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30 YEARS

HUMBER ET CETERA

www.etcetera.humberc.on.ca – Humber College's Newspaper – February 7, 2002 Vol. 30 No. 16

Burnt body found in van

Accelerant may have been used

By PETER A. CRISIONE

Police have determined that foul play was not a factor in the death of a man found in a burnt-out van outside a local hockey arena early Monday morning.

The body, which has yet to be identified, was discovered after police and emergency crews responded to a call concerning a burning vehicle in the parking lot of Westwood Arenas located on Woodbine Downs Boulevard in Etobicoke.

Detective Brian Johnston of 23 Division said police are investigating a variety of possibilities.

"We suspect no foul play, but until we get results of the DNA test we can't determine anything."

Johnston said that it appeared an accelerant was used to ignite the blaze.

"We could smell it, but that hasn't been proven yet. We are still waiting on that."

Police believe the individual was the registered owner of the vehicle, Johnston added, but are awaiting DNA confirmation.

Johnston added that the Centre for Forensic Science and the Fire Marshall's office are also conducting an investigation but have yet to share any new information with police.

John Cook, director of operations at Westwood Arenas, said that investigators had not questioned any employees at the facility.

"Police have not said anything to us, except for using the bathroom we don't know much else. We are still waiting for their call."

Westwood Arena is a hockey venue regularly used by Humber students involved in intramural hockey.

Jim Bialek, Athletics Coordinator at Humber College and organizer of intramural hockey, said that the matter shouldn't pose a concern to students.

"If they're not even going in the arena to ask questions then it isn't an issue with the arena. If it isn't an issue with the arena then it isn't an issue with us."



Westwood Arenas, where the van was found.

Tough enough?



Rugby is coming to Humber. Here, Georgian and Seneca colleges battle it out in last year's championship. See story page 20.

Toxic dude makes a comeback

Director Lloyd Kaufman and crew promote new film

By KELLY BRENTON

The Toxic Avenger is back in all his hideously deformed splendor. Last Friday night, indie film director Lloyd Kaufman premiered *Citizen Toxie: The Toxic Avenger IV* at the Bloor Cinema, much to the delight of his devoted fans.

Earlier in the day, the Yonge and Dundas location of Sunrise Records hosted a signing and discussion with Kaufman.

"I was pretty excited," said assistant manag-

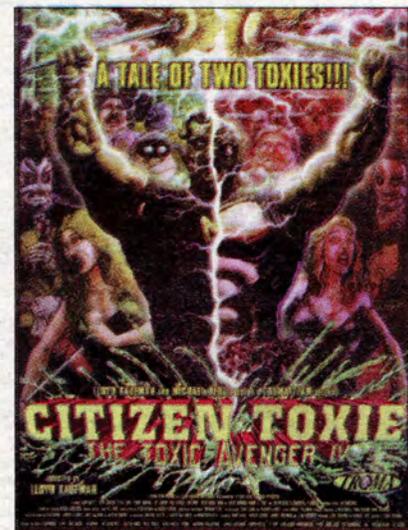
er Mike Murray. "His films touch on subjects that Hollywood films consider taboo. Satire is his strength. Look past the gore and the nudity."

Kaufman and his business partner, Michael Herz, created Troma Entertainment Inc. in 1977 as an alternative to mainstream Hollywood productions, and since then Kaufman has inspired a legion of young filmmakers, including Quentin Tarantino and Oliver Stone.

"I crashed Tarantino's party this year at Cannes," boasted Kaufman. "He said that he was very influenced by The Toxic Avenger. He threw Toxie parties in college."

"I grew up with Oliver Stone. He used to beat me up, so he must have been influenced by me," he laughed.

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etc.

News etc.

Kinky play kicks off Black History Month

By GINA COLLYMORE and
FAYOLA EDWARDS

The Harbourfront Centre's Black History Month festivities began last weekend with a three-day showing of the ethnically-inspired play *Da Kink In My Hair*.

Part of *Kuumba*, Harbourfront's celebration of African heritage, the play is a comedic look at the lives of six black women who all go to the same hairdresser.

Trey Anthony, the play's writer, said her inspiration came while struggling as an out-of-work black actress.

"I wanted to see black women on stage in all their beauty, what mattered to their lives and what was relevant to their lives," said Anthony. "It's not often that we see stories that accurately tell our stories . . . I felt that was my responsibility."

Anthony began as an actress in Toronto, and when she couldn't find roles for black women, the next step was to write her own play.

"When I started out as an actor, there weren't many roles out there for a black plus-size woman. I kept seeing the same women out on auditions, I kept seeing myself out on auditions," said Anthony. "I knew I



Da Kink's cast with, third from right, writer Trey Anthony (back) and director Weyni Mengesha (front).

could write better roles specifically for black women. I said to myself, 'Anything I write I'm going to put myself in it and my black friends.'

The play came back to Toronto after a brief stint in New York. The objective, according to Anthony and the play's director Weyni Mengesha, was to make theatre accessible.

"We want to bring black theatre to Toronto," said Anthony. "We want to get people excited about it . . . especially the young people. For a lot

of young black people, it's their first time seeing a play."

"There is this whole thing that theatre is not accessible . . . tonight the roots people are here, the funky people are here, everybody's here."

Originally a monologue, *Da Kink In My Hair* transgressed into dramatic comedy because many people thought it was too serious. The issues highlighted were very serious and the method in which they were portrayed had to not only reveal this, but also

embrace it.

"When people see that it's a serious issue they tend to close their ears," said Anthony.

Mengesha, a New York University theatre and directorial graduate, came on board because she was "very interested in creating space for images of black women, images of black women that are true, images that give us power, beauty and strength . . . instead of perpetrating stereotypes."

Is Humber ready for double cohort?

By MITANJALI SOLOMON

Most Ontario universities and colleges are not financially able to deal with the simultaneous graduations of Gr. 12 and OAC – the double cohort – in 2003, reports a survey released last week by the focus group People for Education.

"In the survey, the schools were asked if they had enough resources for the double cohort. Out of the 100 per cent of universities and 50 per cent of colleges surveyed, only one of each said they were prepared," said Kathryn Blackett of People for Education. She wouldn't confirm if Humber had participated.

"The whole survey is pathetic and a flaky thing to do," said Richard Hook, Humber's VP of Academics, stressing that the college has been preparing to deal with the double cohort issue for the past 10 years.

"In looking at the double cohort, Humber realized a couple of concerns," said Hook. "First, we needed to accommodate what would be a probable large growth in student

numbers, but the question is in what kind of programs? Secondly, Humber is fundamentally a career college which means people studying at Humber ought to know there are jobs at the end."

Over the last 10 years, Humber has developed new programs that would produce graduates who won't compete with the students already registered at Humber.

Hook's second area of concern was student recruitment.

"Humber has a recruitment ratio of six students to every place at Humber and many are quite qualified for university," he said. "So the question was, how could we provide a really neat arrangement for students to take a degree and a diploma at the same time?"

That is how discussions with the University of Guelph began for the Guelph-Humber project, which will allow students to pursue a degree and a diploma simultaneously.

As a result, a significant amount of money was received for Lakeshore Campus renovations and the build-

ing of the new Guelph-Humber building at the North Campus.

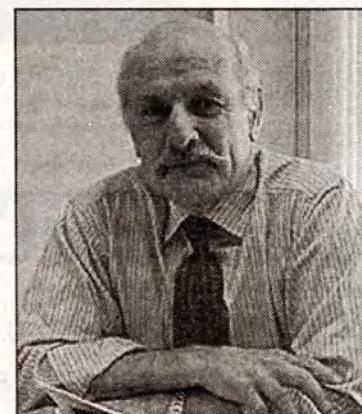
"We also argued very strongly for additional money so that we could pilot all of the new programs that we wanted to have running in 2003 so that when we grew like crazy to accommodate the double cohort we also weren't experimenting with new programs," said Hook.

At one point, Humber had planned to launch 54 programs, but now they will only mount 25.

"We're starting virtually all of them before the double cohort," said Hook.

Humber has put into place what Joyce Woodend, Associate Registrar of Admissions, refers to as the "Super Build." Humber is increasing its resources in every field, resulting in a faculty recruitment project, piloted two years ago, to be submitted to the Academic Operations Committee within two weeks.

"We're very proud of the faculty that is at Humber but there is a real danger that when you grow very fast you could recruit faculty that would-



VP Hook says Humber is ready.

n't be as strong," said Hook.

To avoid this, Humber developed a way in which new faculty will be recruited, selected and oriented. Mentors will be provided and there will be ongoing evaluation.

Living space is not being overlooked either. The board has authorized an additional residence at the North Campus as well as a new residence at Lakeshore. Hook said that attendance at Lakeshore Campus is expected to double over the next four or five years.

Students win round over Queen's U

By LOULA
CONSTANTINOPOULOS

Queen's University students have won a battle against school administrators.

The Ontario government announced last week that it will not support the university's proposal to deregulate tuition for both undergraduate and graduate programs.

Last month, students from Queen's staged a five-day protest outside the office doors of the school principal. The students were attempting to convince the administration to back down from their proposal to end tuition regulation. Queen's was the first university to put forth a proposal for full deregulation.

"One of the important victories (for students) was the government implementing a two per cent cap on all tuitions for the next five years," said Joel Duff, Ontario chair of the Canadian Federation of Students.

By allowing deregulation, universities and colleges would have the freedom to set fees at any rate.

"If full deregulation is allowed to happen there would be upward pressure on colleges to deregulate," said Duff. "The deregulation that has already occurred has already affected college student participation."

According to John Pulla, president of the Humber Students' Federation, deregulation "ultimately gives institutes the control for setting the prices. The only input we have is tuition and once it's deregulated it goes beyond us."

"(Deregulation) represents the downloading of the responsibility of paying for education on the backs of individual students and that's a barrier to access," said Duff. "To be able to get a degree at college or university, students have to be prepared to put that money up front – if you don't have that kind of money then your participation is limited."

In a Statistics Canada survey, data indicated that students from high-income families were 2.5 times more likely to attend university or college than students from lower income families.



CBC host Shelagh Rogers entertained guests at the open house.

CBC opens its doors

By MELANIE BECHARD

Sadra Llanes received her Canadian citizenship in late January. One day later, she was at the Canadian Broadcasting Corporation's annual open house, celebrating an institution of the country she had just embraced.

Llanes, visiting the Jan. 29 open house with her ESL class, waited 30 minutes for tickets to tour the CBC studios on Front Street.

A Cuban immigrant, Llanes said her teacher encourages the class to listen to CBC to learn English. She enjoys it, but is only able to listen occasionally.

Thronged of people filled the lobby as they lined up for tickets to free guided tours of the sound effects studio and the TV studios. Some waited as long as an hour for the coveted tickets.

The purpose of the event, said Karin Chykaliuk, coordinating producer of the open house, was "to promote CBC radio, to allow listeners to meet the personalities, to go behind the scenes, to see aspects of the production, and to celebrate the different aspects of CBC."

Those in attendance watched a live broadcast of CBC Morning in the atrium and sat in the Glenn Gould Studio to watch live musical performances and radio broadcasts.

"Doing the shows in front of a live audience gives you an energy and a boost that you don't often have when it's just in the studio. It's fun," said Chykaliuk.

"And for us to see the audience," added Ron McKeen of Ontario Morning.

"Because radio is so one-way, you never really have a sense of who's out there listening. It's nice to connect with listeners," said Chykaliuk.

Radio personalities like Andy Barrie, Shelagh Rogers and Avril Benoit were on hand to meet and greet listeners.

These meetings can be just as enlightening for the personalities as they are for the listeners.

"They'll bring up stories that you had forgotten about long ago," said McKeen.

"Our open houses are traditionally at the beginning of December, so they're normally called a holiday open house," said Chykaliuk. They are also usually held on a professional development day, typically a Friday when elementary school students have the day off and can come with their parents.

"This year it was cancelled because of the (CBC) technicians' strike. Without technicians, you don't have a show," said Chykaliuk.

When the event was rescheduled, there was some concern as to whether it would be as successful as previous years.

"Normally we get a fairly good turnout, probably 3,000 to 4,000 people," said Chykaliuk. "We thought, 'Who's gonna come on a Tuesday in January?'"

Clearly, the postponement had little effect on the turnout. Nearly every corner of the ground floor of the CBC Broadcasting Centre had an activity or a performance.

Tim Hortons gave out free coffee and Timbits. Pamphlets with CBC Radio schedules and program descriptions were given out at the information table. In the Barbara Frum Atrium, a large screen displayed the performances from the Glenn Gould Studio for those who couldn't get a seat.

Reporters covering the Olympics in Salt Lake City next week answered questions from the public, and staff sold CBC T-shirts and mugs. A portion of the proceeds went to the United Way.

Food donations were accepted at the door for The Daily Bread Food Bank, and \$10,000 was raised for the United Way through a silent auction and public donations.

HSF fumbles hiring

Pulla's use of costly consultants questioned

By PAUL MARKOWSKI

Students will be paying more than expected to find suitable candidates to fill the vacant business manager position at the Humber Students' Federation.

A week after the HSF Board of Directors approved a \$10,000 fee to hire Partnervision Consulting Group Inc., HSF president and hiring committee chair John Pulla motioned at a Board meeting on Jan. 30 to approve an additional \$1,700 for overlooked costs.

The extra money will cover out-of-pocket expenses and GST – both overlooked during the Jan. 22 emergency meeting when the decision was made to choose Partnervision.

"I forgot to think about it," said Pulla during last week's meeting. "But there is a tax."

The oversight is only the latest concern over the process of hiring the consulting firm.

Bill Reid, a lawyer who works with student associations at several colleges, including the HSF, has seen this before.

Because of his close ties with other student associations, Reid is familiar with several business managers who were approached by Partnervision in their recent search for a business manager for

McMaster University's Students Union. Reid said that Partnervision simply contacts business managers at other colleges or universities and that the \$11,700 cost to students is unnecessary.

"If the candidate was from an existing organization, the HSF could look for someone without incurring the extra cost," said Reid.

But with the current fiscal year-end looming, a new budget must be set and approved by the Board of Directors by the end of this month – a process that usually requires a business manager. The business manager is also one of the HSF signing authorities for amounts of \$150 or more and helps with the addition of newly elected students.

The HSF needs to hire a business manager as soon as possible, said Pulla, and the best way to do that is to hire a consulting firm.

Cindy Dragic, the HSF business manager for the last 15 years, tendered her resignation in early December. In a Board meeting on Dec. 5, a temporary hiring committee was formed. During that meeting, Pulla said the HSF was under pressure to fill the business manager position and suggested the use of Partnervision to help with the hiring process.

Over a month later, during an emergency Board meeting on Jan. 15, Pulla said the Hiring Committee – which had until that point only

communicated via email and had held no official meeting – was unanimously recommending Partnervision. The subsequent motion to accept Partnervision was defeated and Pulla was told to obtain quotes from three other consulting firms. A week later, in the second emergency meeting of the month, the Board approved Partnervision.

"Not everybody is comfortable with what we're doing," said Pulla. "We strongly believe that Partnervision will fulfill our requirements within the guidelines we need met."

The rush to find a new business manager may put the HSF in a position to hire someone that may not be the best choice for the job.

"Although I support the Board's decision," said Stephen Anastasi, HSF's vice president campus life at North Campus, "more measures could have been taken and more preparation could have been done to choose a consulting firm."

Anastasi said that since the new business manager will not be ready to work by the time the budget needs to be made and approved by the Board, the decision should not be rushed. Partnervision is expected to shortlist the number of candidates to four by Feb. 25.

"We don't want to prolong the absence of a business manager," said Anastasi. "But that's my concern: having to settle for someone to fill the position."



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On Campus etc.

Responsible gambling awareness makes cents

By AKUA HINDS

Humber's North Campus students took a gamble outside the bookstore last Wednesday by entering Ontario's Responsible Gambling Council's draw to win free tuition.

Students answered four questions to test their gambling knowledge to enter the draw and were then given a free information pamphlet, which seeks to educate young adults about the risks of compulsive gambling.

In approximately two weeks, all of the ballots from the eight participating schools will be gathered together and the grand prize of a free year's tuition will be awarded.

Lise Janssen, Humber's Leadership and Program coordinator, said she believes the workshop

had a positive impact on the students and was a great learning experience.

"At least students learned the four questions about how to spot problem gambling," Janssen said.

George James, the RGC's communications director, said that because seven per cent of 18- to 24-year olds have moderate to severe gambling problems, the RGC launched this educational workshop to attract that age group.

"We approached Humber because it's a great target market. We realized a need and an opportunity to talk to people between the ages of 18- to 24-years old about responsible gambling. Gambling has its consequences. However, we at RGC are saying that if you are going to gamble, there are things that must be done responsibly, such as not bor-



HSF's, Matt Jameson and Stephen Anastasi, promote awareness.

rowing money to gamble, setting a limit and gambling within your means," James advised.

Melissa Hurst, 23, in Humber's university upgrading program, entered the draw.

Hurst said she entered the draw and grabbed some of the pamphlets, not just for the free gifts, but also to pass on information to her boyfriend.

Hurst admitted she has been to a

casino once and has gambled before, but said she's never been addicted.

"I've played Bingo and Black Jack, but my boyfriend gambles more than I do. I'm not an addict, but I could be," Hurst said.

According to James, people can lose their families, jobs and their self-respect due to compulsive gambling.

"Gambling may seem like a form of entertainment, but students must realize that they can get into debt that they can't get out of when they gamble," James said.

The RGC is a non-profit organization funded through the Ministry of Health and Long Term Care since 1983, but it has a private Board of Directors. For more information log onto their Web site at www.responsiblegambling.org.

Toques for charity

By JILLIAN WELLARD

Humber students raised money and the roof for the homeless in the Greater Toronto Area last Tuesday.

The Fundraising and Volunteer Management program sold toques at Lakeshore Campus to raise money for Raising the Roof, a charity aimed towards helping the homeless.

Fundraising students wore their hats on Feb. 5 to show their support for the homeless along with students who'd purchased the hats.

Second-year Music student, Dario Casullo, bought a hat because he felt he was contributing to a good cause. He said there are a lot of stereotypes about homeless people, but by focusing on helping them it's a "win-win situation." Casullo said he felt buying a hat

was especially important because of the bitter winter months here in Canada and the need for the homeless to keep warm.

Student Coordinator, Laura Parker, said the class got the idea from a Humber grad who thought the program would be interested.

"It makes me feel for just a few hours we spent selling toques, we made a difference," she said. They sold a total of 106 hats for \$7 at Lakeshore Campus over a few weeks to raise a grand total of \$742.

Morley Chertkoff, a Fundraising student said, "We can't give money to everyone on the street who asks us. We felt that a contribution to an agency is our way of helping the overall problem."

The class was impressed by the amount of support by students.

Humber gives to Africa

By PATRICIA A. CARVACHO

Humber students who dropped by the library book sale last week found great deals on new and used books, and citizens of Ghana in Western Africa are getting an even better deal now that the sale has ended.

While the sale was a success, helping to raise money to buy new books for the library's collection, inevitably, there were books left over.

These books will find new life in Ghana where they will be sent along with hospital equipment and computers.

"It's only in the cities that they have libraries," said Douglas Owusu-Ansah, president of Bethel Humanitarian Mission, the organization that picked up the books on

Sunday. "Our intention is to take them to the countryside and help them establish libraries."

Doug Willford, a library staff member, said the Mission coincidentally contacted Humber's library just prior to the book sale. As a result, they were offered the books that remained after the sale.

"They were very pleased and jumped at the chance," said Willford, who added that Humber was the first college to respond to Bethel Humanitarian Mission's request, though they have sent letters to various other schools.

In the past, Humber has donated books to organizations like the Salvation Army - but as they receive so many books and have no real need for the primarily educational material, they decided there was not enough room to accept them all.

When unable to find a charitable organization, Willford said the college had also sent books to a recycling facility, but that the library prefers to find new homes for the books if possible.

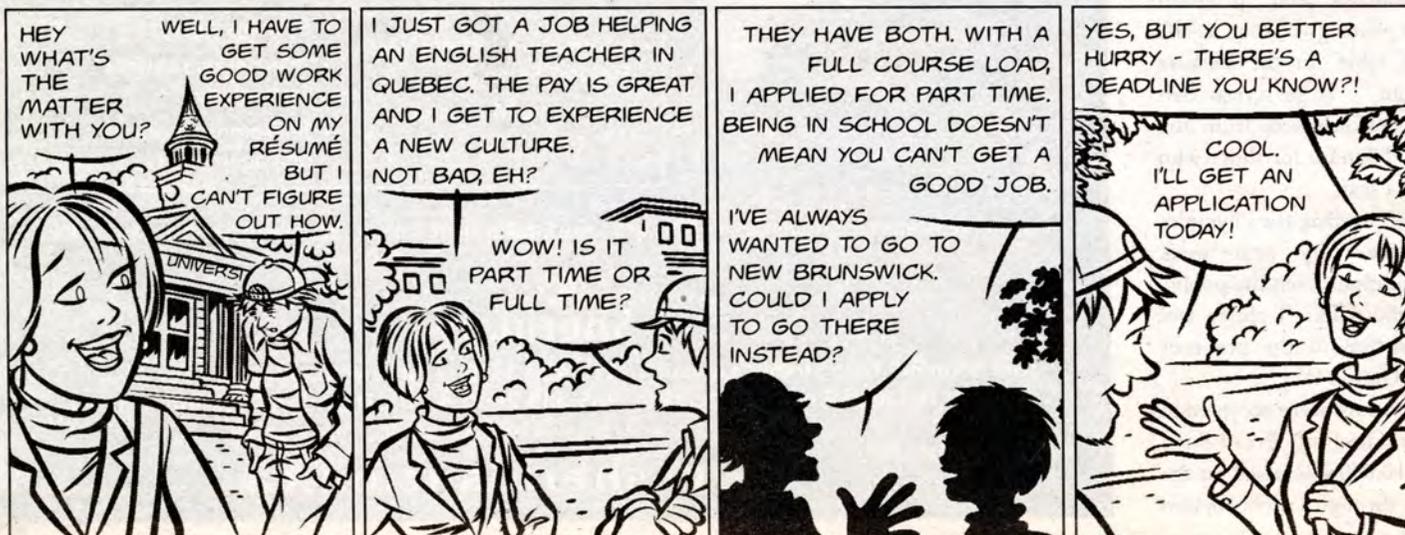
Owusu-Ansah said that though they still have about half a container to fill before shipping it to Ghana, Humber's books bring them that much closer to their goal.

"Our target is the young people," he said. "Basically it's for the youth."

He added, however, that libraries established in towns and villages will benefit the entire community.

Willford said he will likely contact the mission next year to make another donation.

"The books are put to use," he said. "I'd be very surprised if they didn't go to (Bethel Humanitarian Mission) next year."



Call 1-877-866-4242 for more information on the Official Language Monitor Program or pick up an application at a Career Placement Centre, Financial Aid Office, French Department, Registrar's Office, Graduate Studies Department or by web at www.cmec.ca/olp/. The deadline for applications is February 15, 2002. However, applications received after that date will continue to be accepted and placed on a waiting list.

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Health fair a success

By YASNA MARKOVIC

Nursing recruiters were out in full-force last Monday at Humber's Health Sciences career fair.

"We're trying to help them secure jobs before they graduate. For students in the first or second-year program, it helps them get summer jobs," said Linda MacDonald, an employment advisor at the Career Centre.

"The career fair is also for employers because right now in the health industry it's hard to recruit. There's a shortage of nurses in Ontario," said Vicki Reay, also an employment advisor at the

Career Centre.

"We're trying to recruit Nursing students. We have a lot of jobs available and we are hiring lots of new grads. It gives students an idea of who's looking, who's out there and what we can offer," said Josie Nikpal, a recruitment coordinator for St. Joseph's Healthcare in Hamilton.

"We get to target students directly and talk to them about our facility. The advantage to the students is they get to shop around and look for the best offer and find a lot of information," said Nelia Cabral-Peirson, a human resources partner at West Park

Healthcare Centre.

The career fair provided students with a relaxed and inviting atmosphere to scope out the healthcare industry.

"We are interested in seeing what institutions have to offer. Coming here is a lot easier to see everything all in one area. Almost all the hospitals in the Metro area are here. It breaks the ice because it's open and they're here to talk to us," said Paul Perlas, a second-year Nursing student.

A Hospitality, Recreation and Tourism career fair will be held Feb. 7 in the Student Centre. All are welcome to attend.

Music for the people

By JILLIAN WELLARD

Jazz beats echo through the hallways as students warm up their instruments and classes begin. Award-winning music and long-lasting friendships are made at Lakeshore Campus' Community Music School. And judging by the smiles on the faces of parents and children, the beat will go on.

The students, some as young as three years old, work with teachers to explore the technical and theoretical aspects of music. They work towards a common goal: the discovery of the children's niche within ensembles and their appreciation for music.

The Community Music School has been supported by Humber College for over 20 years.

"Our goal as an educational program is to teach the students music in a way that will stay with them their whole lives," said program coordinator Catherine Mitro.

"The music is taught in a social framework, where students share feelings and communicate through music."

Students at the school range from age three to 19.

Three levels of classes are

taught; pre-instrumental, instrumental and Jazz, although they are encouraged to practice classical pieces. The students, who begin training on the piano and then move on to other instruments, develop at their own pace. When they are nine or 10 they can decide if they'd like to continue taking lessons or join a competitive Jazz ensemble. Students in the competitive ensembles have participated in international festivals and have traveled to Calgary, Vancouver, Chicago and recently to Europe.

"The curriculum takes existing methods of early childhood education and we combine them into one eclectic method and then use that to develop the skills that later translate into Jazz performance," she explained.

Although the classes are held on Saturday mornings, parents and students do not seem to mind spending time at Lakeshore Campus.

Lynda Jones has two children, aged six and nine, attending the school and raves about the atmosphere.

"They love coming," she said. "Music is a big part of their lives."

Jones' daughter, who has a severe speech delay, has found her place

within music. She plays the drums and Jones feels that the music is wonderful therapy for her daughter. Her son plays the piano, so there is no lack of practicing at the Jones'.

"Once he's gotten the knack of a song, he loves it," Jones said.

For the children, music is a way of bonding with each other.

Paula Szkaley, 16, plays intermediate bass guitar and loves coming to classes.

"It's a happy family here."

She said the friendships formed here are strong and are often developed through the music.

Gabe Munn Magill, 15, said the school "gives you a lot of experience." He said the only problem comes when a band breaks up or classes change. He said that since students become very familiar with each other's sounds and musicianship, it takes a while to get back to the same level with different band members.

The student-teacher relationship is also a close one.

"Teachers pay attention to the relationship the child has with music making," Mitro said.

Nicole Mitro has two children attending the music school. Music has given her son more self confidence, in a way that he doesn't get at school.

"The teachers have gotten to know him as a person on an individual level," she said. Mitro went on to say that the music has brought her son out of his shell and he feels very accepted.

As the children move to their next class, constant chatter fills the hallways. Whether they're talking about Barney or high-school exams, they all share a common goal: making music.

If you would like more information on enrollment and fees, please call (416) 675-6622 x 3847.



COURTESY

2001 Tim Sims Encouragement Award recipient, Levi MacDougall.

Cream of the crop for Comedy program

By KELLY LABINE

For the second time in two years, a Humber grad won the Tim Sims Encouragement Award at the Cream of Comedy Show, held at Toronto's Second City in November.

"I can't leave the house now without being recognized," joked winner Levi MacDougall, a graduate of Humber's Comedy Writing and Performance program. "I found just doing the Cream of Comedy Show, like just being there for the big event of Second City with the other nominees, really got our names out. It gives a chance for people who are doing amateur nights, low profile shows, to get recognized by some industry people. I'm still getting calls from people who caught the show on TV."

The Tim Sims Encouragement Fund was established by Lindsay Leese in memory of her husband, Tim Sims, a comedy performer, writer, and director who passed away at 33 from AIDS-related complications.

The show's performers, generally newcomers, must fit certain criteria: they must have performed comedy for more than two years and must be under 30-years old.

MacDougall, 24, won the \$2,001 prize. He said Humber's Comedy program really helped him prepare for the big show, which consisted of the five nominees performing in front of judges.

"I think mostly the discipline, that's one of the main reasons why I joined it (the program)," MacDougall said. "I've been writing on my own and it's something I always knew I was going to do. Just going in the program forced me to create some concrete goals."

"The students are exposed to an intense environment," said the Comedy School's artistic director, Allan Guttman. "Students practice the craft every day under guidance of experienced professors. The result is that the learning experience is compressed so that something that might take several years gets compressed into one year."

There were two other Humber grads nominated for the award, Debra DiGiovanni and Ryan Belleville.



Students bond with music at Lakeshore's Community Music School.

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Life etc.

Pre-planning essential when it comes to funerals

By ANA MARIA MARQUES

As college students, our parents are aging and the time has come for many of us to start dealing with the grim reality of funeral planning. Both in their late seventies, Antonio Ribeiro and his wife Maria know that they won't be around forever. Over two years ago they decided to do something about it.

The Ribeiro's are just two of the many Canadians who have pre-planned their funeral and burial arrangements.

Pre-planning involves not only choosing a burial space, but also pre-selecting a bronze memorial, monument, personal inscription, or urn.

Bob Gilpin, family counsellor at Glendale Memorial Gardens, always recommends pre-planning.

"Pre-planning is the right thing to do. You take some stress away from the family at the time of death," Gilpin said.

Pre-planning allows you to consider all the options available and decide exactly what you want.

Today, funeral and cemetery costs range from \$6,000 to \$20,000, and prices will only increase with time. By pre-planning, you can "get your funds together and pay over a period of time," Gilpin said.

Payment plans vary and are adjusted to fit individual needs. An agreement is made based on what the family can afford, and paid monthly for up to four years.

Because the needs of every family differs, customers have the choice of three different burial options.

A wide selection of urns, burial vaults and personalized bronze



ANA MARIA MARQUES

Pre-planning a funeral sounds like a burden, but it ensures family members aren't left with all the work.

memorials or monuments.

Humber first-year Funeral Services student Rebecca Shaw said, "Pre-planning both burial and funeral arrangements are equally important."

"It takes weight off of a family that is going through a loss. Not only are the funeral home arrangements and services taken care of, the family will also know that the wishes of the deceased are being fulfilled," Ribeiro added.

"It's good that it's done. Our family doesn't have to do it at the time of death. This way I know everything is taken care of and I feel better that

way."

Their daughter, Fatima, agrees with her parents' decision.

"I'm happy that my parents have made those arrangements, that is one less worry for us kids when something does happen," she said.

Many fear the superstition that, "If I buy today, I'll need it tomorrow," Gilpin said.

But this wasn't a concern for the Ribeiro's. They are both happier, knowing that when the day comes, the burden has been taken off the minds of their family members, and they will be worry-free, side by side forever.

What chocolate is right for your Valentine?

By MICHELLE SABA

Wanna get some sugar from your honey this Valentine's day? It's as easy as knowing what chocolate to buy.

Buying chocolate for your significant partner, however, can be more challenging than you think.

Knowing the different types of chocolate, and how to determine quality and freshness is essential to finding your Valentine that perfect sinful treat.

The cookbook, *Chocolate Everything* by Company's Coming, outlines the top five main types of chocolate.

Bitter chocolate and unsweetened chocolate are the darkest and purest forms of chocolate liquor in its solid state, and because of the bitter taste, probably won't win over your Valentine.

Semisweet chocolate contains 35 per cent chocolate liquor, and sweetened chocolate contains 15 per cent chocolate liquor. Both have sugar added, but still have a bitter taste that some may like.

Milk chocolate, a popular chocolate, is a lighter-coloured sweetened chocolate with milk solids or cream replacing cocoa solids.

White chocolate is not a true chocolate because it does not contain any chocolate liquor, but is referred to as a compound or confectioner's chocolate because it contains cocoa butter.

Sonia Giuliano, Laura Secord store manager at Sherway Gardens mall, said the freshness of all ingredients determines the quality of chocolate.

"The more times chocolate is refined, the smoother taste it has, but the milk, nuts, creams and

caramels added must also be fresh in order to have an overall great tasting chocolate," she said.

Checking for a white coating on the chocolate is the best way to determine whether it's fresh. This film is a sign that the cream or butter in the chocolate is melting and rising to the surface, said Giuliano.

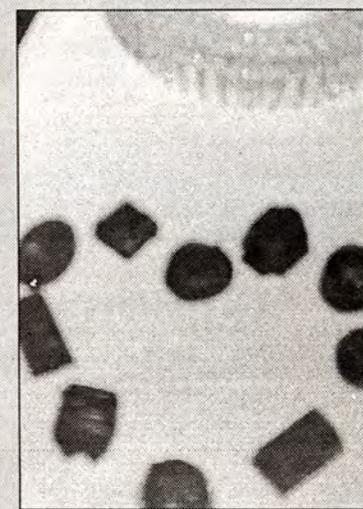
"It doesn't mean you can't eat the chocolate, but it is a sign that it's not fresh," Giuliano said.

For overall freshness, she suggests keeping chocolate at room temperature.

If you really want to get lucky, spoil your Valentine with the ultimate chocolate – truffles. Giuliano said they are the jewel of the chocolate family because only the finest ingredients are used and they come in a variety of flavours.

"The best way to describe a truffle is that it melts in your mouth," she said.

Remember to thank the Aztec and Mayan Indians who found the cocoa bean 3,000 years ago – because after these chocolate hunting tips, your Valentine will be screaming their names, not yours!



MICHELLE SABA

Holy chocolate Batman! Valentine's day is almost here.

Laura Secord—Canadian patriot

Laura Ingersoll Secord was a settler in Upper Canada. She became recognized during the War of 1812 when American officers forced themselves into her home and made her cook dinner. As the wine flowed, the officers' lips loosened.

They unwittingly divulged their plans to destroy the remaining British forces in the area.

Colonel Boerstter gave away their plan to make a surprise move

against Lieutenant James Fitzgibbon at Beaver Dams, destroy his headquarters and take the whole army captive.

Secord's loyalty to the British Crown prompted her to take this information to Fitzgibbon herself.

In 1913, as a tribute to her heroism, chocolatier Frank Conner opened a chocolate store named Laura Secord because he wanted the store to be a symbol of Canadian heritage. —M.S.

Psst...

**Have an idea or an event you want covered?
Drop in the newsroom in L231 or email us at
humberetc@hotmail.com**

etc.

Better days for Ontario nurses

Ontario nurses soon to be the highest paid nurses in Canada.

By JULET ALLEN

Humber's nursing graduates have a promising future because Ontario's hospital nurses will soon be the highest paid in the country.

The nurses will receive retroactive pay on or before March 15 and will see an increase in premiums and benefits.

There will be a wage increase of three per cent for 2001, three per cent for 2002 and 3.2 percent for 2003.

"It is a much needed raise that nurses got, but we are still very short of nurses in the clinical areas," said Sheila Money, a retired nurse and mentor to the new Humber school for nursing faculty members.

The Ontario Nurses Association (ONA) has accepted a three-year deal with the Ontario Hospital Association (OHA). The nurses have been working without a contract since April 2001.

"This agreement marks the beginning, not the end, of a process

to deal with important nursing issues," said David McKinnon, OHA president.

The collective agreement was accepted by 91 per cent of ONA members, affecting approximately 40,000 registered hospital nurses across the province.

"Working nurses are happy with the increase, but there are still working conditions and administrative issues that need to be worked out," said Linda Cole, a full-time registered nurse for more than 30 years and a surgery-prep teacher at William Osler General Health Centre.

"All the money in the world won't change that."

McKinnon hopes the deal will provide stability for nurses and hospitals to work together on recruitment, retention issues and the quality of work life.

"This is a start to help us serve patients and communities better by promoting the role of nursing within our hospitals," McKinnon said.



Humber RPN student, Chris Coles is breathing easier after hearing of the nursing pay hike.

Simon Adam, a second-year Nursing student and orderly, does not see this agreement as an incentive to remain in Toronto.

"I'm going to the States because

when I graduate I will only be making \$3 more on my current salary (in Canada)," Adam said.

According to a CBC report on nursing, at least 10 per cent of new nursing graduates in Canada head to the U.S. every year.

Fellow students Ayesha Boateng and Catherine Ly think this new wage hike, increased premiums and benefits will be an incentive for people to stay, adding that California and Texas are the only

states that recognize a Canadian nurse's licence.

According to an ONA press release, the nursing shortage is very complex.

By reaching this deal, the association hopes to prevent a further drain on Canada's health care system and to create incentives to choose nursing as a profession.

"This agreement alone will not bring back those who have gone south of the border, but they may return for other reasons," Adam said.

Although Money is retired, she said, "Highly professional nurses need to have a wage that will allow them to live comfortably, otherwise we are not going to have people coming into the profession."

She also believes the health care system will not attract good people to the field unless their salary is comparative to other professionals who do shift work like police officers and firefighters.

According to an OHA press release, many Toronto hospitals have available nursing positions.

"Maybe now people could stop working part-time in three different hospitals," Cole said.

SUPER WHO WANTS TO BE A MILLIONAIRE



Millionaire Monday

@

Lakeshore

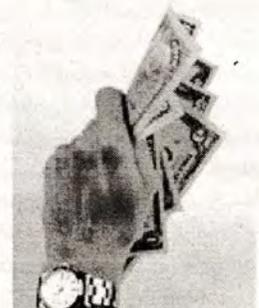
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It might just be your lucky day...hope to see you all there!



etc.

Editorials etc.

HSF blows dough

Well, we thought HSF was spending \$10,000 of our money on nothing, but as it turns out, President John Pulla forgot about tax and out of pocket expenses, so the figure has been bumped up to \$11,700.

Why are we paying this? Because HSF needs a new business manager. And instead of looking for someone themselves, they will spend \$10,000, oops, \$11,700, to hire an outside organization, Partnervision Consulting Group Inc., to do the work for them.

HSF will be paying Partnervision to find candidates for a business manager for the end of the fiscal year when a new budget must be approved. The end of the fiscal year is fast approaching, and now, because of HSF's lack of action and this mismanagement, they won't get the manager in time. They could've spent the time finding one themselves and saved a whopping \$10,000, sorry, \$11,700.

But they had their reasons. It'd save HSF the time of having to find a business manager. Partnervision is stuck with the burden of interviewing hundreds of applicants and choosing just the right one for our school.

However, Partnervision just calls other student associations and asks who's interested in the position, then sends HSF a list of candidates. That's it. Not exactly a job worth thousands of dollars.

HSF needs to be wiser with its decision making, otherwise they risk flushing \$10,000, darn, \$11,700, of your money, our money, down the drain. Again.

Up in smoke – again

Imagine testing Sir Paul McCartney for drugs every time he wants to visit the States. Imagine arresting him before he performed at the Superbowl. This is the situation former Canadian snowboarder Ross Rebagliati is currently facing. If he wants to cheer on his friends at the Salt Lake City Olympics, he has to pass a drug test before he crosses the border.

A few years ago, he admitted to the world that he attended a party where others were getting high. Now Rebagliati shoulders the burden of being a martyr for every other pothead in the country.

Crossing the border was obviously a lot easier before Sept. 11. But there's no way officials will start asking everyone about their narcotic history. Rebagliati shouldn't have to endure this invasion of privacy when hundreds of people get away with it everyday.

Think back to when Bill Clinton was campaigning for president, and he admitted to the world that he tried marijuana. If every other country in the world was as anal retentive as the States, Bubba would've had to submit to a drug test every time he visited foreign diplomats.

What's good enough for a Canadian snowboarding pothead should be good enough for the most powerful guy around.

Smoke on Ross, we're behind you.

Unborn get status

On Jan. 31 the Bush administration announced that a fetus will be deemed a "child" from the moment of conception. The reasoning is that embryos can now qualify for the Children's Health Insurance Program (CHIP), easing the financial burden on expectant mothers in low-income families.

This move exhibits a tremendous abuse of power, since this type of change does not require Congressional approval.

The landmark ruling of 1973's Roe vs. Wade gave women the choice to have an abortion, calling that choice a "fundamental liberty."

Anti-abortionists at the time said the only way to overturn that ruling was to get legal status to pronounce a fetus a "person," entitling it to legal rights.

A fetus is now a person, but the issue is not whether we are anti-abortion or pro-choice. At the heart of the matter is the manner in which the decision was made.

Currently, Bush's approval ratings are extremely high. He has exploited his popularity and slipped under the radar to pass off his party's agenda as health reform. This is the first step in recriminalizing abortion.

Bush's administration has called this a simple way to give health benefits to mothers. If that's the case, benefits should be extended to pregnant women, not the fetuses.

Sadly, this decision is not about helping the underprivileged, it's about advancing the privileged conservative right's political agenda.



Ross Rebagliati's cross-border troubles

Not-so-Super Sunday



Lauren Ferranti

I didn't eat too many chips or drink too much beer, but at half-time, I was ready to spew all over the Superbowl.

I don't watch it for the sports. Rather, I revel in the debuted commercials and the gaudy, excessive entertainment value.

I know that this is traditionally a parade of Americana, but they really outdid themselves this time.

'Tis the year for over-indulgence. Everyone almost died, the world almost ended, after all, and thus there should be no end to our love for one another, our countries and ourselves.

We have all been saved, North America. We have been saved.

And U2, the Irish pop culture icons, have become our saviours. At least for this night. Bono, the king of all-rock and self-love, struts his way through the crowd. He is unflappable.

His jacket is lined with silken American flag fabric, the rock to which all Americans feel safe clinging. Buildings may fall, but Bono stands tall.

I actually didn't feel true disgust until their second song, "Where the Streets Have No Name," which was

accompanied by a stunning visual. Behind the band, a black sheet rose to the roof of the Superdome, upon which the names of those killed in the Sept. 11 attacks scrolled up. It was kind of like watching movie credits.

I had trouble watching those names become part of the "entertainment" of Superbowl's half-time show.

At first, I cursed the organizers of this gross event. But I misplaced the blame – this segment was U2's brain-child, conceived some time post 9/11 for their world tour.

Yes, it's good to remember. Yes, it's important to never forget.

But the trouble is, I don't think we will forget, excessive displays of pro-American/anti-terrorism shlop aside.

I thought U2's multimedia performance unnecessary, and I raise it up to the same level of ridiculousness as Bono's theatrical opening of his jacket to reveal his great big sloppy American-loving heart.

This is when the bitter taste began to rise at the back of my throat. Gag reflex kicking in.

What was it, you ask, that really sent the chunks flying?

The live feed of soldiers partying it up in front of a pitifully small television, indulging in a good ol' American tradition all the way from killing point Kandahar, Afghanistan.

I was mildly curious why we didn't have the same feed from camp X-ray in Cuba. Something else to boost U.S. morale perhaps? Troops bitch-whipping blindfolded prisoners. . . And the crowd goes wild.

Americans lap this stuff up.

While I'm busy barfing it up.

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Opinion etc.

Something stinks – wait, it's you



Cameron Mitchell

I don't understand anything about the ballet; all I know is that during the intervals the ballerinas stink like horses."—Anton Chekov

I don't want to hurt anyone's feelings, but if I have to, I will.

I am coming out four square against stinky people. Somebody has to take a stand.

Who are these stinky people? What makes them stink? Where are they? How can I avoid them? Most importantly, how can I avoid joining their ranks?

I chose the Chekov quote, not just to show that I can use a Web search engine as well as the next guy, but to enlist a credible voice to say that very beautiful, talented and intelligent people stink too.

Here comes the bad news. There will be days of your life when you are a stinker. The elusiveness of the problem lies in that, even though you pass the test with your co-workers, friends and family, you may still push stink up someone else's nose. That someone may just have a different cultural reference for stink.

You start with the morning drill:

get up, shave something, brush your teeth, shower, slather an anti-perspirant chemical stew on your arm pits, top yourself off with perfume, wolf breakfast, and bound out the door ready to wrestle the world to the ground.

But the day is barely born and you have already lost, because last night you had garlic and curry followed by a pickled herring for dessert. Do you think a toothbrush can fix that? That expensive "Extract of Mu" you just splashed on is going to make someone next to you sick this morning. Think about "Mu" mixed with the garlic curry herring sweat you will excrete later today. Yum.

That person shoehorned next to you on the bus is desperately looking

for a window that opens.

This is the best-case scenario. You are young, horny, and trying very hard to smell good enough to eat.

Some of us don't try so hard. Do you smell yourself and decide that you can squeeze out one more day sans-soap? Maybe you can get away with this now, but I say you are a ticking stink bomb.

Fast-forward a few years. You are now 67-years-old. You sniff yesterday's socks and today's armpit, "not bad," so you skip the shower and clean clothes. The old olfactory ain't what it used to be, but everyone else's nose is in perfect working order.

Sorry, you stink.

You are an older female, after

your shower you spray perfume until you can smell it. We smelled it three blocks ago.

Sorry, you stink.

All of this is just a sales pitch for some advice. Right now, and especially as you get older, do not count on your senses. They lie. Think of personal fumigation as a process, not a goal.

First, by all that is holy, lighten up on the Mu, Old Spice or Glade Garden Fresh Lavender. Second, get a routine and follow it daily or more, not just when you think you need it. By the time you figure out that you're ripe, you've spoiled a city block.

No one is immune, except me of course.

I don't stink. Do I?

A lifetime – in dog years



Ryan Paxton

But he got old, and it happened very quickly. I didn't even notice it until the past couple of months.

I suppose I've reached the age in life where I can lament about my fleeting youth and the passing of time, and this incident has certainly driven the point home.

Fourteen years vanished in what seemed like an instant, and I regret not spending more time with my dog. I played with him often when I was a child, but once I reached adolescence, I went off on my own, ignoring not only my dog, but my family too – as I'm sure is the case with many teenagers. It's unfortunate that I've only just now begun to notice.

I'm driving at something here, cliché as it might be. Simply, life is too short for bullshit of any kind. Make time for those you love or what you love to do. I've come to realize that time is the most valuable commodity we have, and even those with the most of it still don't have enough.

I've tried to write this without being overly sentimental, but the fact is, I miss my dog.

I hope there will be a time that I can see him again. That's all I really want in the way of an afterlife. No angels playing harp music. No pearly gates. Just my dog running in an open field on a warm summer day.

And time.

I can't think of very many things that would reduce a 240-pound man to tears, yet there I was on Friday, not only crying, but sobbing like a three-year-old who'd just had his tricycle stolen.

I put my dog to sleep. He was 14, and very sick. His name was Bud.

He couldn't get to his feet by himself, and he often fell when he was standing. He would often fall into his own feces when he was outside. When he was indoors, he would lie down and remain almost motionless. He was not the same dog I once knew.

Bud was often yelled at because he was so energetic, if a little bit stupid. If someone came to the door, he would bark. If someone dropped something, he would bark. If someone spoke loudly, he would bark. If a leaf blew past the window, he would bark. Basically, if he was exposed to any sort of stimuli, he would bark and run around, tail wagging.

Tyson needs an 'X-Ray'



Brett Clarkson

If you have ears, a wife, or children, Mike Tyson is not exactly the chap you want living next door. No sir. Actually, if your internal organ structure is – like most humans – wrapped in a bag of flesh, you probably don't want Mr. Tyson anywhere near you. The boy is a cannibal.

It was last week that the Nevada State Athletic Commission denied the scrapper, ear-biter extraordinaire and convicted rapist a licence to fight in Las Vegas, the so-called "Valley of the Dollars." This was surprising. Boxing regulators aren't exactly known for taking the moral high ground – especially in a city built from the ground up on mob money.

Then again, the NSAC's ruling is not that shocking – nothing in boxing really is. The diamond in the desert has become rather Disneyfied of late, with Mouseketeers parading down the strip instead of two-fisted, hard-drinkin' Rat Pack-

types. Whereas Sinatra and Davis Jr. used to play The Sands, Britney Spears now lipsynchs scantily-clad at the MGM Grand. But she's got shit all to do with the topic at hand.

For a city trying to polish its unsavoury rep, Iron Mike is a liability, pure and simple. And no bloody wonder. Did you see that Jan. 22 press conference fiasco?

But it's all too easy to make fun of Tyson, isn't it? He obviously needs some kind of help. This is a character who, since at least his early teens, has been commodified and ruthlessly exploited by Don King-calibre leaches. I'm not one to blame the media either, but to say that Tyson has gotten a rough ride in the press would be an understatement.

At last week's hearing in which he was denied a Nevada licence to box, NSAC commissioner Amy Ayoub stated flatly to Tyson, "You are not a victim anymore."

"You know nothing about me," Tyson snapped. "You don't know my horror stories."

Ayoub then asked the boxer if he had any friends that weren't somehow profiting off of him. Tyson's answer was telling.

"I don't have one friend in my entire life."

Hmm. This may sound venomous, but I know a place Tyson would probably find friends. It's down on the southern tip of Cuba –

where the climes are sunny and tropical. Guantanamo Bay. Camp X-Ray. Where the U.S. detains those crazy Afghan "unlawful combatants," whatever that means. They got prisoners down there, no joke, that masturbate while the snipers watch them. *The Weekly Standard* even reported last week that some of the al Qaeda degenerates they're holding have been observed squirting toothpaste up their asses.

I kid you not. Look it up.

So it appears that Mr. Tyson, if (and it's a big if) he is convicted on further rape charges, would fit right in with these – literally – caged animals.

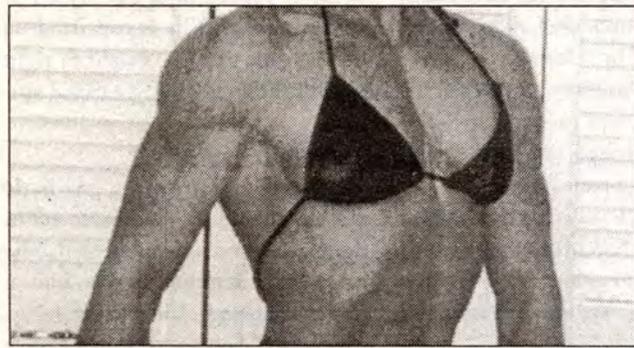
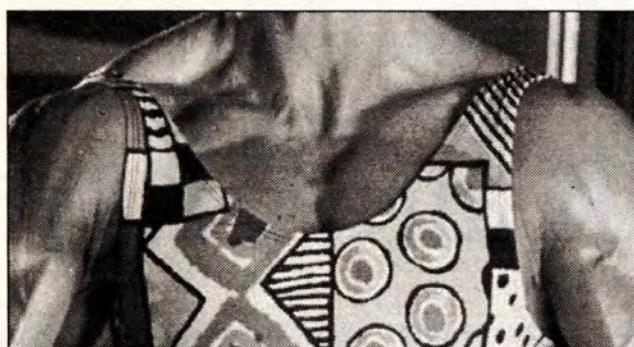
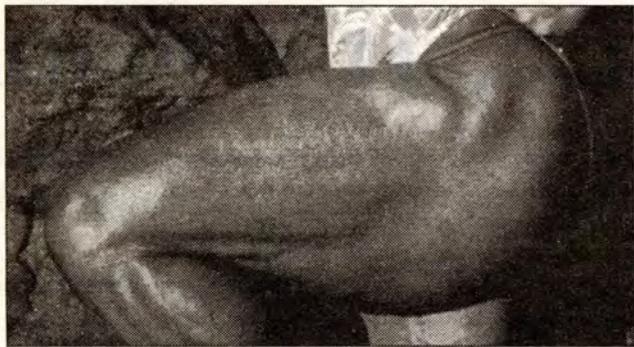
But that's not nice.

I'd rather just see the guy fizzle out on his train wreck of a career in the place where it all started. In the ring, with Lennox giving him a choice drubbing. And if we're lucky, a focused Tyson giving him a choice drubbing back.

Like it was 1986.

*Got something to say?
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letters must include full
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In Focus etc.



Bulky babes pump up the poundage

Here's the skinny on women's bodybuilding

By JULET ALLEN

Two women stand at the mirrors. One woman shows the other how to pose and flex her muscles to music. The one posing is focused, concentrating intently. She repeats her moves, flexing her legs to reveal incredible size, symmetry and proportion.

Just like one woman instructing another in the mirror, this is a sport where athletes inspire other athletes, many of whom start training in their teens.

Laura Binetti, owner of Body by Binetti, is the south regional representative for the Ontario Physique Association and the only Canadian woman to win the World Championship in 1999. She got involved in the sport when she was encouraged to incorporate weightlifting into her long distance running program by Greg Joy, a 1976 Olympic competitor.

After seeing the dramatic results, she stopped running and dedicated her time to strictly weight training and bodybuilding. "I did it because I enjoyed it, and it was something at which I quickly excelled," she said.

Kristen McCarty, 25, a bodybuilder at the national level, has been training for the past five years. McCarty got involved in the sport after suffering several injuries as a marathon runner. She too was given advice to combine weight training into her workout. While training, she met an inspirational female bodybuilder.

"I was glad to see a woman who was not afraid to be strong and confident about her body," McCarty said.

Little did she know that she would end up inspiring someone else.

Jody Hernandez, 31, who stands at five feet eight inches (considered very tall for a bodybuilder), was going to the gym on a regular basis and lost 30 pounds with proper diet and exercise.

"I always needed a goal. In the back of my mind, I always wanted to compete, and the situation presented itself when I met McCarty," Hernandez said.

"She is a role model in the gym. I know that she competes and she was able to give me the proper tools with which to start."

The gym is no longer dominated by men. Women are now stepping outside of what is considered "feminine" and are weight training for health benefits, physical appearance and competition.

Women bodybuilders are proud of their accomplishments and their physique. Hernandez, who placed third in her first competition said, "It's not the journey, it's the destination...I felt the biggest sense of accomplishment after I left the stage."

These women like their bulging biceps, heart-shaped calves, well-defined backs and chests, and tight, concave hamstrings. Each body part is highly valued in competition.

"I'm in full control of every muscle," said Hernandez.

Bodybuilders reshape their bodies into rock hard physiques

for competition. Binetti, 35, has dedicated 14 years to the sport, and her main goal "was to improve as an athlete every year. The more muscle growth I experienced, the more I wanted to show it off."

McCarty, who will turn pro after her next competition sees the industry growing and believes that the sport is finally getting the attention it deserves.

The sport is not without its sacrifices, the biggest being diet and exercise. When training, a bodybuilder's main goal is to increase the lean muscle mass. The diet is only for those who have already established the proper eating habits.

Preparation for her competition took Hernandez 10 months. In the bulking stage, she consumed as much as 3,000 calories a day so that she could lift heavy poundage. Of the 20 pounds she gained she admitted, "It's a big task for any woman to gain weight."

After five months, she began to decrease her caloric intake bi-weekly.

"This 20-week diet leaves you mentally fatigued," said McCarty.

The entire process is meant to help decrease body fat; Hernandez decreased hers to five per cent. The average woman's body fat is 18 to 20 per cent.

But a bodybuilder's diet is different and far more regimented in comparison to a general fitness diet.

"In 20 weeks you want to be the leanest machine possible," Binetti said. She does not believe in eliminating carbohydrates from one's diet.

"The protein-only diet works for a certain period of time. You need your carbs for energy while training."

Bodybuilders consume a minimum of four protein meals a day. They cut out all dairy, fruits and vegetables and are limited to five types of food.

The day before competition, bodybuilders dehydrate their body - no water for a full day. This is unhealthy and is done specifically for a cosmetic look as it accentuates muscle definition. After the show, they slowly replace fluids before eating.

Hernandez asked her trainer for a special post-competition eating regimen because bodybuilders usually gain 20 to 40 pounds after a competition.

"I felt guilty to put fat back into my diet," she said.

The exercise regimen is just as difficult and demanding as the diet. It involves seven months of intense cardio and weight training, six days a week, two times a day.

McCarty's day starts at 5 a.m. when she does cardio for up to 45 minutes. This exercise time progressively decreases as competition draws near.

After her first meal, McCarty begins weight training her major muscle groups, smaller ones in the evenings.

Continued on pg. 11

Continued from pg. 10

Although diet and exercise play a major role in body building, it's automatically assumed that bodybuilders also abuse some form of enhancement drug. Most bodybuilders' drug of choice is ephedrine because it promotes leanness without the masculine side effects.

"Unfortunately in every sport at the highest level there is some type of anabolic and recreational drug involved," Binetti said. There is also a lot of misinformation about what is out there.

She believes the Canadian circuit is not as educated as Europe and the United States, and if anabolic drugs were legalized there would be a lot less problems.

"(Taking) performance enhancement drugs like steroids is cheating and not fair to those who are willing to do extra work in the gym," Hernandez said. She didn't recognize that her competitors were using drugs until her trainer pointed it out. Indicators of drug use include very dense muscle mass, a change in voice, and sometimes hair loss.

But bodybuilders don't practice the sport just to look good, there are also excellent physical and mental health

benefits. McCarty pointed out that she would continue to weight lift because it will strengthen her bones and prevent osteoporosis – a disease that runs in her family. Most female bodybuilders will tell you that the sport makes them feel like they can take on the world. Binetti said her self-confidence has increased tremendously.

Binetti, who's now retired from competition, has fun with training. She is currently preparing for the Toronto marathon next year.

"I now focus on cardio work and continue to train five days a week. Something I really enjoy doing now is boxing three days a week," she said. She gives back to the sport by helping aspiring bodybuilders to train, and she also judges at competitions.

McCarty, who usually works at a health store, has taken a year off work to fully dedicate her time to training. She needs to win her next competition in order to compete at the pro level.

"Even though I placed fourth, I felt accomplished to be on stage with seasoned professionals.

"Coming in fourth place has re-inspired me to win," said McCarty of her last competition.

Swallow this: the recipe for hard living

Off Season

Meal 1:
8 - 10 egg whites, 1- 2 yolks
2 cups of oatmeal
1 piece of fruit

Meal 2:
1 scoop protein powder
1 can tuna/145g chicken
300 g potatoes
1-2 pieces of fruit

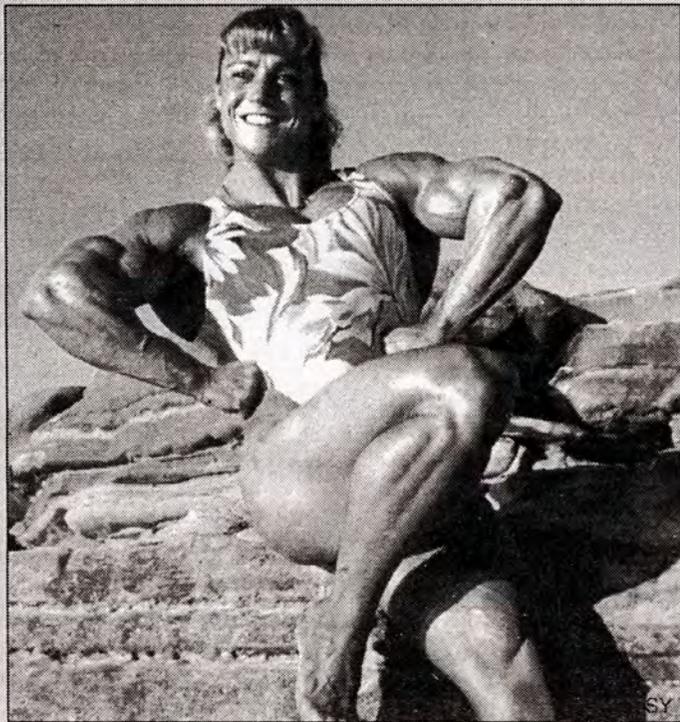
Meal 3:
Tuna sandwich or
muffin/popcorn

Meal 4:
140g steak or chicken
250-300g yam/rice cake
250g cooked vegetables

Meal 5:
Tuna or chicken
200g yam/potato salad

Meal 6:
Meal replacement shake

Popcorn or rice cake
Drink 2-3 litres water
Cheat day: Sundays



Binetti keeps busy running her business, Body By Binetti.

Pre-contest

Meal 1:
6-8 egg whites
2-3 large shredded wheat
or 250-275g yam

Meal 2:
250g yam
1 can tuna

Meal 3:
4-6 rice cakes
1 can tuna/120g chicken

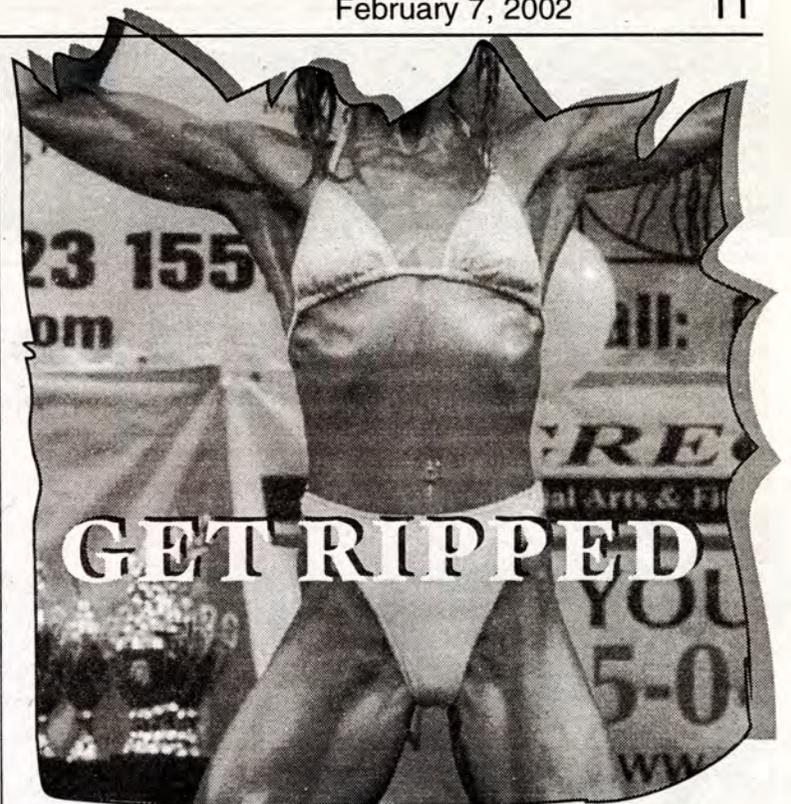
Meal 4:
250 yam
120g steak or chicken

Meal 5:
1 can tuna/6-8 egg whites
1 large salad/200g cooked
green vegetables
100g yam

Drink 4-6 litres of water
Cheat day: every third Sunday



Bodybuilding is time consuming and women dedicated to the sport often struggle to balance intense fitness and family.



Creatine:

- Used in the off season to increase muscle mass
- Taken for 10-12 weeks

Side effects

- Cramping in legs, calves and thighs
- Need to constantly drink water
- If muscle spasms continue supplement with calcium

Ephedrine:

- Used to boost energy level
- Usually used for treating asthma related symptoms
- **Thermolean** is another form of ephedrine

Side effects

- Increased metabolism and body temperature
- Increased fat burning mechanism

Al glutamine:

- Helps with recovery of muscle tissues
- Makes muscle look full and round
- Takes up to four weeks before competition

Side effects

None

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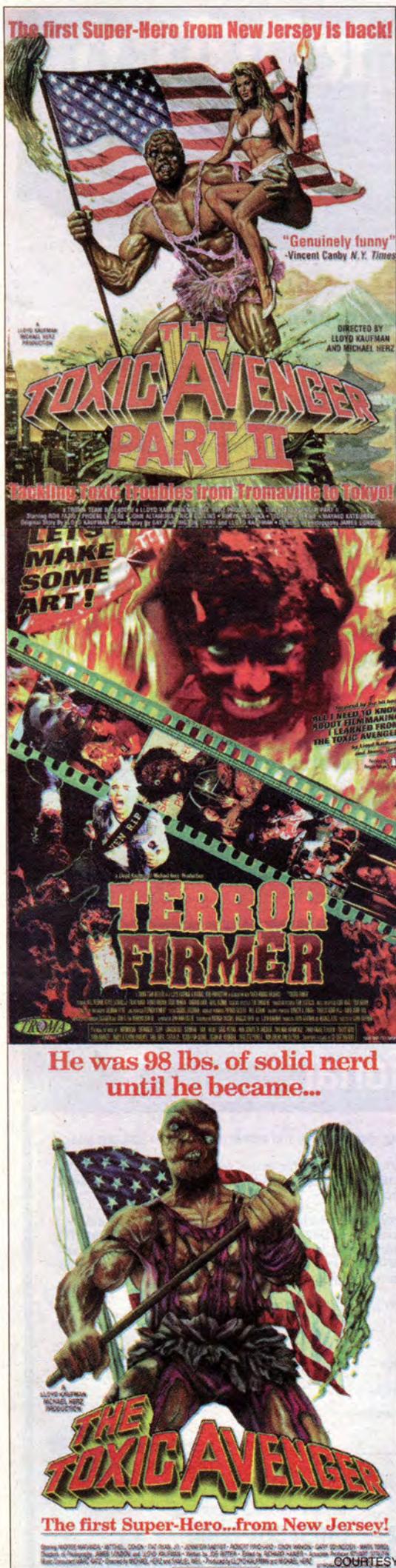
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Entertainment etc.

Toxic Avenger – cult hero returns



Continued from front page

The Toxic Avenger, or 'Toxie,' is described as the Mickey Mouse, or icon, of Troma Studios.

He marches in the Macy's Thanksgiving Day parade and has even spawned a group of environmental activists who call themselves The Toxic Avengers. The Green Party has also expressed interest in using the character in their campaigns.

He's a health-club mop boy, or "98 pounds of solid nerd," who becomes a "super-human hero" to fight pollution. Kaufman can't use the term superhero, because Time Warner owns the word, he said.

Is Toxie remotely autobiographical?

"According to my wife, the underdog aspect is certainly autobiographical, the championing of the underdog," he admitted.

Many may deem Kaufman's subject matter offensive, with flatulence jokes and breast shots as his signature, but Kaufman insisted his films are multi-layered and must be watched critically in order to be appreciated.

While nudity and sex take centre stage in his movies, he argued that his female characters or Tromettes play strong roles. He defines a Tromette as "a fiercely pointed mind in a lushly curvaceous body; a beautiful woman with a large mind and small clothes."

Moral objections aside, much of what Kaufman sets out to do is arguably admirable. The TromaDance Film Festival, held in Park City, Utah, at the same time as Robert Redford's Sundance Film Festival, or as Kaufman refers to it, "The Sundance Film Fartsival."

The TromaDance touts itself as the world's finest, truly independent film festival, and showcases feature length and short films, animation, music, and live performance art. TromaDance doesn't charge filmmakers to submit entries, all screenings are free to the public and there are no VIP reservations.

"Art is for the people," Kaufman said.

French newspapers have likened Kaufman to surrealists Marcel Duchamp and Salvador Dali, but he aligns himself more with the Dadaist movement. The Dadaists tried to discover reality by rejecting traditional cultural and aesthetic forms.

"Duchamp said if you want to be an artist of the future, go underground. I like to get people's juices flowing," said Kaufman.

"So many of today's movies are baby food. Troma is jalapeno peppers on, what do you call it here, poutine? I want people laughing, crying, pissed off."

The *New York Press* describes Troma films as: "Pulp Fiction; remove all but bloodiest parts, divide the budget by 10 and keep the dialogue at the same level of crispness."



(Left to Right) The Toxic Avenger, Lloyd Kaufman, Hostilia and Sgt. Kabukiman.

Kaufman relishes in the fact that mainstream film critics dismiss his efforts. In one of its own publications, Troma Inc. states: "Fatty Drives The Bus holds the distinct honor of being the only holiday film which Ebert and Roper did not give two thumbs up."

Despite Troma's outsider status, many current Hollywood stars were involved in the studio's productions early on in their careers, including Vincent D'onofrio, Kevin Costner, Samuel L. Jackson, Robert DeNiro, Billy Bob Thornton and South Park co-creator Trey Parker.

Without question, the eccentric director maintains a reciprocal relationship with his fans. They love his films and he is dedicated to making films they will enjoy.

Fans even contributed ideas for characters and scenes for the most recent installment in the Toxic Avenger series.

"For as long as I can remember, I've loved his films. My favourite is *Cannibal the Musical*," said advertising student Derek Lucier as he waited in line.

"I wrote a screenplay and Lloyd asked me to send it to him. I have to make it worse first," he said.

Troma is currently trying to get funding to film *Saving Private Toxie: The Toxic Avenger V*, here in Canada.

How many sequels will there be?

"I'm all for stopping, but it's up to the fans," said Kaufman.

On Saturday, he presented a seminar entitled "Make Your Own Damn Movie". He has a book coming out with the same title, as a follow-up to his bestseller *All I Need To Know About Filmmaking, I Learned From The*





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AS SEEN BY



du Maurier ARTS

Canucks know their docs

By TONI MARIE IPPOLITO

Reality TV has had a huge impact on society in recent years, but documentary films have long been in the business of portraying real life drama.

The second annual CBC

NewsWorld Documentary Film Festival began last week at Ryerson University, premiering some of Canada's most powerful films.

The festival, which is part of a nine-city tour across Canada, showcased compelling documentaries

Falling From the Sky, *Blood, Smoke and Tears*, and the multiple award winning film *My Left Breast*.

Janice Ward, director of CBC NewsWorld, said CBC is proud to premier these documentaries – some shown for the first time ever.

"We pride ourselves in developing young filmmakers, especially documentary filmmakers," Ward said.

The short films were raw, informative pieces stripped down to their bare essentials, rousing strong reactions from audience members.

Before the feature presentations, the festival also premiered short comical films, "moc docs", poking-fun at the documentary filmmaking industry.

At the conclusion of each film, audience members were invited to participate in a question and answer period with the filmmakers.

CBC's Ward said the festival is an excellent way to promote some of Canada's talented documentary filmmakers to a wider audience.

"Canadians are the best amongst documentary filmmakers in the world," she said proudly.

The festival continues to tour across Canada over the next four months.

For more information call CBC NewsWorld: 416.866.DOC-FEST or visit www.cbc.ca.

Falling From the Sky

Falling From the Sky tells the real life story of Heather Nguyen MacDonald who miraculously survived a plane crash in Saigon in 1975.

MacDonald, the orphan child of an American soldier and Asian woman, was one of 250 orphans en route to Los Angeles to seek refuge from the Vietnam War.

Tragically, the plane crashed outside of Saigon and over 150 people perished in the accident. MacDonald, nine months old at the time, and some of her seatmates floated to shore unharmed.

The film follows MacDonald, now 26, as she sets out to discover her roots and identify a sense of self by retracing her steps from the crash site in Saigon to Cape Breton where she eventually settled.

Director Matt Gallagher knew the film would have an emotional impact on an audience.

"It's just a remarkable story," Gallagher said. "It's captivating because it is a personal story about Heather wondering what her life would have been like if things were different."

Gallagher said in order to capture MacDonald's remarkable and emotional story, filming needed to be as intimate as possible.

"I wanted it to be as natural as possible...so along with a crew of only three I used a small digital camera," Gallagher said. "The good thing about using a small digital camera is it can give you access to places you may not normally be

allowed with a big crew."

Blood, Smoke and Tears

Blood, Smoke and Tears, directed by filmmaker Mark Johnston, is a confrontational film that takes audiences on a journey through the cultural politics of the tobacco industry.

Johnston said that although the film portrays the effect tobacco has on people's lives, it's not a film about advocacy.

"It's basically an observational essay and people should make what they want of it," Johnston said. "I'm simply saying, 'Here are the facts on tobacco and the trading industry and where people stand on it.'"

My Left Breast

Emotional intensity reached its highest peak with the Gemini award-winning film *My Left Breast* by filmmaker Gerry Rogers.

An intimate account of Rogers' struggle with breast cancer, *My Left Breast* documents the highs and lows of chemotherapy and radiation treatment, the resulting pain and fears, delicately accented with humour.

Rogers said she had no reservations about exposing herself in the film because she knew that intimacy would touch the audience at a deeper level.

"I felt compelled to make this," she said. "It's so wonderful to make a well-crafted film and to trust that the audience will open their hearts if you open yours."



COURTESY

Above: Volunteers welcome the public to CBC's second annual documentary festival last week, playing host to great Canadian films.



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COURTESY

One film featured in the festival is *Blood, Smoke and Tears* – a documentary about the tobacco industry, directed by Mark Johnston.

etc.

Porn princess bangs to new beat

By JAMES ROSE

What's the difference between the porn and music industries? Well nothing, until now.

Just ask Raylene.

Raven-haired porn queen Raylene, 24, from Glendora, California, recently retired from the adult film industry to get engaged and change her career.

Raylene has been involved in the music industry for a few years already. She performed with Kid Rock on the 2000 Grammy Awards, she has been in an issue of Rolling Stone, and performed in the Everclear video for "The Boys are Back in Town", the single from the soundtrack of 1999's *Detroit Rock City*.

"I'm getting a lot of help from top people," she said.

Raylene has currently been working with Courtney Love on some upcoming material and said she's happy with the outcome.

"She had been really great and supportive," Raylene said of Love.

"I learn new things about myself

every day."

Raylene is getting married to her manager Brad Hisch, also from California. They met while she was working for Vivid Interactive, a movie production company. She's excited about the engagement.

To begin the process of leaving the adult film industry, Raylene has turned to performing in strip clubs in her downtime.

"I get to expand all the energy I need to expand onstage," Raylene said. Performing in strip clubs is also going to help the transition to the musical stage.

Raylene knows she will have no regrets coming out of her five-year employment with Vivid and feels she's gotten the best out of it.

"I've benefited from the adult industry by working for Vivid which has given me a lengthy career if I choose for it to be," Raylene said.

Her routine is about to change as she steps from one field to another.

"The industry is kind of all I know. It's all new being away from it," she said.

She knows that leaving the porn

industry was a challenge but she wanted to take that chance.

"I'm not a psychic," Raylene said. "I will know the challenges when they come."

Raylene seems very confident about her career change and wants to concentrate on acting and music.

She is excited about getting into the music industry but admits she still has much to learn.

"I don't really know much about it," she said. "I haven't made it yet."

Even though she admitted that her knowledge of the industry is slim, she has always had a passion for music.

"I chose to get into the music industry because I love to write, sing and create," she explained.

While Raylene writes all her own lyrics and melodies, she's heavily influenced by The Cure, Depeche Mode, and System of a Down.

Raylene pointed out the lack of similar ties between the music and porn industry except a common fan base.

And how right she is.

Musicians like Rob Zombie, Kid

Rock, Blink 182 and The Bloodhound Gang continually use scantily clad, beautiful women in their videos to attract fans. So

Raylene will have a big advantage in the music industry - this hunk of eye candy will have the record buying public drooling.



JAMES ROSE

XXX star cum rock star, Raylene uses her experience in the adult film industry and strip clubs to hone her entertainment abilities.

Nickelback kickin' back

By JAMES ROSE

"I hate to be biased, but we live in the best fucking country in the world," Nickelback's Chad Kroeger screamed to a packed house in Toronto last Saturday at a show to promote their successful second

record, *Silver Side Up*.

Nickelback, who hails from Hanna, Alberta had two sold out shows last weekend with Default at the Kool Haus, and reminded us why they are the biggest band in North America right now.

Along with Kroeger, is brother

Mike on bass, Ryan Peake on guitar and Ryan Vikedal on drums.

Their single, "How You Remind Me", is the first song from a Canadian band to hit number one in North America since the Guess Who's "American Woman" in 1970.

"I think you guys deserve more," Kroeger yelled out to his appreciative crowd.

From the moment they walked on stage, every hand was in the air.

Before they started the song "Never Again" Kroeger asked, "It's kinda cold in here. Happy? Fuck, let's just light this bastard on fire."

From that moment, Nickelback kicked the audience in the head with their searing riffs and constant wall of bass. The stage set-up

showed off their partying attitude with Vikedal's drum kit sporting a pot leaf on the drum skin.

And the partying theme didn't stop there. Constant reminders were screamed to the crowd, and frontman Kroeger's shirt had the word puff surrounded with smoke.

"Here's a song about marijuana," was how Kroeger introduced "Worthy to Say" from their first record, *The State*.

Kroeger told the audience that even though their schedules fall into the insane category, they're still always writing songs.

"I go home on my 15 minutes off and I get really fuckin' high and I write songs and I hope you like 'em," Kroeger confessed.

The fans went crazy the second Nickelback came back on stage for what turned out to be a single-song encore. They did an acoustic first-verse-chorus rendition of "How You Remind Me" and then broke out into their full-on rock version.

There was never a dull moment and the crowd was treated to a little surprise.

"Can we play you guys a brand new Nickelback song that hasn't been recorded?" Kroeger asked.

The song called "Next Contestant" will be included on an up-coming album.

In this new song, Kroeger sang, "I wish you'd do it again," and fans left the show wishing Nickelback had done it again.



JAMES ROSE

Nickelback's Chad Kroeger reminds us why they rocked the Haus two nights running.

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HUMBER BUZZ— Oh Kenroy, where art thou?

Humber actor changes hats in more ways than one in this year's performance of *A Midsummer Night's Dream*

By ANNA ROZBICKA

All the world's a stage, and Kenroy Devon Allen is merely a player.

The 23-year-old Humber Theatre student sits in a restaurant by the Lakeshore Campus, reciting Shakespeare with full dramatic projection, unfazed by the strange looks he's getting from the other patrons.

Allen is playing both Theseus and Oberon in Theatre Humber's production of *A Midsummer Night's Dream* which starts Feb. 15 at Lakeshore Campus.

Born in Jamaica, Allen was always fascinated with acting.

"When I was small, I wanted to live in the TV," Allen said. "My parents went to market...I pulled down the TV to look for the little people, I couldn't find them... I decided to investigate more, and that's when I shocked myself."

But Allen didn't start seriously acting until he joined Humber's Theatre program. The courses surprised him at first because he'd expected to jump on stage and start performing. But his teachers had different plans.

"I was like, 'What does deep breathing have to do with anything?'" Allen said laughing. "But apparently it does."

Allen is extremely interested in human behaviour and is taking philosophy and sociology courses as electives.

"My philosophy is that acting is the high-

est level of psychology because it makes you ask why people do the things they do," said Allen. "It makes you get to know yourself so much more."

Allen's interests are not limited to acting. He writes plays, poetry and music that he describes as a mix of Hip-Hop, Roots, Rock and Reggae.

"I use my art as an avenue to reach people from all walks of life," said Allen. "If you're an entertainer, what you say becomes so much more valued by the masses."

Allen wants to spread a positive message about the Black community and relate experiences that he said aren't touched on by the mainstream media.

"It's not all about bling-bling, and having the phattest car," said Allen. "I just want to shed a positive light as much as I can upon my community and the issues that we have."

Allen seems to drift off into his own world, then returns with a decision.

"I need to write a movie."

Allen refuses to label himself as one thing.

"People say you can't be a producer/actor/singer/writer/poet/dancer/musician and I'm like, 'Why not?'"

But within the acting realm, Allen wants to remain in live theatre.

"There's an instant feedback," he explained. "A connection between the performer and audience."

He'll soon receive feedback from the audi-

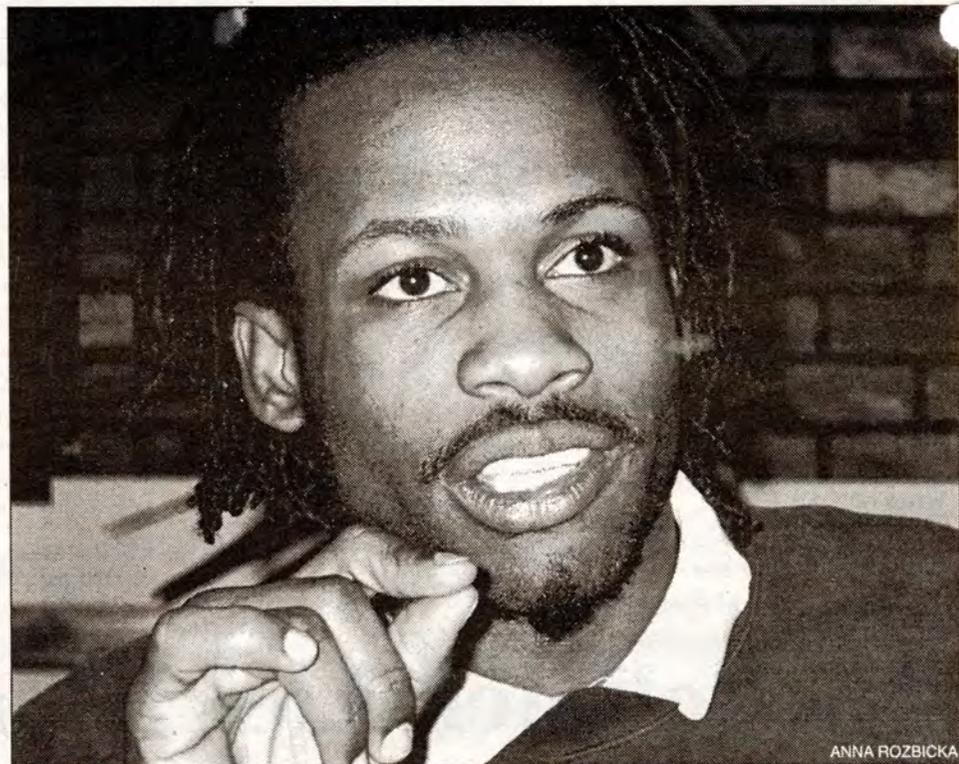
ences at *A Midsummer Night's Dream*, which he hopes will be successful.

"I would like to make a plea for more Humber students to come see the production," said Allen. "It's like a basketball game, come support us."

He goes on to do a cheerleader impression.

"Hey! Great scene! Woo-hoo! But don't actually yell like that because we'd have to kick you out," he added with a smile.

A Midsummer Night's Dream runs Feb. 15 to 23 at the L building on Lakeshore Campus. For ticket prices and show times call Theatre Humber's box office at (416) 675-6622 x 3417.



Kenroy Devon Allen is the guru of multi-tasking – playing not one, but the two starring roles of Oberon and Theseus in Theatre Humber's most recent production.

HOT SPOT— The legendary Horseshoe

By TONI MARIE IPPOLITO

Music fans, join together and give a hand to the most quintessential live musical venue that Toronto has to offer. Showcasing the most cutting edge music in Rock n' Roll since

it opened in 1947, The Horseshoe Tavern proves legends never die.

The Horseshoe is famous for introducing some of the greatest talents in music history. Showcasing big bands like The Tragically Hip, Hank Williams, The Police, The

Ramones and The Pixies, the club continues to maintain its image as a true live music venue.

The man in charge of booking, Craig Laskey, said they'll be celebrating their 54th anniversary with a four-day celebration of musical headliners 54-40 and guests, from Feb. 13 to 16.

Horseshoe staff will also toast the event. Bartender Teddy Fury has been on staff for 15 years and is proud to be a part of The Horseshoe phenomenon.

"I love my job and I actually love coming in to work on Mondays," Fury said. "I think certain places are just kind of magical and The Horseshoe got blessed with whatever that is."

Laskey said it's The Horseshoe's reputation and calibre of talent they showcase that's made it legendary. And it's no wonder big bands use it as the playground of their choice.

"Just when we think that bands have outgrown us or have become too big they decide to come back to The Horseshoe for a special show, for a record release or to do something fun like a surprise show," Laskey said.

Case in point was the Rolling Stones show in September 1997.

The Stones decided to kick start their No Security Tour with a surprise gig at the 'Shoe. They stunned music fans in Toronto by playing a 75-minute set that aired live on MTV.

"I can't even remember. It was such a whirlwind and so amazing," Laskey said. "All I remember was hearing some rumbling that something might be happening and I got a phone call that the Stones were in town and were going to play here. It was insane and it was one of the most amazing and memorable shows I've seen here."

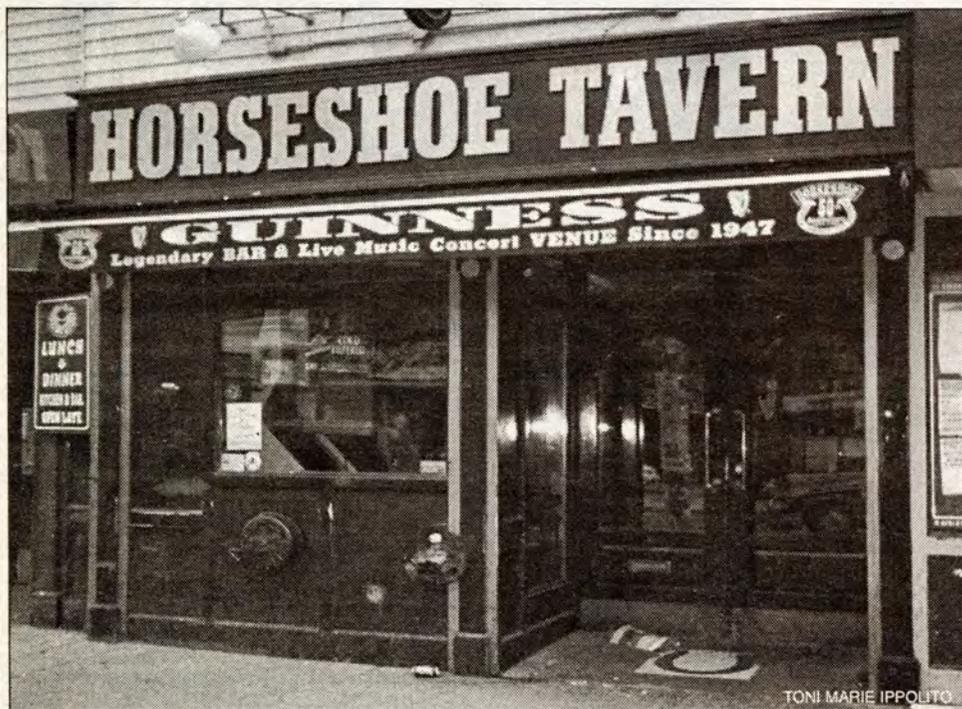
Although big names have contributed to its success and reputation, the 'Shoe prides itself on showcasing new talent.

"On Tuesdays we have what we call the Nu Music night where we showcase new bands," Laskey said. "It gives them a stepping stone into the 'Shoe and a chance for us to develop them."

When asked about last year's craziest and most memorable show, Laskey said it was hands down, New York City's newest and hottest band, The Strokes.

Gracing the legendary stage last October, The Strokes went down in 'Shoe history as the most popular event to attend on a Nu Music night.

"It had to have been one of the biggest line-ups we've ever seen. Close to 1,000 people outside on Queen St. trying to get in on a Tuesday night, some waiting since 12 p.m.," Laskey said. "We suspected it was going to be a huge night and it's that sort of thing that adds magic to the 'Shoe."



The Horseshoe Tavern is located at 370 Queen St. W. To get there by TTC, go to Spadina station, and take the streetcar south to Queen. For info: (416) 598-4753.

Health etc.

Infections may be fierce if you pierce

By **CHRISSIE O'BRIEN**

We live in a time of body art – the human canvas has found purpose in numerous mediums. The fashion of body piercing is certainly not new – ancient Egyptian and aboriginal cultures pierced for spiritual and medicinal reasons.

The inclination of the modern piercing guru, to pierce from nose, to nipples, navel and beyond rests more on an aesthetic logic than a spiritual one. No matter your reasons to get pierced, there are serious health concerns to take into account. Getting a piercing essentially asks someone to put a needle, followed by a foreign object, into your body.

Mike Lavender, a professional piercer at Lucky Devil Tattoos and Body Art in Newmarket, explained that some of the most popular places to put a ring or a barbell could result in life-long damage.

"There's a spot on your eyebrow that if hit, half your face will go paralyzed. Also, there is a main artery underneath the tongue and if you hit the web underneath, the person can swallow their tongue," Lavender said.

"Since I started piercing, I've studied books on anatomy of the human body to know where veins and arteries were."

In order to ensure your own safety, Lavender advised the most

important thing is to get to know your piercer, which includes asking any questions that are on your mind.

"If you ask to see something and someone says no, turn around and walk out!"

Since a piercing gun cannot be sterilized, a professional piercer use needles instead.

"If the person who got pierced before you with a gun has AIDS and some of their blood gets on the clamp, that blood is now in your body," Lavender said.

"It's your body and you're paying them to pierce it. No piercer should have any problem showing you how they sterilize their product and what they use."

Infection is also less likely with needles because piercers only use them once – a fact Lavender stressed.

"Ask the piercer to see their Autoclave," he said, which is where needles are kept. "Look at the plastic packages. There should be a black strip that says it's been sterilized, if the strip is blue, the needle is not sterilized."

All piercers prepare and package their needles and are responsible for sterilization. It is the piercer's responsibility to demonstrate to their customers the sterilization process they use, Lavender said.

After being pierced, it is important that all aftercare instructions are followed precisely. A piercing must

be washed with antibacterial soap to disinfect it, or with products like Betadine or Bactine in a diluted form, and Listerine for mouth piercings.

Tanya Noble, 25, who has had her nipples, tongue, navel, and eyebrow pierced, said she found caring for her tongue especially difficult.

"Your tongue is really different because every time you eat, drink or smoke you have to rinse your mouth out with Listerine. I had to carry around a little bottle of the stuff."

It is also important to be aware that some people do have skin allergies to Betadine and Bactine, which can affect the health of a piercing.

"For genital piercings, care is a little easier because the urine will act as a disinfectant and will clean the piercing, though you do have to wash them twice daily with antibacterial soap," Lavender said.

Every piercer will provide specific instructions on how to care for a new piercing. Failure to follow these directives can result in infection – keloids, which are small red bumps at the piercing site – or boils that look more like a pimple or blister.

Noble advised "to always follow the aftercare sheet explicitly – what your piercer tells you is the best thing to do."

Improper care can lead to an infection in about five days, Lavender said.

It is vital to not remove the jewel-



CHRISSIE O'BRIEN

Ask to see your piercer's sterilization process before being pierced.

ry from the piercing. This opens up the wound to further bacteria and allows the hole around the infection to close, which could result in an open sore.

"You don't want to take the jewelry out of the infected area because you don't want poisons or dirt to get into the piercing itself," Lavender said.

However, if a piercing becomes infected to the point that jewelry does have to be removed, consult a piercer.

"Hospitals usually want to take the jewelry out, but don't have the proper equipment to do it," said Lucky Devil manager and head artist, Jay McKay.

"They will cut the piercing out

rather than unscrew it or open it with pliers."

Medical staff in the emergency wards of Toronto General, Mount Sinai, Toronto Western and Markham Stouffville hospitals wouldn't comment on the issue. When asked for information on piercing health, these departments offered phone numbers for the Sexually Transmitted Disease branch of Toronto Public Health.

"You have to treat the infection before you can remove the jewelry," McKay countered.

If an infection occurs, McKay advised treating it immediately with guidance from your piercer.



TANNAH RAMPERSAD

An eight year long U.K. study said cash can buy happiness.

Can't buy me love, but can buy me happiness

By **TANNAH RAMPERSAD**

The Beatles taught us that money can't buy love, but apparently money can make us happier.

Two researchers at Warwick University in Britain have concluded that levels of happiness increased the year following a windfall or large inheritance.

Researchers Andrew Oswald and Jonathan Gardner also found that coming into a large sum of money decreases stress.

The researching team followed 9,000 people over eight years, asking them to fill out a survey assessing their degree of happiness.

Many of the study's participants came into substantial amounts of money – either through lottery winnings or an inheritance.

The objective of the study was "to understand the relative importance of economics and non-economic influences upon human well-being," said Oswald, an economics professor at Warwick.

Researchers compared happiness levels before and after a windfall and found that a gain of approximately (US) \$75,000, produced a significant increase in reported happiness.

However, to bring a person from the lowest level of reported happiness to the top of the group, the researchers esti-

mated you'd have to win \$1.5 million.

In 2000, more than half of Ontario's population tried their luck in the lottery, according to the Ontario Lottery and Gaming Corporation. More than a billion dollars was paid out to winners in 1999/2000.

Although money can apparently make a person happier, other factors such as marriage and good health are more important factors, Oswald said.

The study showed that happiness increased in the year following the windfall, but did not show if the effect was lasting.

Both researchers plan to continue working in this area of study, Oswald said.

Money Matters etc.

Fingering the future

By JOHN PRATT

Now you see it, now you don't. Within 18 months, two technology companies will be introducing one of the most unusual innovations of the computer industry.

Samsung and Senseboard Technologies AB will each be marketing the first virtual keyboards.

By typing on any flat surface, or even in the air, sensor pads placed on the user's hands will detect each motion and interpret which key has been struck.

"Its accuracy level is unbelievable," said Canadian VP of sales for Samsung, Jimmy Davlourous. "It's one of the most revolutionary things I've ever seen," he said about Scurry, Samsung's, soon-to-be released, virtual keyboard.

"It's so versatile. You could take it anywhere - just pick your spot and go."

Davlourous recently got to try the prototype at a convention in California.

"You even have the ability to program a finger to do different things," he said. "If you want to key in a certain word, like 'the', you might simply just raise your thumb up and the word will be typed."

For those who rely on two-finger typing, these new virtual keyboards will be impossible to use. The sensors must recognize logical hand movements associated with typing from the home row.

Samsung and Senseboard Technologies AB offer the same concept, but there are distinct differences.

The Samsung model resembles a futuristic piece of jewelry straight out of Star Wars.

It requires the user to place a metallic/plastic ring on the thumb, forefinger, middle and ring finger. The user can type on a flat surface or in the air. Finger movements can then be recorded into any text-displaying device, like a Palm Pilot, pager or cell phone.

Although the present model requires wires, the company is hoping a wireless version will hit the market, initially appearing in Korea by early 2003.

If both virtual keyboards want to go wireless, they'll need a special processing chip called Bluetooth, which is also the name of the high-tech company manufacturing it. The chip has the ability to provide wireless links between one and a number of different devices. The technology is based on the use of radio frequencies.

Ericsson, a major player in the cellular telephone field, is one of the first companies to use Bluetooth technology in some of their newest products.

Senseboard Technologies AB's virtual keyboard will have a different look than the Samsung model. The Swedish company's Senseboard VK is designed to have a pad placed into both palms that can translate

each hand movement into a letter or word.

"Aside from appearance, the main difference between the two is the Senseboard will have a language processing chip that can provide interpretive things like spell check," said Joe Waldygo, president of TopSpin Communications, the public relations firm representing Senseboard.

Another function of the Senseboard VK is error detection. When people type the same mistake repeatedly, the processing chip will be able to detect it and notify the user.

Waldygo said this makes their product much more than just a word processor.

Senseboard VK will retail between US\$125 to \$150 when it hits the marketplace in May or June of 2003. Distribution in Canada has not yet been addressed, said Waldygo.

Davlourous said Samsung is also unsure of a Canadian release date or retail price for the Scurry.



Senseboard VK, courtesy of Joe Waldygo, Topspin Communications



The Samsung Scurry, courtesy of Gautam Pinto of www.futurelooks.com

Do parents give you money? OSAP assumes they do

By CAMERON MITCHELL

OSAP regulations are detailed on paper and on the Web in every way but one: there is not one word that will point to the fact that your parent's income will be considered in assessing your application.

"Every situation is unique, it is very difficult to define in a few words or even a chart who gets OSAP money and who does not," said Margaret Antonides, the manager of Humber's Financial Aid office.

"Two students in families with a \$50,000 income, same number of dependents in the family, but one will get approved and the other will

not," she said. "The reason is because one student lives in Barrie and must live away from home. There are so many factors to be examined, any simple explanation would mislead."

Some students feel that measuring their parent's income and applying those facts to their personal situation is unfair.

"My parents don't portion money off to me, they have expenses, they just started a business and then they have to help my grandparents too," said Jhanvi Patel, a first-year Nursing student. "I want to be independent, but now I have to live at home."

Patel misses out on OSAP

because she has not met the OSAP definition of an independent. Her parent's income is automatically considered because she hasn't been out of high school for two years.

OSAP only factors in specific expenses like number of children.

But business investments, grandparents living outside of the family home and cars are not a part of the OSAP application. The Patel family makes too much money for an OSAP subsidy.

"My parent's didn't even want to give me their income information because I had been independent for one year from them when I decided to go to school," said first-year student Elizabeth Brodie. "I was sup-

porting myself for a year, but I had not been away from them and school long enough."

Antonides said that the time qualification exists and excludes some in need while others who qualify by the rules will receive money and just put it in RRSPs.

"The OSAP definition of financial need is based on your parents' last year income only," said Antonides. "If your parent is a multi-millionaire, but made very little money last year, you can qualify."

Antonides said students are automatically assessed for amounts they should contribute to their education. This year it was \$2,163.

"If you didn't make money, you

are expected to give an explanation as to why. If you were a beach bum all summer you are still going to be assessed \$2,163," she explained.

Student dissatisfaction is caused in part by not knowing outcomes until two weeks before classes start.

The OSAP online service should ease students' expectations more quickly.

"Students can call us anytime to explain general principles of the formula to them," she offered.

Antonides points out the section of the OSAP guide that explains the objectives of OSAP and said, "This sums up the whole thing, OSAP is not a right, it is a supplement for those in need."

BMW road connection

By M. CHARLES SALEM

You look out ahead through a curved pane of glass into a partially overcast sky, which taunts with glimpses of sun and threatens with pockets of rain. The road, cracking to dust at the sides, beckons you to give it a reason to exist. And you do.

introduce it to the BMW 530i.

It was on this unpredictable day that I lured my father away from the office to once again experience the thrill of the quiet country road, a strip of driver's heaven just north of Milton.

Dad and I have embarked on these barren roads to explore the full potential of many combustion machines, searching to find the one that truly extended beyond our fingertips and connected with the road.

This time out, the decision was easy. The Oakville dealership had a black BMW 530i, complete with sports suspension. It also offered a chance to try the BMW automatic/steptonic transmission

(clutchless shift), which is no replacement for a five stick with a clutch, but still worth a go.

We started off with Dad driving, heading up Hwy 25 to the country. At first the car resembled the 1999 528i, but as the road opened up, we got to feel what an extra 32 horsepower is like.

The further away from the city we got, the more opportunity there was for wide-open road and sudden hairpin turns. And that's where you truly notice the benefit of BMW's sport suspension package.

As we approached Campbellville, Dad pulled off the road to let me have a go at taming the 235 horses harnessed beneath the hood.

It has always been standard practice to let my father have first crack at the given car, since the dealerships may frown on a 23-year-old taking a \$65,000 automobile out for a spin.

Giving up control of that much power and moving over to the passenger side is a little unnerving for anyone, and I've become used to the

initial "watch the bend here" and "don't get too close to the truck." This time was no exception.

With me in the driver seat, we have now moved on to phase two of the test-drive: lets see if this car can really go zero to 100kms/hr in 7.1 seconds and if it will do hairpin turns at 90km/hr. It can, in case you were wondering.

BMW has also adjusted the design to allow more of the engine noise to actually penetrate the cabin, which really plays a number on your psyche.

If you are a Sunday driver/boulevard cruiser, you may simply be annoyed that

your cloud-like float has been so noisily disrupted, but if you like to hear the ponies and feel them rumble as you grip the wheel, this car is a treat.

The 530i is a combination of everything you could ever want in a car, not only an abundance of pony



M. CHARLES SALEM

The winding country roads with Dad are no challenge for the 530i BMW.

power, but 214 foot pounds of torque at 3,500rpm, an almost 50/50 front to rear weight distribution and impeccable acceleration. You can take it from drag race to black tie gala, with little more than a quick car wash.

After spending an hour and a half

taking turns tearing up the back roads, we switch seats for the last time - so Dad can drive the car back to the lot. As we casually cruise back into town, we're discussing the next car we'll test out. But what could even attempt to compete with this sensation?

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Sports etc.



Members of the men's rugby teams from Georgian and Seneca colleges tackle each other during a game. Next season it will be Humber sloshing around in the mud when their inaugural season begins.

Rugby comes to Humber

By AMY MILES

Get ready for some awesome athletic competition full of blood, sweat and tears as Humber College adds men's rugby to its varsity sports roster for the 2002 season.

Coaching the team will be Carey French and Alister Mathieson. Together, they bring over 40 years of experience to the game that they continue to coach as a labour of love.

Both French and Mathieson are full-time faculty members at Humber. French teaches journalism in the School of Media Studies, and Mathieson is the dean of the School of Hospitality, Recreation and Tourism.

"This is a perfect opportunity to give back to the game," said Mathieson.

Men's rugby has been an Ontario Colleges Athletic Association (OCAA) sport since 1996. Any OCAA sport needs a minimum of six teams to start a league and men's

rugby got in just under the wire with six teams from Seneca, Mohawk, Georgian, Sir Sanford Fleming's Peterborough and Listowel campuses and Niagara.

The league runs for two months beginning in September and ending with a final tournament spread out over two days. (The Seneca Sting are the defending champions, having beaten out the Georgian Grizzlies last year, 32-0.)

Mathieson didn't want to take on the daunting task of starting the team on his own, so when French agreed to help, the process began. Coincidentally, both men's sons play on the same provincial team.

"It's one thing to declare an interest, but you still have to get the money and recruit," French said.

The two men already have administration's approval and the go-ahead from Humber's athletic director Doug Fox.

Both French and Mathieson are convinced Humber can perform well in the league.

"We're really excited about this

because Humber is full of outstanding athletes. We know we can field a very competitive team," French said.

Mathieson added that they are already aware of a few Humber students who play rugby at the provincial level.

Hailing from the two most popular rugby countries in the world, both French and Mathieson bring a wealth of experience to the sport.

Mathieson, a native of New Zealand, played provincial-level rugby. Most recently, he was the assistant men's rugby coach at the University of Waterloo.

"Humber, as a college, could field an excellent team. We have the expertise and experience to execute that," he said.

French, born in Zimbabwe, also played rugby at the provincial-level in South Africa. Coaching for nine years in Ontario, he continues to coach at high school and club levels in Burlington.

For French, rugby is an obsession.

"I have never stopped being involved with the sport, I just stopped playing," he said.

French was badly injured in a rugby match in 1980. At that time, he vowed to keep his players free of injury and put more emphasis on playing the sport safely.

According to a University of Pennsylvania study on sports injuries comparatively few players are injured in rugby. It ranked 48th out of 50 sports polled in the study.



Journalism teacher Carey French is one of the new coaches for Humber's men's rugby team.

continued on page 22

ATHLETES OF THE WEEK

CHRIS McFADYEN

Captain of the Hawks men's hockey team, McFadyen completed a hat trick in last Wednesday's game against the Seneca Sting. Humber won the game easily, 10-2.

McFadyen has a total of 17 points with eight goals and nine assists in ten games this season.

He has been a key player in Humber's eight game winning streak, which started shortly after the Christmas holidays.



COURTESY

BETH LATENDRESSE

Latendresse continued her high scoring streak with the women's basketball team last Thursday during a visit to Durham.

She scored 28 points in that game, increasing her points-per-game average to 16 and has a total of 42 points thus far in the season.

Latendresse was an All-Canadian last year and is currently taking the Recreation Leadership program.



COURTESY

ON DECK

- | | |
|----------------|---|
| FEB. 7 | Men's hockey at Cambrian, 7 p.m. |
| FEB. 9 | Men's hockey at Seneca, 7:45 p.m.
Men's volleyball Loyalist Tournament
Men's basketball at Niagara, 2 p.m.
Women's basketball at Niagara, 4 p.m. |
| FEB. 13 | Men's hockey at Conestoga, 7:30 p.m. |

QUOTE OF THE WEEK

"The guys didn't even deserve to walk out of there with their heads held high."

Humber's head men's volleyball coach, **Wayne Wilkins** on his team's less-than-stellar win against the Cambrian Golden Shield last Saturday.

The Hawks ended up providing a solid effort and won the match 3-1 (27-25, 20-25, 25-18, 25-17.)

Coach Wilkins however, was unimpressed with his team's play as they seemed "hesitant and unfocused."

With OCAA championships just around the corner, the Hawks have little time to modify their work ethic. The OCAA championships take place Feb. 28 to March 2 at Mohawk College.

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'Set' for stardom

Those who know Laura Solski best, say her humility, charm and natural enthusiasm for life will carry her to greatness wherever it leads her.

By AMY MILES

It all started back in 1990 when one of only two grade six students would make the grade eight volleyball team in Sudbury, Ontario.

A young girl decided to play the sport simply because it was offered. Her first love was baseball, but volleyball would grow on her.

The Humber Hawks would appreciate that later on.

Ontario Colleges Athletic Association all-star setter Laura Solski may have stopped growing at a young age, but she has a huge heart with a soft spot for volleyball.

"When I was in grade school I was always one of the tallest kids in the class, so I played middle. As soon as I hit high school all the other kids got taller and I played power," she said.

Solski then attended Marrymount College, an all-girls Catholic school in Sudbury. Part-way through high school she could have transferred to a co-ed Catholic high school, but chose not to. Why did Solski decide to stay at Marrymount?

"You could be yourself. I loved not worrying about what to wear in the morning."

Even now, four years later, the 22-year-old Architecture major admits she misses wearing her kilt and knee highs.

Solski's high school had a rather successful run at volleyball supremacy with two Northern Ontario Secondary School Athletic Association championships, resulting in two Ontario finals berths.

Solski would leave all that glory

behind to travel to Toronto to attend a school that had two main attractions – a great architecture program and a good volleyball team.

She didn't always want to be an architect, but her father thought it was the perfect job for her. He knew that she was really good at math and art, and since she had no idea what she wanted to do by her OAC year, her father suggested architecture.

"I had no idea what I was getting in to and now I love it."

The northerly winds blew Solski to Toronto where she would spend her first year living in residence.

The friends she made there convinced her to try out for the volleyball team.

"I had just plain chickened out and wasn't going to try out for the team in first year."

Solski decided to go to the Athletic Centre just to check out the competition.

"I walked in and saw all these really tall, really great players. It was very intimidating."



The Hawks are thankful a timid Solski had the courage to try out for the women's volleyball team four years ago.

Six-foot-two all-Canadian Caroline Fletcher and six-foot Perfection Powell were warming up in the gym. Solski swallowed her pride, faced her fears and tried out.

The minute she found out that she had made the team she ran back to her residence room and called her parents. Right away her mother started crying.

"My mom knew how badly I wanted to make the team. My parents were both very proud of me."

In her first year on the team Solski played the libero, or defensive position. It wasn't until her third year that she started to play setter.

Now in her fourth and final year at Humber, Solski is now an OCAA all-star setter whose proudest moment in volleyball conveys her modest personality.

"I was so happy the first time I was player of the game because it was a personal achievement that had never happened to me before."

For her efforts, Solski was awarded a visor and she went right out to call her parents.

The team is like a big family to Solski. Three of her best friends are girls she's met through playing volleyball, and even though they like to push each other to work harder in practices, all the girls on the team really love each other.

"It's great. There is a real unity and genuine friendship on the team." As for the coaches, she has nothing but praise.

"I love the coaches. They would do anything for me. If I ever needed anything, even just to talk, they'd be there."

Volleyball has taught Solski



Laura Solski plays her last regular season game with Humber's women's volleyball team on Feb. 14 against the Sheridan Bruins.

more than just the skills of the sport. It has taught her many life lessons.

"It has taught me discipline and to never give up, never be a quitter."

That is one life lesson that has transferred over to Solski's one goal in life, to succeed at everything she tries and to never, ever quit.

On Feb. 14, Solski will not be quitting her beloved sport, but will retire from Humber volleyball as she heads out into the real world of building commercial and residential buildings.

Her teammates joke that she'll cry when the time comes because she's so sentimental.

One thing is for sure, this Sudbury native who loves animals is very glad that she decided to try out for the team all those years ago, and the volleyball team is too.

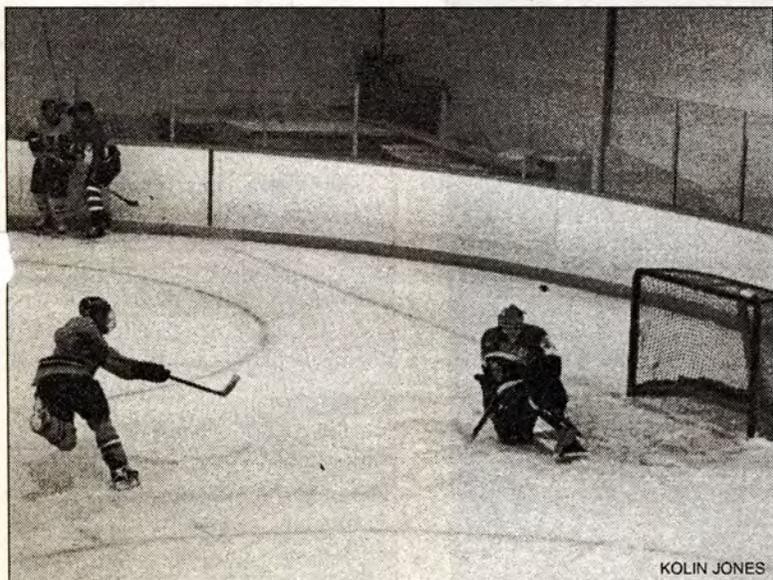
A kind, warm-hearted individual, when Solski was asked what she would do with a million dollars she replied, without hesitation, "I would give a lot of it to charity, especially the Wildlife Fund."

Her beta fish, Simon, who she claims has a good sense of humour, is lucky to have her and so are the Hawks.

Laura Solski Season Stats

Matches Played	9
Games Played	29
Kills	14
Service Aces	14
Total Points	28

Hawks 'bee'wilder Sting, win eighth straight



Hawk players peppered Seneca Sting goaltender Arthur Strojny with an array of shots Wednesday night, on their way to a 10-2 win.

By KOLIN JONES

The Humber Hawks men's hockey team trounced the Seneca Sting 10-2 last Wednesday, extending their winning streak to eight games.

Humber jumped out to a quick lead when forward Kevin Coffey scored the first goal just 2:30 into the game. The Sting quickly found themselves down 4-0 after the first period.

Hawk captain Chris McFadyen scored Humber's fourth goal at the end of the first period and quickly added another 1:38 into the second period to complete the hat trick, and extend the lead 7-1.

The game was physical throughout, especially in the third period.

With the score 8-2 and five minutes into the third, a scuffle broke out, pausing the game for several minutes.

Humber's Jamie Chikoski and Seneca's Al Duchesne were both called for unsportsmanlike conduct and each received ten-minute misconducts. Humber's Cal Robinson and Seneca's Aaron Rice exchanged blows during the scuffle and were ejected from the game.

The excitement didn't end there. One minute later, Humber forward Shaun Gibbons charged Seneca goalie Arthur Strojny after being tripped up by Strojny earlier in the play. Seneca's Chad Ropchan came to his goalie's defence, and all three were consequently ejected.

After tempers cooled, the Hawks kept the pressure on and scored twice more before the end of the game.

Humber coach Wayne Crawford said his team was well prepared for the game, and it showed early.

"We had a great start from the first shift of the game, and that set the tone for us," Crawford said.

"We had a good practice Monday and everybody came tonight ready to go from the drop of the puck."

Heading into the last full month of the season, Crawford said that the Hawks are where they should be, but he can't overlook any of their upcoming games.

"I see us improving as a team. Tonight was a good team win."

Humber silences Lords in road trip

By ALICIA VELOCE

It may not be their house, but the Humber women's basketball team sure did rock it.

It was business as usual for the team as they prevailed over the Durham Lords with a successful road win last Thursday.

Guard Beth Latendresse continued her high scoring streak by slamming 28 points on Durham's home floor, leading to the 80-63 victory. Two other guards, Lindsay Higgs and Miranda Pyette, both scored 17 points.

Coach Denise Perrier was pleased with the win and her team.

"We are peaking right now. We are gelling at a good time. They had a great game and I'm really proud of them," she said.

The Hawks sit in first place in the Ontario Colleges Athletic Association's (OCAA) East Region and continue to get better with each passing game, but Perrier was trying to keep her girls level-headed.

"Every team is hungry for us.

We've talked about it and I told the girls that we have to be humbled and shocked and not expect it all the time," she said.

The close score at the end of the first half, 38-36 in Durham's favour, put a little fire under the Lords as they ran onto the court in the second half. In the first two minutes, Durham managed to score seven points, then the Hawks' defence started to wake up and only allowed the Lords to make 25 points against their 44.

Humber went to the foul line 43 times and made 29 baskets.

Upon Humber's win, Perrier revealed a little team secret to success.

"Our bread and butter is pushing the ball. It wears out the other team, and we do it well."

The team's next game, which was to be at home against Mohawk College on Jan. 31, was cancelled due to a snowstorm and will be rescheduled.

The women face off at home against the Loyalist Lancers tonight at 6 p.m.



Humber guard Beth Latendresse (15) gets ready to pass the ball while Durham Lords player Tina Robinson (13) tries to block it.

Rugby: continued from pg. 20

"If you know what you're doing and you're fit, there should be no problem. Injuries can be minimized," French said.

Rugby is the world's fastest growing team sport. French calls it a cross between soccer and basketball with some hockey contact thrown in.

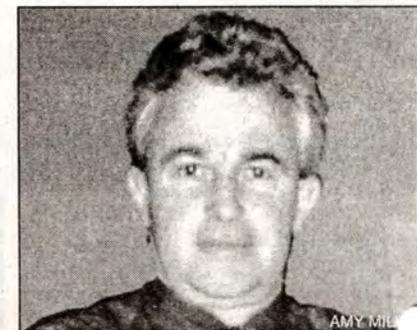
According to Keith Wilkinson, the director of National Teams for Rugby Canada, the success of rugby is simple: it's cheap.

"All you need is a pair of cleats, some shorts, a rugby ball and 30 g and you have yourself a team," said Wilkinson.

Mathieson and French look forward to creating a competitive and winning team here at Humber.

An information session for those interested in joining the future Hawks rugby squad will be held in the Humber Room at the North Campus on Feb. 18, between 12:30 and 1:30 p.m.

E-mail inquiries from prospective players and any staff interested in helping, should be directed to french@humberc.on.ca.



Alister Mathieson looks forward to the challenges of coaching rugby.

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Canadian rugby players making impact overseas

While rugby is still an amateur sport in Canada, many Canadian athletes are playing professionally overseas.

Winston Stanley - B.C.
Played for the championship side Leicester last year in England.

Charlie Kenan - Ottawa
Plays for Rosalyn Park in London, England, as well as making an appearance for the under 21 side for Scotland.

Rod Snow - St. John's
Playing in Wales.

Nik Witowski - Québec
Playing for Swansea in England.

These players are also members of the Canadian National Rugby team.

This influx of Canadian players into countries like England, France and Scotland is, according to Mathieson, a definite sign that the calibre of Canadian rugby is now meeting international standards.

-A.M.

etc.

Hawks rebound with win against Seneca



Humber head coach Mike Katz (middle) draws up the game plan as his players huddle around him during a time-out in Friday's game against the Seneca Sting. Katz and his Hawks won the game 80-69.

By TRACY MOORE

How does it feel to be a member of the Hawk men's basketball team from 1992-1996, be awarded player of the year honours, be a national champion in 1995, have an award named after you, and then seven years later, coach a team playing your alma mater and lose?

Ask Seneca's assistant coach, Warrick Manners.

"We missed a few shots at key times of the game. They capitalized on our mistakes and we weren't able to recover," said Manners, after losing to the Hawks 80-69.

The Hawks turned their game up a notch after a few disappointing performances over the last couple of weeks.

"It was a very good first half, but the team hasn't figured out how to play both halves yet. We are an inconsistent team, no question about it," said Head Coach Mike Katz after the game.

The Hawks led by 36-23 at the end of the first, due to inconsistent play and numerous turnovers by Seneca.

"Although our rebounding was better, we still need some work," said assistant coach, Andrew Vallejo.

The Hawks led the game from the tip-off and barely looked back. In the second half, Seneca crept up and cut the lead to 56-52 but that lasted only a few minutes.

Humber's top scorer, Fitzroy Woolery topped off the night with 25 points. Haldon Hutchinson was not to be outdone. He played great defense and finished with 21 points.

It was a total team effort on the Hawks' part. Other players like Dejvis Beggaj had 13 points, and Ben Sanders added eight points to contribute to the win.

"We had three great practices heading into this game. We picked up intensity which led to us winning. Hopefully we can continue to practice like that if it's going to bring our game level up," Katz said.

Wilkins still unhappy despite win against Cambrian College

By AMY MILES

The men's volleyball team pulled a win out of their hats against Cambrian College last weekend despite a week of lacklustre practices.

Coach Wayne Wilkins said his team played well under the circumstances.

The team was missing two of its starters including OCAA all-star Bart Babij. And while no one stepped up to fill their shoes, it was a solid effort that garnered the 3-1 win. (27-25, 20-25, 25-18, 25-18.)

"The team didn't put forth their best possible effort and were lackadaisical, hesitant and unfocused. We have a very bad work ethic right now. We won only because these guys are talented athletes," said Wilkins.

Wilkins is unimpressed with how his team has been practising over the past few weeks.

"If you slack off it will translate into a (bad) game. And it did."

The Hawks were lucky that they were playing against the second last place Golden Shield, who had a poor showing with a meager six players in attendance.

"The guys didn't deserve to walk out of there with their heads held high," said Wilkins of his team's performance.

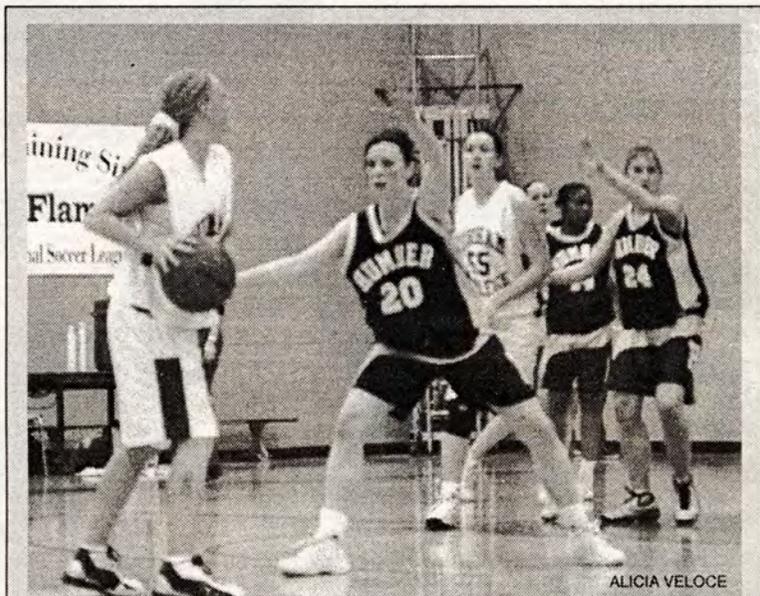
Wilkins is sure that if the men had been playing a better team, they would have lost.

Despite the team's lacklustre performance, Wilkins knows his team has the potential to change their work ethic and turn around their style of play.

It's the mid-season slump that has them down, Wilkins said.

"They're competitive guys who won't let this type of play continue."

Wilkins named libero Alex Ventura as the player of the match because he was the only player who was focussed and played well consistently throughout the game.



Humber guard Lindsay Higgs keeps a close eye on a Durham College player during last Thursday's matchup in Oshawa.

Sue gets off at Humber

Want some sexy tips this Valentine's Day? See Sue Johanson, the famed *unday Night Sex Show* host, live at Humber.

Johanson will be in the Student Centre on Feb. 14 at 12:30 p.m.

"She'll be talking about sexuality, techniques and answering the students questions," said Stephen Anastasi, vice president of campus life. "There will also be giveaways."

It promises to be educational.

- Kelly Labine

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by Beth Geall
Humber students are not as aggressive as they have been in the past. Although Security was aware of the girl's presence at 5:00 p.m., it took two hours to finally subdue her. Three custodians were needed to help escort her from the building.

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Public Service Canada is offering... Office, the Department of National Transport, and the Department of... Companies not hiring Humber students are Steinberg's, Pitts...

Reifer Madness
Something to take about
Ms Polley... The cell hospital... hospital's way... Ms Polley... office... office... office...

Self-probe to assess college performance
Humber College of Applied Arts & Technology

Both Sides Now
Humber College of Applied Arts & Technology

ASBESTOS FOUND IN HUMBER
Humber College of Applied Arts & Technology

College broke
Humber College of Applied Arts & Technology

Crowd welcomes Duke with ovation
Humber College of Applied Arts & Technology

Magazines win over pornography at Humber
Humber College of Applied Arts & Technology

Heavy artillery to survive
Humber College of Applied Arts & Technology

Flash Flicks Forecast
Humber College of Applied Arts & Technology

Stripes Caption Contest
Humber College of Applied Arts & Technology

Night school serves up drinks
Humber College of Applied Arts & Technology

Blood donations flow in as 575 give the gift of life
Humber College of Applied Arts & Technology

Enrollment low
Humber College of Applied Arts & Technology

Movie Star Trek on its way
Klingons, previously smooth-headed, now have a bumpy head in the new Star Trek: The Next Generation. They are played by Klingons, previously smooth-headed, now have a bumpy head in the new Star Trek: The Next Generation.

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Hawks score 17 in 2 wins undefeated in nine games
The Humber Hawks hockey team scored 17 goals in two wins, maintaining their undefeated record in nine games.

Murdered ghost of LB121 haunted by shameful past
The ghost of LB121, a student who was murdered, is said to haunt the building where the crime took place.

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Hockey Hawks to tour; will play Swiss leagues
The Humber Hawks hockey team will be touring and playing in Swiss leagues.

Chemical spill in lab injures
A chemical spill in a laboratory at Humber College injured several students.

Pot smokers reeky scum
The use of marijuana is being discouraged at Humber College.