pilot project.

"The government has said no additional funding will be allotted to the new applied degrees, so colleges have to use existing funding to pay for them," said Thyagi DeLanerolle, CSA's executive director.

"But current programs are already underfunded," DeLanerolle added. "We want an assurance from the provincial government that there will be more funding for post-secondary education, and not funding targeted to applied degree programs specifically."

"More choice is good, but at what cost?"

President Gordon said: "The Ministry has offered a little bit (of funding), but not enough. We'll probably charge university tuition to help pay for the programs."

Guelph-Humber influx ships students south

Six North programs move to Lakeshore, shuttle bus between campuses expected

By PHILL FELTHAM

With a large number of programs moving to the South Campus next fall, Humber College will offer a shuttle bus to transport students between the two campuses.

Six programs are moving to Lakeshore to make room for an influx of Guelph-Humber students this September.

"We are simply maxed out at the North Campus," said Humber president Robert Gordon. "We have to off-load some programs to make room for the new ones."

The programs being moved to Lakeshore include Public Relations, Golf Management, Advertising and Graphic Design, Graphic Arts - Electronic Publishing, Comedy Writing and Performance and Media Copywriting.

The 550 students in these programs will now have to commute to the south campus. Out-of-town students should expect to add an extra 30 minutes to their commute time.

Alisha Denis, a second-year Public Relations student, is being relocated to Lakeshore. Denis currently lives near the William Osler Health Centre, a 10-minute walk from the North Campus. When she heard about the move, she was furious.

"How many times do I have to adjust during my college career?" asked Denis. "I lived in residence first year, an apartment my second year and now I have to relocate again?"



BRAD HOLDEN

Construction for the new Guelph-Humber building (above) will be completed later this year. An influx of Guelph-Humber students means there's no room for several current programs.

Denis added she's concerned about the lack of housing in Lakeshore's neighbourhood and the heavy traffic in Toronto.

She's currently looking for a place closer to the Lakeshore Campus.

"It's not only inconvenient for myself, but for my roommates, too," Denis said. "Because I have to relocate, they have to find a new roommate to keep their costs down."

Denis' roommate, Erin Gallant, a first-year Advertising student, plans to stay where she is and commute back and forth in the fall.

"I'm not exactly thrilled about it," she said. "I lived here so I could be close to the school."

Gallant said the students in these programs

already pay more rent to live close to the North Campus - but now transportation costs have to be considered.

"I don't pay to (travel) to school right now," she said. "But when I go to Lakeshore next year, I'll be paying at least \$5 a day if I use the TTC."

John Mason, director of Customer Relations, said the shuttle bus service will be offered on a trial basis for one year.

"We want to see how often it's used and we will adjust the schedule accordingly," he said.

Mason added that the passengers will have to pay for the new service but no ball park figure has been confirmed because arrangements with a private bus company have not been finalized.

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Life etc.

Forbidden dance an art form

By LAURA KUPCIS

Wrapped in controversy for much of its existence, Capoeira has been both a martial art and a dance.

"Capoeira is an astonishing display of acrobatics, breathtaking kicks and self-defense tactics performed to the music of drums and Berimbau (an ancient stringed bow-like instrument)," writes Christianne Odehnal, Web-writer for Ache Brasil, a Capoeira studio in Vancouver.

The complex, multi-disciplinary practice goes like this: a roda (circle) is created by musicians and players while two participants inside the circle dance and fight one another. The game can either be friendly or dangerous, depending on the rhythm of the music.

The music decides the game, which is why participants must understand what the music means, said Mestre Eclilson de Jesus, owner of Ache Brasil.

There are two types of Capoeira - Angola and Regional.

Capoeira Angola was further developed in 1941 by Mestre Pastinha (mestre is synonymous with master or teacher) and is based closer to the original, traditional form of Capoeira.

"Capoeira Angola has more spiritual movements; movements are slow, very strong, and very powerful," de Jesus said. "There are many ritualized movements."

In this form, players often trick-kick each other to see how much knowledge their opponent has of Capoeira its surrounding culture.

"Angola, in a lot of cases, is seen as a dance, because it's a lot lower to the ground and the movements are less rigid," said Sophie Laplante, a Capoeira instructor at the Trinity St. Paul Centre in Toronto.

Capoeira Regional was developed in 1932 by Mestre Bimba, who taught his students fighting styles such as Cintura de Desprezada, where he would throw them around and would learned to land and continue the game. This helped many Capoeiristas (Capoeira practitioners) to develop more movements and a stronger fighting style.

"He saw many different martial arts and he wanted to introduce Regional fighting in Brazil," said de Jesus.

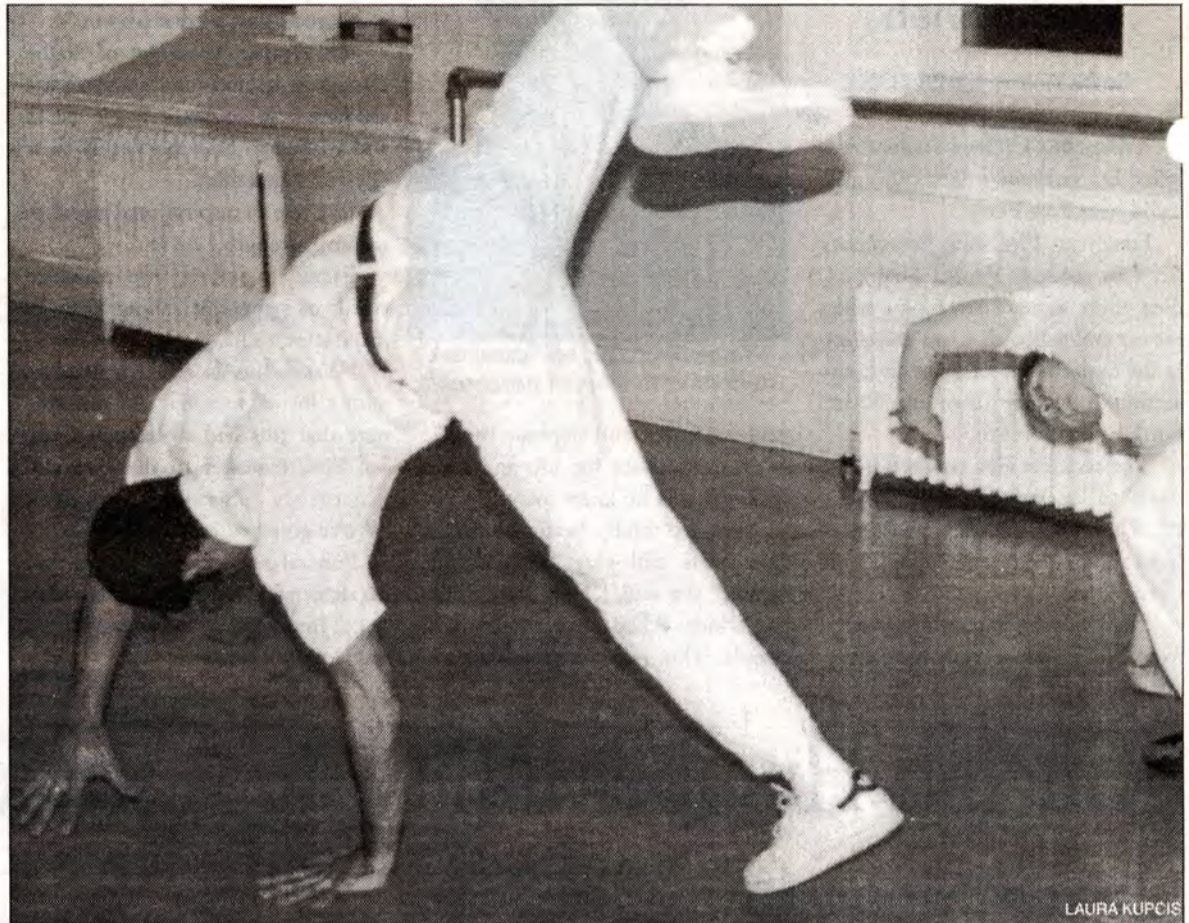
In the Regional style, Capoeiristas are usually in an upright position and the style has more high kicks and acrobatics whereas in Angola the game is usually much faster-paced.

"When you look at an Asian martial art, some movements look pretty rigid. They work in extensions and when you look at Regional, you can see similarities," Laplante said.

Fights are made up of kicks, jumps, flips, handstands and headstands.

For Capoeiristas, the practise is symbolic of their culture, a connection to their Brazilian roots.

"I feel freedom, like I transport myself to my ancestors time," de Jesus said. "Before we start with Capoeira, we think of the music; you transport yourself to the past by singing the song."



LAURA KUPCIS

The instruments and words can relate a story from the past, at other times, a song can be used to intimidate an opponent, as the words describe how one fighter is better than another.

Even for those without Brazilian roots, Capoeira evokes passion and intense emotions.

"I never felt so great, so free. Playing in a roda makes you feel like you're totally out of this world," Laplante said. "You're playing with

your body, but you're playing with somebody else too, so you have to incorporate the movements, like a conversation."

Capoeira is also a great stress release, said Walter Silvestre, owner of Silvestre Martial Arts in Toronto.

Capoeira has not always been readily available to practise and has had to struggle to survive over time. Much of the history of Capoeira was lost when books on slavery were burned during the Republic Government era in Brazil.

"There are different interpretations as to where it comes from, but one thing that everyone agrees on is that it comes from Africa," Laplante said.

Originally created by African slaves about 400 years ago as a fight for freedom, Capoeira was outlawed in Brazil until the 1930s.

Up until 1814, African cultural expression was used as both a way of handling the pressures of slavery and to convey the differences between various African groups.

King Dom Joao VI and his court realized it was necessary to abolish a culture in order to dominate its people, and outlawed Capoeira in 1892.

Capoeira provided slaves with a sense of nationality and self-confidence, creating dangerous and agile fighters.

"Africans pretended it was a dance, but were covering up a martial art," Silvestre said.

There is some controversy surrounding the theory that Capoeira was masked as a dance, because at about the same time that the martial art form of Capoeira was abolished, other forms of African dance were prohibited.

In 1888, when slavery was abolished, many found that they could not fit into the socio-economic mould. Many practitioners of Capoeira fell into criminal behaviour, especially in Rio de Janeiro where Capoeira was used solely as a form of fighting.

During the shift from the Brazilian Empire to the Brazilian Republic in 1890, Capoeira was used to exercise force on the challengers of the monarchists and republicans.

In Bahia, Capoeira developed as a ritual-dance-fight-game with the use of a musical instrument, but, being outlawed, was always kept hidden.

Around the beginning of the 20th century, as discrimination and altercations with the police persisted, the art form was smothered in many cities, remaining only in Bahia.

After centuries of conflict and struggle, Capoeira became the national sport of Brazil in 1974 and can now be found around the globe.



LAURA KUPCIS

Capoeiristas from Mestre Jogo de Dentro's studio at the Trinity St. Paul's Centre, 427 Bloor St. W. For more information on classes from beginner to advanced, call Lua at (416) 516-7658.

How cheap are you?

By LAURA KUPCIS

What is the difference between a Canadian and a canoe?

A canoe tips.

Tipping is a source of income for some, but can be stressful for others, Canadian or not.

"A tip is given to demonstrate appreciation of service," said Ramesh Srinivasan, program coordinator and assistant director for Humber's Hospitality and Culinary programs.

Generally, a minimum of 15 per cent is considered proper etiquette, with certain exceptions.

Restaurants:

Some restaurants automatically add 15 per cent gratuity on large groups. In all other cases, 15 per cent of your total before taxes is acceptable, Srinivasan said.

Most servers expect 15 per cent if they do their job efficiently, said Lloyd Tralforos, manager of La Castile Steak House and Tavern in Mississauga.

Sometimes, a customer is so difficult that 15 per cent is not nearly enough.

"There are variables; there are people that are a pleasure to serve and other people expect the world and no amount of money is enough," said Chris, manager of Toronto's Joe Mercury's Big City Sports Bar and Grill.

Bars and Night Clubs:

"Usually 10 to 15 per cent is acceptable for a bartender," said one bartender at the Beverly Tavern in downtown Toronto.

Don't forget the person at the coat check, the shooter girl, the waitress and the bathroom attendant. Generally, a dollar a drink and a dollar per coat or bathroom visit is sufficient.

Food and Liquor Delivery:

Often there is already a delivery charge tacked on to your

order, but that does not mean that you do not have to leave the driver a tip. Giving a dollar or two, plus whatever change needed to round it up is acceptable on a regular order, more for large orders, bad weather, or long distances, according to tipthepizzaguy.com.

Delivery charges may go to the driver's hourly wage and auto insurance.

Other times there is such a large delivery charge that tipping may not be necessary.

"We don't expect anything; how can you? People want to tip, they tip; 10 cents, \$10, whatever," said a phone operator at Dial-A-Bottle, where a \$6.25 service charge is tacked on to every order.

Taxi Cabs:

There is no set standard in the taxi industry, said a dispatcher for Diamond Taxicab Association. The tip should be based on distance, whether the driver is required to load and unload bags and friendliness of the driver.

Salons and Spas:

In a salon there is someone to wash your hair, cut and style it, the esthetician, and the massage therapist.

So, who gets what? The following suggestions from the receptionist at Allan Parss Salon and Spa in Etobicoke might ease the confusion.

Generally, the person who washes your hair should get between two and three dollars, while the hairstylist will get anywhere from five to \$20, depending on the length and type of service.

Depending on the service from the esthetician, they will receive anywhere from \$5 for a wax, to \$20 for multiple treatments.

A massage therapist will receive anywhere from five to \$20 depending on the length of the service.



KRISTINA KOSKI

Bottom line, pay what you think is right and what you can afford.

Waxing not just for women anymore

By YASNA MARKOVIC

They say the eyes are the windows to the soul. But every window needs some good blinds and dramatic curtains – some kind of dressing.

Whether thick, thin, overgrown or over-plucked, the eyebrows are an integral aspect of the face. Not only do they frame the eyes, they convey emotion.

To ensure you're finely framed, there are a few key points to keep in mind: the first is to get your brows properly waxed and groomed. A good brow wax is a work of art. You don't let just anyone come near them.

"Ultimately, it's like getting your hair cut," said Lori Dickerson, a skin technician at Caryl Baker Visage. "You have the right to have what you want. A good brow wax is art."

And surprisingly, more and more men are getting their brows done.

Dickerson said a lot of young men are waxing these days and come in on the urging of their girlfriend or wife.

But she added that when men frequent her salon they unintentionally add humour to the gruelling process.

"I had one man who used to take Tylenol before he would come in because he found brow-waxing so painful," she said. "Every time I would pull off a strip he would yelp. He was worse than any woman I have done."

Medeiros, an unabashed male who openly admits to waxing his eyebrows, said salons could work on making themselves more welcoming to their new gender of clientele. This would encourage more men to rid themselves of the dreaded uni-brow.

"Because it's always women and pink neon signs, it doesn't always attract men," Medeiros said.

Though there are some who are definitely in need of a good brow shaping, Dickerson recommended starting with a quick tidying up, which is simply tweezing or waxing the stray hairs that don't fall in line with the natural brow shape.

"A tidy is a simple thing to do. It doesn't require a lot of maintenance," she said.

Brow-waxing is a simple method that opens the eyes and gives expression to the face. It is also a much cheaper way of enhancing your features than plastic surgery.

Just like your jeans, eyebrow shape changes with the trends.

"Natural is back in. Too thin is no good, too thick is no good," said



YASNA MARKOVIC

Guys, don't feel embarrassed about cleaning up your eyebrows.

Jennifer Fonte, an esthetician at Beauty Secret Salon and Spa in Guelph.

Keeping a natural shape sounds easy, but there are always those who overdo it or under do it. Dickerson is upset by the most dramatic of brow crimes – shaving them off completely.

On the same note, Fonte's pet peeve is the over-plucked look.

"Over plucking is the worst thing to do. The Ronald McDonald eyebrows are out," she said.

With these faux pas in mind, it is not difficult to get the right look. If a little too much has been taken off, eye shadow will cover almost anything.

"I'm a big fan of working with eye shadow. You have more control over filling in the little spots," Dickerson said.

When tweezing the eyebrows, Dickerson said it's important to pull the skin taut, but to be careful not to stretch it out. This makes it easier and less painful to rid yourself of those pesky hairs.

Threading is another trend in eyebrow shaping. It consists of pulling the hairs out individually with a thread. This is an option for those who don't like to wax, though it may be quite painful.

To soothe the brow area after tweezing, waxing or threading, Dickerson recommended aloe.

"It really helps to soothe because it is very cool to the skin," she said.

Waxing ranges from eight to over \$20 and hair should be at least a quarter of an inch long before your salon visit. Rate of hair growth may vary from person to person so you be the judge of when you should wax.

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Although ultrasonic waves aren't harmful to the unborn, they do cause fetus movement when the waves are near the head.

Ultrasound frequency audible to unborn

By JULET ALLEN

Nothing excites an expectant mother like an ultrasound vision of her developing fetus.

Since it was first introduced in the 1950s, the ultrasound has become a very useful diagnostic tool in obstetrics. Now research suggests a fetus can actually hear ultrasonic waves.

Dr. Mostafa Fatemi, of the Mayo Foundation in Minnesota, has supervised a number of research projects in ultrasound signal processing and recently told the Acoustical Society of America in Fort Lauderdale that ultrasound scans are audible to an unborn baby.

"The main reason for my study was to show that a fetus moves more because of noise generated by an ultrasound, and can be used in the future as a passive observation technique of a fetus," Fatemi said.

"I have heard no such theory in Canada as to whether or not a fetus can actually hear sound-wave frequency produced by an ultrasound," said Alleth Gordon, an ultrasound technologist at North York General Hospital and an expectant mother.

"The frequency is too high for the human ear. We scan at 2.5 to 10 mega hertz (hz), thousands of decibels above audible sound."

Ultrasound, by definition, is sound that lies beyond the range of human hearing.

"The imaging systems traditionally used produce short-duration, high energy bursts called 'pulse trains.' The fetus moves more because it becomes stimulated by the noise generated during an ultrasound," Fatemi said.

The fetus usually shifts positions when the ultrasonic waves begin moving toward the head of the fetus.

Fatemi only studied the sound affects of ultrasounds on the fetus, he did not examine the effect on the mother, or the risks involved in the fetus' perceiving sound or moving around.

Fatemi has stressed that though the sound is not harmful to the fetus, doctors must be careful not to over-stimulate a fetus and should be cautious when using ultrasounds.



JULET ALLEN

Glenda Prescod used an ultrasound to see her unborn baby.

Domo arigato Mr. Roboto

By M. CHARLES SALEM

Man's best friend may well be in danger of losing his place to a companion of the mechanical kind.

Robodex 2002 took place this past week in Japan to showcase the latest advancements in robot designs with ASIMO (Advanced Step in Innovative MObility) by Honda Motor Company taking centre stage.

"With this development of a two-legged humanoid robot that can walk, Honda hopes to create a partner for people, a new kind of robot with a positive function in society," Hiroyuki Yoshino, president and CEO of Honda Motor Co. Limited, said in a press release.

Honda designed Asimo to be "people-friendly," standing about four feet tall with two optical cameras staring out at the world from behind a tinted shield, looking much like a child in a space suit.

The idea that robots would live among people to perform all the tasks either too menial or too complicated for most humans has long been evident in popular culture.

Honda started taking rental applications from organizations looking for an ASIMO last spring, hoping to kickstart the mechanical/biological interaction.

The plan, according to Honda, is to have ASIMO working in museums and as greeters at corporate offices or events later this year.

ASIMO started work in February as a receptionist at Honda's Japanese headquarters.

But the highlight of ASIMO's career thus far was the ringing of the honorary opening bell at the New York Stock Exchange earlier this year.

Competition in the field of robot development is still rather light. ASIMO's biggest competitor is Sony Corporation's SDR-4X, also in attendance at this year's Robodex.

The SDR-4X, considered more of an entertainment robot than a companion, stands about two feet tall.

And while not as intricate as Honda or Sony's product, Fujitsu Laboratories have released HOAP-1, a robot run from a computer interface intended for universities to study algorithms and natural movement. HOAP-1 is selling for about \$41,000.

Humber has a robotics program of its own but its focus is not developing entertainment robots or mechanical companions.

"What we teach is industrial robotics, how to program a robot in a factory" said Anthony Nyman,

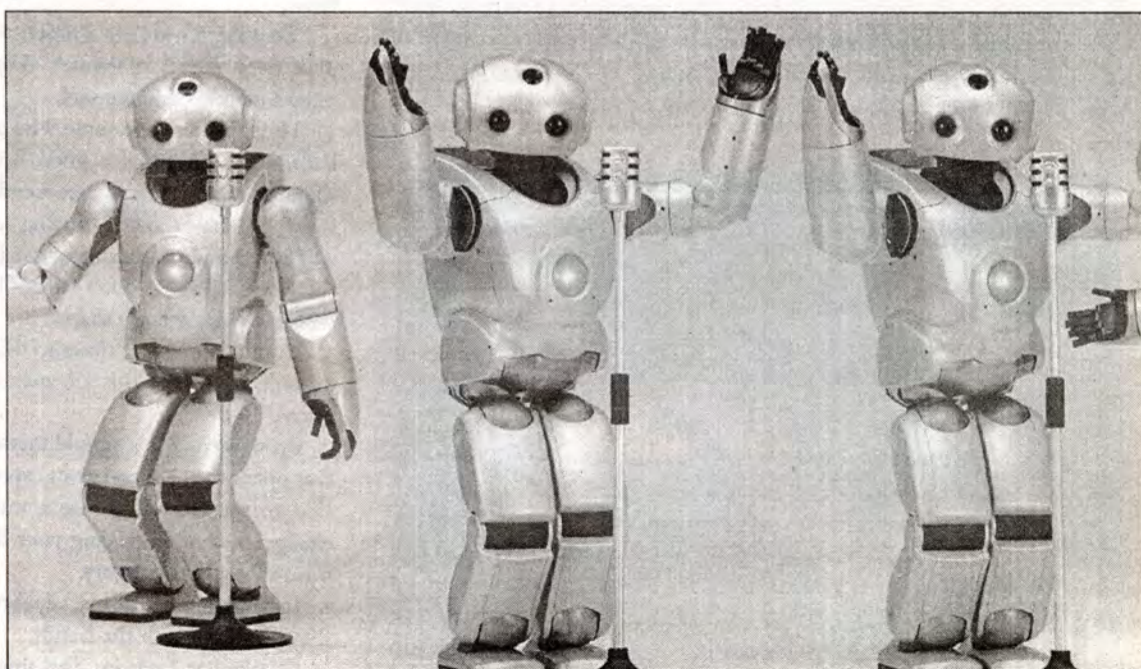


COURTESY SONY CORPORATION

With new technology, the Sony SDR-4X can hang ten.

Humber's Mechanical Technologist.

While factory robotics employ much of the same technology, they tend to be single components at various stages of the assembly line, for example, a six-jointed robot arm at one point, and an optic sensor on the opposite side of the line. Nyman said these robots can cost from \$50,000 to \$200,000, depending on their size and function.



COURTESY SONY CORPORATION

At two feet tall, the two-legged dancing Sony SDR-4X has been labeled an entertainment robot.

Baby you can ride my bike

By KYLE MARNOCH

Spring is here, and warm weather is hopefully on its way. That means it's time to pull out that tried and true piece of transportation technology, the bicycle.

Dust it off, start riding and hope nothing breaks on it 15 kilometers from home.

Bicycles, like cars, need maintenance. Even if it wasn't used much last season, the bike's lubricants can dry up and cables can stretch.

The first step is to clean off all the dust and grime since a lot of people tend to put their bike away for the winter without cleaning it first.

All you need is a garden hose to spray it down, but remember to take off the high-pressure spray nozzle.

"Using anything more powerful could remove grease off of the bike's parts and mess up bearings not in a sealed cartridge," said Chuck Thompson, the head mechanic at Trails Bicycles in Richmond Hill.

Then, he said, get down to the

mechanical parts and don't fear them.

"Never let a pile of nuts and bolts outsmart you," Thompson advised.

Brake and gear cabling needs to be replaced if they are loose or frayed - they need to be good and tight.

"The brake lever shouldn't go all the way to the handlebar. You should be able to fit your finger in the space when it's depressed," Thompson said.

Adjust the brakes by tightening the cables at both the lever and brake ends and by adjusting where the brake pads sit relative to the rim.

Depending on how much use the bike gets, Thompson advises that brake pads be replaced once or twice a season.

Then it's time to run through the gears.

It should only take one click of the shifter to change to each different gear on the rear of the bike.

The front set of gears works a bit differently, but as long as the derailleur can move through all the

gears without the chain falling off, everything is okay.

There are small barrel-shaped screws that gear cables run through right where they meet the brake levers and derailleurs. These barrel adjusters can be used to adjust the tension of the cable which adjusts the shifting.

Thompson recommends going over all of the joints of the bike; make sure everything is tight, but still operational.

"The key point here is steering," he said.

The neck of the bike should be clamped tightly to the head set without sacrificing mobility up front. The handlebars should be firm as well.

Make sure the tire pressure is good with no leaks. Different tire types recommend different PSI ratings (listed on the tire's side) and can be checked with the same type of tire gauge used to test car tire pressure.

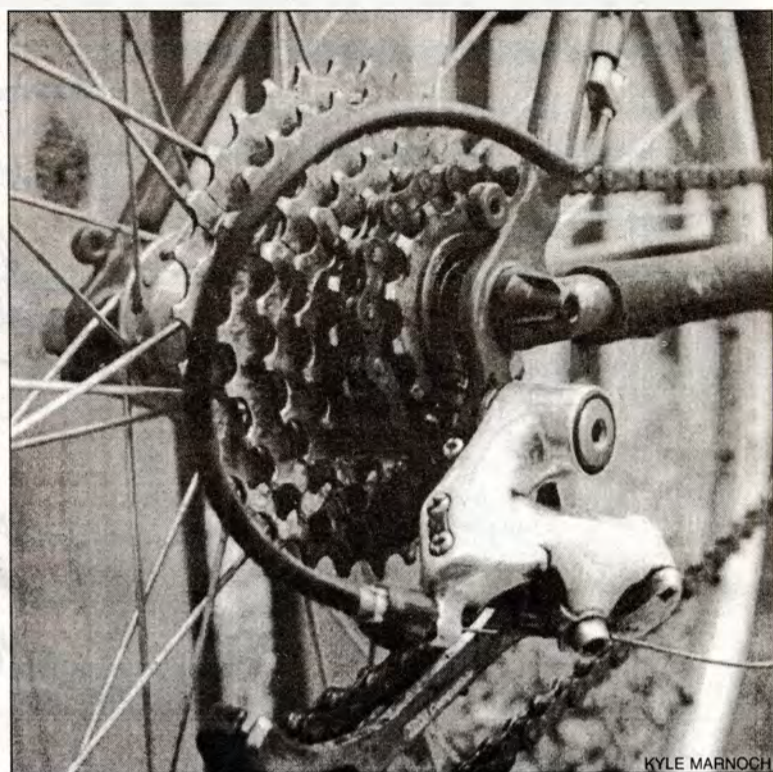
Also check all the bearings in the wheels and cranks to ensure that they won't grind and are spinning smoothly.

To get longevity out of the bike, change your chain once a year.

"For \$20, you can replace the most integral part of your drive train," Thompson said.

"With a new chain there's a lot less wear and tear on the rest of the drive train."

Although Shimano, the bicycle industry's foremost parts manufacturer, recommends using one of their chains with their gearing systems, Thompson said an aftermarket part from a company like Taya or KMC will work just as



KYLE MARNOCH

If a bicycle mechanic doesn't live in your home, it is a good idea to take the bike to a skilled professional for a spring tune-up.

well and cost less.

Chains also need to be degreased and then lubed. Aftermarket chain cleaners are available at any bike store and should be used with citric degreaser.

"Think green when you can. Use a bike-specific lube that's synthetic, biodegradable and waterproof," he said.

The chain needs a few drops before running through all the gears to be effective.

WD-40 can be used to get moisture out of the derailleurs, but it isn't an effective lube so don't put it on

the chain.

Wheels can be tricky for the average joe, so it's probably best to take it to a mechanic who has the proper tools to adjust them.

Thompson advises that if the wheel is warped or flat, and unless the wheel is worth more \$30 or \$40, it's probably best just to get a new one because that's the cost of a good balancing job.

Not comfortable doing your own tune-up?

The basic service usually costs about \$30 and will fix any problems including gears and brakes.



KYLE MARNOCH

Bikes need to be stored properly every winter and cleaned properly every spring if they're expected to work to their full potential.

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Editorials etc.

HSF circus continues

Remember the headache of the last U.S. election? Well Humber College has trumped that card and gone beyond the realm of headache into sheer nausea.

Two weeks after the Humber Students' Federation election, they haven't even counted the ballots because they're all busy appealing this and appealing that. Hell, they're even appealing the appeals committee.

As usual, this election is big business and the presidential candidates who are appealing are all vying for the coveted position that will pay them more than \$25,000 for apparently representing the students' interest. But you have to wonder how the new president will properly represent our interests when they're all being so petty. And you have to wonder how effective the organization will ever be with all this in-fighting.

One presidential candidate is claiming to have been slandered. Another is claiming the appeals committee is biased.

Get on with it, we say. Count the ballots and tell us who will be in charge next year. And hopefully whoever does win will help shape HSF into an organization that will actually fight for our rights instead of theirs.

Violence hits home

This past weekend, our fair city – where thousands of Israelis and Palestinians usually coexist without incident – had its first taste of spillover violence from the most recent incidents in the Middle East.

During a march to commemorate the annual Palestine Day of Land and remember the casualties of the latest round of Mideast violence, a few reporters were roughed up for photographing the burning of an Israeli flag, and a passing doctor had his shoulder broken when he was thrown to the ground for questioning suicide bombings.

Admittedly – and thankfully – it wasn't nearly as bad as the calmest days in Israel. But any form of violence on our streets cannot be tolerated.

Not only was the violence unnecessary and flat-out wrong, it only serves to destroy the credibility of their cause – any cause.

Whether it's an OCAP protest against the government or a rally for peace in the Middle East, any incident of violence gives the media and the general public an excuse to disregard the objective, and instead focus on the actions of a few thugs.

It's understandable that tensions are high, even in Canada. But if differences are ever going to be solved, the violence must stop.

Let Yasser Arafat live

With Yasser Arafat backed into a corner, the Israeli military has the Palestinian leader right where it wants him.

Rightly or wrongly, Arafat has been deemed a terrorist for many years by the Israeli people. Most of that image stems from his wilder days as leader of the PLO. But despite a more diplomatic persona over the past decade, it seems old images – like old habits – have a way of sticking with some people.

Regardless of where you stand on the Middle East debate – and there is more than enough blame to go around on both sides – Israel views Arafat as public enemy number one. And now, with the Israeli army on the verge of taking him out, the rest of the world wants them to back off.

And that's certainly the right thing to do. There is no such thing as a fair or just assassination. But it should be noted that asking Jews to let one of their most reviled enemies off the hook is akin to asking President Bush to allow Osama bin Laden to walk out of his cave, instead of being carried out in a bag.

Again, that would be the just thing to do, but the international community is more likely to defer to the will of the U.S.

France's Foreign Minister Hubert Vedrine said last Saturday: "It is not by asphyxiating Arafat that a solution will be found."

Let's hope the same will be remembered as the U.S. continues the manhunt for bin Laden.



Letter to the editor

Less than a thousand people voted in the election held at Humber recently. That's less than 10 per cent of the student population. However, almost all of the students at Humber are being ripped off. A lot of hard-earned money is going to people who hardly deserve it.

When I read in the March 14 *Et Cetera* that the HSF president receives more than \$27,000 a year, I was shocked. Our current president, John Pulla, is certainly a nice guy and he does do some work here and there, but his workload does not justify his \$27,000-plus salary. I've never seen him without a big smile on his face, but considering his tuition and entertainment fees are paid during his stay at Humber, I can easily understand why.

Furthermore, there are a couple of vice-presidents who also receive an unfair amount of money.

When you do the math and add up these salaries, you will see that there's a lot of money being wasted here. Students are fed up with parking fee increases, and there will probably be another increase in the computer laboratory fee.

A practical solution would be to eliminate the position of one, if not all, the vice-presidents and the president to stop some of the fee increases.

The money that is going to the people in these positions should be given to more deserving people. More money should be put into scholarships at Humber. Instead of giving the money to people that fewer than 10 per cent of the student population voted for,

money should be given to people who have the highest grade-point averages in their course.

Instead of giving money to people who spend their days at college kissing ass to get votes, money should be given to those that wake up 6 a.m. everyday to get to their 8:05 a.m. class, work 20-plus hours a week, and still manage to have some energy left in them to do their schoolwork.

Perhaps I'm not the only person who shares these opinions. After all, 90 per cent of the students didn't vote in the election. I disagree with saying that if you don't vote, you don't have an opinion. You certainly do have an opinion, even if you don't want to waste your vote on an undeserving candidate.

A bunch of the campaign posters were defaced, and unfortunately, this is one of the few ways for people who hate this whole election thing to voice their opinions. Even if you don't vote, someone's going to get the position and waste your money.

As I'm writing this, the candidates in this election are appealing the election due to some screw-up. They're running around getting petitions signed for this and that, and it's getting tiring.

Perhaps all those who don't like the idea of having a paid president and vice-president should sign a petition saying we don't want these people wasting our money.

Perhaps I'm not the only one with that sinking feeling that I'm getting ripped off.

Anthony De la Torre
Computer Engineering

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Opinion etc.

The Catholic Church bears a heavy cross



Desmond Devoy

I am a Roman Catholic. I make no bones about it, nor do I make any secret of it. I am one of the few young people who do not preface their faith with, "Oh, I was raised Catholic," or "I'm a recovering Catholic."

I just am. It has become fashionable to bash Catholicism, and admittedly, it isn't hard to see why. The Church makes itself a very easy target. These past few weeks especially, it has not been easy to defend the Church.

It seldom is. The latest scandal to engulf it is the horrific allegations of sexual abuse by priests altar boys. For a church already losing hundreds, if not thousands, of believers each year, this was the last thing it needed. According to the *New York Post*, some priests have even expressed concern about wearing their clerical collars in public, to avoid being shunned.

Thomas Plante, a professor of psychology at Stanford University in Palo Alto, California, and author of the book *Bless Me Father For I Have Sinned*, reports that five per cent of priests have reported sexual experiences with minors, 90 per cent of which involve young boys.

And the Church's reaction to the scandal once again reinforces the increasingly obvious fact that the Church is simply not in touch with modern times, or even reality for that matter. In a CNN/USA Today/Gallup poll published last week, 72 per cent of respondents felt that the Church was not handling the current scandal well. Recently, the Bishop of Dallas was interviewed on PBS and was asked why the church had tried to handle the problem on its own.

"It tried to handle it as a Church," he said, pointing to our Christian belief in forgiveness and

rehabilitation. Now though, it claims it is dealing with the problem by turning it over to the proper authorities, who are better equipped to deal with problems such as these.

I don't doubt the Bishop's commitment to his calling, and it must be said that not all priests are sexual beasts who prey on little altar boys for sexual gratification. Many are fine, upstanding members of the community who have dedicated their lives to God and their fellow man.

But one would have thought that after the first sexual abuse lawsuit was filed against the U.S. branch of the Church in 1985 that they would have at least learned how to handle the situation better from a public relations angle, instead of waffling and shuffling their feet.

So what did the supposedly enlightened minds in the Vatican decide to do in the midst of this scandal? Well, go after gays of course. As reported in a recent *Globe and Mail* story, the Vatican is re-stating its hard-line stance against homosexuality.

This glaring irony is not lost on many Catholics, considering that the Church is ready, willing and able to pump up the anti-gay rhetoric and condemn this form of sexual deviancy (as the Church authorities see it) while seemingly condoning a very obvious sexually-depraved act, the sexual molestation of children.

Actions speak louder than words. In one instance, the Church is condemning relationships between two consenting adults of the same sex. (It is interesting to note, as an aside, that Plante predicts that more than 50 per cent of priests entering the priesthood may be gay).

In the other, in order to protect its own, the Church moved many pervert priests from parish to parish, spreading the problem around, multiplying the number of little victims and lost souls who will never again get their innocence back or be able to trust anyone.

The Church cared more for its public image than for the souls of the victims, which goes totally against Christ's teachings to comfort the afflicted.

Whether you approve of homosexuality or not, there is no denying that it is between two people who want to engage in that type of lifestyle. That is their decision. No five year old child ever asks to be raped by a wizened old priest.

What will it take for the one Holy, Catholic and Apostolic Church, the supposed One True Faith, to finally get its act together?

How many more allegations have to be leveled against clergy for the hierarchy to realize that there is not only a crisis in its priestly ranks, but a crisis in the hearts and minds of the faithful?

The Catholics of the world are looking for spiritual guidance and are not finding it readily available in the Mother Church, which seems more preoccupied in quietly dealing with out-of-court settlements, taking on the supposed "anti-family gay agenda," and converting the heathens than in helping people towards salvation.

Look at how long it took the Church to acknowledge that the world was round and that, whoops, that Copernicus fellow was right after all. I wouldn't hold my breath on the Church getting off of its high horse any time soon.

This past Friday, Good Friday, the most sacred day for all Christians worldwide, I sat and took solace in the sacrifice Jesus made on the cross for me. For no matter how tortured I am in my own faith these days, it does not compare to His suffering on the cross at Calvary. When He died, He died for my sins, and yes, even the sins of those wayward priests in Boston. Now that is one heavy burden to bear.



Another one bites the dust



Brett Clarkson

of my choices for those likely to administer their own way to the afterlife.

This one's in bad taste, but if Theo Fleury doesn't watch out he could very well end up the next John Kordic. Then again, Fleury has a fighting spirit which seems to indicate he doesn't give up easy.

Dick Cheney has got a heart like the engine of an overused 1985 Dodge van. It stops and starts when it wants to. And with the ongoing stress of the War Against Terrorism, not to mention the Vice President's dealings with Enron during the writing of the Administration's energy policy, it stands to reason that Cheney has a lot to be concerned about. Let's hope the stress doesn't get to the old war monger.

Ronald Reagan, poor guy. His health is in rougher shape than the "nation" of Afghanistan. Another ex-prez who could stop breathing soon is Gerald Ford.

Put John Gotti on your list as well. Just goes to show that no amount of pin-striped goomba security guards can ward off the worst of hitmen, the big C. His demise will come within weeks. You heard it here first.

Oh yeah, who could forget Saddam Hussein? Trust me, you may think all this talk about invading Iraq is hot air, but think again. The invasion will happen, and sooner rather than later. Rumours are already circling about September being the possible jumping off point, but that's beside the point. The Butcher of Baghdad's days are numbered, and he knows it. Add him to the list.

But enough about that. Send in your 2002 Dead Pool suggestions to humberetc@hotmail.com.

Do you have something to say? Write to the Et Cetera at: humberetc@hotmail.com For verification purposes, all letters must include full name, phone number and address. We reserve the right to edit for space and clarity.

The expiration of the Queen Mum - God rest her soul - raises an important question. Who is going to die next?

Who will be next to lie down among the worms for an eternal dirt nap?

Gentlemen, lay down your bets. The year is well underway so it's rather overdue that we examine the candidates for the 2002 Dead Pool.

Yasser Arafat may be at the top of your heap for those likely to kick off soon, but don't hold your breath. Mr. Arafat may be penned up in his Ramallah compound like a barnyard animal, but so what? Trust me, this elusive cat has more than nine lives and his ability to dodge death is positively bin Ladenesque. He is the Keith Richards of Mideast politics.

The Pope tops my list of those about to shuffle off this mortal coil, and for good reason. The brother is going to die very soon. Seriously, when was the last time you heard about the geezer without hearing the terms "frail" or "concerns for his health"? He is just not going to last - especially with his rigorous schedule, which brings the 81-year-old pontiff to Toronto this summer. And if the city's weather is anything like last summer, the air alone will collapse his shrivelled lungs.

Another on my list - and it seems a rather distant possibility - is Mike Tyson. Think about it. Best case scenario, he loses to Lennox Lewis on their June 8 fight and ends up in a wallowing descent of self-pity and self-reflection on a wasted career. Worst case scenario, he snaps in the ring and actually does somehow eat Lewis' children (if not some other body part). Either way, Tyson is one

In Focus etc.

Escaping to paradise

By IVETTE MONTILLA

It was a damp yet beautiful night as we approached the Caribbean paradise of Punta Cana. The full moon was bright and glowing like a welcome sign and the stars shone brilliantly in the black sky, daring us to count them.

We landed in the Dominican Republic in the midst of a tropical storm, an inauspicious start to our vacation. The heavy showers lasted for as long as it took us to walk from the terminal to the bus that would carry us to our hotel in Bavaro.

As the bus travelled along makeshift roads, salty air ruffled the palm trees.

Abruptly, merengue music blasted throughout the entire bus while our guide explained in his broken English the dangers of this tropical land, where the simplest thing can either kill you or at least make you pretty ill.

"Please don't drink the water," he repeated, at least 10 times.

Just before midnight we reached the hotel, located in a part of Bavaro called Cabeza de Toro (Head of the Bull), situated between jungle and a stunning beachfront.

Decorated with typical Spanish and Latin elements the lobby displayed vibrant paintings, gigantic water vases and a huge blue iron chandelier hung above an enormous arrangement of wild flowers.

Discovering the Dominican Republic turned out to be a pleasant adventure. The island, southeast of Cuba, has an amazing history, striking sites, fascinating art and friendly locals. It's also the birthplace of merengue music and many famous baseball players such as Toronto Blue Jay outfielder Raul Mondesi and the legendary Tony Fernandez.

In the last decade, the island's tourism industry has grown and so has Punta Cana. Charter flights can be booked from almost every major city in Canada and the U.S., making travel a lot easier.

All-inclusive packages are usually the best way to go, but make sure the package includes all taxes and tips, alcoholic drinks and sports. Paying one price for an entire vacation can save you a lot of hassles.

Packages start at \$1,000 and up, depending on the hotel and the time of the reservation.

The hotel rooms are generally simple; consider yourself lucky if you get an ocean view. We were lucky.

Ours, despite its simplicity, was equipped with the essentials: cable television, private bath, telephone, air conditioning and safety box.

The food is usually good for the adventurous, and the seafood is always fresh. Otherwise, most all-inclusive resorts have introduced theme nights and

special meals to vary their menus to ward off the monotony of dining in the same restaurant night after night.

One thing to remember is to eat well-cooked meats in moderation. Keep in mind that you don't need to devour the whole buffet in one day or combine all the flavours at once.

After two days of over-eating and drinking cocktails, my husband felt ill with shivers and stomach pain. The hotel's doctor, a Dominican practitioner who spoke German, English, French and Spanish, diagnosed dehydration.

With all the activities and eating, he had failed to drink enough fluids and was now paying the price. Six pills and two days later, he was back on track and we continued our vacation.

The beauty of Punta Cana is that you can be happy relaxing and doing nothing, or you can get out and participate in the sports and tours offered. Some activities included in the packages are non-motorized sports such as kayaking, volleyball, aerobics, tennis, horseback riding, snorkeling and catamaran.

But others are worth paying for.

If you want to discover the treasures of the island, trips to cities like Santo Domingo and La Romana, safari and whale watching tours are available for \$30 to \$100 depending upon the tour.

Santo Domingo's combination of culture and history is a great attraction. There, you can see the Western Hemisphere's first cathedral, monastery, hospital, university and court of law. It's a city that unites modern sophistication and old-world charm.

For a couple of days we lay by the white sandy beach, letting the sun warm our pale skin, enjoying the beautiful refuge. The people, incredibly kind and eager to please, sang to merengue and salsa rhythms while they worked.

The only breaks from our peaceful sun bathing were the voices of beach vendors offering jewelry and souvenirs.

In the evenings, a big poolside stage served as an amphitheatre for music and dance performances by young local entertainers while merchants peddled paintings, jewelry and wooden art.

The local art showed history's strong influence. Figures of women carrying fruit are carved from wood and volcanic rock by Dominican sculptors.

One of the activities we enjoyed most was a sunset horseback ride. For those who like horses, this is an amazing two-hour ride along a deserted beach. The view is breathtaking and if your guide is nice enough, he will stop for a beer or two.

And that you can drink. The water, no. But the beer, definitely.

A colourful past

First discovered by Christopher Columbus in 1492, the island, which received the name of Hispaniola, was inhabited by the Taino Indians. The Taino – a friendly and peaceful tribe – welcomed Columbus and his crew with open arms.

A year later, fascinated by the richness of the land, the first colony had settled on the northern coast, a perfect location for the exportation of gold.

However, as the time passed, relations between the Taino and the colony deteriorated and the once-peaceful Indians attempted unsuccessfully to rebel. In response to the Taino revolt, the colony's governor, Nicolas de Ovando, decided to kill the Taino leaders and domesticate the remaining tribe members.

History has it that Ovando asked a respected Taino princess to arrange a welcome feast for the governor and when the Indian chiefs gathered in a house for the celebration, the governor ordered soldiers to set the house ablaze. Those who escaped were later tortured and killed, including the princess.

Enslaved by the Spanish colony, the surviving tribe members, who were not accustomed to hard labour, began dying from fatigue, starvation and disease.

In 1518, the Taino's declining population forced the Spaniards to import African slaves to labour for the remaining gold.

Hundreds of years later, French buccaneers took advantage of the lack of colonial government on the island and tried to settle on the northwest coast. For the next three

decades, Spain and France remained at war until Spain gave up the coast in 1697.

In 1765, authorized trade between the Caribbean, Spanish ports and Spanish America was implemented and the island's population began to flourish.

By this time, the colony on the island's west coast became the most productive in the western hemisphere. In 1791, inspired by the French Revolution, the slaves rebelled and slavery was abolished.

In 1797 Spain surrendered the entire island to the French government and in 1804 Haiti became its own country.

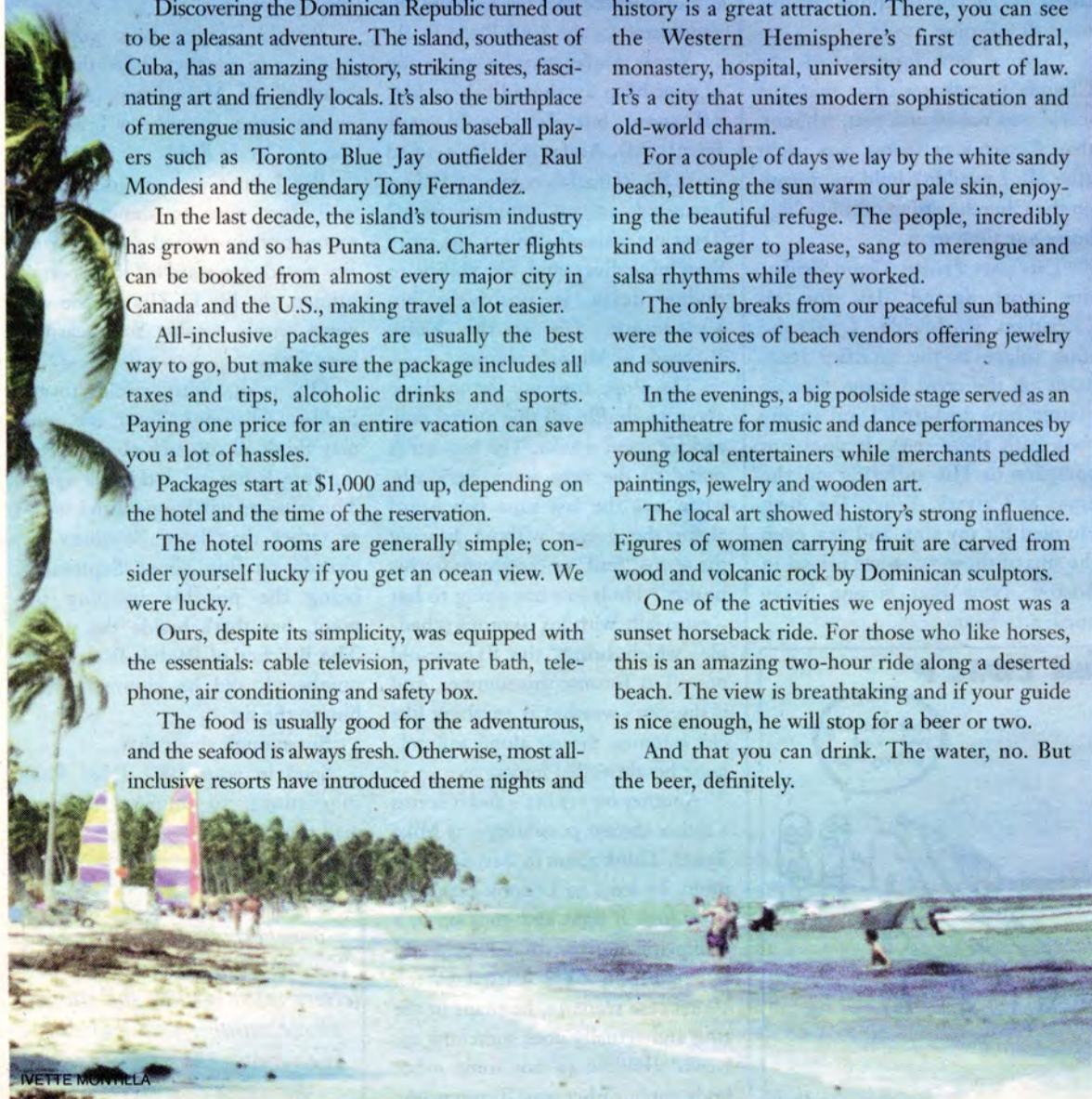
However, 18 years later, the Haitians gained control of the entire island. Twenty-two years passed before the Dominican hero Juan Pablo Duarte seized the fortress Ozama, forcing all Haitian officials off the island.

The Dominican Republic was established on Feb. 27, 1844, a date that Dominicans around the world celebrate as Independence Day.

Economic difficulties led to a U.S. occupation that lasted eight years until 1924, when a democratic government was elected.

But in 1930, Rafael Trujillo, known as one of the cruellest dictators in history, began his 30 year rule until he was killed in a military coup d'état when Americans returned to the island to establish peace.

The Dominican Republic has lived in democracy since 1996 and today it's one of the most visited places in the Caribbean.



On Campus etc.

Candidates responsible for cleaning up the mess

By JAMIE KRISPIS

About 7,000 campaign posters have been taken down around Humber, and the candidates from the recent HSF elections want to assure students the paper was recycled.

Annabella Lopes, who ran a successful campaign for North Campus' vice-president of administration, said she recycled all of her 400 campaign posters.

"It is important that students know all my posters were recycled, because I do think about the environment," Lopes said.

Adam Hackett, who ran for HSF president, posted 600 to 700 campaign posters around the campus and said he recycled all of them.

"I'm environmentally conscious about the implications my posters have on the environment," Hackett said. "So I took the initiative to recycle and the flyers were all on recycled paper."

Each candidate was allowed to spend up to \$300 on campaigning. The money was to come from their own pockets, but the losing candidate receives a third of the money back. Most of the money often goes toward campaign posters.

However, outgoing HSF president John Pulla said candidates should focus campaigns on meeting and talking to their fellow students instead of concentrating so much on posters.

"There is no need to waste so much paper when the candidates



Candidates say HSF election campaigns were environmentally-conscious since all posters were recycled

could easily be talking to students about their concerns for Humber," he said. While campaigning last year, Pulla only pasted a few small

flyers around the school.

This year, posters were to be taken down the day after the elections.

Pulla was concerned about the environmental impact, so he hired a student from the work-study program to pick up extras for recycling.

International students celebrate graduation early



Sean Thompson and Leah Boyez help themselves at Spring Dinner

By IVETTE MONTILLA-HOOKONG

More than 200 students from 63 countries gathered at the Seventh Semester last Tuesday to celebrate the end of the academic year at the Spring Dinner 2002 celebration sponsored by Humber's International Centre this week.

"We wanted international students to finish the year on a festive

note and also recognize those who achieved extraordinary success," said Judy Harvey, dean of Student Services. "The event was a hit, attendance was very high and the students seemed to have lots of fun."

Mike Kopinak, manager of the International Student Services and the celebration's master of ceremonies, said he was very satisfied with the event's turnout.

"It was the first time we've done

an event of this magnitude and we are pleased with the results," he said.

Yu Liu, a Chinese student in the English program, said she enjoyed the dinner and won a prize.

As the night progressed, students enjoyed each other's company, sharing their experiences at the college and in Canada.

"I met lots of students who came from many countries and became good friends with them," Liu said.

The International Centre honoured students who achieved grades over 90 per cent with letters from the Student Services dean and \$25 gift certificates for Humber's bookstore. Over 130 students who achieved between 80 to 90 per cent received a letter and a \$15 gift certificate.

Students Maria Elena Abraham, Frans Yuwono, He Zongyi, Maria Freschi and Donna Lisa Mackenzie were among those who achieved 90 per cent or higher.

Just two months short of their graduation day, these future graduates got to wear gowns and celebrate the successful completion of their programs.

"For those who will be returning to their countries in May and will not have the chance to attend to their graduation party, this was a nice gesture," Kopinak said.

New learning partnership brings OPP to Humber

By JESSE KOHL

Police officials met with Humber staff and students at the North Campus last Tuesday to launch a five-year learning partnership.

Officials from the Ontario Provincial Police (OPP) and the Greater Toronto Region (GTR) signed an agreement that will bring police and students together to develop new partnership programs, seminars and other learning solutions.

"The two organizations share a commitment to quality training and education for OPP staff and Humber Police Foundations students as it contributes to enhanced policing and society," said William Currie, an OPP

deputy commissioner.

The alliance will also include new ways for the OPP to recruit directly from Humber's Police Foundations program.

"This agreement is of mutual benefit to Humber's academic programming and the officer training requirements of the OPP," said Humber president Robert Gordon.

"This partnership speaks to the OPP's commitment to a life-long learning environment for its personnel," he said.

"The fact that the OPP is looking at ways to recruit directly from Humber is a tribute to the quality of our Police Foundations program."

The learning partnership will begin in Fall 2002.



President Gordon and OPP commander Peter Burns join forces

HSF upgrades Humber's constitution

By PATRICIA A. CARVACHO

The Humber Students' Federation has made some changes and additions to its constitution, but why should students care?

Posters have been pasted around the college describing the constitutional amendments, indicating the HSF wants to make itself more

accountable to the student population.

One amendment was made to ensure HSF members are in fact eligible for their positions. Prospective candidates are required to have a minimum grade average of 65 per cent, but in the past, this fact was only checked upon completion of the nomination package.

Now the grades will be checked two months later to ensure that no one gets in who doesn't meet the criteria.

The voting rights of the president and vice-presidents have also been changed. Previously, executive members, like the president, had the right to enter any committee, whether or not the board had appointed them to

that committee, and vote on issues.

"Although the president still maintains the right to be an ex-officio member he's not going to have the right to vote," said Adam Hackett, vice president of administration for North Campus. "He or she might never have gone to any of the meetings and still come in and vote when he's not aware of what's going on. We've taken ourselves out of a situation where there's opportunity for bias judgments."

The greatest changes are those concerning the Board of Directors. Directors will now be required to attend all monthly meetings for at least two-thirds of the meeting or until 9:30 p.m. This way HSF ensures that directors are aware of what's going on within the organization and are equipped to make appropriate decisions.

"The purpose of a director is to represent their school," Hackett said. "If they're not coming to the meetings and making any effort then they're not doing the job that we asked them to be responsible for."

Director of Applied Technology Anabella Lopes admits this has been a problem in the past.

"Directors were coming in, signing in their attendance in the beginning . . . (then getting) up and leav-

ing)," she said. "We didn't think this was fair for the students or for the board."

Additions have also been made to the constitution.

Lopes has started a committee to improve communication between students and their representatives.

Directors will now report not only to HSF, but to the students they represent. It is their responsibility to find out what it is students want and communicate those needs and concerns to HSF.

The new wording of Article 26.1 makes it mandatory for at least one VP to be involved in the hiring of personnel outside of HSF, which is meant to balance the decision-making power of the president and business manager. The old wording made it seem that the VPs did not need to be involved, putting too much power in too few hands.

"Students' needs are finally being represented within the organization," Hackett said.

"The big quarrel with HSF has always been, 'What do you do for me?' Well, before we can go out and fight for you externally we have to make sure that we have a very strong internal core, which I think we've established this year with these new constitutional amendments."

Opportunities in the 'ad game'

By MITANJALI SOLOMON

Slave labour. That's how Gord Byers describes his field of work.

Byers is the president of Canada's leading advertising agency, MacLaren and McCann. He was at Humber last week talking to advertising students about opportunities in the "ad game."

"Advertising is basically a relationship business," said Byers. "Your client is king."

Talking about why people choose to get into advertising, Byers focused on what an advertising individual should be like.

"He or she should have a strategy for marketing, a person who is creative, flexible, likes challenges and above all can handle stress," Byers said.

The company was developed 78 years ago by Jack MacLaren and some clients include General Motors, Coke, Rogers and World Bank. The agency has held the GM account since its inception.

MacLaren and McCann train people all over the world. "We spend a lot of money on training and in that way are different from other Canadian agencies," said Byers.

Byers said that the creative sector is the most lucrative and where most of the money is. Other options include media, accounts and research.

Byers' visit to Humber was part of a series of talks held by leading people in the advertising world.

"The talk has been organized to show the students that there is something else other than what they are studying," said Ray Fry, a

teacher in the advertising department and a colleague of Byers.

MacLaren and McCann does offer internships to students.

"We are always looking for good people who are business driven," Byers said.

Nadia Comte, a second year advertising student, was extremely impressed with Byers and the information he offered.

"He's one of the top people," she said. "Since I'm in second year, it helps to know the industry and the jobs available."

Asked if she would apply for an internship at the agency, she replied: "If they have a part that specifies in design - sure. That's what I'm interested in."

Award winner focuses on past

By AKUA HINDS

With Humber's Student Appreciation Awards scheduled for next Tuesday, April 9, Et Cetera presents a profile of a past winner. Next week's event will have an Arabian theme and will once again honour students and staff who have been nominated by members of the Humber community.

One Student Appreciation Award went to Dalcyce Newby, Humber's Student Advisor and Intercultural consultant for Student Services, in 1999.

Newby said she was nominated because of her dedication. She was working at the College morning, noon, and night, even on weekends.

"Up until two or three years ago, I think I was the only person really doing this job," Newby said. "Until they brought other people in, I was the one dealing primarily with the students, plus dealing with diversity issues, and had a lot of interactions with the student government and with the general student population."

On top of her duties at Humber, Newby was writing a book.

"I started off in my spare time, and at that time I was the only person in the office," Newby said. "I was spending a lot of time here, and working on these other projects."

Her book *Anderson Ruffin Abbott, First Afro-Canadian Doctor*, was published in 1998.

Born in Toronto and raised in Chatham, Newby is a seventh generation Canadian, and Abbott's name was not unfamiliar. She'd heard about Abbott's accomplishments as a young woman and added his name to her mental list of Canadian Blacks who had contributed to Canadian society.

Although Newby had been involved in two other publications (manuals) produced for faculty members about increasing diversity within the student population in colleges and universities, this was her first attempt at a full-scale book.

"When you agree to do it, you're thinking that I can do this, no problem," Newby said. "But it's a long process. And just trying to keep yourself motivated is the hardest thing."

It took Newby roughly three to four years to complete the book.

Now Newby is also involved in Civil War re-enactments which take place every year

in the United States and Canada. Newby's paternal great-grandfather and two of her maternal great-great uncles fought in the United States Civil War.

Because of her book and her ancestral connection with the war, the American Civil War Historical Re-enactment Society asked Newby to become a member. Now she delivers speeches to schools and participates in re-enactments around North America.

Through all of her work outside of Humber, Newby is still very much involved in the school.

Although she has more colleagues working with her in the International Students Office, Newby still stays late in the evenings and sometimes comes in on weekends.



Dalcyce Newby re-enacts a Civil War scene



Advertising guru, Gord Byers



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Health etc.

Terminally ill patients should die naturally: Pope

By CHRISSIE O'BRIEN

During a speech to doctors late last month at a congress on gastroenterology – the study of diseases of the stomach and intestines – Pope John Paul II said that it was disrespectful of the medical system to prolong the lives of those suffering from terminal illness.

Shannon Camire of Ottawa said the palliative care system that supported her father before he died of cancer was in line with the Pope's message.

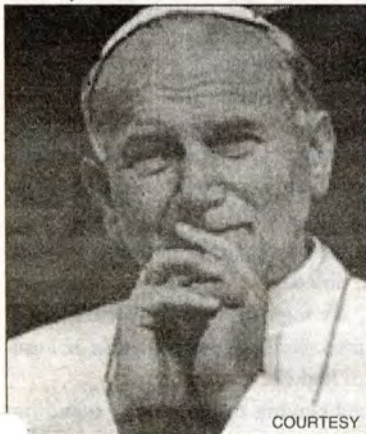
"There's no heroic measure there to save someone's life. (The patient is) there to be comfortable," Camire said.

Licensed practical nurse Chris Coles, who is currently enrolled in the Registered Practical Nursing program, agreed with Camire.

"There is a difference between long-term care and palliative care," she said.

"Long-term care is care that would be ongoing like for a cancer patient, whereas palliative care is about making the last days comfortable when there is nothing more that the medical profession can do."

According to Camire, after doctors had exhausted their options, the staff at the Brier Centre, where her father stayed, supported him emotionally.



Pope John Paul II

Camire said Stephan, her father's nurse, showed great compassion to her father, which transferred to her mother when he died.

"Two days before my dad died, Stephan was working. He was so sad that he had tears in his eyes," Camire said.

The Pope has spoken out against extended medical care for the terminally ill, acknowledging in a state-



The Pope urges doctors not to extend the lives of terminal patients.

ment that the natural limits of life should not be extended by medicine.

"There are limits which cannot be humanly overcome," the Pontiff said.

In the last decade, an increasing number of hospitals have been equipped with palliative care wards.

According to Health Canada's Web site, palliative care in Canada began in 1974 as a pilot facility with the St. Boniface Palliative Care Unit in Winnipeg, Manitoba.

In 1975, Montréal's Royal Victoria Hospital opened a palliative care unit demonstrating that a general hospital could provide the required services.

Nurses, doctors and volunteers in these wards ease patients and their families through the difficult circumstances leading to death.

"Palliative care is not trying to prolong life. If they're dying they're dying," said Kayh Linger, executive director of Hospice Newmarket.

The Hospice movement has grown with Canada's palliative care system, and the care of terminal patients isn't only about waiting for death.

"We're getting away from the terminology of terminal illness and using life-threatening illness, because some of our clients may be cured. There's hope for some of them," Linger said. "Another term that palliative care uses a lot is end-of-life care."

Religion plays a large part in palliative care. At a very difficult time, many people turn not only to the medical world, but to the spiritual world, for answers.

"Religion helps calm people who are dying and helps them think that they haven't been here for nothing," Coles said.

For Camire, the strong Catholic presence at the Brier Centre was a great comfort not only so her father could make peace before he died, but so her family could do the same.

"It's nice not to talk to a doctor or a family member," Camire added. "They (priests and nuns) comfort you just by listening."

The Vatican has said that terminally ill patients should be kept pain-free but should not undergo any excessive medical treatment to "cure" their illness.

This concept is taken into consideration in the Hospice and palliative care agenda.

The worlds of religion and medicine are actually very similar when it comes to the end of life.

"The medical community is trying to help while we can help," Coles said.

"But once the doctor comes into the room and says there's nothing more we can do, we support the patient and the family."



Licensed nurse, Chris Coles.

Long live the Queen Mum

The Queen Mother's passing last Saturday at the ripe old age of 101 has started us all thinking about the longevity of life.

These online resources may help you match the long life of the Queen Mum.

- *The Longevity Strategy: How to Live to 100 Using the Brain-Body Connection* by Dr. David Mahoney and Dr. Richard Restak, M.D. (February 1998.) Readers are advised to use planning and positive mental processes in order to become centenarians. Mahoney and Restak delineate 31 steps to keep your brain sharp and active.

www.atthelomax.com/datatree/100/122000/122158.html

- Scientists at the University of Kentucky have found that brain chemicals called neurotransmitters are damaged by smoke, alcohol, pollution, high fat diets, stress, unhappiness and lack of exercise, and can be repaired, thus improving the chances of life past 100.

- It's all in what you eat! Healthy eating can contribute to a long life, according to this site. Scientists make a direct correlation between diet and longevity

- According to Dr. Stanley Bass, it's what you don't eat! Excessive food consumption is also not advisable if you want to live past the century mark. Eat

only what is necessary and of course always eat healthy.

- A key to long life is keeping the mind active. Just as the body needs exercise, the mind also needs a mental workout; newspapers, group discussions, art, music and crossword puzzles will help.

- A positive outlook is also important to having a long life. According to this site, the good attitudes that we learn in childhood will carry us into a long life.

- Take this quiz that outlines the things you need to think about to live to 100.

- C.O'B.



The Queen Mum, 1900-2002.

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Entertainment etc.

MOVIE REVIEW

Death to Smoochy

By CAROLYN BARRY

If Barney the big purple dinosaur evolved into a new-age reptile, what would the outcome be? Probably a hot pink rhino named Smoochy.

A lovable character, Smoochy is somewhat different from what many of us grew up with on Sesame Street or The Muppets Show. This Rhino dances, plays guitar and sings songs about "real" issues, including step-dads.

In the new film *Death to Smoochy*, directed by Danny DeVito, set in the devilish world of New York, Smoochy a.k.a Sheldon Mopes (Edward Norton) is the new lovable kids' idol to follow the failed Rainbow Randolph (Robin Williams) after his affairs with booze and bribery catch up with him.

The Kidnet network's president (Jon Stewart) and programming executive (Catherine Keener) must come up with a new squeaky-clean kids' character fast since scandals don't work well in the world of kids programming. Enter Smoochy the Rhino. He plays by the rules, no matter how unrealistic his bosses may find them.

Smoochy is a beloved rhino by all, except of course Randolph. Convinced that Mopes has stolen everything that he once had, the billboard in Times Square, the cool corporate penthouse, his time slot, even the girl he loved, Randolph attempts to tarnish Mopes' immaculate image.

The plot would be boring if it revolved solely on Mopes versus Randolph. That's where Burke Bennett (Danny DeVito), agent to child-stars comes in. Mix in an Irish mob and a boxer who has been in the ring one too many rounds, entwine a love story, thrills and laughs, and you have *Death to Smoochy*.

Fans of dark comedy will enjoy this dino flick. *Death to Smoochy* is in theatres now.



KEVIN RABJOHN

Dismemberment Plan sell out to stay together

By SEAMUS ATKINSON
and KEVIN RABJOHN

Washington D.C.'s Dismemberment Plan sold out on March 19 at the Reverb, and no one at the show seemed to have a problem with it.

"I think sell-out is just a bully phrase that people can use to make other people feel bad," said lead man Travis Morrison. "I don't think people really know what it means."

Dismemberment Plan is also comprised of Joe Easley on drums, Eric Axelson on bass and keyboard and Jason Caddell on guitar and keyboard, who are certainly qualified to voice their opinions on the subject after their major label experience several years ago with Interscope.

Before signing to the label, the band was having a tough time making ends meet.

"Corporate money saved the band," Morrison said.

"Our van was literally falling apart, we were in a lot of debt, we were about to be in a lot more debt, and we needed the cash.

"We signed to Interscope because it was interesting," he continued, giving another reason for the band inking a contract with a major label.

"At the time Interscope had (Drive Like) Jehu, Dr. Dre and Primus. That's more interesting than any indie label that I can think of."

Once indie-kids themselves, the band put out two albums on Desoto Records, a small independent label in Washington D.C.

These two albums, *!* and *Is Terrified*, laid the groundwork for their fan base and landed them at Interscope where they recorded their break-

through *Emergency and I*.

"*Emergency and I* wouldn't have sounded as good as it did (without Interscope's money)," Morrison said. "(The amount of money spent) certainly was a mind boggling sum by what we were used to."

Although the album was recorded while the Plan was with Interscope, it was not released until 1999 on Desoto.

The Plan had been dropped from Interscope's roster after the company merged with Geffen and A&M in 1998.

The band is currently touring for their latest album *Change*, also released on Desoto.

The tour, entitled "Death and Dismemberment Tour" features opening act Cex with Dismemberment Plan and Death Cab for Cutie co-headlining.

Cex, an electronic artist out of Baltimore, Maryland, opened the show with a hip-hop set that was lost on the indie rock crowd. He ended up playing to a few who appreciated his solid microphone skills and showmanship.

Death Cab For Cutie, a punk outfit from Bellingham, Washington, played an extremely talented yet subdued set that built the anticipation for the arrival of the Plan.

Unfortunately Death Cab were plagued by a poor vocal mix, lessening the effect of some of their songs.

Dismemberment Plan stepped onstage to a welcoming cheer from the audience and immediately launched into one of their catchiest tunes "What Do You Want Me To Say."

Their set featured 18 songs from all four of

their albums but concentrated mainly on the latest two.

The crowd really started getting into the show when the band played "Girl O'clock," another *Emergency and I* track that allows the lyrically gifted Morrison to spastically ramble about his bad luck in love over a funky beat supplied by the band's rhythm section, Axelson and Easley.

The middle of the set was reserved for groove-oriented songs, getting the crowd dancing and singing along. "Dismemberment Plan Gets Rich," a b-side, was played along with *Change* tracks "Other Side" and "Ellen and Ben."

But the show's climax definitely came during the usual set closer "OK Joke's Over" when members of Death Cab For Cutie and Cex snuck onstage armed with an oversized stuffed lizard.

At first the lizard danced harmlessly with bassist Axelson, aided by Cex, but was promptly disembowelled, its foam innards thrown around the stage and into the audience, making it look like a snowstorm had hit.

Cex continued playing to the crowd, spending several minutes uselessly trying to stuff the lizard insides back and revive it with mouth-to-mouth resuscitation. The song ended with over ten minutes of resounding applause and calls for an encore.

The encore consisted of a request and "Onward Fat Girl" a punk song from their first album that brought the show to a crashing and tumultuous halt.

After an hour and a half they walked off stage having given a fine performance. Makes you wish all bands would sell out like this.



Sugarcult keep it sweet

By JAMES ROSE

Where does inspiration thrive? In the mind, body or soul? For Sugarcult lead singer and guitarist Tim Pagnotta, inspiration lives in Santa Barbara, California, across the street from him. A house of seven lesbians known as "Sugar Cult," gave the band their name.

Pagnotta is joined by Marko 72 on lead guitar, Airin on bass, and Ben Davis on drums.

"It's futile to try and label the kind of music you do," Marko said. "We're just Sugarcult and everyone's invited," he added.

At first the guys were a little surprised by their success.

"It changed my entire life. It turned something that's a fantasy into a reality," said Pagnotta. "It's like being a professional race car driver and then in three years you win the Daytona."

Pagnotta is extremely grateful for his success, as Sugarcult is his first

band. Marko, on the other hand, feels fortunate to be part of a group with whom he has really bonded.

"I toured in different bands, so I was looking for something with the same work ethic," Marko said. "It took me about five years to find it with Sugarcult, so I'm stoked."

Marko made sure to point out that starting a band isn't as easy as it looks.

"It really weeds out the people who are weak," he said. "I can't imagine anyone doing this if you weren't 100 per cent in with it."

Marko has gained some of his knowledge of the music industry through working in record stores, and the rest by being an educated music fan himself.

"This whole new sound came around with bands like At The Drive-in and Refused, the music takes elements of D.C. bands like Fugazi and L.A. bands like Black Flag," Marko said. "It's called math-rock."

Mark Trombino, who played drums in the band drivebyjehu, produced Sugarcult – which the band calls an unreal experience.

"He's a really respected person who has done some work that can't be denied. But when you're hanging out with him it's like you're hanging out with your bro," Marko said. "He brings things out in you that you thought you never had."

Sugarcult's debut album, *Start Static* was released in August 2001 and their first single "Stuck in America" is still being played on MTV2, MTVX, and *MuchMusic USA*.

"Stuck in America" and "Bouncing off the Walls" are both featured in the new National Lampoon movie *Van Wilder* which hits theatres tomorrow.

"Nothing is funnier than *Animal House*," said Marko. "It's something we grew up with our whole life. I'm 29 now and I'm laughing at something that is geared for college kids."

"I had a dream of Tara Reid last night," added Airin.

Although they haven't been able to get their sound to Canada yet, they have been hounding their label about it.

"Unfortunately there are a lot of politics, so for now, shop online or burn it off the Internet," Marko said. "We want to do this worldwide – everybody brings us great stories from over there, so we can't wait to get to Canada... eh?"



Sugarcult, with Airin on bass (above) and Marko 72 on guitar (right), look forward to performing in Canada.



CD REVIEWS



Jordy Birch
Jordy Birch's Funmachine
By ASHLEY KULP

Welcome to the Funmachine. I can tell you from personal experience, it really isn't that fun.

Jordy Birch, former frontman of the Canadian group Pure, goes solo with his first album, *Jordy Birch's Funmachine*.

I tried to be open to this CD, but having heard its first single, the annoyingly overplayed anthem "Moola Moola," it was hard not to have preconceived notions.

Birch tries his hand at so many different musical types that it causes the album to suffer. On the entire CD, Birch manages to sample reggae, electronica and blues.

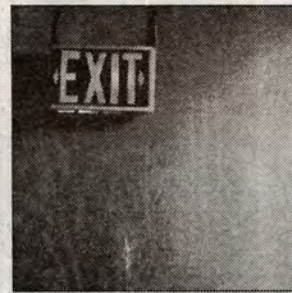
For instance, "Built to Be Blonde" has a bluesy-pop sound that comes across like an electronica version of Big Sugar, while "Kitten Soft" sounds like Birch is attempting to strain his voice to sound like Perry Farrell.

Great albums are great because the songs have flow and good transition. This album does not.

Redemption comes with the ballad "Beatrice," about a lost family member, and "Astronette," Birch's attempt at indie rock.

Birch would have had better success sticking to pop. It's a good attempt, but not a solid one.

Better luck at making more moola next time around.



k-os
EXIT
By RYAN PAXTON

Just one question: What took so long?

Since breaking onto the scene in 1993 with his single "Musical Essence," k-os has been teasing the starving Canadian hip-hop crowd by releasing a couple of tracks here and there and guest spots with established Canadian groups such as The Rascalz.

Now, after nine long years, he has released his debut album, *EXIT*. Apparently, like a fine wine, a superb record takes time. The only problem with this CD is trying to stuff its greatness into one genre. It's your quintessential hip-hop/soul/R&B/reggae/alternative album – I don't recall seeing that section last time I was at HMV.

Nevertheless, it's all put together beautifully. k-os can rock the mic with the likes of Mos Def, but he can sing incredibly well too. With one-third of the 12 tracks devoid of any hip-hop and most of the others including at least a few bars of his melodic voice.

Despite the obvious crossover capabilities of every track, k-os manages to keep it real on the hip-hop tip.

With this album alone, k-os has established himself as one of, if not the single, strongest presence on the Canadian hip-hop scene.

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HOT SPOT

Be prepared to suck at Tonic Night club



ANNA ROZBICKA

Tonic serves up some of the freshest meat on the singles' scene.

By ANNA ROZBICKA

A girl stands at the bar waiting to get the bartender's attention. She is sandwiched between a group of giggly blondes in various stages of undress and two couples. She feels someone's butt rub up against her own.

It's the guy from couple number one. An accident, she thinks, the club is really packed. She feels it again. Twice a coincidence?

By the third rub she looks over at the male in question and he gives her a sleazy smile and wink, his arm around his date.

And the girl rolls her eyes, gets her drink and sets out for the dance floor.

Tonic Nightclub was recently voted best pickup bar in Toronto by *eye Magazine*. It's no surprise. The place is full of beautiful people out to get noticed.

The club re-launched their Friday night party last week, with the help of Mass Appeal Entertainment, the club promotion gurus who have worked with clubs like Government (promoting their Friday nights for four years), Fluid and Turbo. Now they've focused on Friday nights at Tonic.

"We expect a thousand people every week," said Neil Forester, promotional director for Mass Appeal. "A good young, yet mature, college crowd. It's a really good, laid-back atmosphere."

The club has two rooms, the main room and a smaller lounge area. Mass Appeal brought in their DJ, Baby Yu, who performs across Canada spinning mostly hip-hop, R&B, house and some Top 40.

The club has televisions suspended from the ceiling that flash different patterns and words to the beat of the music.

There's a large area with couches on one side that overlooks the dance floor and another tucked away in a back corner.

If at any point you feel like your hair is wilting or you're starting to stink, head to the washrooms where a woman sits with a collection of hair products and perfume for a small fee. She also hands out paper towels and sells lollipops, which are obviously big sellers since half of those on the dance floor have a mouthful. They're apparently pretty useful for picking up men.

The club and Mass Appeal pride themselves on safety. Before you even get into Tonic, you must go through a metal detector and have your purse checked. Once inside, a lot of security keeps tabs on the crowd.

"We've been doing this six years now and I can honestly tell you that we have no more than two major incidents at our clubs a year," Forester said. "When I say major I mean, like, group fights. (For the most part) we don't have problems at our clubs."

The club has an upbeat vibe and people dance their butts off. It's a very high energy crowd, and although it has a strong meat-market vibe, it's a fun place to party.

Take the subway to Osgoode Station, walk west on Queen Street and when you hit the Chum City Building, go south on John Street to Richmond.

Tonic is just past the Paramount theatres, on the corner of Richmond and Peter streets.

Call (416) 204-9200 to get on the guest list.

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Jazz great set to play Humber

Guido Basso to play Humber Music Jazz Series next week

By PAUL GURNSEY

The Humber Music department will close out this year's series of jazz concerts with a performance by Guido Basso.

Basso, a world famous composer, conductor, flugelhorn and trumpet player, will perform with both of Humber's Big Band Jazz Ensembles next Wednesday night at the Lakeshore Auditorium.

Denny Christianson, Humber's director of Music who directs the school's Studio Jazz Ensemble is excited about his students sharing the stage with Basso.

"He's fantastic," Christianson stated plainly.

Jim Lewis, director of the Second Ensemble, composed mainly of first and second year students, is equally thrilled.

"The spring concert is always a

good one and it's great for the kids to get to work with such a well-known soloist," he said.

Basso has performed with Quincy Jones, Dizzy Gillespie and Benny Goodman just to name a few. He recently conducted the Toronto Symphony Orchestra for Carol Welsman's concert series.

In 1994, Basso was named to the Order of Canada in recognition of his accomplishments.

In preparation for the concert, Lewis said he is confident that both groups are ready, as they have been practising for almost four hours a week over the past month and a half.

"As far as their level of playing goes, this is one of, if not the best band I've ever had," he said.

Christianson also emphasized the high calibre of musicianship that will be on display next Wednesday night.

"The audience will be hearing the top level of the 300 Humber Music students," he said.

The band will be playing an original composition by Christianson called *Suite Mingus*, based on three songs by Jazz giant Charles Mingus.

In what he called, "a very special highlight," Christianson's Big Band will also feature two vocal selections by one of Humber's top vocal students, Kinga Gorny.

The concert will begin at 8 p.m. in the auditorium at Lakeshore Campus.

Tickets are available at the door for \$12 general admission or \$8 for students.

Call 416-675-6622 ext. 3427 to reserve tickets.



Denny Christianson is very excited to have his students share the stage with world-renowned trumpet player, Guido Basso.

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Sports etc.

Hype victory for Humber

By TRACY MOORE

Believe the Hype? If you didn't before, you should now.

Humber's official six-member dance squad, the Humber Hype, won first prize in the Canadian Collegiate Danz Team Association Challenge 2K2 on Good Friday at Plaza Flamingo on College Street.

The squad was officially represented by team captain and choreographer Nicole Arbour, Shelley-Anne Richardson, Jill Lewis, Alecia Henderson, Katie Hagan and new member Christine Killik.

They competed against McGill University, Queen's University and Seneca College. Three schools – University of Toronto, York University and Ryerson – dropped out of the competition at the last minute. One of the team's members had an injury, and the two other teams gave no reason as to why they didn't compete.

"Our real competition was Queen's University because their skill level was comparable to ours. The other teams were good, but their style was very basic. I believe all the teams were well prepared," Richardson said.

The weekend belonged to the Humber Hype.

"The only thing that made the competition really difficult was the fact that we only had a team of six, while we competed against teams of 10 to 15 or greater. York's dance team for instance, has 45 members. Also the facility was hard to compete in because the floor was concrete (making it difficult to do turns and tricks), the lighting was too low for our props and the stage was small," Richardson said.

"We only started this routine two weeks ago. Only

after the men (basketball team) were done their season did we even attempt to start our routine," Arbour said.

The routine was inspired by Arbour's favourite artist, the "King of Pop", Michael Jackson. She wanted to pay tribute to Jackson with a routine based on his storied career.

"I wanted to do something different that would really stand out to the crowd, other teams, and the judges, something that they would go home talking about even if we didn't win," Arbour said.

"My final vision, and the one we went with, was that each dancer was to be dressed as a different Michael Jackson from each of his number one hits. They would all be wax figures that are brought to life by the janitor of a museum after hours. Each MJ was represented by their song and at that part they would do a solo."

Humber Hype has only been dancing together since last November, while other teams like Queen's University have been competing and performing for four years.

The Hype also beat the odds using only one choreographer, while Queen's had four professional choreographers and two coaches working on their routine.

The Humber Hype were confident, working hard and practising everyday. And even with a smaller team, less experience together and insufficient time to prepare, their dedication to the team blew away their competition.

"We were the most technical, had the most difficult routine and the coolest idea. And mark my words, it will be even better next year," Arbour said.

"We have a reputation of being original now and have a title to defend."



Humber's winning dance squad with the director of the Canadian Collegiate Danz Team Association, Martin Samuels. Back row, left to right: Nicole Arbour, Alecia Henderson, Christine Killik, Shelley-Anne Richardson. Front row, left to right: Katie Hagan and Jill Lewis clutch their team's first-place trophy.

Home town girl does city proud



By ASHLEY KULP

It's always a thrill to see people who were stars in the little town you grew up in make it big. Just as Stacey Dales, a star guard for the Oklahoma Sooners' women's basketball team has done. So, this is my little rant about home towns having home town pride. I don't do this very often, so indulge me.

Stacey grew up in the quiet Eastern Ontario city of Brockville, a mere 20 minutes away from my home town Toledo.

As recently as last month, the *Toronto Star* and *Sun* started running profiles and features on the basketball superstar, but the residents of Brockville already knew she was a star. She seemed to be constantly on the front sports page of the *Recorder & Times*, the local newspaper, as she played basketball for one of my high school's rival basketball teams.

I have never actually met her, but as I watched the NCAA championship semi-final between Oklahoma and Colorado, I felt a little bit of pride knowing that she had come from the same area as I had, and was living out her dream.

I don't normally watch basketball as I really don't have any interest in it, but I sat in front of the television and watched Dales score 20 points that night and wipe out Colorado, sending the Sooners to the Final Four – a moment that has taken six years for coach Sherri Coale to prepare her team for.

It's even sweeter because their basketball program was dropped in 1990, but due to protest, was re-instated eight days later.

Dales is one of the main reasons that Oklahoma made it as

far as they did this year. Many critics and sports personalities have been quoted saying that she IS the whole team.

Dales is only 23 and has already led a storied career, both at high school and at college, and I'm glad that she is getting all the recognition and popularity that she deserves.

She graduates from Oklahoma this summer with a degree in communications, and also had a day named in her honour in Brockville last year on July 2. This year's "Stacey Dales Day" promises to be bigger and better than the first I'm sure.

Dales isn't just a jock though, she has been on the Dean's List four times and was also on the President's Honour Roll.

Some more of her accomplishments include being a member of the Canadian National Women's Basketball teams in 1999, 2000 and 2001, an Associated Press All-American first team in 2001 and was the first player in 40 years to have her number retired from her high school, Thousand Islands Secondary School (T.I.S.S.).

I guess what I'm trying to get at is that even if you don't actually know local people who've become stars, not just sports stars, you're always rooting for them and following their careers closely. Maybe it's because it seems so odd that someone from your home town could actually make something great of themselves, or perhaps it's the fact that just a four short years ago Dales was attending high school and it was normal to see her with friends on the streets of Brockville. It's just something that makes you feel good about where you come from, even if it is only for a brief moment.

Though Dales' college basketball career ended on Monday night, with Oklahoma's tough loss to the University of Connecticut for the NCAA championship, she will go down as one of the most celebrated college basketball stars in the United States. Not too shabby for a Canadian girl from a small town of about 5,000.



COURTESY

To escape boredom in the off-season, avid snowboarder/snowskater and entrepreneur Ken Kell cuts loose in the air by skydiving. Kell dispels the myth that all snowboarders are reckless punks with no respect. He says that those labels are becoming a thing of the past as snowboarding starts to be recognized as an original sport across the world.

Taking adventure beyond the limit

By JACQUELINE BOULET

Dressed in his baggy snowboarding gear, entrepreneur Ken Kell heads for the hills with his newest toy, the snowskate. But after a few runs down the hill, a safety patroller stops Kell and forces him off the hills. The snowskate, the patroller said, is unsafe.

For Kell it was a bad case of déjà vu. Twelve years ago when he first brought his snowboard to Ontario, Kell had also been told to get off the hills.

"When he tried to kick me off the hills, I just started laughing. I thought, here we go again," Kell said.

The snowskate is basically a skateboard on snow. First developed by Premier Snowskates Inc., it's slightly wider and longer than a skateboard, but without the bindings. It's made of solid plastic and is essentially like a shorter, concave snowboard with a steep kick on the nose and tail of the board. It also has a channelled base instead of wheels as a skateboard would have to give the rider better balance and control.

Ski resorts like Snow Summit and Big Bear in California have caught onto the craze this season, introducing new lessons to include the snowskate. Sugarbush and Killington in

Vermont are also looking into including such programs in the future.

Pro snowboarders J.P. Walker and Nate Bozung have also fallen for the snowskate, as it adapts to the same obstacles you would find in the streets with your skateboard.

During the early '90s, most skiers shunned the riding community, labelling riders as reckless punks who had no respect for anyone or anything. But, Kell said, those labels have almost become a thing of the past and today most skiers and riders share a mutual respect on the hills. Look at the hills today, both sports are virtually of equal stature.

Adam Faithful, president of the Canadian Snowboard Federation, began snowboarding in 1988 and has seen that level of respect increase year after year.

"It is improving, but there are still one or two reporters in the crowd who still focus on the stereotypes associated with our sport," he said. "Funny, but I don't see reporters stereotyping equestrian athletes as cocaine addicts even though one such athlete did test positive for cocaine in Sydney."

He said the negative labels thrown at snowboarding ten years ago are ridiculous but a small number of critics still resent riders on the hill. Riders are not, he insists, slacker

punks, who smoke pot and have bad attitudes. Faithful says that is far from the truth.

"The professional riders that I know are the greatest group of individuals I have ever met," he said. "We have a tight community and anyone would go to the wall to help each other out."

Faithful and Kell both agree that snowboarding's Olympic debut both helped and hindered the sport's reputation.

When Canada's 1998 gold medallist Ross Rebagliati tested positive for marijuana after his win in Nagano, a huge scandal erupted. His fight to keep the gold medal was hyped up by a media frenzy that ended with Rebagliati keeping the gold and riders keeping the negative stereotypes.

"The marijuana issue in the 1998 Olympics certainly did not help improve this image (that snowboarders are punks), but this stereotype is so far from the truth in our sport that it is ridiculous," Faithful said. "Many snowboarders have never touched the stuff."

Mike Selman, a student at McMaster University and part-time employee at Outdoor Excitement in downtown Hamilton, said very few winter sport enthusiasts have a negative perception of riders today.

"We have 40-year-old fathers out riding

with their kids and that's not the stereotype," Selman says.

A rider himself, Selman said he and most other riders go out on the slopes looking to be left alone to do their own thing, not to raise hell for other riders and skiers.

But despite some lingering problems, most riders and skiers get along on the slopes, trying new things, having fun and being original.

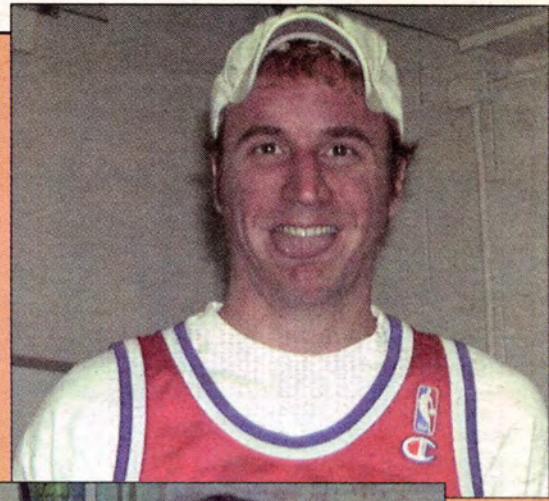
"Snowboarding is an original sport and needs to be represented as such. I'm very thankful that mentality hasn't changed. You don't have to be the best, you just have to have the most fun," Kell said.

Kell has closed up his retail shop to start an online business to free up his time for something more important, he said, like snowboarding. He's now spending time in Valdez, Alaska — the snowboarding mecca of the world.

"I'm a guide for back-country riders," he said. "Hopefully, I can make it for the last three months of the season."

Kell has simple advice on how to maintain a happy balance between work and play. He suggests that athletes make them one and the same.

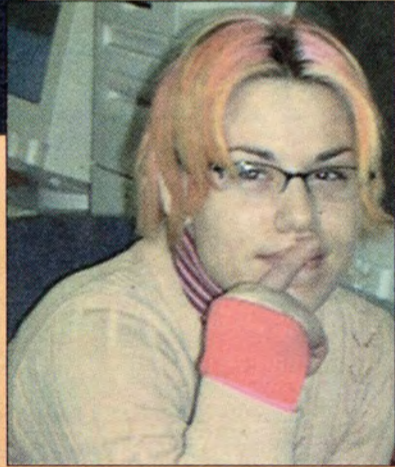
"Find something you love," Kell said, "and it's easy to do."



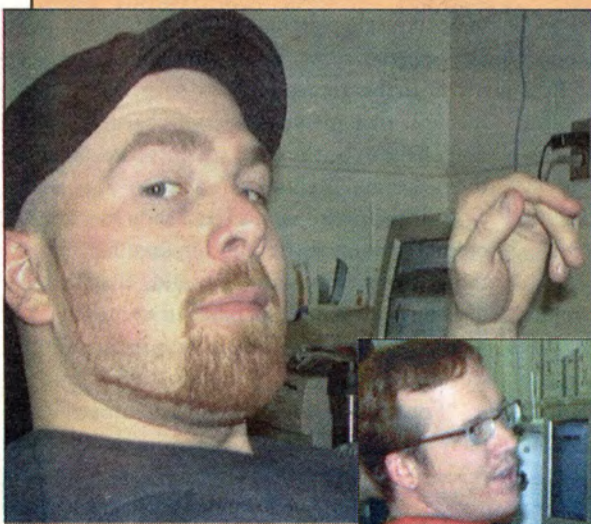
SOME



of the people



behind the



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