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Jason Guy's first Canadian interview page 16



Students learn valuable lessons page 3

Humber Et Cetera

volume 31 issue 12

www.etcetera.humberc.on.ca

December 5, 2002



Students who had their picture taken with Santa Claus on Tuesday were able to choose from a Polaroid, an e-card or a combination of both. The money raised is put towards the Guelph-Humber yearbook due out in April.

Police plant undercover agent at AA meeting

By JOSH GRUNBERG

A decision by investigators to send an undercover police officer to a local Alcoholics Anonymous (AA) meeting could spark a debate about confidentiality.

Lead investigators of a two-month-old homicide of a child decided to go undercover after learning a material witness, and a possible suspect, regularly attend the meetings.

"In this case, going undercover was the best available option to further the investigation," said Sergeant John Irwin of 13 Division, who has spent over four years working undercover and recently completed a Masters thesis on undercover law and ethics at York University.

"This case was a homicide and it was deemed to be a reasonable course of action."

"We are not arbiters of anyone's moral conduct."

An AA spokesperson, who requested anonymity said her organization does not condone criminal behaviour and their stance is not to protect criminals. They urge members to admit to any wrongdoings, she added.

"We are not arbiters of anyone's moral conduct," she said. "It's unfortunate that police infiltrate [AA] meetings, but we do not judge anyone. It's up to the individual person to determine what is appropriate."

Police said they hoped that by attending the meeting, they could befriend the suspect and obtain evidence in the case.

"We are focusing on only that one person, not the group, that person and that person only," Irwin said.

Information gathered while undercover is admissible in court, but a judge could ban some evidence pending results of an inquiry on the method of obtaining evidence, Irwin said.

What's Inside This Week...

Have yourself a sexy little Christmas pages 18-19

Web is the place to buy ornaments page 5

Find the answer to whiter teeth page 10

Prof slams campus ads

By NATALIE MANDIC

The placement and amount of advertising in hallways and washrooms at Humber's North Campus has been questioned by Academic Council staff.

At a recent meeting, Council member Catherine Marrion said she was concerned about flyers and pamphlets being posted in inappropriate areas, such as classrooms.

"Why, in a learner-centred, vanguard college and in light of our stated values, would we create an environment promoting one of the most cynical beliefs of our society: that human beings are basically just faceless consumers?" she said.

Marrion said she only encounters this amount and type of advertising when she visits the North Campus and says it is unnecessary.

Humber Student Federation president Craig Wilson said HSF advertising policy insists all non-commercial ads be stamped before they are posted around the college.

"We try to stay away from approving the ads of people who are specifically selling something," Wilson said. "We generally approve ads that provide services beneficial to students."

However, some people, he added, bypass the approval process and post ads wherever they choose to.

Wilson said the HSF makes

every effort to monitor the posting boards and remove unapproved items.

Marrion, also a professor of Theatre and Performance Arts at Lakeshore, questioned the need for any advertising at all on campus.

"All advertising is intentionally disruptive and designed to sell products by grabbing attention, whether the ad is tasteful or inappropriate," she said.

Other Academic Council echoed Marrion's concern. A decision has not yet been reached as to what should or could be done about the amount of advertising around the school and its appearance in classrooms.

Etc.

Romanow report says \$15 billion needed for health care

By DAVE BOYINGTON

After 18 months of work, former Saskatchewan Premier Roy Romanow has delivered a report recommending the federal government increase health care spending by \$15 billion by 2006.

The report came out last Thursday and recommends covering drug costs for people who spend more than \$1500 a year on prescriptions, providing home care for the mentally ill and for people recently released from hospitals as well as the dying.

The Romanow report also recommends reformation of primary care facilities with more emphasis on clinics than doctors offices and emergency wards. The report also calls for the creation of a "Health Council of Canada," which would monitor how the money is being spent.

Romanow's 392 pages have already generated a lot of controversy. The \$15 billion increase would more than surpass the \$14.4 billion Finance Minister John Manely recently said would be available for all new programs between now and 2006.

"The projected surplus is \$14 billion. How can they possibly pay for this wish list without increasing taxes?" Alliance MP Chuck Strahl asked in the Commons on Friday.

Health Minister Anne McLellan, responding to the report on Thursday, said it was clear Canadians do not want their taxes increased.

More debate is arising from Romanow's recommendations on private health care which he dis-

courages in the report.

"Some have described it as a perversion of Canadian values that they cannot use their money to purchase faster treatment from a private provider for their loved ones," Romanow said. "I believe it is a far greater perversion of Canadian values to accept a system where money, rather than need, determines who gets access to care."

In a statement Friday, Progressive Conservative finance critic, Scott Brison said, "whether for political or ideological reasons, Mr. Romanow refused to acknowledge private-sector involvement, quite possibly to the detriment of Canada's health care system."

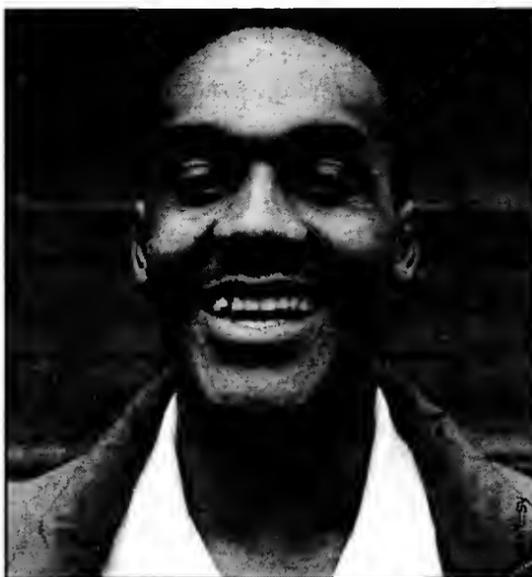
McLellan, however, said she does not believe the Romanow report denies the significance of private health clinics in certain instances.

"In fact, I do not believe the commissioner has called for the outlawing of private, for-profit health care," she said. "He obviously expresses concerns about it."

With the recommendations passed on to Chretien, and meetings with provincial premiers scheduled for as early as tomorrow, Romanow expects to see legislation come down some time in 2003.

"That [meeting with the premiers] will probably lead to some legislation that could be implemented in the spring and next fall. And we can probably begin the 21st century with confidence that there will be a good health-care system for the people of Canada," Romanow said.

AIDS youth group leader walks 450 km for cause



Farai Kufakwedu walked from Toronto to Ottawa to raise support for AIDS.

By LAURA KUPCIS

While thousands of Canadian young people marked the recent AIDS Awareness Week with donations of money to fight the disease, one young man went a step further. In fact many steps further. He completed a 450 km walk for HIV/AIDS awareness.

The International Youth Alliance for Development Against AIDS (IYADAA) sent their president and founder, Farai Kufakwedu, from Toronto to Ottawa to raise awareness of the challenges facing young people involved in the fight against HIV/AIDS and the significance of the AIDS crisis.

"AIDS kills 8,200 people

worldwide a day," said Kufakwedu, a 28-year-old originally from Zimbabwe. Of those, 92 per cent are from in Sub-Saharan Africa.

He says his group wants to increase the visibility of the AIDS crisis in the developed world, far away from the devastation of AIDS in Africa and that everyone, not just Africans need to face the crisis.

Kufakwedu also wants to see Canada fulfill its obligation to the Global Fund to

Fight AIDS, Tuberculosis and Malaria. In 2000, United Nations Secretary General Kofi Annan set-up this fund asking world leaders for \$10 billion U.S. in pledges, but thus far, only \$483 million has been turned into cash.

Of the 31 countries that promised money only Ireland has paid its pledge in full.

"We would like to get the Canadian government to honour its part, so that it will give other countries incentive to do so," Kufakwedu said.

While in Ottawa, Kufakwedu met with Dennis Mills, MP Toronto-Danforth, to enlist his help in the global fight against AIDS. Miller promised to speak with

members of World Vision.

Blaine Marchand, director of Non-governmental Organizations (NGO) Project Facility for the Canadian International Development Agency (CIDA), told Kufakwedu that IYADAA should team up with another agency because they lack the necessary experience in a developing country.

As a team, they could then submit a joint proposal to the government requesting funding.

Kufakwedu said, "This would be most ideal and would help us to not only make use of the organization's credibility and resource mobilization capacity, but also help us in terms of administration."

Kufakwedu has met with Jean Augustine, MP for Etobicoke-Lakeshore, who chaired the committee that discussed concerns in Africa before the G8 Summit.

He has also approached several diplomats from Britain, Germany and the U.S. who have promised him they would explore various AIDS funding possibilities.

"On the funding side we got very little," Kufakwedu said. "This is not very surprising considering that the walk was more on the awareness side then it was on the fundraising side."

Kufakwedu is pleased so far with the outcome of the walk and is now back in Toronto, continuing to advance his cause.

"My team and I are now working on securing a partner who would agree to work with us to submit joint proposals to CIDA and to other potential [contributors]," Kufakwedu said.

Council warns hosts are liable for drunk guests

By CHRISTOPHER HEDRICK

With the holidays fast approaching, the Ontario Community Council on Impaired Driving (OCCID) launched their annual provincial conference last Monday, at the Holiday Inn in Yorkdale, reminding area hotels owners, restaurateurs and bartenders to promote responsible use and service of alcohol at their holiday social events.

Police, public health and transportation professionals including Minister of Transportation, Norm Sterling, spoke at the conference.

The OCCID creates and administers programs to help eliminate impaired driving, providing information that will help prevent injuries and save lives.

"I believe the content, scope and speakers selected by the planning committee will appeal to a wide audience," said OCCID President Brian Mitchell.

"Host liability is an evolving area of the law; the first Supreme Court of Canada decision was only in 1972."

The conference included a look at provincial and federal initiatives as they affect Ontario.

Several legislative changes in recent years were highlighted, including increased host liability,

which has caused a dramatic increase in civil cases against alcohol providers.

The theme for the conference was home hosting and the closing forum featured developments regarding host liability and the best policies and practices for the service of alcohol in the home and office, including special occasion event permits.

"Host liability is an evolving area of the law; the first Supreme Court of Canada decision was only in 1972," said alcohol risk management consultant Shelley Timms.

"In the last 10 years, we've gone beyond commercial hosts. We've started to tap into the suppliers of alcohol, and business hosts, so it's very much evolving."

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Foreign correspondence

Learning to walk again in Mexico

By CHARLOTTE CUSTARD

Charlotte Custard is a second-year postgraduate Journalism student from Humber College.

Stepping into the unknown is always exciting, but Guadalajara, Mexico, holds many surprises for the unsuspecting tourist.

"There are loads of things the guidebooks don't tell you, but some of these you just can't prepare for," Kathleen Michell, a post-graduate student in Spanish, said. It is only through the experience of living in a country that the full subtleties of a culture become apparent.

The local bus system follows a maze of what seems to be disorganized routes and numbers, and there is definitely an art to riding them. If you can find your way around, the value is excellent at only 50 cents Canadian a ticket, no matter how far you go.

Trying to jump off an overflowing bus while it is still moving is not easy. "I hate it when the buses race each other or when they drive crazy or when they keep passing me," said Yakini Hawkins of Cleveland, Ohio, who is also studying Spanish.

Buses may not be the safest mode of transport, but they are a great form of entertainment. The drivers own their own buses and can decorate them as they like: black light, planets, fake fur interiors; or paint them an array of colours. "I saw a one-legged clown, clinging to the handrail and singing at the front of the bus, it was really funny," Michell, a



While figuring out the chaotic bus system in Guadalajara is difficult, it's safer than braving the streets on foot.

native of Kansas City, said.

Crossing the road can be a serious health hazard, although the risk is reduced if you use the pedestrian crossings. It is a fallacy that pedestrians have the right-of-way. Drivers, especially of taxis, are not afraid to honk the horn ferociously, make offensive hand gestures or yell obscenities to the unwary pedestrian.

"I was warned by Mexicans when I arrived," Hawkins said about the dangers of going on foot, "but you soon realize this when you walk in the streets."

Sometimes the drivers even speed up when they see a person crossing the road, like a game to see how close they can come.

The biggest taboo of all is the

mystery of the trash can in public washrooms. "I was here for three months before I found out," said Hawkins.

The aging sewage system cannot handle great quantities of waste, so all paper should be put in the trash can. "I assumed it was just for feminine products," she said.

Toilet blockages are frequent occurrences, so an unsuspecting foreigner will soon understand the importance of this washroom etiquette. But, "If there is no trash can, it is okay to put it in the toilet," said López Aguilar, 23-year-old Mexican lawyer, "as long as there is not too much."

Around the city there are many beautifully kept gardens and parks, as well as perfectly pruned trees lining the sidewalks.

A huge proportion of the Mexican population smoke, probably because it only costs about \$2.50 for a packet of cigarettes and not surprisingly, there are very few smoking restrictions.

"You can smoke everywhere: restaurants, malls, the airport, school buildings and even in the bank," said Michell. She says she finds this strange because there are so many anti-smoking laws in the States so, out of habit, she still goes outside to smoke.

There is a wide gap between the rich and poor throughout Mexico, with a small proportion of people that fall in the middle-class bracket. To own a house or have a job are seen as very promising qualities.

In the supermarkets young boys, ranging between about eight and 12-years-old, are "employed" to pack up the goods as they slide through the checkout. However, they do not receive a wage, but simply rely on kind tips from the customers.

"I hadn't heard of this before I came here...but I always tip them something small," Michell said.

These unforeseen subtleties of Mexican daily life contribute to an amazing experience in a fascinating country.



Paulina Machuca, an exchange student from Colima, Mexico makes a snow angel shortly after witnessing her first snowfall.

Students gain valuable insight from exchange

By KARINA BUTZEK

Imagine leaving behind everything that brings comfort to your life. Your friends, your family, your job, your school and in some cases, your language.

Some students across the continent are choosing to do just that.

Humber College has recently signed on to the Trilateral Mobility Project, an exchange program for journalism students between Canada, the United States and Mexico.

The five other schools participating include Mount Royal College in Calgary, the University of Iowa in Iowa City, the University of Georgia in Athens, the University of Colima and the Autonomous University of Guadalajara.

"It is good to know what other people from other countries think about the world," said Luis Sandoval, a student from Mexico.

The goal of the project is to expose journalism students to another culture, giving them a better sense of what it means to be North American. In an age of increasing globalization, the program is particularly appropriate.

"The program is good in all ways, you also get to know what the country is like and how the people are and you get to understand the culture and the problems the country has," Paulina Machuca, a Mexican student studying at Humber, said.

"I think it is amazing that we have the opportunity to experience an exchange like this. I have learned many things, not just from school but from everyday life."

Canadian students receive a grant of about \$4,000 from Human Resources Development Canada



Margaret Goerig.

(HRDC) to offset the costs of travel and living expenses. This also helps ensure the program is available to students who may not otherwise be able to afford it.

Students who go to Mexico must be able to speak Spanish beforehand, because they will attend regular classes in Spanish.

For most students exchanging between Canada and the U.S., the language barrier isn't a problem.

"I'm absorbing so much more of the culture because there is no language barrier. I'm trying to learn what the market is here," Margaret Goerig, a student from Georgia, said.

"It's a good opportunity for our students to get to know people from other places. The students we've had here have been marvelous," Terri Arnott, coordinator for the exchange program, said.

Southern hospitality welcome relief

By AMY MILES

Amy Miles is a second-year postgraduate Journalism student from Humber College.

Hey y'all, I must begin by professing my new-found love of the southern United States. Southern hospitality is alive and well and living in Athens, Georgia.

People here go out of their way to make you feel at home, and don't think twice about saying "yes m'am, no m'am."

The stereotypes of grits and fried chicken-eatin', overall-sportin', cousin-datin', double-named southern belles are false.

Intelligent, well-spoken southerners may speak a little bit slower and have a twangy drawl, but they are as enlightened as you or I.

Football game day in Georgia is like another world. The town is awash in a sea of red and black with tailgaters young and old getting up at the crack of dawn to mow down on the grub and partake in the drink.

At game time Sanford Stadium is filled to the brim with ecstatic

college students, and alumni all geared up to cheer on the Dawgs. Canada could stand to learn a thing or two about school spirit from the U.S.

I can honestly say I want to stay in the south. The weather's great and the people are a heck of a lot friendlier than Torontonians who wouldn't stop to help a pregnant woman caught in a snowdrift.

Toronto is a great metropolitan city, but it makes you feel like a number. As though you are just one of a few million people milling about in a city where everyone wants to be somebody.

In Athens, everyone is welcome everywhere. If you go to a bar to have a drink, you feel like you're at home. It's a quaint little college town with an *Animal House* feel to it.

The frats and sororities are housed in old anti-bellum style mansions. They sport their various t-shirts, advertising the elite group they belong to. They all drive gas-guzzling SUVs, with the girls darning around town in their BMWs and Volkswagen Bugs.

The teachers at UGA are phe-

nomenal.

Professor Fink is an old AP reporter who's been everywhere and written about it.

Amy Miles.

He's a true

crotchety old newspaper guy. From the police beat in Chicago during the mob years to covering the Vietnam war, this guy is a fount of journalistic knowledge.

And the media law, wow. They sure harp on and on about the First Amendment.

I have yet to spot REM, which is a big disappointment since Michael Stipe lives here.

I would love to stay, hate to leave, but fear money will cause me to return to the cold Canadian winter, where the people will only smile if they know you, and will not, for the most part, welcome you into their lives with open arms.

I will miss fair Georgia and will forever have it on my mind.



St. Michael's yearly tradition

By MIRANDA PYETTE

For many Torontonians, it really begins to feel like Christmas when the boys of St. Michael's Choir School perform their annual Christmas concert.

Thirty years ago around this time of year, St. Michael's Choir School used to line the stairs at the King Edward Hotel and do a Christmas carol sing.

Today the boys of Toronto's prestigious and only all-boys choir is the longest continuing performance at Massey Hall.

The choir school began in 1926 and was originally known as the St. Michael's Schola Cantorum Sanctuary Choir, founded by Father Eddie Ronan.

At that time the choir was made up of 53 boys and 13 men from all over Toronto, who shared the sacred music, singing at the masses at the St. Michael's Cathedral. The St.

Michael's Choir School (SMCS) was formed in 1937 and today has an enrolment of 290 boys.

"Father Ronan wanted to have the boys in the public eye and Christmas is such a natural time for music," said present director Harry Hodson.

The initial concerts were such a success that family and friends have made a tradition out of the annual St. Michael's concert from the boys aged nine to 18.

"The Christmas concert became such a personal and intimate affair evoking family tradition, ritual and ceremony," Hodson said.

"You not only see every boy in the school singing in the concert, you see the United Nations."

The concert, held on Dec. 13 and 14 this year, will carry the theme a "Starlight Christmas," promising a memorable repertoire of classical compositions and well-loved sacred music combined with

Christmas carols from around the world.

"The difference between our Christmas concert and any other Christmas concert is these boys are world-renowned young professionals, practicing 40 weeks of the year under the public eye," Hodson said. "They most recently performed for the Queen."

The boys go through a 50-minute choral rehearsal for the Christmas concert each day in addition to their regular academic, vocal and instrumental workload.

"It's hard work," grade seven student Frances Knowles said about the preparation for the annual concert.

"You think of all the snow and presents at this time of year but nothing compares to the accomplished feeling you get after you perform at the Christmas concert."

Practice seems to pay off. SMCS has produced several singers and musicians who at

one time or another stood on the same stage at Massey Hall. SMCS alumni include musical star Michael Burgess, keyboardist Kevin Hearn of the Barenaked Ladies, and popular stage and recording artist John McDermott.

"John was a performer, not the best scholar though," Hodson said, laughing. "You knew he had what it took to perform, he is such a character."

"Hamburgers and milk," McDermott said, referring to his memories of the Christmas concert. "If you ask any alumnus, you will get the same answer. They served us hamburgers and milk before and after the concert, and during rehearsals. No matter what, at the beginning of each year, you always looked forward to the concert. It's been such a great tradition."

Tickets for the concert can be purchased at Massey Hall box office, or online at www.roythomson.com.

Lakeshore

A day in the life of Lakeshore



Photos Jennifer Kleiman



Etc.

World Digest

By ALEK GAZDIC

Net claims al-Qaeda

UNITED STATES. American officials believe al-Qaeda was involved in last week's dual attacks on Israeli interests in Kenya that left three Israelis and 10 Kenyans dead.

U.S. counterterrorism officials are treating a statement posted on the Internet as credible and a key link of evidence to Osama bin Laden's terror network.

The missile launchers used in the attack on an Israeli airliner are from the same batch as one used by an al-Qaeda operative who tried to shoot down a U.S. military plane in Saudi Arabia last May.

Nightclub fire kills 50

VENEZUELA. A blazing fire caused a panic in a popular Venezuelan nightclub with no emergency exits, which then triggered a stampede that claimed 50 lives.

Faulty wiring, a kitchen fire or even a carelessly discarded cigarette were all possible causes of the late night blaze, fire officials said.

As many as 400 people were inside the discotheque in the basement of a hotel, and nearly all of them died from smoke inhalation.

'Doctor Killer' on trial

RUSSIA. A doctor who allegedly anesthetized 50 elderly female patients in order to steal their family heirlooms is on trial, charged with murdering 17 women who awoke while the doctor was rifling through their possessions.

Maxim Petrov, who is an emergency doctor in his 30s, is accused of a two-year reign of terror during which he preyed on frail pensioners while off duty.

Petrov, dubbed the Doctor Killer by the Russian media, began killing his victims in early 2000.

Girl loses finger in mall

UNITED STATES. A 5-year old girl's whose left hand got caught in a department store escalator lost three fingers because of the accident.

The little girl's shoe became caught while riding the escalator, and when the girl reached down to free herself, her hand became entangled.

A fireman and several police officers helped the child free her hand by removing a plate where the escalator meets the descending steps.

Spreading Xmas cheer...

CANADA. An Amsterdam man was stopped by Canada customs trying to smuggle 3,500 Viagra pills he claimed he was going to distribute to men on the streets of Toronto.

The Viagra seizure, the first of its kind by the RCMP, had a street value of about \$42,000.

The 31-year-old, who is not being charged, initially told airport officers he was bringing the pills here for his own use.

Biz Newz

Buy Christmas ornaments on the Net

The web is a growing source for buying Christmas items for home festive arrangements.

By REBECCA GORDON

Barnett of Orna Mentz, (www.Ornamentz.com).

Christmas is less than a month away and ornaments are not only flying off the shelves they're also doing good sales on the Net.

If you're searching the Internet for Christmas ornaments you'll find plenty of options out there.

Type "Christmas ornaments" at google.com and you will come up with more than 200,000 hits. A number of businesses rely on the Internet as a connection to the buying public.

"My business grows a little more every year," said owner and designer Jeanne

"I wouldn't exactly call it a booming successful business yet, but this year I have been able to give up my other day job and live solely on the business income. I start to get busy near the end of October and it carries on right through New Year's Eve."

Late fall, early winter, is when the best selection is available, says Margaret Maringgele of Tree Treasures (www.treetreasurescanada.com).

"My sales this year should be just over \$25,000 which works out to be about 2,500 ornaments sold," Barnett said. Her products sell at \$10 an ornament.

"As far as profitability,

ornament sales are basically like any other retail business," Maringgele said.

"We are a very small company, but we sell thousands of ornaments each year," said Sarah J. Stanley of Ornaments To Remember (www.ornaments2remember.com).

"My sales this year should be just above \$25,000 which works out to be about 2,500 ornaments sold."

www.ornaments2remember.com).

The Internet is fast becoming 'the' place to do your Christmas shopping.

"I truly believe in the Internet as a viable marketplace and feel strongly that it will become more and more popular for direct retail sales. The potential of the Internet is enormous and Internet shopping stands to offer the consumer the very best retail

prices because Mr. Middleman is virtually out of the picture," Barnett said.

Traditional holiday ornaments are out the window at Ornaments to Remember. You can find anything from life-like bottles and pacifiers in the Celebrating Baby collection, to sunglasses and flip-flops for the beach-lovers.

"The popularity of certain designs/colours varies by the season. We are always introducing new concepts, so it changes," Stanley adds.

Ornaments can and should last for several seasons if they are cared for properly.

"Literally, they will last a lifetime with normal care, you know, kept stored in a moisture-free, dust-free container such as a Ziploc bag," Barnett said.

Stanley suggests when picking the best ornament to give as a gift, focus your energies on thoughtful, simple ones that show you value your relationship with the recipient.



In the 21st century, buying Christmas decorations has expanded past novelty stores to Internet sites that specialize in holiday items.

What's Up?

• Now through Dec. 22
National China Acrobatic Circus
Queen Elizabeth Theatre
(416) 227-2594, or (416) 250-7742
www.peacockcircus.ca

• Now through Dec. 8
One of a Kind Show and Sale
National Trade Centre
(416) 923-5624
Adults \$10
Seniors or Youth (13-17) \$6.50
Children 12 & under are FREE
www.criticalflicker.com

• Dec. 6 to 8
International Gift Show
International Centre
(416) 229-2060
Contact: Richard Swayze
prosha@meteorshows.com
www.christmasgiftshow.com

• Now through Mar. 3, 2003
Sound of Toronto Jazz
Series
International Centre
(905) 677-6131
www.jazz.fm

• Now through Dec. 8
Signature
Christmas Craft Show 2002
Metro Toronto Convention Centre
www.signatures.ca
Free Show

• Dec. 11 to 18
Revlon Warehouse Sale
International Centre
Revlon Info line:
(905) 276-4000 ext: 273
ben_lugtu@revlon.com

DVD value pushing VHS out of home entertainment business

By STEPHANIE HARNADEK

Christmas is the biggest shopping season of the year for Canadians, with everyone searching the malls for the right gifts. Given the recent popularity of DVD players there are bound to be many sales this Christmas.

Since the introduction of DVD technology in 1997, the sales of DVD players have almost doubled each year, according to Consumer Electronics Marketers of Canada (CEMC).

The biggest increase was from 2000 to 2001, with over half a million units sold in 2000 and a jump to over a million in 2001. CEMC also gathered market data from the first half of 2002 on sales of home electronics and, by forecasting sales for the second half of the year, estimate an increase of 44 per cent in sales over 2001.

In 2001, just over 1.5 million VCRs were sold and it is estimated fewer will sell in 2002.

"[DVD] has sold faster than videotape, CD and laser disc. DVD has become the most successful consumer electronics entertainment product ever," said Jim Taylor, chief of DVD Technology and General Manager of the Advanced Technology Group at Sonic Solutions and the leading developer of DVD authoring systems.

This significant increase in DVD player sales shows more consumers have made the switch from VHS to DVD.

"With DVDs, there is better sound and video quality. You don't have to fast-forward to certain scenes (because) there is a scene selection menu, and some of the special features that are on DVDs are interesting, whereas with VHS it is just the movie," said Sheamus Neher, one consumer who made the switch.

Patrick Chamula does not currently own a DVD player but said he would switch to DVD, after he pays the \$50 to activate the DVD player in his Xbox, but he is just too lazy.

When first introduced, DVD players were about \$700. Nowadays, players are more affordable ranging from about \$100 to \$400.

The growing popularity of DVDs has resulted in more affordable pricing.

VCR prices also dropped after consumers started buying them more often and even more now that their popularity has declined. When first introduced, VCRs cost about \$800. Currently some stores sell VCRs for as low as \$90.

With more homes investing in DVD players than ever before, it is likely the VHS movie collection in most homes will be packed up to make way for the DVDs.

For more info about the positive and negative of getting a DVD visit : <http://dvddemystified.com/dvdfaq.html>.

Best Buddies-Vrais Copains Canada is looking for enthusiastic VOLUNTEERS

To participate in a chapter at Humber College.



Best Buddies Canada is a national charitable organization dedicated to enhancing our communities through one-to-one friendships between people with intellectual disabilities and students.

Best Buddies facilitates social contact by organizing group activities on campuses, as well as by pairing individuals on a one-to-one basis. Our program aims to break down barriers of inclusion and provide opportunities to all of our volunteers!

For more information please visit our website: www.bestbuddies.ca

Interested applicants should contact Laura Bailey at:
416-531-0003, or toll free at 1-888-779-0061
Or e-mail to info@bestbuddies.ca

Etc.

The woes of a beauty queen

Poor Lynsey Bennett. The 22-year-old Canadian representative in the Miss World pageant has reportedly lost 12 pounds and lots of sleep since riots broke out in Nigeria, the former host city of the competition.

Some people have greater concerns than Bennett, however.

A *fatwa* has been declared against journalist Isioma Daniel. Her article in *This Day* said that if the Prophet Muhammad were alive today, he would likely have chosen one of the contestants for a wife – a comment that sparked the riots. Daniel is said to have fled to the U.S.

Kind of trivializes Bennett's worries, doesn't it? In fact, now that she has been welcomed back to the pageant with open arms, she's loving her 15 minutes of fame.

Bennett has had an offer to pose for *Playboy*, and companies have approached her for product endorsements. A movie producer is interested in making a film about her life.

In an interview last week, Bennett said, "I was a shy girl. I never enjoyed public speaking. My experience has really opened me up and I kind of escaped from the shell that I had."

She may now be comfortable in the spotlight, but it's really only highlighted her hypocrisy.

Globe and Mail columnist Rex Murphy summed it up nicely. "Changing the venue to London, England was obviously enough for Miss Canada to feel that the bloodshed in Nigeria no longer contaminated Miss World 2002."

Bennett should have boycotted the pageant from the outset, like Miss Denmark and several others. They stayed out of the competition from the beginning to protest the sentence against Amena Lawal, a Nigerian woman who is awaiting death by stoning after being convicted of adultery.

Miss Denmark may not gain the notoriety that Bennett has, but she probably sleeps through the night.

Bennett maintains all she really wants to do is call attention to Lawal's plight. She wants to deliver 800 letters to the President of Nigeria, protesting the sentence.

Since it's highly unlikely he'll attend the pageant, Bennett's brilliant backup plan is to mail the letters.

She could have sent them from Canada.

Quest for justice

Everyone deserves the right to a fair trial.

That reality is indisputable, even when considering the upcoming preliminary hearing for Robert William Pickton.

The 53-year-old pig farmer has been charged with the murders of 15 of the 67 women missing from Vancouver's Downtown Eastside.

But, the right to a fair trial has to be weighed against the need to hold our justice system up to public scrutiny. And if Peter Ritchie (Pickton's defence lawyer) gets his way, that won't be possible.

Ritchie wants his client's preliminary hearing to be held behind closed doors, with only lawyers, the judge, Pickton and court staff present. Even he admits this is an "extraordinary measure." (When defence counsel requests a publication ban, it must be granted.)

Ritchie says details will be available in transcripts after the hearing, but in our view, that's not sufficient.

The Canadian Journalists for Free Expression has noted that in the 1981 case of nurse Susan Nelles, who was accused of killing four babies at Sick Kids Hospital, the charges were dropped at the preliminary hearing. She later brought a case of wrongful prosecution against the Crown. If journalists hadn't attended the hearing, the public would never have learned the details of the case.

In the current case, Ritchie has said his concern isn't directed at Canadian journalists, but the U.S. media.

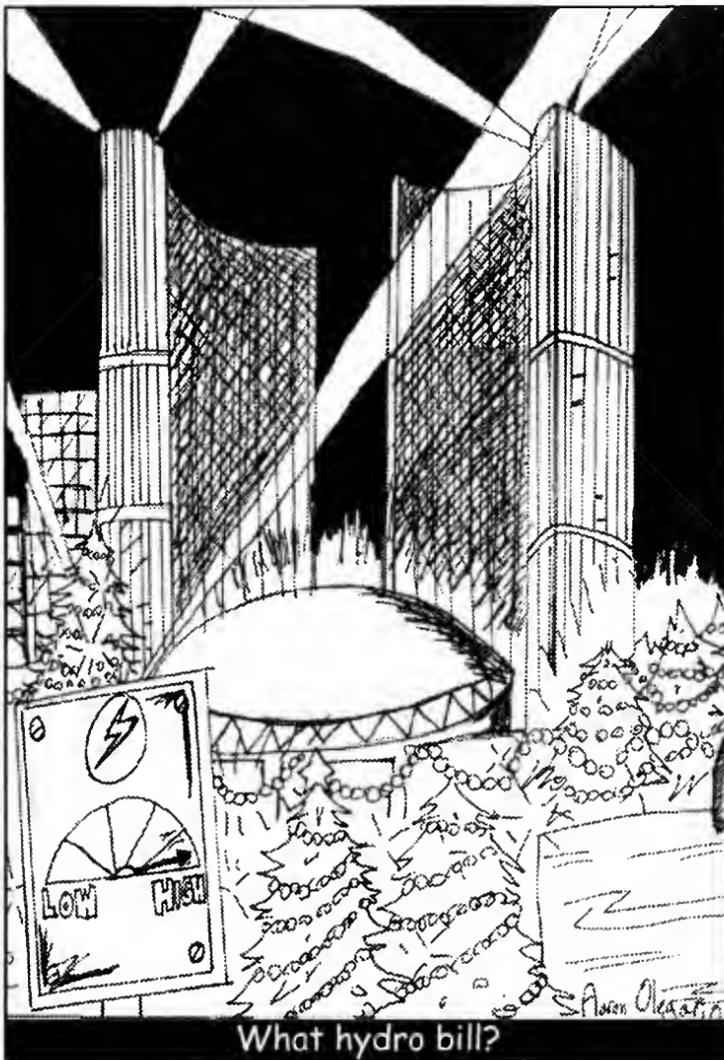
His proposal has outraged not only members of the media, but also relatives of the victims, who believe they have a right to listen to the details, however grisly.

Ritchie has argued if the media is permitted at the hearing, journalists from the U.S. will likely ignore the expected publication ban and publish details – details that will later leak across the border, tainting potential future jurors.

But critics say closing the courtroom will seriously undermine the public's confidence in the justice system.

A better solution would be to let only Canadian media and relatives of the victims attend the hearing.

Reactions? Comments? Opinions?
We welcome reader feedback.
phone: (416) 675-6622 ext. 4514
e-mail: humberetc@yahoo.ca



Oh Christmas tree



JENNIFER KLEIMAN

Last week, Christmas got its tree back, but not without a fight.

Councillors at Nathan Philips Square voted 41-0, in support of Mayor Mel Lastman's motion to ensure the decorated tree (that stands outside City Hall) is not a "holiday tree," but in fact, a Christmas tree.

The reasoning for even suggesting the name change?

Political correctness.

But, according to Deputy Mayor Case Ootes and Councillor Gloria Lindsay-Luby, the staff, "did, in fact go too far in the name of political correctness."

An old, yet traditional song, "The 12 Days of Christmas," would be forever known as "The 12 Days of Giving." And who knows what's next?

These threatened changes to one holiday are meant to accommodate a multicultural society.

In Canada, everyone is allowed to celebrate their own religious holidays without the

interference of others and especially politics. But it seems Christmas trees, carols and the holiday in general is becoming politically incorrect.

The Christmas tree is a symbol we have associated with the holiday for many, many years. Why is it now being targeted as offensive?

If the city did re-name it the "holiday tree," then what about re-naming Ramadan and Hanukkah?

It's only fair.

I am part Jewish and part Ukrainian Catholic. I proudly celebrate both Hanukkah, Ukrainian Christmas and Christmas.

I learned, at an early age, not to issue a complaint that there was no Jewish Santa Claus or that we never had a Hanukkah tree.

My parents explained to me that each religion had its own way of celebrating the holiday season and that I was lucky to be experiencing three different traditions.

But when I see people blinded by their own religion, who refuse to let a society put up a tree and proudly call it by its rightful name without shuddering, I start to wonder.

What is the world coming to?

Next thing we know, someone will be complaining about the Menorah, which will be re-named the "the eight-candle holder" until someone steps up to stop it.

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Opinion

Let Christmas spirit live this season

If you've lost loved ones, it can be hard to get through the holidays, so keep their memories alive



DALIA WRIGHT

Well, it's almost the end of the year, and that means it's time to celebrate the Christmas season.

While some of us happily hustle through shopping malls to find the perfect gift, others settle for anything remotely close, because they're just too lazy, they're aggravated by the number of people in the malls, or they just can't get into the spirit of the season.

For many of us, the excitement of Christmas builds with just the thought of stringing up lights, putting up the tree, and walking from store to store looking at all the great items that come out just for the holiday.

Meanwhile, for others, none of that gets them excited.

I know a few of these cranky people. I could have easily slipped

into being one myself. Just this past Saturday, I had to attend a funeral.

It can be difficult no matter what time of year a person you know dies, but it's especially difficult during the holidays. Then, it's an even bigger reminder that

"It can be difficult no matter what time of year a person you know dies, but it's especially difficult during the holidays."

someone you cared for can't be with you.

I had to bury my brother during the Christmas season a few years ago. As anyone knows who has lost someone at Christmas, it can be more difficult grieving during this time of year.

There are just so many reminders that the person won't

physically be around on Christmas day. And there's no escape from knowing there will always be one less house you'll visit, one less gift you'll buy, and one less greeting card you'll send out.

For me, just writing this column reminds me of the days when my brother and I would talk on the telephone or hang out. Now another year has passed since his death, and I have learned I'll be okay, even if he isn't around to tell me that.

Today I know I have to be stronger for people like my friend, who recently lost her father. I can teach her that Christmas will never be a time when I will suffer for my loss, and neither should she.

I loved Christmas before my brother died and I will love it just as much this year. So, to all those people who spend their holidays grieving, STOP!

Christmas is about spreading cheer, and spending time with family and friends.

This year, you may not be creating new memories with the person you lost, but keep his or her memory, as I do, in your heart.

Meat-eaters should get off high horse



JAMES ROSE

One day, my dad walked into a diner in my hometown of St. Thomas, to get me some french fries. When he found out the restaurant fried them in beef tallow, he decided to pass.

"Why can't your son have fries made in beef fat?" the waitress asked.

"Because he's vegan."

"What is a vegan?"

My father tactfully replied, "A vegetarian with an attitude."

Now unlike my dad, who can have fun with my animal-product-free lifestyle, others can't be as accepting and open-minded. Almost every day I find myself being pushed into a corner and antagonized.

I would be more accepting of these people, but it's hard when their arguments have all been heard before.

And the most shocking thing? These people think their conclusions are their inventions.

Newsflash. It's not the first time I have heard it. Arguments like, "Our bodies are built to handle meat," are old. And the almighty, "Look at the cavemen who hunted their food," approach is pretty weak. It's like taking issue with someone's religious beliefs. Usually they're just rhetorical questions.

I don't spend time on a daily basis bragging about my diet, because I respect the fine line between preaching and educating someone. I would like to think I'm the most open-minded vegan anyone could ever "meat."

But, I constantly feel segregated from society like a disease-stricken leper. It is a hard enough lifestyle to maintain, without having people placing more weight on my shoulders. I love animals and I don't preach, but if the topic comes up, I will enlighten the person about my lifestyle and why I choose it.

I just think too many people are quick to jump the gun on a topic they know nothing about. I think it would be more useful for these people to take a closer examination of their lives before picking apart somebody else's.

Just like my animal companions. I breathe, bleed, I'm healthy and disease-free.

What more do you really need to know?

We created this cult of celebrity

Journalism student A.J. Wilson responds to Andrew Smith's Nov. 21 column - "Political celebs: clout without substance"



A.J. WILSON

Mr. Smith is right to be worried. Celebrity activists do have an enormous amount of influence and audience share.

He's scared the new trend of political activism by high-profile celebrities is warping public opinion.

But it's not the public I fear for, it's the celebrities. After all, they get their opinions from us. And the

truth is, we want our celebrities to be political.

Once upon a time, celebrities were paid to be aloof, and voters looked for silent men of strong character and even stronger party allegiance.

Then somewhere between the summer of love and the "me" generation, the rules of celebrity changed.

Our collective cynicism threw aside the plastic values of that previous era and went seeking authenticity and independence. Alienated by government, and bored by facade, we decided our icons should be real people.

For both pop stars and presidents, this has meant a race to cultivate personality - to project the image of realism.

One need only look to the success of *The West Wing*, television's

liberal utopia, to see how intensely cynical we have become, how desperate we are for leadership personified by intellect and integrity,

"8 Mile is a narrative carefully designed to position Eminem, like Rocky before him, as the next cultural underdog."

where everything is about "smart and stupid, about engaged and not, qualified and not."

I bet Liberal staffers on Parliament Hill watch the show religiously, hungry to see their own desires actualized, if only during prime time.

This cultural shift has put a premium on those artists who can engage with their audiences, who can outwardly transcend the machinations of Hollywood and garner our sympathy.

Some celebrities are just naturally good at this type of strategic positioning. Eminem's movie, *8 Mile* is a brilliant example. It isn't about hip hop, it's about a white guy and his struggle for acceptance, a narrative carefully designed to position Eminem, like Rocky before him, as the next cultural underdog.

Political activism is merely one way celebrities can face the public and carve out for themselves the

personality we crave. By raising their voices in support of something that affects regular people, celebrities demonstrate a respect for their audience while identifying themselves as regular people.

I agree with Mr. Smith that we have a responsibility. But it isn't to critically distance ourselves from celebrities and politicians and deny our culpability.

Rather, it is to take responsibility for celebrity culture, and to recognize celebrities and politicians as being the constructions they are. For every celebrity or politician who tells you Chechnya is a Mexican side dish, we have to assume there's a thousand other regular people out there who believe the same.

Our cynicism got us into this mess; I doubt it can get us out.

Etc.

Time to light up

By PAUL GALLORO

It's official. Christmas is just around the corner!

The City of Toronto kicked off its 36th annual tradition with the lighting of Nathan Philips Square, better known as the Cavalcade of Lights.

The evening, which attracted close to 1,000 people, began with a colourful display of light and pyrotechnics that lit up City Hall's two towers in the crisp, cool November night. The celebration continued with skating, a live performance by David Usher, Toronto's rock-climbing dance theatre, Hi Xposure, and pre-Christmas cheer.

"I think it's lovely," said Anne



Over 100,000 bulbs are used in this year's spectacular show.

Ackerman, a new resident to Toronto from Scotland. "We brought our son from Santa Barbara to come see the wonderful scene."

Ackerman said Scotland never has ceremonies like this Christmas kick-off.

The breathtaking view of City Hall's civic square is illuminated by more than 100,000 colourful lights, and features the City's official Christmas tree, which has become a holiday landmark for Toronto.

Kathy Lee Porter, mother of nine-month-old Sarah, said she's been coming to the Cavalcade of Lights since she moved to Toronto 20 years ago.

"It's a night that gets us ready

for Christmas. It's somewhat calming just before the Christmas shopping rush," she said.

Porter plans to make this a tradition with her daughter and husband, adding they may also go for a skate on the outdoor ice rink.

The display of lights will continue until New Year's and will be the backdrop for many Toronto citizens who enjoy skating at Nathan Philips Square.

Other events happening at the Civic Centre for the month of December include three free skating parties on Dec. 7, 14 and 21.

A gallery of ice sculptures will be held from Dec. 27 to 29 sprucing up Queen Street. And the city's official year end party will take place on Dec. 31, 2002.

O Christmas tree, how lovely are your branches

By BOBBI THANDI

Christmas time is full of traditions for many families and the Christmas tree has been a popular custom for many years.

Whether the whole family goes out to pick the perfect tree, or dusts off the boxed one that's been in the basement all year, no house is complete during Christmas without one.

The Christmas tree wasn't popular until 1846, when Queen Victoria and Prince Albert were sketched with their children in front of one. Many of Victoria's subjects would imitate what was done at the palace. The trend made its way to America and it's been popular ever since.

At the end of the 18th century in Germany, metal wire trees covered with green-dyed feathers

became the first interpretation of the artificial tree.

In the '30s, a toilet brush company in Germany made the first artificial brush tree, using the same type of bristles that were used for their brushes. The Addis "Silver Pine" tree was patented in 1950.

For many people, the debate between a fake or real tree is based on family tradition. Some have sentimental attachments to the idea

of a real fir tree.

"When I was little, we used to always get a real tree, but as we all got older, my parents bought a fake tree," Jennifer Steadman, a Recreation and Leisure student, said. "It's definitely easier, but I still like the idea of the real tree. It just seems more like Christmas with a real tree."

Others are reminded of lugging the tree home, the never-ending cleanup of pine needles and curbsides filled with tinsel-loaded dead trees. For these people, an artificial tree is the tree of choice. They are more convenient, economic and less work.

"It's definitely easier, but I still like the idea of a real tree. It just seems more like Christmas with a real tree."

"I don't get the whole fascination with real trees. Sure they're the tradition but we've always had a fake one and it's way better," Chris George, a Funeral Services student, said. "I had to go with my girlfriend's family last year to go pick the tree and it was so much work bringing it home and setting it up. Meanwhile back at my house, it took about 15 minutes to put the tree up."

Whether the tree in your family room is the real deal, both options provide families with the warm fuzzy feeling that only Christmas can bring.

'Tis the perfect season for yuletide carols

By NICK RAPP

The tradition of carolling, or outdoor singing, has been around for more than 500 years.

"Christmas carols have been around since the Renaissance," Michael Horwood, an instructor in the music program, said.

During this period, religion had a large part to play in the type of carols that were sung.

"During the Catholic Renaissance era and Middle Ages many of the carols dealt specifically with the nativity, Mary, Joseph and the baby Jesus," he said.

Horwood explained this didn't change much during the Protestant era. Even so, the idea of outdoor singing could be about more than religion.

"The idea of groups singing outside dealt with both secular

and sacred traditions," he said.

Heather Wood, general manager of the Toronto Children's Chorus, said people who attend their shows don't have a particular style they enjoy.

"Both styles (traditional and contemporary) are well received by the crowd," she said.

The choir, made up of almost 300 children, is in its 24th year.

"We have a great following," she said, adding their loyal audience follows the choir's schedule closely.

On Dec. 21, the choir will perform at Roy Thompson Hall.

"The choir has quite a collection of Canadian carols in its repertoire," she said.

Horwood said that carols traditionally reflected certain parts of the world.

"Most European countries, such as England, Italy and Germany, all developed their own

carols," he said.

When the 20th century came around, carols started developing into more popular songs — a couple of examples of this being "Rudolf, The Red Nose Reindeer" and "Sleigh Ride."

Traditional music was still being composed but it just wasn't very popular and not very well known.

"If you go into some churches, you still might be able to hear some of this music," Horwood said.

Horwood said he has two favourite Christmas carols. The first is "Carol of the Bells" by Mikola Leontovich. The second is "Patapan" by French composer Bernard DelaMonnoye.

Even the President of Humber, Robert Gordon, has a favourite Christmas carol. "Oh Come All Ye Faithful" would be his favourite carol of all time.

Giving your old books a new life

Used book sale might happen if students show interest

By MELANIE COUTO and AMBER TOUTANT

Nursing student Ben Zettel has spent three years at Humber College and found several secrets to saving money on textbooks.

"There's other ways to get information from a textbook," Zettel said. "An example might be photocopying. As a student, you have the capacity to photocopy some of a book."

Humber library clerk Joanne Merigliano knows students are photocopying textbooks, but said staff can't monitor what students do.

"We don't have the time to stand there and watch everything," she said. "We do have signs posted. There's a copyright notice there on the board above the machines."

One way around the high price of textbooks would be a used book sale, run by the students for the students. Without a middleman,

students could be ensured better discounts on new books and more profit from their old ones.

Humber registrar John Mason said the college would consider a used-book sale if students showed an interest.

"If we were clear about the nature of the event, I think it would definitely be considered," he said.

For now though, bookstores offer the easiest option.

Eva Suntay, manager of Scorpio Bookstore, said the store will buy back books from students as many times as they can.

They will keep the book for two weeks, selling it at a suggested price. The students will get 80 per cent of the selling price.

"Students don't know how to sell their books. They post [notices] over the school and security removes them. That's why we have our service," Suntay said.

Textbooks are a huge drain on student budgets. Second-year Air Conditioning and Refrigeration Engineering student Derek Ross has spent about \$1,800.

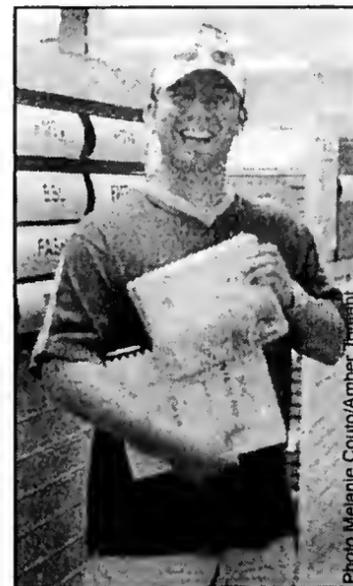
"We have made bandit copies of books," Ross said. "You've gotta cut corners where you can."

Students are not the only ones trying to fight against high book costs. Vice-president Academic Richard Hook has been trying for years.

"We've been talking with book publishers for the last 15 to 20 years about the rising cost," Hook said. "There was a hope that electronic services would give us less expensive ways to get this material."

Hook also said teachers are providing more photocopies for students. It's cheaper in many cases for schools to pay the copyright fees for printouts.

"Students are squeezed financially in every category," Hook said. "The reality is that higher education is expensive."



Textbook prices add to a demanding student budget.

This week's HERO File ...

Stopping hunger with a new tune

By MARSHA KNAPP

Scarborough native and singer Angela McKenzie went with \$300 U.S. to the media capital of the world, New York City, looking for — she didn't know what.

Four years later, she is the founder of The AMcK Initiative Inc., a non-profit organization that "creatively informs people how to combat hunger," McKenzie said. Their motto is, "Food for the Body; Music for the Soul."

She and her fellow colleagues organize three benefit combination concerts and food drives in New York, for spring, summer and fall.

McKenzie said the Initiative has several future goals, which include a hunger awareness tour to take place sometime in 2003.

"You pay your financial donation (\$5-\$20) to come see the performances," McKenzie said. "In addition you have to bring one or more non-perishable donations. I perform, we have poets and local talents."

McKenzie has had a lot of help along the way, especially from the

Initiative's co-founder, Vanessa Brezac.

"Angela's greatest reward is being able to create outlets to use her musical ability to advocate a cause that she has personal experience with, like hunger," Brezac said. "Her work through the Initiative will definitely challenge her creative vision for a long time."

When McKenzie arrived in the U.S., she made it to New York and had to decide between eating or finding a place to live.

"In New York, food comes last, it's easier to have a roof over your head and go hungry," she said. "It was David Letterman's pizza place that hooked me up with left-

over food. He told me about City Harvest Soup Kitchen, and it gave me an idea. In the spirit of giving back and the fact that I love singing, why not do both."

McKenzie got a job at the UN's headquarters where she realized she had what it takes to raise awareness.

"The Angela I know does not feel alive unless she has a creative goal to strive for and reason to believe that she's making a positive

difference in the lives of others," Brezac said.

In April, 2001, The AMcK Initiative was founded, and was formalized as a New York State, not-for-profit organization in May 2002.

"Given the newness of the organization," Brezac said, "I would say that its greatest success thus far is staying alive and raising awareness of its mission."

After the Initiative's first year of operations, they had already staged four benefit concerts. The fourth one, in April 2002, included musical talent from the fire department of New York's Ladder 4, which had lost the majority of their men to Sept. 11. The event's success was also marked with recognition from Mayor Michael Bloomberg.

McKenzie also had a chance to meet one of her idols.

"Her work with the Initiative gave her an opportunity to meet World Food Prize Laureate, Dr. Pedro Sanchez," Brezac said.

Sanchez is the chairman for the United Nations Task Force on Hunger, and is helping to reduce world hunger in half by 2015.

Both McKenzie and Brezac have high hopes for the Initiative in the future.

"In the future, I expect that our organization will be one of the

most visible and innovative hunger advocacy groups," Brezac said. "Simply because we are not afraid to use creative approaches."

McKenzie hopes this message of hunger alleviation can one day spread nationwide, and that if she

can do it, anyone can.

"I think I am a bit of an inspiration," McKenzie said. "If you want to make an impression and want a diverse culture, go to the media capital of the world, you'll find support and influential people."

"In the future, I expect that our organization will be on of the most visible and innovative hunger advocacy groups."



Angela MacKenzie set off on her own to New York City with nothing but a good heart.

Stuff it for the holidays

By CHARMAINE MERCHANT

It's that special time of year again when you have to figure out the details of Christmas.

It's easy to get caught up in the hustle and bustle of the holidays, but it's also easier to put off to the last minute one of the most popular traditions — stocking stuffers.

"All kinds of practical little things can go in a stocking like toenail clippers and toewarmers," Sylvia McBride from Lewiscraft in Yorkdale said.

"A friend of mine put a ring at the bottom of his girlfriend's stocking, to surprise her in front of her family with his marriage proposal."

There are hundreds of unique ideas out there that are sure to go

over well with gift-receivers of all ages.

Specialty cheese or jam, incense, a travel alarm clock, perfume sample bottles, money, a small piggy bank, novelty socks and 'fun' underwear are just some of the unusual suggestions offered by chatsco.com.

Bookstores also offer more

than just plain old novels.

"The portable magnets and lightbulb necklaces are very popular," Jean Hopkinson, an employee at Indigo, said. "Right now, we're also offering flexcards, which are gift cards with different pictures on them and you use it like a debit card."

Many people like to design their own Christmas stockings.

Lewiscraft has been getting people requesting patterns and asking how they can spruce up a stocking.

"There are so many ways to design them. You can make it as fun or as comical as you want. You can use felt, velvet or velour and you can make it any size you want," McBride said. "You can first do a template on cardboard to trace the design on the felt. Leave a little space for extra room when you sew it."

The tradition of stockings go back to Christian times originating with Saint Nicholas, a kind soul who enjoyed helping others.

St. Nick heard the plight of a nobleman who had fallen on hard times, due to his daughters not being offered for marriage. Saint Nick sent two sacks of gold, one of which went down the chimney

and straight into a stocking that was hung to dry overnight.

Young or old, people still love to be surprised with goodies. Doing it with a Christmas stocking is one of the best ways.

When you just can't seem to get it up

By CAROLYN BARRY

It's like the little engine that couldn't.

You wonder if it was you. Did you not arouse him enough? He, on the other hand, is frustrated and embarrassed.

According to Dr. Richard Casey of the Oakville Men's Clinic, performance anxiety is quite normal.

"Most men don't worry about it and try again the next time. But there are some who will become anxious and wonder if they are impotent," he said.

Performance anxiety can result when men anticipate the end result of sex. The anxiety causes an inability to become erect and have sex.

Performance anxiety may also go hand-in-hand with premature ejaculation, according to Dr. Casey.

"Younger men we see will explain they have had a couple of negative experiences, ejaculated quickly and they know it puts a damper on the whole mood," he said. "And they enter the sexual arena that night, worried that they

are going to ejaculate too quickly, and in the end they don't even get an erection."

Not being able to perform may also be related to stress, alcohol, drugs or just not getting enough sleep. But for Jim Alder, a 26-year-old chef, it was just plain nerves.

"It was my first attempt to have sex with my current girlfriend. She's a virgin, and when we tried, things didn't feel right," he said.

Alder, who has been with his girlfriend for more than a year, was on vacation when they wanted to express their love.

"I'm almost certain it was my body's way of telling me that it wasn't right. It must have been a 90 per cent mental thing," he said. "Something natural like making love to someone you love, loses all the natural aspect of it, when it's done in a pressure type of situation."

Dr. Casey said that although it may be a very frustrating and embarrassing time for the men, it's still important to talk it over.

"Most of the time, the partner will say it's not a big deal and they aren't that worried, especial-

ly if it doesn't happen all the time," he said.

To ease some anxiety for men, Dr. Casey has some hints.

"Don't listen to your friends about how many times they have sex, because they are lying," he said. "But if it's becoming a personal problem, speak with a doctor. Just because you can't get an erection doesn't mean that you can't have sex, so be innovative."

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Get your pearlies whiter

By JACQUELINE BOULET

Teeth whitening toothpastes and gums are nothing more than gimmicks that do not contain any actual whitening agents, dentists say.

Dr. Nicholas Ng, an Oakville dentist, said products claiming to whiten do nothing more than create an illusion of white on the surface of the tooth, rather than actually whiten.

"The active ingredient that whitens the teeth is peroxide and the toothpastes and other products being sold that claim to whiten teeth have none of that in them," he said.

Dr. Ng said they contain titanium dioxide which works like paint, creating a whiter surface on teeth, but not whitening the tooth itself.

"Titanium dioxide is found in lots of things that are white, like cake icing and mix, as well as the whitening toothpastes that are on the market," he said. "That ingredient does nothing to actually whiten the teeth."

Melissa Watson, dental hygienist, also said toothpastes that claim to whiten your teeth actually damage the enamel after prolonged use.

"We tell our patients not to use them," she said. "They are very

similar to sand in texture and can do a lot of damage to your teeth's enamel, eventually wearing it down to nothing."

The Canadian Dental Association only approves the fluoride levels in dental products. Anything else these products claim to do is not actually tested and approved.

"The CDA has stamped its approval on all sorts of products that have nothing more than the required amount of fluoride in them," Dr. Ng said. "Don't be fooled by their stamp."

Rather than wasting money on whitening toothpastes, Dr. Ng recommends a coverage toothpaste that combats bacteria and tartar.

If you are looking to whiten your teeth, Dr. Ng and Watson both agree that whitening strips are the best way to go.

According to Dr. Ng, the strips provide close to the same level of whitening as a dentist's office at a significantly smaller price.

"We used to sell them here at the office, but they came out on the market at a lower price, so we stopped selling them," Dr. Ng said. "The white strips do a great job of whitening teeth, as they have a good amount of peroxide in them, which is the only ingredient that can actually whiten."

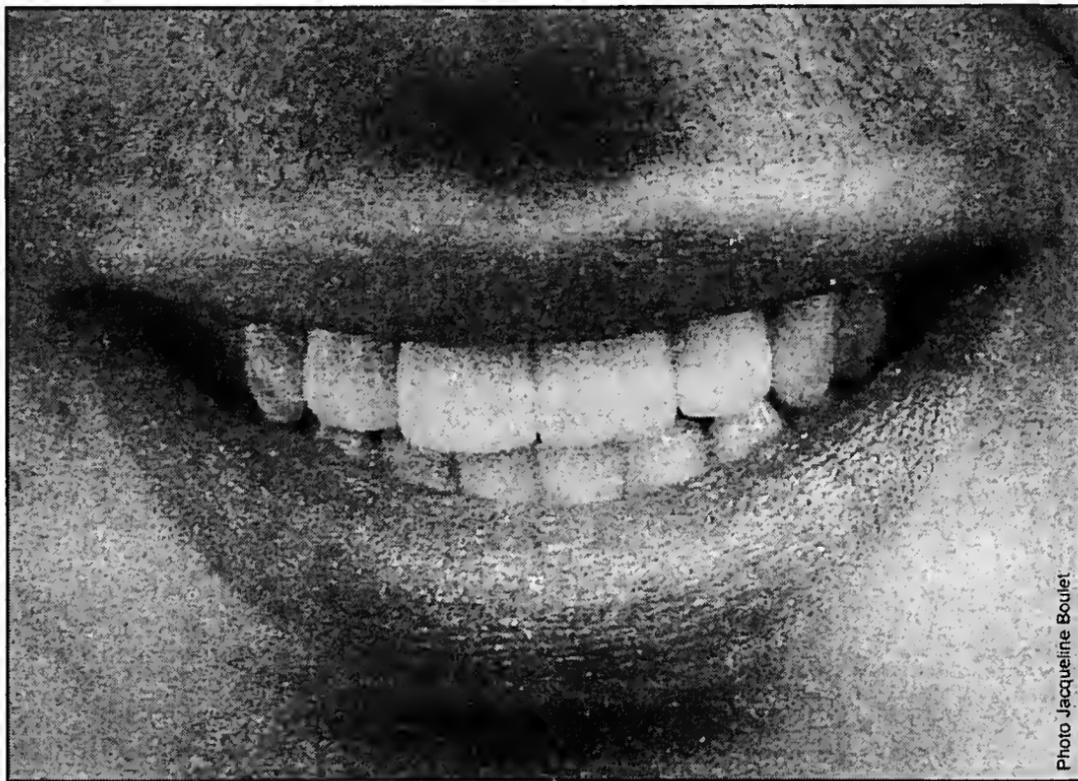


Photo Jacqueline Boulet

Dental professionals recommend whitening strips over toothpastes or costly laser treatments.

Dr. Ng is also a cosmetic dentist and has experience using laser technology for teeth whitening, but said it isn't worth the money.

"I bought the laser and tested it on one of my patients, whitening one half of her mouth with the laser and the other half of her mouth with the conventional system I've always used," Dr. Ng said. "When the treatments were finished, there was absolutely no difference between the two sides."

Dentists today will make a mould for a patient's mouth, send the bleaching kit home with them and charge around \$400. The laser treatment, on the other hand, costs around \$1,350 per visit.

Dr. Ng recommends the white strips for most people, and if they fail, he suggests seeing a dentist for a professional kit with a higher level of peroxide.

Terri Jackson, a Mohawk College business graduate, said the white strips are worth every penny.

"I smoke occasionally and drink a lot of coffee, so my teeth were getting a bit yellow-looking. After using the white strips for two weeks, my teeth are really white," she said.

Tracey Shephard, a media relations officer at the Ontario Dental Association, said the level of peroxide in the strips is the highest approved for over-the-counter products.

"The approved level of pH in the over-the-counter whiteners is four, according to Health Canada," Shephard said. "The white strips and the gel for whitening both have this level four and the highest level of peroxide as well. Because these products haven't been around that long there is no long-

term scientific data."

Another thing to watch for, Watson warns, is how white you think your teeth are, compared to how white they actually are on a dentists' scale.

She said most people think their teeth should be whiter but in reality are close to being at the brightest end of the scale.

"Most people think teeth should be white, but teeth are naturally varied shades of yellow or grey. So if you bleach your teeth to being very white, they will look very unnatural," Watson said.

Jackson agrees that after two weeks of bleaching her teeth, they were white enough.

"I stopped using the strips after two weeks because I thought they shouldn't get any whiter," she said. "Anything more and they would've looked fake."

Ask the nurse

North Campus Health Centre nurses answer your questions...

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A: In this particular circumstance, given you have both provided a truthful account of your past relationships, there is really no risk of contracting an STD.

However, one thing to keep in mind is that viruses like HIV and Hepatitis B and Hepatitis C can be contracted through blood contact.

Even if two people have only had sex with each other,

but one partner had contracted one of these viruses by sharing dirty drug needles, there would be an increased risk of spreading the virus through sexual contact, and condoms should always be used.

Even when using the birth control pill, it would also be wise to use condoms as back-up protection to avoid pregnancy if you are taking antibiotics, have missed a pill dose or had an illness that has caused excessive vomiting or diarrhea.

Remember, condoms are available free at the health centre.

Health question? Ask the nurse. Questions answered weekly and kept confidential. Send e-mails to humber-health@hotmail.com

Birthing conference sparks protest

By LISA HARRIS

A group of protestors formed outside the Colony Hotel in response to a conference last month promoting caesareans.

The University of Toronto's Maternal, Infant Reproductive Health Research Unit (MIRU) sponsored the conference, entitled Choosing Delivery by Caesarean: Has its Time Come?, sparking a debate from The Birthing Circle/International Caesarean Network (ICAN) of Ontario.

The all-day conference focused on the safety of elective caesareans versus vaginal births.

Outside the hotel, protestors circled with signs saying "Birth is not a medical procedure," "Patient choice or doctor convenience?" and "If woman don't know all the facts how can they make a choice?"

Inside the hotel, presentation topics included how caesareans are good for a baby, the caesarean role in mul-

tiple births, and the safety concerns of vaginal birth after caesarean (VBAC).

There was a debate at the end of the conference about whether caesareans should be offered to all women.

Bonnie Annis, a facilitator of the Birthing Circle/ICAN, said she feels women may not be getting enough information or are acting out of fear of natural birth.

"I think we are going to see an even higher rate next year," she said about the rising rate of caesareans in Canada.

Shawn Gallagher, a registered midwife and clinical hip therapist, said body image might play a role in the rising trend of elective caesareans.

"Look at models," she said. "We see our bodies that don't reach this level of perfection, and think we can't push a baby out."

Gallagher and Annis said the immediate risks of a caesarean can include blood loss, hemorrhaging, hysterectomy, inability to breast feed

due to heavy medication, longer hospital stays and reduced bonding time with their baby.

They also said since caesareans can be booked about a week before the actual due date, the baby could be born too early and health risks increase.

Some of the risks include respiratory distress syndrome, longer hospital stays and a six per cent chance of the baby being cut.

They said one of the long-term risks to a woman is the emotional impact, when women feel like they failed.

"Women are losing faith in themselves and feeling broken," Annis said. "But I would be the last one to tell a woman she didn't have a choice."

Annis said every woman needs to do what she feels is right for herself, but Gallagher said she is concerned her tax dollars could be used to pay for unnecessary surgeries like elective caesareans.

Etc.

Take advantage of Humber's free gym membership

No charge to get in shape

By KIRK VILLAMARIN

If the tendency to over-eat during the Christmas season will have you packing on some extra pounds, Karen Horan, Humber's fitness coordinator, has some advice: get exercising.

Horan says students, especially the ones living in residence, tend to let themselves go and should take advantage of Humber's free gym membership.

A graduate of Humber's Fitness Leadership program, Horan does personal training and teaches CAN-FIT-PRO courses.

She said students who have never worked out in their life should ask for a free orientation at the Humber athletic centre.

She recommends that people purchase a \$75 Kick Start package

that includes a fitness assessment, a half hour consultation with a trainer, and an hour session with a trainer in the weight room.

"You can ask anyone behind the desk," she said.

Horan said the gym has five personal trainers and appointments cost from \$25 to \$75 depending on the type of assessment.

Although the fitness centre does not have a nutritionist, students wishing to make smart nutritional choices can get advice from Horan or from another nutrition specialist.

She recommends students fol-

low her posted low fat recipes on the bulletin board at the centre.

While aerobic programs and yoga courses are available in the gym's studio, open gym time is offered for certain sports at scheduled hours.

"How could you not take advantage of something that's free?" Horan asked.

She said other fitness facilities, like the YMCA, Extreme Fitness, IFF International Family Fitness, and Bally's Total Fitness, charge their members more than \$30 per month.

For Your Own Good

Dec. 10
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Dec. 11
Light Up a Life Celebration, ice skating event to help support Toronto's homeless youth. Harbourfront Centre, 235 Queen's Quay W., 7 p.m. to 9 p.m. Free. Info: (416) 977-4497 ext. 125.

Dec. 14
Christmas Lights Walk, organized by A Stroll in the Park Walking & Adventure Club. A group

neighbourhood walk for those 19 years and older. Optional dinner after the walk. Meet at the Royal York Subway bus area, 3012 Bloor St. W., 5 p.m. \$40 for new members (three free walks included), \$20 for one walk. Info: (416) 484-WALK (9255).

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Coffee could help prevent diabetes

By PHIL BERNARDO

Drinking coffee may actually have benefits other than keeping you awake for those all-nighters, says a study conducted by the Dutch National Institute for Public Health and Environment.

After analyzing 17,000 men and women, Dutch scientist Ron van Dam found those who drank more than seven cups of coffee each day were half as likely to develop type 2 diabetes.

Type 2 diabetes is diagnosed when the body does not produce enough insulin or the cells ignore the insulin. Insulin is necessary for the body to be able to use sugar. Sugar is the basic fuel for the cells in the body, and insulin takes the sugar from the blood into the cells.

"It has been shown over and over again that caffeine lowers insulin sensitivity. But they had only studied people for a few hours," van Dam said.

However, a spokesperson from Diabetes UK, an organization dedicated to the prevention and cure of the disease, said although they will not advise people to drink seven cups of coffee a day, the results of the test are quite surprising.

They will recommend regular exercise and a healthy diet as safer and more reliable ways to reduce the risk of type 2 diabetes.

The Dutch team behind the work said specific components in coffee, like magnesium and chlorogenic acid, are what lessen the chance of developing type 2 diabetes.

"In view of the widespread use of coffee and the large health burden on type 2 diabetes, our finding on an inverse association between coffee consumption and risk of type 2 diabetes could have important public-health implications," van Dam said at a BBC interview earlier this month.

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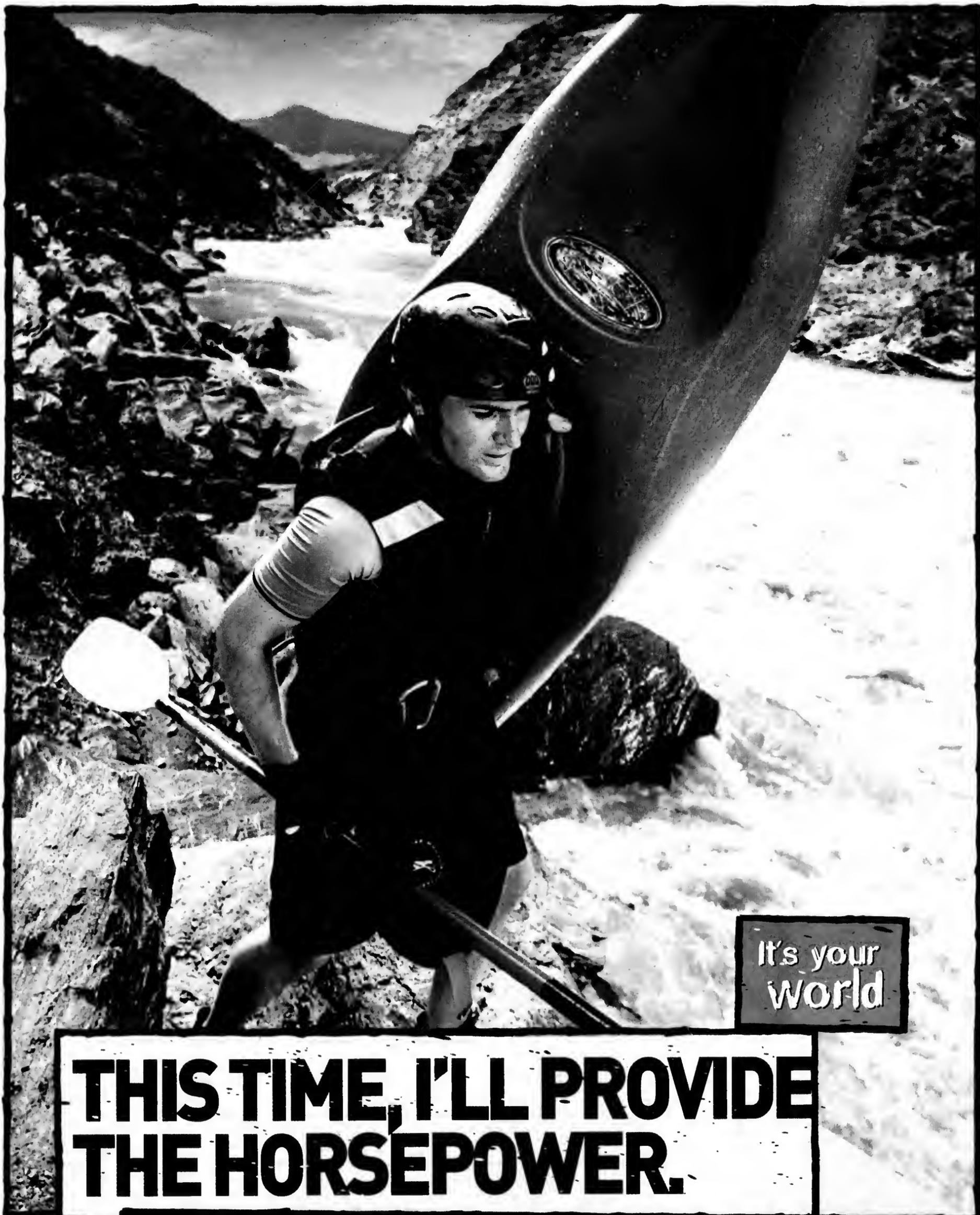


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On Campus

It's beginning to look a lot like Christmas

Staff celebrates the season

By JASON BAIN

Food, entertainment, crafts and activities rounded out the festive celebrations at the annual Humber staff Christmas party on Saturday.

"Santa's Wonderland at the Lake" ran from 9 a.m. to 12 p.m. in the A building at Humber's Lakeshore Campus, with activities in the gym, crafts in the lobby area beside the cafeteria, pictures with Santa and gifts in the auditorium.

The cafeteria offered a variety of festive eats as well, with live entertainment by the Tom Taylor Band, much to the delight of the children who sang and played along.

The party served up equal amounts of fun for kids and parents alike.

"There's lots for us to do, with all of the activities, the toys and Santa," parent Tony Armata said. "The people that run it make this event. Everyone is in such a good mood."

Gym events included, "Frosty Snowball Toss," "Santa's Faceoff," "Ho-Ho-Ho Hoola Hoops," "Reindeer Ropes," "Pin The Nose On Rudolph" and the "Candy Store" (a giant inflatable jumping house.)

"I think the kids liked the jumping castle the best," Melain Nolan, parent and Media Studies instructor,



Six-year-old Hannah Zbitnew, daughter of Anne Zbitnew, shows off her scarf at the Staff Christmas party.

said. "The family fun is the most important."

She added she enjoyed the breakfast and festive atmosphere.

Raffle prizes included Blue Rodeo tickets, gift boxes, journals, a necklace from Myrna's Marvels, plush dogs, a three-month karate training program, and a one-month gym membership.

Monika Rejnowics and Craig Taylor were the MCs for the party.

"It's been very hectic but it was nice to see it at Lakeshore Campus," Rejnowics said.

"It was a great turnout, I think over 600 people came out," Taylor said. "Everyone walked away with a good experience and everything ran like a top."

The event was organized and run mainly by members and faculty of the Public Relations certificate program, along with volunteers like Leslie Gottlieb, who was Mrs. Claus of "Mrs. Claus Story Time."

"It's really cute that everyone can get into the Christmas spirit and have fun," she said. "It's been fun, it's good to see people take it seriously, and really get into it. I was reading a story, and

a kid fell asleep on my arm."

Parent and Photography intruc-

were very accessible for the kids," she said. "The gifts that Santa gave weren't the usual landfill; they are a craft that will be greatly appreciated."

"I like the Candy Store," said Zbitnew's six-year-old daughter Hannah, who enjoyed making a scarf at the craft area.

"It's all about the children," said Dorito Henriques, an organizer in the PR Certificate program. "There has been a lot of positive feedback from parents and children."

As for perhaps an even bigger event next year, Henriques seemed open.

"It takes a lot of planning, but if the class is up to it, by all means," he said.



Leslie Gottlieb, Mrs. Claus of "Mrs. Claus Story Time", read holiday stories to the children last weekend at the Lakeshore Campus.

tor Anne Zbitnew was impressed by the event.

"It's very original. I go to a lot of kids events and the crafts were by far my favourite part. They

even bigger event next year, Henriques seemed open.

"It takes a lot of planning, but if the class is up to it, by all means," he said.

Firefighters 'deck the halls' with donations

By AMBER TOUTANT

Humber's Firefighters are giving back to the community, by organizing a food drive for the Daily Bread Food Bank.

"The whole class had an idea that they wanted to do

something for Christmas, either food or toys," Jody Walker, Fire and Emergency Services class president, said.

The drive is being organized by the students and they're starting off the drive by donating \$5 each to purchase canned goods.

"We're going to buy food ahead of time and set up a table where we have the cans out. Students can put in their money and we'll donate a can for them," Walker said.

Victoria Smith, Daily Bread Food Bank's donor coordinator, said the effort isn't going unnoticed.

"It's wonderful that students are getting involved," Smith said. "I think they're really showing a lot of initiative and great work."

Smith says although the food

bank needs these drives year-round, more students get involved during the holidays.

Donations of high-protein items like tuna, peanut butter, and even pastas and pasta sauce are encouraged. Non-perishable food items can be dropped off in bins at HSF, the front entrance and the staff lounge.

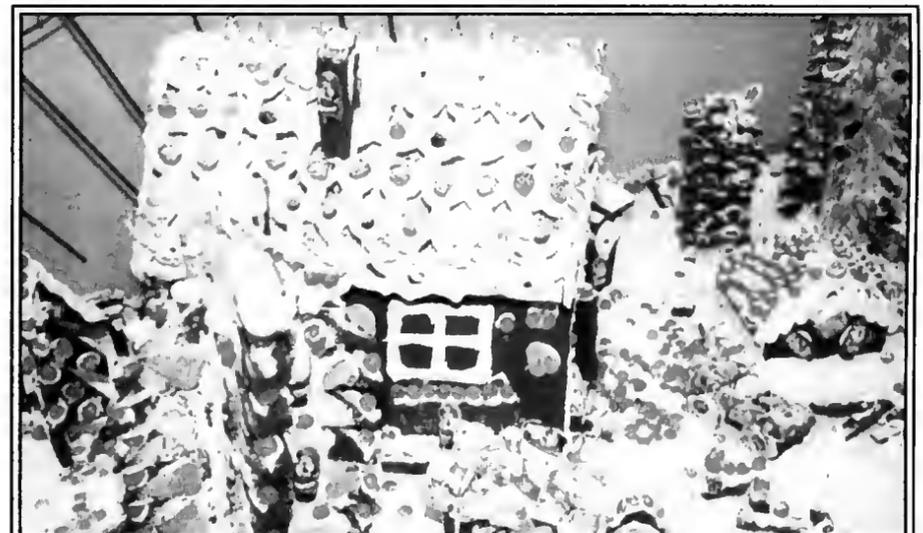
Walking in Humber's 'Winter Wonderland'

By JENNIFER KLEIMAN

Staff, students and the college's neighbours are invited to come out and get into the holiday cheer at the Winter Wonderland in the Arboretum, just steps outside of the North Campus.

"It gives the community a chance to come out and check out the Arboretum," Bruce Codd, a second-year Recreation and Leisure student, said.

Winter Wonderland is put on every year by the Arboretum and for the first time, organized by Humber's second-year Recreation and Leisure program.



The cooks in Food Services make gingerbread houses which can be won by students and faculty every holiday season. The larger one does not usually survive the season but the smaller ones make it home!



Firefighting students collect donated items for the Daily Bread Food bank.

"The Public Relations students usually take care of this event, but they moved to Lakeshore Campus," Jen Shragge, Community Liason co-ordinator, said.

The event is targeted at promoting the Arboretum and to promote nature around the community.

"It's a free community winter celebration, to raise awareness about the Arboretum," said Andrea Dessureault, event chairperson for Winter Wonderland. "Some people come every year to the event, asking when is the Christmas tree sale. Santa Claus will even make

appearances throughout the day."

The Winter Wonderland usually takes place right after the staff Christmas party. This is the first year the events have been held on different days. Despite opposite dates, Winter Wonderland is still expecting to host over 500 people.

Everyone is encouraged to come out and enjoy the many events taking place, including nature walks, chick-a-dee feeding, music, face painting, tree sale, BBQ, hay rides, games and much more.

"We have been promoting this event throughout the community," Codd said.

"We have targeted a few area schools as well."

Nature's Winter Wonderland takes place Dec. 7 from 10 a.m. to 4 p.m., with the majority of the events taking place at the Humber Arboretum Nature Centre and admission is free.

There will also be a collection bin for the Humber Toy Drive, supporting the Children's Aid Society of Toronto. Everyone is encouraged to drop off new and gently used toys.

For more information, contact 416-675-5009.

-With files from Stephanie Harnadeck

Etc.

End the year with a hot feast, fit for a king



The third-semester catering class of the Hospitality Management program is organizing the Medieval dinner taking place tonight in the Humber Room.

By JAMES ROSE

Hear ye, hear ye, let us show you a "knight" to remember.

This is what the poster reads for tonight's Medieval Banquet in the Humber Room. It will feature tantalizing dishes centered on a cutlery-free tabletop.

Over 20 students from the third-semester catering class of the

Hospitality Management program are organizing the banquet beginning at 6:30 p.m.

One hundred guests will enter the medieval décor ushered in with mandolin music. The room will be decorated with a vintage shield, banners and every guest will get a crown before being seated at white linen covered tables, complete with candlelit lanterns in the middle of

the tables.

Upon receiving their menus the guests will get to open their very own purple wax-sealed menu; stamped with an "H," a royal Humber insignia.

A lot of preparation has gone into the banquet, with 30 posters and 200 flyers promoting the event; which is a final project for marks.

"I enjoy seeing the function come together, all of the work that everyone's been doing," said Levon Pompa, in his second-year of Hospitality Management.

Pat Cuda, events recruitment and marketing for the school of

HRT, said when Chef Frank Formella was asked what dinner idea he wanted he requested it be done like a Henry VIII dinner.

"It has been a dream of Chef Formella, to conduct a medieval theme in the room," Cuda said. "When he told the Dean, Chef Formella was very excited about the event."

Cuda also mentioned that having a medieval name would be easily understandable with what to expect in contrast to Formella's Henry VIII analogy.

Although the event won't have the actors that the better-known Medieval Times has, there is expected to be better food.

"All the chefs have a fine reputation in the college for their food," Cuda said. "They wouldn't be here at the college if they weren't amazing."

The guests then prepare for a four-course feast fit for champions. Formella plans to battle the palette with his gargantuan Genghis Khan meal.

Vegetable beer soup in a bread bowl will be followed with roasted or marinated chicken or pork and accompanied with a marinated flank of beef.

The meat will also be served with double baked potatoes with garlic and chives and braised winter vegetables served in an acorn squash.

Fresh berries for the sweet tooth are marinated in brandy and syrup while Stilton, soaked with sherry, is placed along side white cheddar and served with fruits and nuts.

There will be Christmas quizzes and word association games to win prizes at the dinner ranging from a lunch in the Humber Room to a bottle of wine.

Naomi Cudanin, a second-year Hospitality Management student, is excited about the event coming together.

"It will provide guests with an enchanted medieval experience that will certainly give them a 'Knight' to remember," Cudanin said.

Drawing the line at Holiday giving

By KATE SCHWASS

It's the season to give to those less fortunate, but some are wondering if Humber students are being asked to give too much.

All over campus, boxes for toys, bins for food and envelopes for money are sitting in offices, begging for staff and students to give to those less fortunate.

Posters line the hallways reminding students "someone else's Christmas will be brighter this year by one can donation." Whether these posters are effective is yet to be decided.

Many students said they never even noticed the posters in the school when asked.

Students in residence were asked to give a dollar or two towards Operation Christmas Wish – a program that gives a gift box of small toys, hygiene products and other small items to children in need.

But for students on a budget, can they really afford to give?

Students on Ontario Student Assistance Program (O.S.A.P.) or who do not have part-time jobs might already be feeling the financial strain of the holidays and giving to cause will not be at the top of their priority list.

Some students feel that it doesn't matter how little you have, you can always give.

"You can buy a box of mac and cheese for 99 cents," Tiana

Stewart, a first-year Photography student said. "For under a dollar, you can get something for the food drive."

It seems that students in the Fire and Emergency Services agree with this mentality.

Last Thursday night, they were raising money at Caps for the burn unit and soon, they will be going to Exhibition Place where they are stuffing holiday bins for the less fortunate.

The fire fighters are also conducting a food drive until Dec. 20.

"If you have it to give, why not," Jonathan McClarin, a second-year Fire and Emergency Services student, said.

Yet the food drive isn't doing so well.

The bottom of the bin in the college's residence is still very visible.

"Hopefully we can get some food," Mike MacDonald, also in the Fire and Emergency Services course, said about the food drive.

While students may not be able to follow the food drive's poster wish of giving generously, most students are willing to give a little to help others out.

"I'd like to find the person who doesn't want to give," Tanya Faubert, a first-year Funeral Services student, said. "I'd like to take them to a shelter or Children's Aid and show them what their Christmas is like."

A simple Christmas wish

By ANDREW SMITH

Many children have already started planning their Christmas lists, but others don't have as much to look forward to. The CHUM City Christmas Wish program hopes to change that.

The program, now in its 36th year, works to provide less fortunate families with toys for the holidays. For the fourth year, CHUM is joining with the Humber School of Media Studies for the program.

Jerry Chomyn, Broadcast Radio program co-ordinator, says the Christmas Wish program not only

works to help those in need, it also offers some good work experience for students.

"CHUM radio network is one of the largest in Canada, so we thought it was good on two fronts. It was a great idea for kids and a great idea because it was part of a large radio network that employs a lot of our students, so it seemed like a perfect match," Chomyn said.

The Christmas Wish program reaches more than 250,000 families each year. Chomyn says student and staff reaction in the

past has been incredible.

"I think last year we had something like 13 giant garbage bags full of toys that we delivered," he said.



The program is always very popular, and Chomyn expects to continue the tradition next year.

"It's gotten to be one of the favourite ones with students and staff. I think the reaction from staff has always been really positive because it's something more, giving back to people that don't have anything," he said.

Although there is no cut-off date for donations, Chomyn is asking for students to make a contribution before Dec. 13, when Christmas break begins. He says it's easy for people to make a simple gesture that would mean so much for an underprivileged child.

"If you're doing your Christmas shopping, buy one extra toy and drop it off," he said.

Students and staff are encouraged to drop off any new, unwrapped toys in the donation box set up outside the K107 Media Studies office.

If buying toys isn't convenient, cash contributions are also welcome. Donations are also accepted at the CHUM building (1331 Yonge St.) or at any Royal Bank location.

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Solaris (AA)	1:30, 4:10, 8:50, 9:30
Adam Sandler's 8 Crazy Nights (AA)	1:30, 3:30, 5:10, 7:30, 9:30
Treasure Planet (PG)	12:00, 2:10, 4:30, 6:30, 8:00
Santa Clause 2 (PG)	12:15, 3:30, 6:45, 8:10
They (PG)	1:10, 5:05, 7:10
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Win a holiday pack from the HSF

By LEAH NONATO

Everyone enjoys getting a gift at Christmas and HSF is giving you the opportunity to score great gifts this year.

By filling out a Holiday Break Gift Pack Contest ballot, students have the chance to win one of three prizes: a dinner for two at JJ

Muggs, movies for two at Famous Players, or HSF gear and gift certificates.

"[HSF] will pick the winners on Dec. 6 and then we will notify them later that afternoon. Then we'll post the names on our Web site," said Sonia Tessaro, marketing and communication coordinator for

HSF.

Tessaro says the contest is open to all Humber students and they can enter as many times as they want.

Ballots can be filled out from now until Dec. 5 and can be found at the HSF office or at <http://www.hsfiveb.com/contests.htm>.

Etc.

Lights, camera, action

Student films show determination

By MIKE ZETTEL

On a quiet set in the middle of shooting a scene, an unwitting journalist snaps a picture. The click of the shutter might as well have been a stick of dynamite.

The scene continues as if nothing had happened but ends with the director asking the cameraman if the camera click could be heard in the scene. Luckily, the offending photographer was outside of the microphone's range.

Shooting for the final projects of the third-year Film and Television production class is now occurring in places as diverse as the Humber College Arboretum and a funeral home in Keswick.

The locations are determined by what the scripts call for and what is practical.

Take, for instance, the above-mentioned funeral home. The film, containing the scene is called *Ten Pin Praise*, a comedy set in a bowling alley and a funeral home.

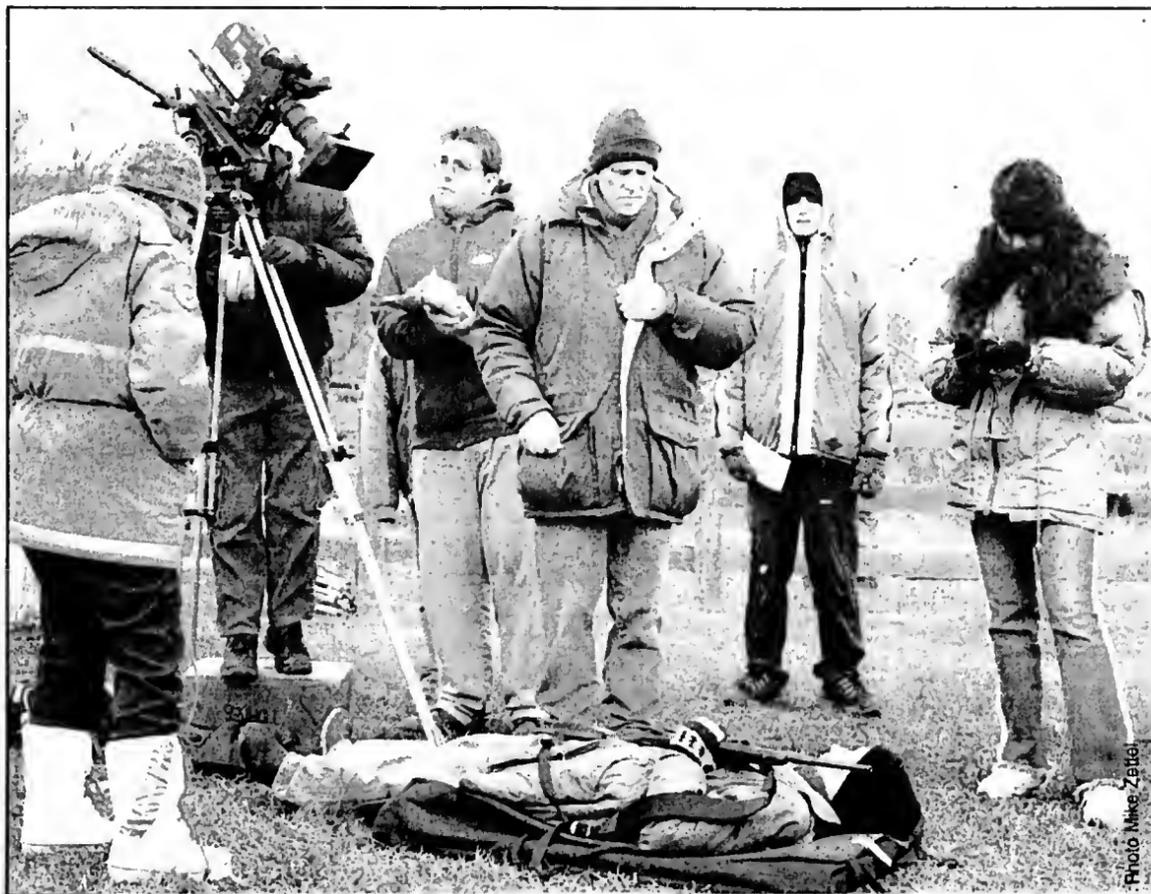
Fair enough, but why Keswick? This town, about a 20-minute drive north of Newmarket, also happens to be the hometown of Lillie-Anne Carter, one of the project's producers.

Carter was able to secure the use of the building for the weekend, provided it's not required at the time by the owner.

"That's the downside of shooting in a funeral home is people die all the time," said Carter in a pre-production meeting last Thursday.

"No one's going to die," said Erin Sheehy, the assistant director. Their schedule won't allow it.

Production for their film started



Melissa Smith, Art Director; Glen Rockwood, Director; Jeff Ridout, continuity; Hugh Lambe, Actor; Peter Lafrenière, Camera Assistant; Shenaz Baksh, Director of Photography and Alex Liberatore, Actor, are the involved with the filming of *Lost*.

earlier this week. In the seven days leading to that date, the crew had to arrange for the rental of a cube van, provide food, paint the studio, pick up the equipment, finalize the location choices, plus a thousand other tasks.

"As far as cooking goes, when

we're up in Keswick, my family will do it," Carter said. "But, they just don't know it yet."

One down, 999 to go.

An incredible amount of work goes into making a film. The film crew must take care of so many details even before a single frame is shot. To an outsider at least, it's a wonder it gets made at all - let alone on time.

"It'll get done and it'll get done better than I want it to get done," said Katherine Iannetta, the director. "Because I won't stop until it is and neither will these two," she said, referring to Carter and Marian Meschino, the other producer.

"We have a saying," said Jake Krotchwil, the co-director of photography, "let's make it happen."

The students have help making their films; they are supported by the program staff, and many members of the film industry. However each student still has to kick in \$800 of his or her own money.

The other film *Lost*, which was largely shot in the arboretum over the weekend, has a budget of \$7,600.

"And that's if we don't go over that," said Vivian Campoverde, one of the producers. She said that when the budget was being determined, certain amounts were allotted to each area, such as cameras, with a little set aside for "in case of."

However the pre-production team soon realized if they were spending all day outside in the arboretum, they would have to rent a port-a-potty, since they

The film is about a man who, while lost on a hunting trip in northern Ontario, contemplates a childhood and his disintegrating marriage.

On Saturday morning, the crew of about 15 setup the location by a fence close to the residence. The scenes being shot were flashbacks of the main character's boyhood memories on the family farm.

The pace of the shoot is glacial. A scene that plays on the screen for less than a minute, can easily take an hour to shoot.

Lisa Caputo, the camera operator, positions the camera. Ayisha James, the art director acts as a stand in so that the picture can be framed. Glen Rockwood, the director, coaches the actors. They do a rehearsal without rolling the camera.

Then, when everyone's ready and in place, assistant director, Melissa Smith speaks.

"Quiet on the set. This is a take. Okay, sound. Speed. Camera call it."

Bob Richardson, who wrote the script, positions the slate in front of the camera.

"Scene 33, shot one, take one. Mark it. Frame it," says Caputo from behind the camera.

Finally Rockwood calls, "Action!"

The scene is acted out, taking a grand total of 30 seconds. Rockwood calls out, "Cut!"

It's a successful take. It's 1 p.m. and the crew has been out there for five and a half hours. They plan on being finished at 11 p.m.

Meanwhile, over at the other shoot of *Ten Pin Praise*, the crew is discussing a new last line for the film.

"Well, that's show business," someone suggests.

Everyone agrees. It's a wrap.

Secret training camp, a part of Canada's history

By JASON MAGDER

When British author Ian Fleming sat down to write his popular James Bond books, was based on his experiences at a secret agent camp just outside of Toronto.

Fleming was one of dozens of spies who trained at Camp X during the second World War, according to local author, Lynn Philip Hodgson, who has written four books on the top-secret camp located in Whitby.

Speaking at a lecture at Humber last Wednesday, Hodgson said Camp X opened Dec. 6, 1941.

The camp trained hundreds of secret agents from 1941 to 1944.

"It's just a fascinating subject and it always has fascinated me," Hodgson said. "When you learn something new and when you have knowledge that no one else in the world has, only a selected few, most of whom aren't alive today, there's something about that. It's intriguing."

Hodgson described the training as rigorous and difficult. He said agents were taught how to win with

their heads and not with weapons.

The camp, the first of its kind in North America, played a role in the development of the Office of Strategic Services (OSS), which later became the Central Intelligence Agency (CIA).

Hodgson said it was not until after World War II that Prime Minister William Lyon Mackenzie King found out about Camp X.

"In the time of a World War, the military runs the government," he said. "The government doesn't run the country."

Mark Rector, a professor of electronics at Humber, brought Hodgson in to speak. Rector said he believes Camp X is an integral part of Canada's past.

"We need to be proud of what we do in this country," he said. "Unfortunately we get bombarded by the Americans and all these movies in Hollywood that talk about the good old U.S.A. We need to pat our own back a little bit more."

To find out more about Camp X, visit the official Web site, www.camp-x.com.

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Etc.

Spotlight

It's time for this Guy to shine

By ROO GUILHERME

Say goodbye to your virginity Jason Guy. Well, at least in the sense of Canadian interviews anyway.

Guy, now 25, was one of 12 houseguests on *Big Brother 3*, a television reality game show, this past summer. The show might be over, but people still can't get enough of the nicest guy — pardon the pun — from the house.

"I'm flattered, but it's also a bit odd that people want to know everything now," Guy said via telephone for his first interview with a Canadian publication.

Eager fans want to know every little detail about this brother, right down to the brand of toothpaste he uses. On his Web site, *Jasonguy.com*, it's not uncommon to find fans on the message board asking about Guy's grooming habits, where he likes to shop, or even his past relationships.

This newfound fame can be overwhelming but Guy says he was born to be in the spotlight and only wants to please.

"Being on a reality show is different than a movie. People know your life and they want that to continue when the show's over. I want to be as good in passing all that information down to them. I love it," he said.

Guy's following was evident when his charming personality dominated CBS' popularity and winner prediction polls during his stay. In the end, Guy finished a strong third having never been nominated for eviction, a feat only one other houseguest has accomplished.

When he finally left the studio, Guy said he found it awkward having time to

himself again.

"I was in this big, empty hotel room with no cameras or people inside," he said. "I had to keep telling myself it's just the Head of Household room and the houseguests are on the other side of the door. I didn't sleep a whole lot for a while."

He is no stranger to the camera. For several years he has hosted the Arthritis Foundation Telethon. He was also the co-host of a local television show in Mobile, Alabama when he was 13.

Recently, he was an extra in *Sweet Home Alabama*, starring Reese Witherspoon.

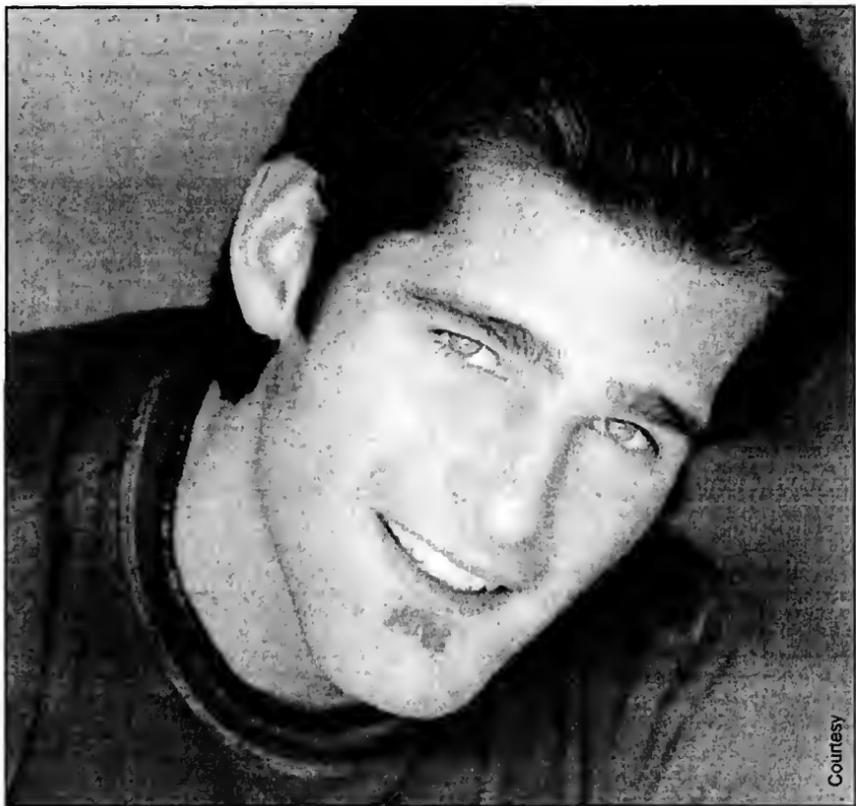
"That was so much fun. We did it in New York and it was totally last minute. A friend called and said they were looking for extras for the movie. They were 12 to 14-hour nights, but it was an amazing opportunity," he said.

Guy has known he wanted to be a part of the entertainment industry since he was a child. Self-produced, mock radio shows were a common sight in his backyard. His passion led him to an FCC license at the age of 12, and his first radio gig at 13.

"We had a playhouse in the backyard that my grandfather built for my brother, my cousins and I. We turned it into a rock radio station," he said. "We had a mic and a mixer. I remember putting on these radio shows in the backyard when I was eight. We were always making home movies too."

As much as he loves the camera, Guy admits he won't commit to another reality game show — at least not for a while. The opportunity to travel would be the only aspect that would lure him in.

"*Survivor* would be my first choice.



Jason Guy was featured as one of the 12 guests in the *Big Brother 3* house.

But *The Amazing Race* would be great because you can go all over the world," he said. "And the competition is against the clock so there's no plotting or scheming. I want to travel everywhere."

Guy is getting that wish right now. Scheduled appearances currently have him traveling all over the United States. He's already stepped on Canadian soil and wonders if his observations during his visit are common to tourists visiting all Canadian cities.

"I was in Detroit with my youth group and we drove across the border for dinner," he said. "I couldn't believe how clean it was. It was like night and day. I've always wondered if it's like that all across Canada because if it is, I'd move there."

Fascinated by the tradition of fine Canadian entertainers and the well-respected reputations that follow them,

Guy says he would brave the Canadian winters to be an honorary Canuck in a heartbeat, if the chance presented itself.

"If any radio station is looking for a host, I'd pack up my bags and leave sunny L.A. right now," he said. "Toronto is like North Hollywood. I'd love to be there. Canadian actors and comedians are so well respected. I'd love to be adopted in Canada."

The cold shouldn't be a problem for Guy. Snow and cold weather would go perfectly with one of his favourite holidays of the year.

"I love holiday time. I remember waking up at my parents' house, seeing what Santa brought and opening presents. Then at night, my mom would make her Christmas casserole, that she only makes one time a year. It's great to be with family and tradition," he said.

Reviewed this week: *Personal Velocity*

By MANUELA SPIZZIRRI

Rebecca Miller's, *Personal Velocity* begins as a film with great potential, but ends up a disjointed mess.

And that's a shame because the acting is commendable. It's a poorly written storyline that lets the viewer down.

The movie provides snapshots into the lives of three young women.

Kyra Sedgwick gives a gripping performance as Delia, a woman with a dysfunctional childhood who lives with an abusive husband in her adult life.

One day, after a horrific episode, she decides to take her three children and leave. Although she really has no place to go, she cannot stand to see her children suffer anymore.

Greta is the subject of the second story. Parker Posey plays a married woman who seems happy on the surface, but has underlying issues. She is an editor at a publishing company, and has only edited cookbooks until a famous author seeks her out. She also reflects her father's personality with her infidelity problem. As the story unravels, it becomes easy for the viewer to hate Greta.

The third and final profile, Paula, is played by Fairuza Balk. She is a recently impregnated young woman who leaves a nightclub and escapes a near-death situation. She decides to run away from her problems, but encounters a few more when she picks up a hitchhiker on the way.

The phenomenal acting in all three parts, and the raw, vividly filmed movie is

overshadowed by the lack of continuity in the poorly written storyline. Each woman has a sort of revelation at the end of her section, but there is still a dissatisfying feeling at the end of the movie.

"Elements of it were really good; the acting was really good," moviegoer, Rohina Fuller said. "Kyra Sedgwick—amazing, and the rest of the cast was pretty good. But after the first triad or the first section, the other sections paled in comparison. The direction was bad...there was an impact that just didn't happen."

"It was good," moviegoer Jason Anderson said. "It was still very much in the obvious sort of short story/vignette, as opposed to the big narrative thing, but it worked pretty well."

Humber comedy student jokes his way to a \$2,500 cash award

By IRENE RUNDLE

Tim Polley never expected to be a comedian, but after discovering the Humber Comedy program he can consider himself the cream of comedy.

The recent Cream of Comedy performance showcased five nominees for the Tim Sims Encouragement Award.

Polley was among those nominees and at the end of the night, walked away with the \$2,500 first place award. Tied with him was Brad Hart.

Among the nominees, were two other Humber grads; Linda Ellis and Rachael Cantelon.

Prior to coming to Humber, Polley had never fathomed he would become a professional comedian.

"I graduated from Queens University, studying English Literature, and I had taken a year off. I was going to do a master's degree in English, but halfway between my year off, I decided I didn't want to do it. I just sort of saw an advertisement for

Comedy college, and I thought I could probably do this," Polley said. "It was probably my most marketable skill; my sense of humour. What better way to make a living than doing this?"

The award that Polley received comes from the Tim Sims Encouragement Fund, founded by Lindsay Leese in 1995. Tim Sims (1961-1995) was a notable Canadian comic, writer and charity fund organizer. The annual award is for up-and-coming comedians who have been working in the field for less than two years and are under the age of 30.

Aside from writing and doing stand-up, Polley also works regularly with his sketch group, The Distractions. The troop is made up of three Humber comedy school grads: Polley, Levi Macdougall and Paul Schuck. They met at Humber and started The Distractions after graduating in 2001.

The Distractions perform the first Tuesday of every month at Clinton's Tavern (693 Bloor St. W.).

Etc.

Toronto's All-Star Big Band is searching for talented musicians

By MANUELA SPIZZIRRI

Think you've got what it takes to be a member of Toronto's All-Star Big Band? Here's an opportunity to find out.

The Big Band is holding auditions for musicians between the ages of 16 and 22 on Saturday, Dec. 7 at Toronto's Long & McQuade.

"The Toronto All-Star Big Band is recruiting for new members," said Carolyn McGee, promotion and development for TABB. "Being a band with an age barrier, there is a fairly regular turnover. We have to keep fueling the band."

The five-year-old, 17-piece ensemble has openings for saxophone, trumpet, trombone and rhythm. Six-part vocal group, the Serenaders also has positions available.

"We're looking for someone who can play their instrument," TABB conductor, Michael Manny said. "Not necessarily a high amount of jazz knowledge, but some technical ability is needed."

Manny is a graduate of the Humber Music program. He is the conductor of the Big Band and will serve as one of the judges for the audition. The second judge is artistic director Zygmunt Jedrzejek.

The audition consists of playing a couple of pieces of music brought in by a musician. There is also a sight-reading of music similar to what the youth will be playing as a Big Band member. It will be followed by a 5 to 7-minute interview to get a feel for what the individual is like. The entire audition should take no more than 25 minutes.

As a member of the TABB, young musicians will have the opportunity to gain invaluable, high profile experience in professional music performance. Over 80 performances are already scheduled for the year.



Musicians between ages 16-22 can audition on Saturday for a spot in the Toronto All-Star Big Band.

"They must have the ability to make a commitment," McGee said, "because it's busy."

The Big Band has earned a great reputation in the past. The young musicians have performed to sold-out audiences in Ontario and the U.S. and have received excellent reviews for these shows.

Individuals who are interested in this chance at a possible "big break" can call (416) 231-5635 for an appointment to audition. Long & McQuade is located at 925 Bloor St. West in Toronto.

What's up?

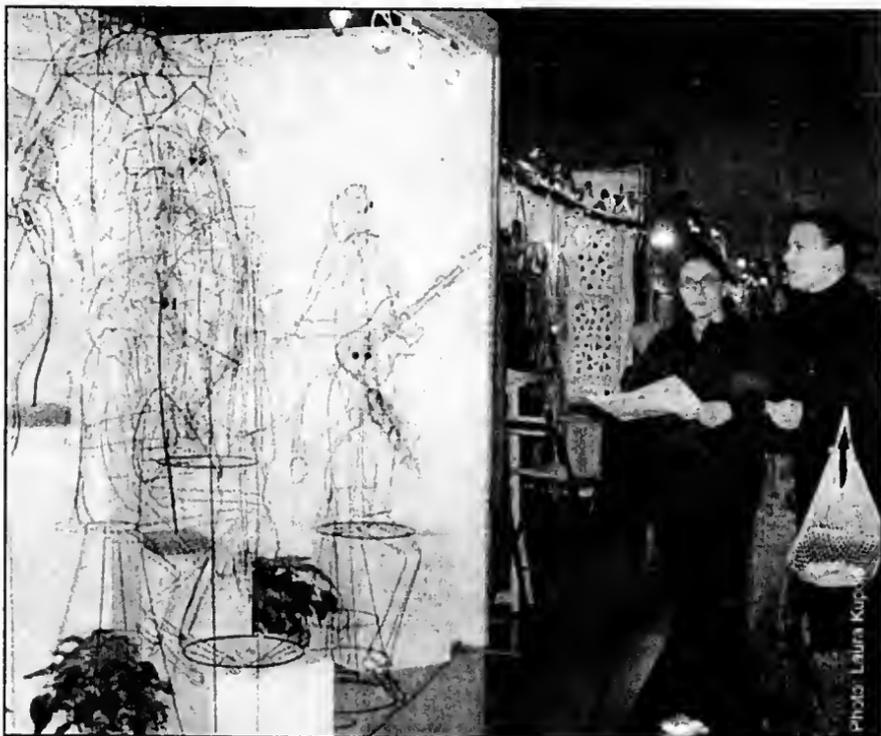
•Punk heroes Saves the Day with openers Ash will play The Phoenix tonight. Call (416) 323-1251 for info.

•Schizophrenic comedic musician Wesley Willis will be at the Tequila Lounge tomorrow. Call (416) 536-0346.

•Toronto rapper K-OS will be at Massey Hall tomorrow. Call (416) 872-2262 for details.

•A Holiday Celebration is a musical event with an orchestra and special appearances by Rudolph, Frosty and Santa himself! It's at Roy Thomson Hall on Dec. 10 and 11. Call (416) 593-4842.

•The Humber School of Comedy is presenting its second evening of sketch comedy on Dec. 7 at the Lakeshore Campus with special musical guests Blue Jackets. The show starts at 8 p.m., tickets are \$2.



The One of a Kind Show, which runs until Sunday, Dec. 8 at the National Trade Centre at the Exhibition, displays works by 775 craftsmen including wire sculptures by Rudy Kehkla. Last year, over 300,000 people came to see and buy unique items like silk paintings, jewelery, picture frames, clothes, scarves and wood carvings, among many other things. Admission is \$10 for adults. Seniors and youth(13-17) are \$6.50. Kids (12 and under) are free.

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In Focus

Have yourself an X-rated Xmas: some gifts

Step into the fantasy

By CHRISSIE O'BRIEN

Ever read a romance novel? Well, imagine reading one in which you're the star!

This Christmas, anyone looking for the perfect personalized gift can forget monogrammed bathrobe and towel sets or engraved ID bracelets.

The husband and wife team of J.S. Fletcher and Kathy Newbern has a super-personal gift option; and this gift really is the gift that keeps on giving—every time you read it.

Fletcher and Newbern are the creators of www.yournovel.com a site where customers can order personalized romance novels.

"Our books are something different, much more exotic than your typical lingerie or candy or flowers, and they last a lot longer," Newbern said.

Under the pseudonym of Fletcher Newbern the duo has written more than 10 titles into which a customer's personal data is incorporated, weaving them and their partner intricately into the adventure romance.

"They are fantasy getaways, or escape," Fletcher said, explaining the adventure romances available on the site.

Since the idea occurred to them 11 years ago, when they began writing their first book on a long drive, their North Carolina-based company has sold more than 25,000 books.

Newbern says the novels make

great gifts for couples or from one friend to another.

"The novels are excellent for Christmas or Hanukkah gifts," Newbern said, "especially for couples or families who are forced to spend the season apart for work-related reasons, like military families."

Fletcher and Newbern say they are surprised by the statistics they have gathered of who is buying the novels as gifts.

Newbern says when they started www.yournovel.com they thought women would be the main purchasers of the novels.

"But we guessed wrong. Our statistics show it's about even as to who orders the books. Though there is a slight edge to women, we have found men are also looking for really romantic gifts they know women will like."

Newbern says though the majority of sales are to couples, sales are pretty evenly distributed among all ages and types of relationships.

"We have also found sales are seasonal. Women buy during bridal season because they are getting a book for a special girlfriend," Newbern said.

The titles on www.yournovel.com can be ordered in either mild or wild versions, depending on the purpose of the gift.

The site explains that the "wild" version offers more detailed, steamy romantic scenes similar to the romance genre and uses the fun romance euphemisms, but is never graphic.

The "mild" version of the book is exactly the same story line, but the romantic scenes have been limited to innocent hugging and kissing.

"Most of our customers order wild, and tell us 'the wilder the better,'" Newbern said.

Anyone who can fill out the questionnaire on the yournovel.com site, which provides Fletcher and Newbern with the information they need about the couple to star in the novel, can have a personalized romance novel.

"That information is received by our computers which place it into the text of the story and print it. Then the pages are cut and bound in the same way all paperback books are," Fletcher said.

Within 10 business days of filling out the questionnaire, cus-



J.S. Fletcher and Kathy Newbern began a booming business on true love, and their respective degree in English lit and an unpublished romance novel. They have not looked back since.

tomers receive their personalized romance novel by UPS Global Priority to Canada, complete with a personalized dedication page.

They cost \$49.95 U.S. plus shipping and handling, bringing the total price for this trip into exotic titillation to \$64.94 U.S.

***yournovel.com* asks you for all your little dirty details**

To personalize their romance novels Fletcher and Newbern have come up with a questionnaire of dirty little details they require about the couple who will star.

- The couple's first and last names.
- The town where she lives.
- A favorite musical group/artist
- Her favorite radio station.
- The make of car he drives.
- Her favorite color for clothing.
- Her pet names for each other.
- Their best friends' names.
- Her perfume and his cologne/after shave.



- Where they work.
- Their eye and hair color.
- Her closest major airport.
- The total amount of time they've been "a couple."
- For the dedication page: who the book is being given to/from, the date, and occasion.

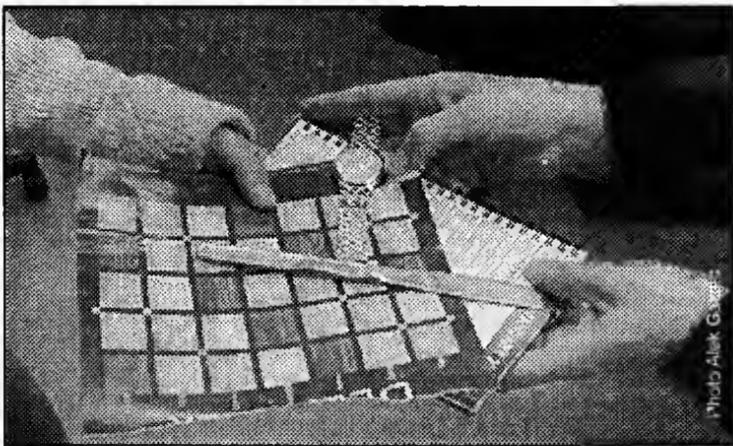
- C.O'B

Give the gift that means something: but know what it means

By KATE SCHWASS

Gifts are meaningful in more ways than one.

Gift-givers must beware of the gifts that bring bad luck. There are those gifts you should never give, and gifts you should think twice about giving.



Gifts with urban legends attached. Find any of these under your tree and someone just might have your fortune in mind—but, is it good or bad fortune?

Those that bring good luck when given include calendars, dream catchers and certain plants.

But, whoever thinks to give a calendar for a holiday gift? You see those booths in the malls with hundreds of different topics, but does anyone actually buy calendars featuring the Outhouses of Canada for

someone's kitchen wall?

"People always seem to buy wall calendars for themselves," said Debbie Larson, a calendar sales representative in Conestoga Mall in Waterloo. "It's just one of those things you never think to give. People will buy tear-off calendars and day planners for other people, but rarely wall calendars."

Calendars tell the person that you believe they will live another year and are said to bring a person good fortune. Maybe it's time to get mom and dad that All About Cats calendar.

How about helping to rid a buddy of bad dreams? Dream catchers are those webbed circle things with decorations on the outside.

Native Americans believed that putting a dream catcher above your bed or in your window would rid someone of bad dreams because all the bad dreams would get caught in the web while the good dreams passed through.

Plants are always a popular gift

- but have you ever thought about giving bamboo? According to Chinese culture, giving the gift of living bamboo is said to bring good fortune to the receiver. So throw away that poinsettia you bought and find some bamboo.

The idea of giving gifts fills many with the feeling of good karma, yet it is possible to give a gift that will bring bad luck.

For example, you should never give a person knives or anything used for cutting. Traditionally, knives are seen as a "cutting off" of a relationship - so unless you want to end a friendship, steer clear of the sheers.

Clocks and watches are also a gift-giving faux pas. Giving a loved one a clock signifies telling the person they need to start timing their lives and that when the clock stops, so will your friend's life.

In a relationship, giving your partner a watch says you think the relationship has a fixed ending and that you're just passing time

with them until something better comes along.

And you'd better be rich if you want to give someone a wallet or a piggy bank. While it is okay to give these items, it's bad news if you give an empty wallet or bank. An empty wallet means that you foresee your friend having financial problems and that they won't be able to save any money.

So okay, you've already bought your mother that beautiful set of knives, your dad a wallet and your partner a nice watch. Does this mean you're screwed?

The answer is no.

In order to rectify this situation, you need to give the recipient of your gift a coin before you give them the present. Then, as you hand them the gift, they must hand you the coin. This represents your friend buying the gift from you. It doesn't matter that you gave them the money to buy the gift.

In the future, keep an eye out to avoid giving your friends and family bad luck.

Etc.

that show why Santa's cheeks are all aglow

Gift-giving from that specialty store...

Toys not just for kids at Christmas time

By JENNIFER KLEIMAN

They spin, they vibrate, they please and pleasure and they are probably something that no one ever expects to find under their tree.

They are gifts you will not find at Sears, Walmart or the Bay.

They are, gifts from one of the many adult novelty stores dotted around Toronto.

Also known as the sex shop; these candy stores for adults may be daunting to the uninitiated, but first-time consumers need only speak to one of the very friendly and knowledgeable staff, and the experience can really be great fun.

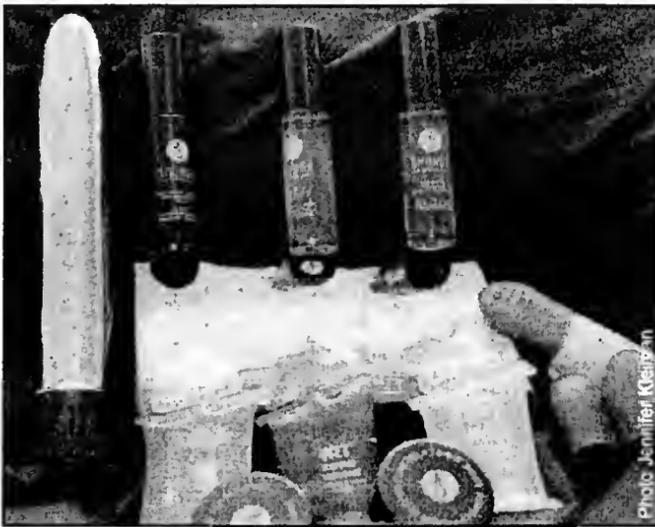
Amanda Matheis, manager of the Stag Shop in Mississauga says most shoppers who come into her store, have a great attitude and fun time while they shop. She says they enjoy the gift browsing and the experience of purchasing the erotic stock the store provides.

"We have many different gifts, including different types of vibrators with special features," Matheis said. "They are always a popular gift, after all who wouldn't want a vibrator?"

A selection of flavoured condoms—putting the flavour selection at Baskin Robbins to shame—hang on the walls and are placed in individual labeled containers on a shelf. They are offered in a variety of tantalizing textures, tastes and colours.

Matheis says there is a noticeable trend in sexy gift giving this season.

"Some of our more popular gifts—especially with couples over the holiday season—are games," Matheis said. "We also



Why buy candles and CDs? Sex shops offer a vast selection. Dildos, oils and toys make great gifts.

offer gift baskets, which can suit any price range. Anyone can come in, tell the staff the price they want to pay and we create the basket from our products."

Most shops do not relegate themselves to flavouring prophylactics and creams which help a man keep an erection. Appliances are also an important staple of a sex shop, where you'll find colourful displays of vibrators and dildos of every shape, size, colour and form.

On the sexy gift list, one should not overlook the selection of blowup dolls, clitoral stimulants and anal beads.

For the more adventurous gift-giver, some shops also dedicate a section to fetish wear, ranging from handcuffs, to blindfolds and costumes.

There are even gift ideas for the literary bug who can choose from books on "how to" or the Kama Sutra.

Why rent when you can own—for the movie lover, a selection of movies is available to please the peepers of both sexes.

When looking for the "adult" gift remember Christmas is about giving and receiving - with a sexy gift you're likely to do both.

"I get excited when ever I go into a sex shop," said Katherine Lucyshyn, Carleton University student. "The staff always have great suggestions, they are polite and help me find exactly what I am looking for. If they don't have it, they always have something to suggest that may tickle my fancy."

Even Santa needs help with gift options

By SANDRA KIM

Remember the old adage, "it's the thought that counts?"

Cash strapped Humber students, will hope this saying is reality for their holiday gift giving this year.

But, a little creative can go a long way. All it takes is getting the imagination juices flowing.

Want to get the perfect gift for mom and can't afford to buy her those diamond earrings? Make gift certificates to reward her maternal efforts instead.

Print them on the computer or draw them yourself. For instance, mom would love, a "coupon for vacuuming services for two weeks," or "coupon for laundry

services for one week". The list of options is endless and this gift is guaranteed to make any mom happy. They might work for room-mates, too!

"Last year I didn't have a lot of money to spend on Christmas so I decided to create gift certificates for doing chores around the house," said Peter Ellis, a second

year Business Administration student.

Ellis says his mom thought the gift was a great concept - better than the sweater she received the year before.

If you're looking for another cost effective gift idea, why not learn to bake and make Christmas tree shaped cookies? Martha

Stewart is not the only one who can spread Christmas cheer with her oven.

First year Nursing student Claire Lewis says she always gives baked goodies as her first choice for gifts.

"My gifts are special to me because of the care and preparation that goes into making them. I started baking gifts instead of buying gifts because I wanted to show the people I care about just how much they mean to me," Lewis said.

There are many ways to make something for everyone on your Christmas list, without breaking the bank.

It only takes a little ingenuity and loving care to give the perfect gift.

The secret to placing an order for love

This lingerie shop, that's one of Santa's little helpers, can customize your Merry Christmas!

By RENEE BOROVITCH

Are your titties too tiny or do you have magnificent melons?

Even women of average endowment sometimes have trouble finding a bra to fit properly.

Lingerie and custom-fit bra store Secrets From Your Sister, has answered the pleas of many women.

Though the teeny-tiniest might find it difficult to appreciate the difficulties of the ample-bodied woman, they have more in common than they think. Neither can find bras that fit, fit well, and make the most (or the least) of what nature gave them.

Most women want to

feel good in something that looks good too, especially to their mate.

Lingerie is one of the few gifts that both sexes can truly benefit from.

Who wouldn't want to see themselves or their significant other in something slinky, sexy and form-fitting? That's where Shana Tilbrook and her staff at Secrets come in.

Staff at Secrets open for the last three-and-a-half

years on Bloor Street W, go through extensive training. They learn to choose, fit and care for bras, as the main staple at the store is their vast selection of bras, which range in size from

the main concern," Tilbrook said. "It's just not sexy when your boobs are hanging out and over your bra."

The store also carries a variety of lingerie from sleepwear to cami's and garters, ensuring

Whether proven or not, most of us will agree that men might not notice if a bra fits.

What he would notice, however, is how the woman wearing that well-fitting garment presents herself when she's feeling sexy—which is likely to attract the attention of something else.

Neither Canada nor the U.S. manufacture bras in Secrets from your Sister's size range, so Tilbrook buys the bras from England and France.

Doesn't wearing a bra from Europe sound decadent?

Although such a gift may cool off your pocketbook. (These bras are not cheap), they will sure warm up your Christmas season, Ho, Ho, ohhhhh!!!!

women don't feel unattractive in undergarments that are ill-fitting.

Something happens to a woman when she slips into lingerie that fits, Tilbrook says.

She walks with pride, or struts like a peacock.

30AA to 44JJ.

"Eighty per cent of sales come from the bra department where selling you the bra that fits you is

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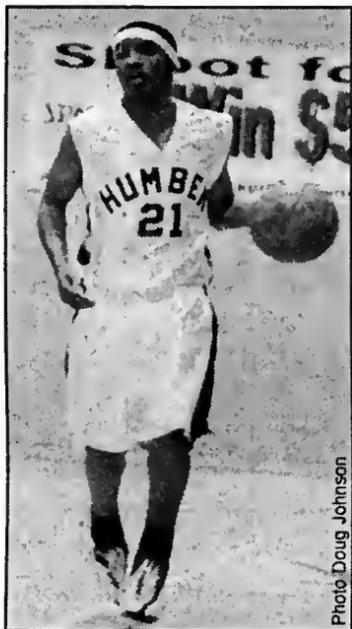
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B-ball squad flying high

By DOUGLAS JOHNSON

The Hawks did what they had to do pulling out a win at the Humber gym last Wednesday. The end result sees the team sporting a 4 and 0 record to start the season after a 66-59 win against the Seneca Sting.

Hawks guard Jeremy Walters said the team has to keep its composure because teams will be gunning for them each time they step on the court, adding that composure was the key to their win against Seneca.



The Hawks' Brad Archer keeps possession in last week's game.

"Keeping our composure, again teams are going to run at us," he said. "They know we're 4 and 0, so it's something for them to look forward to."

In a game in which both teams could not gain a strong advantage, the Hawks made some key free throws, hit some clutch shots, and had strong defensive stands down the stretch to come away with the win.

Head coach Mike Katz said he saw those things as being the difference in what was a tight game.

"Give them a lot of credit, I thought they played well," he said. "We did what we had to do. We didn't play well tonight, but we got the win."

Katz also said it was a good sign to see the team shoot over 70 per cent from the free-throw line.

The Hawks went on a 14-2 run to start the contest, but went cold later in the game letting the Sting back into the game. Forward Neriya Tsur sees that as one of the reasons why it was so close.

"We came in all hyped up and I think the feeling on the team is that we underestimated them," he said. "They made a game out of it. We just kept our composure and we pulled it off."

Hawks forward and game MVP, Dejvis Begaj, said the bench players once again showed the coaches they have no problem stepping in and making a positive contribution.

"It was a hard game overall, we were like, point to point, with three minutes left," he said. "Some of our bench players stepped up and

made the free throws at the end."

Walters, along with Begaj, played with Humber when they won the Canadian championships in 2001, so they know what to expect from other teams now that they are undefeated. Walters also knows what the team has to do to if they hope to achieve their goal of Ontario champions.

"We just got to keep playing the game," he said. "Things don't always work where we're high scoring or whatever, but we just got to keep plugging away till we get the win."

In particular, one of the things the Hawks do in an effort to gain more experience before the Ontario championships is play exhibition games against tough opponents, as was the case Saturday night when Humber hosted the GT Express.

The GT Express, a recreational league team made up of former U.S. and Canadian university and college players, gave the Hawks many different offence looks, which will help them with their defensive play in the future.

Humber lost 99-75, and the game gave coaches a chance to play rookies who don't get to play against stiffer competition.

As one of those developing players, Stinson said that he was able to get his feet wet and get some playing time.

"Just playing in a game situation always helps," he said. "It gives you something that practice just can't give you."

As one of the veterans on the Hawks, Roger Scott, who has been



Raymond Morgan fires a shot at the GT Express net Saturday night. Humber lost the recreational exhibition match 99-75.

hampered by injuries so far this season, said he liked what he saw from the rookies.

This game wasn't about winning, it was about everybody getting a chance to play and show what they can do," he said. "I saw

a lot of younger guys step up and that was good."

The Hawks play their final game of the semester tonight as they host Centennial College. Game time is 8 p.m.

Men's volleyball team on stride

Humber improves to 5-0 after win

By TODD CLARK

The Humber Hawks volleyball team continued its winning streak as they took sole possession of first place in the central division, defeating the Seneca Sting on the road Thursday night.

Humber won in straight sets 25-22, 25-18 and 25-21.

With the win, the Hawks move into third in the 20-team three division Ontario rankings.

After a slow start in the first-set, the Hawks came back from a 17-12 deficit to take the game by three points.

"I think we underestimated the blocking ability

of Seneca," said assistant coach, Dave Kwan, referring to the early first-set Sting lead. "And we let them go on a couple of runs where we made questionable attacking decisions along with not executing our attack coverage formation."

It was all Hawks from that point on. The team out-worked and out-hustled the Sting and left with a sweep.

"We knew that if we stuck with our game plan, Seneca would eventually run out of gas, and they did. Our big blocks forced them

to start tripping and rolling, which made it easier for our defenders to



After a close call in their first set against Seneca, the Hawks regrouped, defeating the Sting in straight sets. Humber moves into first place.

pick up the ball and run a good transition game," Kwan said.

Hawks rookie middle, Mike Smith, continues to impress the coaching staff

ment action. Wilkins said he expects a good showing.

as he had eight blocks in the game.

"I thought Mike Smith played well. Overall, his presence was felt because he doesn't make a lot of mistakes," head coach, Wayne Wilkins said.

"S o k o l (H a k r a m a) played well too, pretty consistent, I thought."

Hakrama finished the game with 29 assists and four kills.

The Hawks take off to Niagara College this weekend to play in tournament action.

Sports action continues after holiday season

Humber Hawks sports teams will be back in action after the three week holiday vacation starting next Friday.

With four tournaments, and no shortage of games, each team will be looking to continue their success into the new year.

The Men's Volleyball team starts their season again with a tournament in Fleming, starting Jan 3.

Women's Volleyball gets underway in the same week with an exhibition game against Niagara College.

The Conestoga Cup will welcome the Humber's Men's hockey team to their tournament in the first week of the new year.

Basketball takes flight with the women at the Seneca Tournament, again starting on Jan 3.

The men gear up for the York University Tournament on the weekend of Dec 27.

-compiled by John-Paul McNally

Inside the locker room

Should women join Augusta...



By JOHN-PAUL McNALLY

As the holiday season quickly approaches and we scamper into busy malls rushing to purchase that perfect gift, there is nothing better than a little sports controversy to keep us sane.

This time the sports world isn't arguing whether Michael Jordan can still compete in the NBA at his wholesome age of 39 - this controversy falls on the creeping sport we know as golf.

Augusta National Golf Club, home of the famous Masters tournament, once again hits us with a jarring headline, although this time it has nothing to do with Tiger winning another green jacket.

Thomas H. Wyman, a 25-year member of the club and former chief executive officer of CBS, resigned on Tuesday after the club refused to admit a female member.

Wyman, 72, said nearly one quarter of the 300 club members

within Augusta agree with his point of view. He also urged these people to speak out about the exclusion of women and wanted his former company, CBS, to publicly announce their opinion.

Women have consistently proven they are an influential factor in all sports, and can compete competitively on the professional level. The lack of recognition from the most prestigious golf club in the world is not pushing women's sports any further up the equality chain.

Understandably tradition plays a large role in Augusta's position, but if everyone remained true to tradition, women would still be sitting on the sidelines.

Women's sports are rapidly gaining popularity. Now that

Augusta refuses to budge, it's only a matter of time before they start to take steady flak from the sporting community.

There is no question the pressure is on the club to admit a female member. With the National Council of Women's Organizations breathing down their neck and Suzy Whaley breaking into the PGA tour next year, Augusta will be hard pressed to keep a men's only golf club.

Women have consistently proven they are an influential factor in all sports, and can compete competitively on the professional level.

...or find another place to putt?



By KRISTINE ARCHER

As a female sports fan, one might expect me to immediately jump to defend the rights of female athletes.

And you'd be correct.

What you shouldn't expect is for me to champion those rights at the cost of the rights of others.

Much has been made out of recent attempts to force the Augusta National Golf Club to accept female members.

Augusta, which hosts the annual Masters Golf Tournament (you know, the one with the green jackets?), currently employs a policy that forbids women to join their private organization.

Support for reversing that policy has come from everyone from high-profile former members of Augusta National to the New York Times editorial board. Many have called for

boycotts of Augusta, going so far as to call for the cancellation of the Masters next April if no women members are admitted.

At the risk of sounding politically incorrect, what right does anyone have to dictate to a private club who they can - or rather who they *must* - admit?

Women are not forbidden from playing the hallowed holes of Augusta. They simply can't join the club. They can play on the course if accompanied by a member - a practice that is the norm with most private golf courses.

Augusta boasts only 300 members, suggesting exclusivity. That this exclusivity includes the barring of women is nothing to get worked up about.

The fact is, a private organization should have the right to set the terms of membership - within reasonable limits.

I believe those reasonable limits include the exclusion of women - especially in sport, where gender-related boundary lines have always been drawn.

And anyone who disagrees with me can't join *my* club.

Leadership of veterans helps women beat Sting

By TODD CLARK

The Humber Hawks' women's volleyball team took sole possession of second place in the central division after defeating the Seneca Sting on the road Thursday night.

The Hawks won 25-17, 25-27, 25-20 and 25-16.

Hawk's coach Chris Wilkins thought the team put forth a strong effort.

"I'm very pleased with how we responded after Saturday. (The Hawks lost to the first-place Cambrian Golden Shield on Nov. 23) I knew we wanted it bad against Cambrian, but it didn't work out in our favor. But to stay in the hunt and get another crack at Cambrian, (for top spot in the division), we knew we needed to make sure we won this game tonight and that's what we did."

Both teams came out hard in the first set, exchanging points early, as neither team could rally more than a two-point lead.

The Hawks ended up taking control tightening up their defence and going on the offensive attack.

Heather MacKenzie served up an ace to put the final sting on Seneca.

It was a back and forth battle in the second set as the Sting

squeaked out the win, squaring the match at one game-a-piece.

They rode that momentum into

the Hawks.

Wilkins called a time-out to settle his team down and they responded by scoring 10 unanswered points led by captain Carrie Moffat's flawless serving. Humber took a 19-16 lead.

"We pulled it together," Moffat said.

"I told them to play for yourselves at that point in the game. We weren't playing very smart and we weren't playing with emotion. We really needed to take this game personally," Wilkins said.

"We had to send a message that we aren't to be taken lightly whether it's 16-9 or not. We had to go out and take it to them and that's what we did."

Wilkins credits Hawk veterans Carrie Moffat and Alex Romano for taking the bull by the horns when the team was struggling.

"I couldn't ask for better leadership from those two."

Sting coach Frank Sulatycki was not at all pleased with his team's performance, especially giving

up the big lead in the third set.

"We lost our focus. Our service reception broke down and we had too many unforced errors. We were outplayed."



Photo Todd Clark

Co-captain Alexandra Romano serves up a point for the Hawks against Seneca.

the third set jumping to a whopping 16-9 lead, looking as though they were going to put a stranglehold on

Hawks take winning ways to Ottawa

By ERIC COLLINS

Despite a frustrating start that saw Humber coach Joe Washkurak temporarily ejected from the game, the Hawks men's hockey team managed to pull out a victory over Carleton University's Ravens, last Friday in Ottawa.

Both teams came out aggressively, racking up 14 penalties in the first period. They were also quick to score, exchanging goals twice within the first five minutes.

James Rodak scored both first-period markers and added one more in Humber's 6-3 victory.

"[James Rodak] has been playing good," Washkurak said. "He was a bit snake-bitten at the beginning of the year, but he has come around and scored a goal in every one of our regular season games."

Back-up goalie Charles Lea was also impressive, rebounding after a shaky first period to secure the win for the Hawks.

Washkurak was quite vocal about what he perceived to be a targeting of Humber players - in particular, assistant captain Chris Pugliese by the Ravens.

"I have never seen a guy get jumped like that with the players trying to rip his face off," Washkurak said. "He is one of the premiere players in the league and from what I saw there was no reason for that."

Washkurak was ejected at the end of the second period after

exchanging words with the referee.

"In the interest of our guys, I told [the referee] we were not going to come back out and play," Washkurak said.

The game continued after Washkurak apologized and was allowed to return to the bench in the third.

The Hawks' next

game is Saturday at 8 p.m. against the Cambrian Golden Shield.

team	wins	losses	ties
St.Clair	5	0	1
Seneca	3	1	3
Humber	4	1	0
Conestoga	3	2	1
Cambrian	0	4	1
Fleming	0	7	0

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Students correct past mistakes

By JAMES ROSE

Communication breakdowns with the Student Athletics Association (SAA) last year left athletics staff upset. This year less confusion means more events according to two council members.

"The council was quite large and there was just a hard time coordinating everyone's schedule," Laura Sitter, a SAA representative, said regarding the miscommunication in planning last year's activities.

With fewer people representing the SAA this year they can put together a lot of events that weren't done last year, Katie Hagan, SAA council, said.

They have already done a carnival, as well as Roller Gym, where they transformed the gym into a roller rink complete with a live DJ. Both events were free and open to all students.

"We want [the events] to involve everyone. You don't have to be on the court. You could be in the office. Just involve everyone in the athletic body," SAA President Tracy Moore said. "Any club that wants to associate with the athletics club is more than welcome to."

One such event was the Caribbean Day held a week ago.

"We want to refresh who we are in the school, and we like to promote what we can because it involves them and us as well," Moore added.

"That's all we're about is having fun," said Alexandra Romano, an SAA representative. Other ways the SAA promote activities for people to get involved in is the monthly newsletter known as *Going Fishing*.

Going Fishing helps promote upcoming events for Humber College Athletics and the SAA.

The "Shark of the Month" section specially acknowledges athletes who follow the four FISH principles: having fun, being there, having a great attitude and making



The 2002-03 Student Athletic Association Executive (left to right): Katie Hagan (Special Events), Alexandra Romano (Varsity Reps), Doug Fox (Athletic Director), Laura Sitter (Communications) and Tracy Moore (President).

someone's day.

The FISH concept was Athletic Director Doug Fox's idea, which was adapted from a motivational video of the same name.

Also in the newsletter the person who is named "Shark of the Month" can win prizes, including Humber apparel.

"Anyone in athletics can get involved in

FISH as it is essentially for athletics staff," Moore said. "We are trying to make it fun and do things that people will want to do."

Ladies overcome sluggish start to take Durham in home opener

By MIKE FISH

The Humber Hawks women's basketball team started off slowly in their home opener last Wednesday, but walked away with a 58-46 victory over the Durham Lords.

The Hawks got double-digit point totals from three players - Karine Nicolas (17),

Fayola Creft (13), and Miranda Pyette (12) - and held off a late charge from the Lords to bounce back after their loss against the Algonquin Thunder last weekend.

"We did a lot more things we didn't do in Algonquin," Nicolas said. "We were more intense."

The Hawks were up 29-17 at halftime, but could have been up by more if they'd been able to get the ball inside. They spent time working the ball around the outside, but were unable to work it in to their bigger players - Pyette, Emily Wang, and Stephanie Boreland - due to a surprisingly strong Lords defence.

Humber was caught a few times with the ball still on the outside and only seconds left on the shot clock, forcing them to take long shots.

Head coach Denise Perrier was forced to rely on a limited bench in this game, as she was without the services of starting guard Julie Yagi, who rolled her ankle in the Algonquin game and spent the game with an ice pack on her foot.



The Hawks try to inbound the ball past Durham defenders.

Creft, who was starting only her second game of the year, shouldered the load, and was named the player of the game.

"It feels nice (to be player of the game)," she said. "I'm comfortable now with starting."

With the win, the Hawks improved to 3-1 on the season, which sits them third in the East division.

The Hawks' next league game was scheduled for last night against the 1-3 Georgian Grizzlies.

OCAA standings

Men's basketball	team	wins	losses
Central Division	Humber	4	0
	Mohawk	2	1
	Sheridan	1	1
	George Brown	1	3
	Seneca	1	2
	Centennial	0	2

Women's basketball	team	wins	losses
East Division	Seneca	5	0
	Algonquin	4	2
	Humber	3	1
	Georgian	2	3
	Durham	1	3
	Loyalist	1	3
	George Brown	0	4

Men's volleyball	team	wins	losses
Central Division	Humber	5	0
	Seneca	4	1
	Georgian	4	2
	Cambrian	2	4
	George Brown	2	3
	Sheridan	2	3
Boreal	0	6	

Women's volleyball	team	wins	losses
Central Division	Cambrian	7	0
	Humber	6	1
	Seneca	5	2
	Georgian	3	3
	Sheridan	2	3
	Boreal	2	5
	Centennial	0	5
	Confederation	0	6

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In closing...

Headlines that didn't quite cut it

- School blackout allows naptime
- Hawks say they 'wanted to lose'
- Fire students all hot and bothered
- Journalism students prefer sleep to work
- Italian baby clone is Al Capone
- Groin injuries hurt, top MD says
- Classics report due in a fortnight
- Inspect this, naked Saddam suggests
- Canada needs to keep quiet, Moron says
- This just in: Wacko Jacko smokes cracko



KRISTINE ARCHER, Sports Editor: Tequila girl who always comes through in the clutch; John-Paul's better half.



CHRISSE O'BRIEN, In Focus Editor: A focussed, quiet gal who's always in the zone.



REPORTERS: Nicknamed "the blood-thirsty gang." Always eager and relentless in the pursuit to tell a story.



JOHN-PAUL McNALLY, Sports Editor: Can't sleep at night because he can't keep the female editors off him.



RENEE BOROVITCH, Biz Newz Editor: The wisest and best dressed of the bunch.



KELLY BRENTON, Opinion Editor: Very loud, uncooperative, opinionated gal who knows everything that's going on in the world; doesn't have an enemy.



JENN KLEIMAN, On Campus Editor: Thoughtful, caring, and would love to see the Senators thrash the Leafs in the Stanley Cup Finals.



DALIA WRIGHT, Biz Newz Editor: The Dow Jones Diva and Nasdaq know-it-all. Yelled at her reporters daily.



LARA KING, Creative Advisor: Works her butt off so she never misses an episode of *Gilmore Girls*.



ROO GUILHERME, Life Editor: Great dancer and good dresser who's gonna be the next Elvis ... Stojko, that is.

Etc.

Faces behind the print



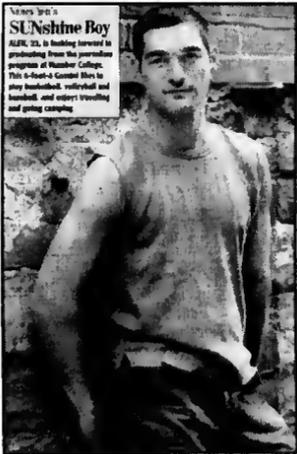
ASHLEY MARTIN, Entertainment Editor: Went gaga over Nicholas Cage interview; give her an "A" for putting up with Pete's antics.



PATRICIA CARVACHO, Managing Editor: She who lives by the pink editing pen, dies by the pink editing pen.



TINA IVANY, Editorial Advisor: Lives, breathes, sweats journalism ... and rarely cracked a smile.



ALEK GAZDIC, Managing Editor: Brought sunshine to the room. Just who does this guy think he is?



CHRISTINA GELINAS, Health Editor: Nice gal who knows what's best for the body, yet chugs this new bubble tea by the gallon. Go figure.



SANDY GARCIA, Photo Editor: Logged 100,000 miles on her BMW this semester; loves Woodbine Mall.



MELANIE BECHARD, News Editor: Future foreign correspondent who always went the extra mile. Remember her name.



PETE RICHARDS, Entertainment Editor: Lives by three words: dedication, dedication and dedication.



LAURA KUPCIS, Editor in Chief: Almost 40 pairs of shoes and nothing to wear to the ball.



PAUL GURNSEY, News Editor: Devoted reporter and father - a perfect replacement for CityTV's Gord Martineau.



SHELLEY BUJOLD, Art Director & Online Designer: Dot-com genius, computer wiz - what else can we ask for?

The *Et Cetera* staff wishes our readers a Merry Christmas and happy holidays.

Etc.