



Sweet on Big Sugar, pg 13

# HUMBER et cetera



NOVEMBER 30, 2000 Vol 29 Issue 12



MARK NONKES

**A KISS IS JUST A KISS** – Stephen Gallant and Yvonne Wallace just remembers this in Theatre Humber's engaging comedy *La Ronde*. The play, which explores the power of sex in Victorian Vienna, opens tonight and runs until Dec. 10 in the Humber Studio Theatre at Lakeshore campus.

## New nursing deal in works

by Stacey Roy

Humber College is looking for a university partner in its new nursing program, which will comply with the new requirements effective 2005.

The new Ontario requirements will ask nurses to have a degree in order to practise by 2005. The nursing program is created to give students a diploma and degree in nursing through a blended program. These programs require both a college and university member, since colleges generally don't give degrees. This blended project involves 22 colleges and 12 universities in Ontario. The partnership

between Humber and Ryerson PolyTechnic University ended over debates on how and where the course would be taught.

While the ministry has not confirmed, Judy Pierce, assistant director of the School of Nursing at Ryerson, said both Centennial and George Brown Colleges are continuing with the Ryerson partnership. Humber College is now interested in a partnership with the University of New Brunswick.

Humber currently offers a degree completion program with UNB, which started last spring and enrolled 22 students. This is a part-time program for practising registered nurses to come back and get

their degree.

The recent drive to educate nurses in Canada has come from a shortage of practising nurses that Humber President Robert Gordon said could be "a potential disaster" if the pattern continues.

This concern is echoed by the government, and the industry in general. The effects can be seen in hospitals nation wide. Canada currently has 228,450 registered nurses working, which breaks down to one nurse for every 133 people.

The problem arises when the number of nurses that may retire is considered versus the number of new nurses going into the field.

**story continued pg 2**

## Columbian journalist tells tale of torture

by Sangita Iyer

A Colombian reporter shared her harrowing tale with a group of Journalism students on Monday.

Jineth Bedoya, a 26-year-old military affairs correspondent with the Colombian newspaper *El Spectadore*, is one of a growing list of Colombian journalists who have had to deal with severe consequences of their reporting. She was kidnapped and raped on May 25, 2000 in response to her articles on human rights violations in Columbia.

Speaking through an interpreter, she said six journalists have been killed this year and 37 exiled over the past two years for reporting on social issues.

*"One man had a nine millimetre gun pointing at me. I wished he would shoot me."*

– Jineth Badoya

According to Bedoya, there is ongoing violence between the right-wing paramilitary and guerrilla forces in Columbia. This rivalry has seeped into the prisons over the past few years.

Investigations also revealed the living conditions in prisons were sub-standard. At one prison, fourteen prisoners were found locked up in a cell designed for two.

Despite government claims that prisons are well maintained with Jacuzzis, gym equipment, and enough living space for the prisoners, Bedoya published articles criticizing the government on the prison's conflict and living conditions in La Modelo, one of the most notorious prisons in Bogota, Columbia.

A few weeks later, she was granted an exclusive interview with a paramilitary prisoner, El Panadero. While she was waiting to be escorted into the prison, and intoxicating chemical, Esco polamina, was used outside the door of the jail to make her partly

unconscious, she said.

Disabled from defending herself, she was then kidnapped, harassed, and tortured as a message to other journalists that they should not interfere with the various warring political factions, said Bedoya.

After 14 hours she was forced into the back seat of a car and tortured for asking any questions, she said, trying to maintain her composure.

"I asked them for water, they kicked. When I asked what they wanted, they sexually assaulted me. When I asked to throw up, they stuffed something into my mouth. One man had a nine-millimetre gun pointing at me. I wished he would shoot me," said Badoya.

Later on she was abandoned badly bruised. She was then driven to a police station by a cab driver.

As she recounted the story, there was pin-drop silence in the room.

"You could tell that she has been through a lot. In spite of her small five-foot-tall stature, she has a strong presence," said Andrea Morales, a journalism student.

Despite this painful experience, Badoya is determined to continue her job. She said she hopes her reporting on human rights violations will change the situation in Columbia.

**story continued pg 4**

et cetera  
asks

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Last week's results:  
Do you think the air in Caps is too smoky?  
Yes – 331 No – 811



JEN MCDONNELL

**ET CETERA EXCELLENCE** - Humber Students' Federation President Toby Warnell and Vice President of Campus Life North Steve Anastasi present Humber Et Cetera Editor-in-Chief Cameron French with a special award. The Et Cetera was recognized by the executive, board of directors and staff as an outstanding contributor during the incorporation of HSF.

## A need for nurses

Continued from page 1

With these new university/college programs that allow students to get their nursing degrees, a new requirement for

registered nurses, it is hoped that the number of Canadian nurses will begin to climb.

Ontario colleges have approximately eight months to organize the integrated nursing program for

studies to begin by Sept. 2001.

While societal need is a concern for colleges, President Gordon voiced his concern for economic survival.

"The colleges aren't going to save the country, they'll save themselves," Gordon said.

Anne Bender, dean of Health Sciences, said there are now 12 universities that offer nursing programs in Ontario, since Brock and Trent Universities introduced their programs this year.

*"The colleges aren't going to save the country, they'll save themselves"*

-Robert Gordon  
Humber President

According to statistics from the Canadian Nursing Association, universities graduate 30 per cent of Ontario's nurses, while colleges make up the remaining 70 per cent. Of this percentage, Humber College contributes about 10 per cent.

"Universities are not in a position to make up that difference," Bender said.

Bender also said she hopes Humber continues to educate nurses to the required standards, which it has done with great success for many years.



STACEY ROY

**BREATH OF FRESH AIR** - Nursing student Rosemary Paz works on her technique for helping those in need. Canada currently has one nurse for every 133 people. Humber's new course hopes to lend a healing hand.

## Don't shoot your eye out

by Carlo Corbo

Two Toy testing groups have released their annual best and worst toys for this Christmas season.

World Against Toys Causing Harm (WATCH) has released its 10 worst toy list with *Bart Simpson Action Set* topping the list. The list warns consumers of potentially dangerous toys that can injure children.

In the case of the *Bart Simpson Action Set*, WATCH warns parents of the slingshot that comes with the set.

"It is capable of forcibly firing plastic balls which have the potential to cause serious eye injury," the organization said.

WATCH also singled out *Sesame Street's Check-Up Ernie*, for its packaging and attachments.

"In the powerful multi-billion dollar toy industry, where profits are often put before safety, the investigation and recall of a hazardous toy may be deemed too costly to a toy company," said James Swartz, director of WATCH, in a press release.

The Canadian Toy Testing Council has also released its annual best ten toys list. Included on the list are *Twirlin' Whirlin' Garden*, a musical garden toy, *Non-Stop Girl*, a basic computer with educational games, and *Making Faces*, a craft and face-making kit.

"We rate toys on the basis of assembly, durability, function, safety, and play value," said Janet Hetherington, editor of the councils Toy Report.

The organization has been testing toys since 1952. Toys are received from the manufacturers and several hundred members of the organization test them.

The toys are tested by parents and children under supervision, each family rates the toys for safety, play value and function. The toys are also evaluated by a supervisory board, then given a rating.

The annual list, not only rates the best toys, but also offers helpful advice on purchasing appropriate toys for different age groups.

"Parents should look for toys that will engage their child in play in an active way," said Heatherington. "Anything that can pose a safety problem, parents should be careful about," she said.

Debra Castellan, supervisor of Humber's Child Development Centre, consults the list when deciding what toys the children should have in the center.

"Our centres are aware of those [worst lists] and we take them [toys] off our shelves," said Castellan.

The centre also has a testing device that checks if the toys are appropriate for play.

"We have a toy tester that we use to determine their safety," said Castellan. The tester is a cylinder in which toys parts are deposited into to determine if they are too small.

According to Castellan the cen-

*"It is capable of forcibly firing plastic balls which have the potential to cause serious eye injury."*

- WATCH organization

tre is very careful with the toys it purchases.

"We look at the developmental age groups of children and we purchase toys appropriate to that," she said.

She also said the centre, under the Day Nurseries Act, is mandated to provide safe toys and a safe environment.

The complete WATCH 10 worst toy list is available on their Web site, [www.toy-safety.org](http://www.toy-safety.org).

The Toy Testing Council top ten toys is available on their Web site, [www.toy-testing.org](http://www.toy-testing.org).



PHOTO:WWW.TOYSAFETY.ORG

**DON'T HAVE A COW MAN** - The "*Bart Simpson Action Set*" (above) is the number one worst toy according to World Against Toys Causing Harm (WATCH).

# Humber Olympian goes for gold

by Desmond Devoy

While other students are winding down for the holiday season, Brian Bell is going to be busier than ever.

The second year Community Involvement through Co-operative Education (CICE) student is in intense training for the 2001 Special Olympics, to be held in Anchorage, Alaska from March 4-11. As part of Team Canada, Bell will be representing the nation in the figure skating category.

"It's not about winning. It's not about losing. It's about being on a team and rooting for them," said Bell, 36. "Right now is the crunch time. They call it the figure skating crunch. I'm preparing every day."

Bell hopes to be training as much as four times per week before he leaves for the Olympics in March. He already has a full schedule, juggling his classes, a co-op placement at the Headline Sports Network, and up to 40 hours per week of training trying to perfect one of his favourite moves, the double toe.

"I juggle I guess. It's kind of like a basketball, a soccer ball, and a football. Whatever drops first is the one that I have to work on."

Bell has been involved in the Special Olympics since 1980, and has won gold medals at other special sporting events, in games ranging from swimming and Frisbee throwing to running. He also enjoys downhill and cross-country skiing, as well as speed skating.

At the Special Olympics, Bell will be doing a normal figure skating routine, as well as a dance number.

"I like to do the American Waltz...and the Ten Fox dance," he said. "My chances are very good in the dance. I've been doing dance for about six years. I'm only 13 dances away from the gold."

In order to help him get the gold, Bell's family has been a great help. He often runs with his two brothers for practice.

"It's important for me to do it, to stay in shape," he said. "My whole family has been trying to get me away from the heavy foods."

Humber College is helping Bell too, providing him with much needed practice facilities.

"I look up to the Athletic Department. If it weren't for them, I wouldn't be able to train. They've all been kind to me," he said. "I like coming to the gym and staying in shape...keeping trim. The weight room helps me build my strength as well as my endurance."

Bell especially makes use of the weight room. He can press 250 lbs. with his legs and about 60 with his

arms.

"I represent Canada, I represent Toronto," said Bell. "I represent Humber College since I'm using their facilities."

Even though he will be giving his

personal best, Bell is still content that he has made it this far in the world of competitive sport.

"Part of the motto for the Special Olympics is 'If I cannot win, let me be brave in the attempt'," said Bell.

For Bell though, the motto means more than that.

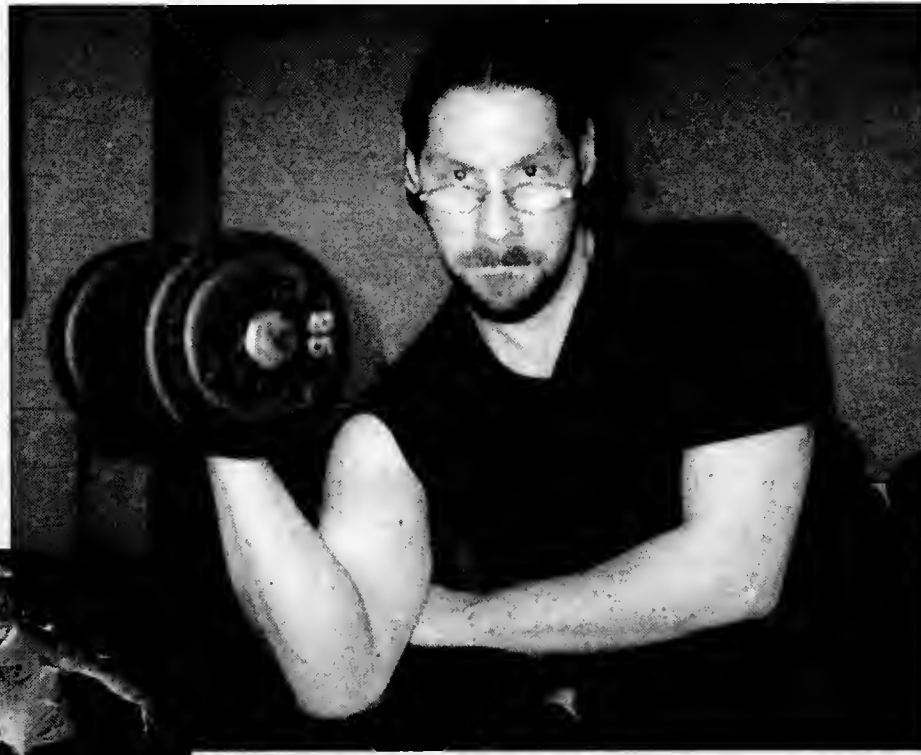
"Let me be proud of myself and what I've accomplished. That's what it means to me," he said. "My family and friends are all counting on me [but]...whatever the medal is, I will be proud of it."

Although this may not be Bell's last trip to the Olympics, he is thinking about changing gears in his athletic life. "I'd like to do something else for a while. I'd like to let the younger ones get a chance," he said. "Once this is over, I would like to perform in a show. I would like to audition for a show or become a coach in the Special Olympics to teach the younger skaters to do as well as I have."

For Bell, a show like the acclaimed Stars on Ice series might be a suitable home for his talents. But his future athletic endeavors are not limited to the ice rink. "I'd like to try other sports. I'd like to try basketball," he said. "My friends here on the basketball team inspire me."

As an bonus for his special journey, Bell will be visiting Alaska for the first time. "I want to see Alaska. I want to see the sights," he said.

And even though there will be 180 other teams representing their respective countries, Bell will still skate well for his country. "I'm proud to be representing Canada."



DESMOND DEVROY

**GETTING READY** – Brian Bell is busy gearing up for competition in the 2001 Special Olympics in Anchorage Alaska this coming March. The figure skater trains in Humber's North campus weight room (above) then takes to the ice to practice his moves (inset).



COURTESY

# Stossel takes on media in speech

by Desmond Devoy

John Stossel is not a man of few words.

In his reports for ABC TV's newsmagazine 20/20, his views on the news and his reporting often skewer society's sacred cows.

It's not surprising that Stossel had a lot to say in a speech he delivered last week at the Royal York Hotel in Toronto.

In a speech entitled *Pandering to Fear: The Media's Crisis Mentality*, Stossel declared that the government regulations designed to protect us might actually be hurting us.

"I think that by interfering with the natural forces of the market place, they make us less safe," he said. "Why in free societies do we...meekly let governments regulate our lives? All we hear from the media are the same stories."

Stossel was addressing the inaugural luncheon of the right wing Fraser Institute's Centre for Studies in Risk and Regulation, and said that people, including the media, are often lead in a pack mentality on some issues to the detriment of other real, important issues. When ABC asked him to cover "scare" stories like The Ten Most Dangerous Airports, "I don't do them. They used to get Hugh Downs to do them," he said. "When we scare people, more people drive to Grandma's house and die [on the road]."

During a slide presentation, Stossel noted that flying, on average, will only take one day off of a person's life, whereas poverty will take between seven and 10 years off of a person's life. Driving will take 182 days off of the average person's life.

"It's the nature of the news business to look for drama," said Stossel explaining why plane crashes are covered more on television than poverty and other social issues. For Stossel, government isn't part of the solution to these problems. If anything, they are part of the problem.

"They [bureaucrats] make our lives less interesting and less free," he said. Instead, the private sector should be able to regulate itself in many instances. "Government agencies can't compete. They don't work. If you abolished Health Canada or the Food and Drug Administration, private groups would spring up and do the job more quickly, and efficiently...The market works in surprising ways."

Stossel said an over-emphasis on safety regulations and protection by the government (providing a "typical government over-reaction") are stifling innovation and new ideas.

Stossel noted that consumer reporting (which he continues to do for 20/20) is a great example of how the free market works better than government since the market "Relies on information flow."

Stossel pointed out that all the

major networks have some form of consumer reporting in their news departments, as well as at many local affiliates, even though it may lose them some advertisers.

But Stossel did slam the media for being a little too compliant in jumping to call for more regulations, and lazy in how it uncovered 'facts.'

"The trial lawyer is the lazy reporter's best friend. They make you look like investigators," he said, adding they have already done all of the research, have already made witnesses to act as sources, and have already subpoenaed documents from the companies or groups involved. Stossel also suggested the media of being "leftist" since "the people who emote and feel your pain go into journalism and law."

Stossel even faulted himself for a recent piece he did on genetically altered food in which some facts were incorrect.

"I made a mistake," he said, adding, "That was a little bit of a scare story. We didn't double check. I had to issue a very embarrassing apology on 20/20."

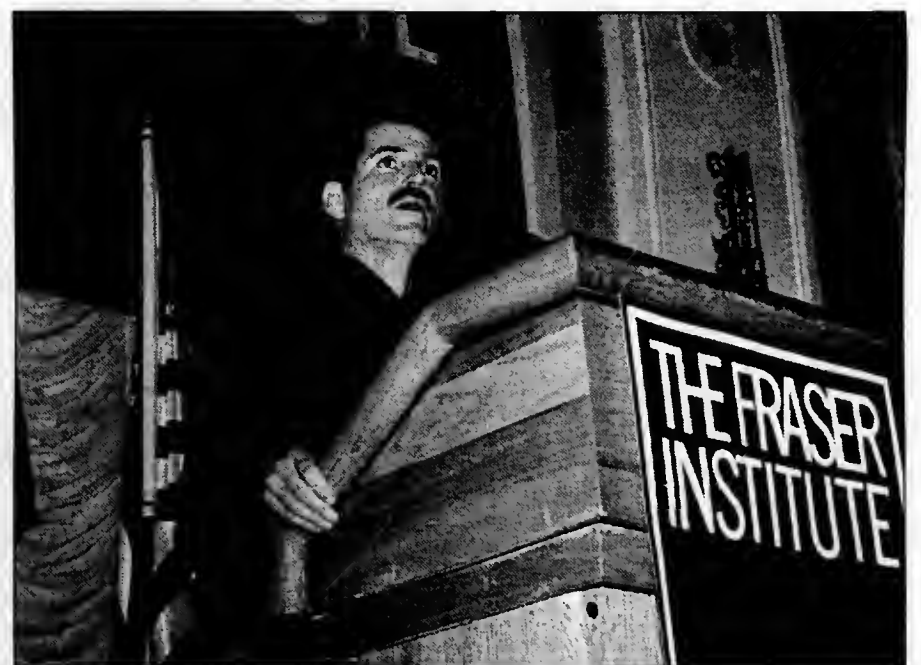
After the speech, Alvina Cassiani, a Professor of Human Resources at the

Humber College Business School said that "everything he [Stossel] said was contradictory to everything I studied." She went on to say "Having a free market is good in theory. So his argument is really a double-edged sword. [But] media is not a perfect science."

Despite her disagreement with

some of what Stossel had to say, Cassiani was glad to have a chance to see him in person.

"I'm glad I got to see him," she said. "I enjoyed his take on why it's important to have a free market economy. I enjoyed the statistics of course, [though] the statistics are in his favour."



DESMOND DEVROY

**A FEW CHOICE WORDS** – John Stossel, newsmagazine show 20/20, addresses a capacity crowd at the Royal York Hotel in Toronto recently. Stossel spoke to the crowd of business people about the media pandering to people's fears.

# Residents sprucing it up

by Lindsay Robertson  
with files from  
Pamela Lindstone

Humber residents of the all-girls floor, R8, have dipped into their wallets, cashed in their empties, rolled up their sleeves, and decorated.

Residents are not usually allowed to decorate, but R8 Resident Assistant Amanda Claassen got special permission from Residence Manager Derek Maharaj.

Maharaj allowed it because there was no time for maintenance to paint the walls this summer before the girls moved in, but said any damage to the inside of the building would result in fines.

"The floor was in poor upkeep, which reduced morale on the floor," said Claassen.

*"It makes it more like home, instead of getting maintenance to paint it another boring colour."*

—Dayna Wilfenberg

Claassen and Dayna Wolfenber, a first-year Hospitality student and R8 resident co-ordinated the project. The girls on R8 donated \$10 each, and raised funds by collecting and returning beer bottles in the residence.

"It makes it more like home, instead of getting maintenance to paint it another boring colour," said Wolfenber.

Claassen and Wolfenber got samples and agreed on purple, green, and yellow sponge painting in the hallway, and solid colours in the lounge. They bought paints, brushes, sponges, rollers, and



LINDSAY ROBERTSON

**A SPLASH OF COLOUR** — R8 Resident Assistant Amanda Claassen shows off some of the decorating her and a group of residents did to make their living space a little more like home.

painter's tape, and the whole group got to work.

"Everybody helped out with what they could, and it was a team effort," said Wolfenber.

Now there are plants, curtains, and chair covers in R8's lounge, quite different from the other bare and boring lounges in Residence.

"Little things that make it like

home make the transition easier," said Claassen.

Some Humber residents without the power of a group behind them have also found the creativity to spruce up their tight surroundings. Many students can't afford to put a lot of money into decorating so they use what is available to them at little or no cost.

Plastic milk crates become an essential decorating tool. They are used for everything, from propping up beds to shelves and can even be tables depending on the imagination of the student.

Alain Chartrand, a first-year Industrial Woodworking Technician student, often has his door open.

"Everybody comes by and says 'your room is awesome.'"

Chartrand has an army camouflage net draped across his ceiling with a Canadian flag hanging from the centre of it. Shawn McCallum, a first year Professional Golf Management student, has furnished his room with a couch and end table. He makes his room even more spacious by propping up his bed on stacked milk crates.

"It adds excitement to a shoe-box," said McCallum regarding his décor.

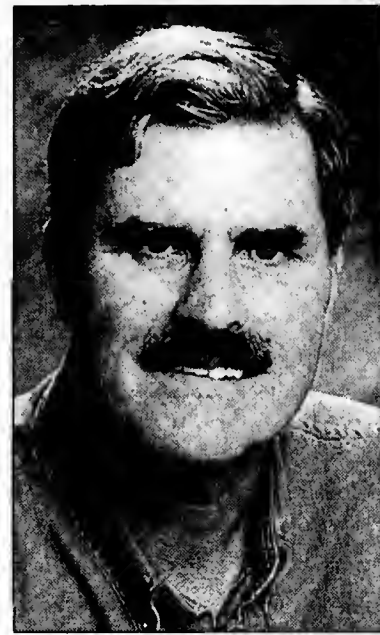
"I need inspiration for my program," said Sarah Budnark, a first year Advertising and Graphic Design student.

Wallpapered in black and cow print, with a cow print chair, Budnark also has an imac and a lava lamp. The end result is a room that just calls out comfy.

First-year physiotherapy student and R8 resident Kim Metzger said even though she did the yellow sponge painting in the hall, she likes the lounge better.

Both Metzger, and first-year Nursing student Chelsea Grainger said it looks a lot better.

Claassen said, "It brought everybody on the floor closer together."



COURTESY

**ROY CULLEN**— Re-elected in Etobicoke, he heads back to Ottawa as Parliamentary Assistant to Paul Martin.

## Cullen heading back to Ottawa

by Nicole Montreuil

Expect to see red for a while.

Jean Chretien led the Liberal party to their third consecutive majority government in the November 27 federal election Monday.

Etobicoke North sent incumbent Roy Cullen back to Ottawa. Cullen, a Parliamentary Assistant to federal Finance Minister Paul Martin, garnered 21,251 votes. Alliance candidate Dr. Mahmood Elahi had 5,577 votes, New Democratic representative Ana Maria Sapp had 1,998 votes, and Communist candidate Elizabeth Rowley had 300 votes.

"We run here on a party system right now. I'm running here as a Liberal" Cullen said of his political attachments.

Cullen, 55, calls the Alliance party "pretty scary."

There was no question that Etobicoke Lakeshore re-elected Liberal Jean Augustine. Augustine had 22,473 votes, 51.7 per cent of the popular vote, while David Court, the Alliance candidate, and P.C. point man David Haslam, each barely reached half of that. NDP representative Richard Joseph Banigan finished with 2,935 votes, while Don Jackson from the Natural Law Party, Janice Murray of the Marxist-Leninist Party, and Ed Bil of the Communist party, each finished the tally below the 300 vote mark.

"I don't go to Ottawa with my agenda. I go to Ottawa with my constituents' agenda." Augustine, 63, said.

More than 12 million Canadians stepped into the ballot box Monday, more than half the nation's registered voters.

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## War-torn journalist visits Humber

Continued from page 1

"What they wanted me to do was leave the country. But I thought, 'won't it be terrible to leave what I love to do the most and give up? They gave me three



SANGITA IYER

**JINETH BEDOYA**

months to recuperate, but I was back in 15 days and started writing, knowing that this is where I belong," she said.

The culprit, according to Bedoya, is the department of intelligence service, as all evidence is so far leading to that conclusion.

Bedoya was honoured in Toronto last week at the International Press Freedom Awards for risking her life in the line of duty.

"I think it is great that she got this award, because she says it inspires her. And I think her staying in Columbia will probably inspire her fellow journalists to stay," said Morales.

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86 per cent of victims of anorexia report onset of the illness by the age of 20.

- www.anad.org

Garlic is the herb of the Roman god of war, Mars.

- www.origarlic.com

# HEALTH

et cetera

## Taking control through food

by Charlotte Brown

Sarah, a 21-year-old Sheridan Advertising student, has had to deal with a mother and grandmother suffering from breast cancer, alcoholism within her family, and a potential split between her parents.

She needed to have some control. So she took charge of the one

### CONFRONTING A FRIEND WITH ANOREXIA

**Concern.** The reason you are doing the confronting. You care about the mental, physical, and nutritional needs of the person.

**Organize.** Decide who is involved, where to confront, why concern, how to talk, when is a convenient time.

**Needs.** What will be needed after the confrontation? Professional help and/or support groups need to be available.

**Face.** Face the actual confrontation. Be empathetic, but direct. Do not back down if the problem is initially denied.

**Respond.** Respond by listening carefully. Offer help and suggestions. You may want to encourage the person to contact you when there is the need to talk to someone.

**Negotiate.** Negotiate another time to talk and a time span to seek professional help.

**Time.** Remember to stress that recovery takes time and patience. However, there is a lot to gain by the process and a lot to lose if the choice is made to continue the existing behaviours.

- National Association of Anorexia Nervosa and Associated Disorders

thing in her life that she could monitor: her food intake.

This led to bones poking out from her body, sunken eyes, and many other emotional and physical problems.

Sarah was suffering from anorexia.

"I just went through such a deep depression," Sarah said. "I felt gross, fat, ugly, and useless. I thought that if I could just lose some weight, then I might be able to get a job, do better in school, and attract the right guys. Once I lost a little weight, I felt a little bit better. I figured that if I lost a lot of weight I would feel a lot better."

Anorexia nervosa literally means loss of appetite. The National Association of Anorexia Nervosa and Associated Disorders (ANAD) defines it as the denial of hunger because of an irrational fear of becoming fat.

According to ANAD, more than eight million people in Canada and the U.S. have anorexia. That breaks down to 90 per cent female and 10 per cent male cases.

Administrative Director at the American Anorexia Bulimia Association, Pam Guthrie, said the main symptom to watch for is self-induced starvation.

There are many other symptoms to consider however, including obsessive exercising, sensitivity to cold, hair loss, anxiety, and depression.

"Most anorexics have sunken eyes and go through a dramatic loss of weight. They eat in private and have a horribly distorted sense of self. The depression is the real kicker and can be found as part of almost every case," Guthrie said.

Dr. Judy Tepfer, who handles public relations at ANAD, said some of the medical concerns that go hand-in-hand with anorexia are shrunken organs,

low blood pressure and body temperature, and an irregular heartbeat, which can lead to cardiac arrest.

"It's hard to explain, but it's like looking in a fun house mirror. You just hate how you look, and you think that you are fat no matter what you weigh or how sick and thin you actually look," she said.

In Sarah's situation, what was needed was a confrontation from those around her who saw what she was going through.

"I was lucky that I had such a loving family and group of friends," Sarah said. "My mother confronted me and said that if I didn't start eating, she would take me to the hospital and have them feed me intravenously [using a needle], which I was terrified of. It was her confrontation and the caring of my friends that got me through the anorexia."

Tepfer said the most common treatments involve different types of therapy including family therapy, which focuses on changing the patterns of family interaction.

Other therapies that have been proven successful are trance therapy, which uses free association in a trance state, and hypnosis.

"There are many different treatments, and there has been proven success in almost all of them," Tepfer said. "They can work well when combined, but it really depends on the person and their situation."

It is important that a person consult a specific type of physician who is able to detect and deal with anorexia, as most family doctors are not trained to identify or treat this problem.

Guthrie said treatment could save the life of someone with an eating disorder, and it is important for family and friends to be supportive and knowledgeable.



CHARLOTTE BROWN

**COUNTING CALORIES** - People with eating disorders are always concerned about food and what they are eating.

## Dress warm, stay fit

by Leah DiGirolamo

The winter months may make you want to curl up by the fire and skip your workouts, but don't wimp out just yet.

You can cut down your workout time from four days a week to one or two without harming your health.

"As long as you maintain your workout, you are going to stay fit," said Zoran Velickovic, a Canadian BodyWorks Personal Trainer. "Motivating yourself during the winter months can be as simple as going outside in the sun. It keeps us alive. It keeps us vibrant."

A cold weather workout can ward off symptoms of seasonal affective disorder. Exercise releases endorphins, which are hormones that naturally exist in

your body meant to enhance your mood.

Elizabeth Carvalho, a waitress in Brampton, exercises three times a week.

"The winter months give me more ambition to work out. I like to dress warm, get out, and take a walk in the winter. I always feel better about myself when I get back," Carvalho said.

*"It keeps us alive. It keeps us vibrant."*

- Zoran Velickovic

Three layers are required when exercising outside in the cold weather. The first layer is closest to your body and should be made of a synthetic fabric that draws perspiration away from your body to let it evaporate.

"Nike, for example, makes a product which gets moisture off your body," Velickovic said.

Your middle layer should be a fluffy wool sweater or a fleece jacket for warmth. The outer layer should be a wind proof jacket that breaks the wind.

You should also wear a wool knit hat that will prevent up to 50 per cent of your body heat from escaping.

"I always dress warmly before a winter walk. There is no point to get exercise and freeze my butt off while I'm at it," Carvalho said.

"The cold weather can also [chill] your bronchial tubes, especially if temperatures reach minus 30 degrees. This means only under extreme weather conditions in Toronto," Velickovic said. "Always try to wear a mask or a scarf to avoid this."

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VALERIA SLADOJEVIC-SOLA

**BIG DECISION** – Many students are faced with choosing abortion or pregnancy.

## Abortion pill not yet approved in Canada

by Ann-Marie Colacino

After its recent American approval, the French abortion pill is closer to home than ever.

RU-486, which was approved in the United States just this past September, is currently banned in Canada, but testing on the drug is taking place.

"We just started doing the first round of trials here in the summer so I really don't know how long it will take to get to the actual stage of approval [in Canada]," said Michelle Joseph, executive director of Choice in Health Clinic.

RU-486 or Mifepristone, is a steroid hormone that works by blocking progesterone in a woman's uterus, a vital element needed to maintain a pregnancy. The drug is effective during the first nine weeks of pregnancy.

First-year Registered Nursing student Kim Frame said the abortion pill is a good option but should be used responsibly.

"I do agree it being your own choice and your own decision, but I think the mother or the two parties involved have to be held accountable up until a certain point," she said.

On the other hand, Pro-life organizations are fighting to keep RU-486 from crossing the border.

"It was fast-tracked in America and we're afraid that the same thing will happen here," said Emma Fedor, executive director of the Right to Life Association of Toronto.

Anti-abortion groups argue that the abortion pill is not only immoral but also unsafe.

"As far as the media can continue to deceive people about the side effects and down-play them, saying there's nothing wrong with it, it's a great pill, and it's a great alternative to abortion, people are going to buy into that story," said Anita Mascarenhas, Member of Right to Life board and public speaker. "I would really say that women are taking a big risk in taking this pill."

*It has been used in Europe for 12 years and is proven to be effective*

Common short-term side effects of the drug can include excessive bleeding, menstrual-type pain such as cramping, and nausea. Long-term effects include a possible cause of infertility and miscarriage.

RU-486 has been used in Europe for about 12 years and studies by the U.S. Food and Drug Administration show it is 92 to 95 per cent effective when used in conjunction with misoprostol, an ulcer drug that blocks the progesterone hormone.

"Our position is that we support options," said Cyndy Recker, director of Access and Outreach, (a branch program of Canadian Abortion Rights Action League CARAL). "It's been proven safe and effective in Europe."

RU-486 is administered by a nurse or doctor, beginning with three tablets on a patient's first visit. After 48 hours, she is given another drug called misoprostol, which causes the uterus lining to shed (bleeding), thus eliminating the embryo.

A third visit, two weeks later, is the last step to complete the abortion. However, depending on circumstance, up to six or seven follow-up visits may be required.

"If all the conditions are right, it is a better option [than surgical abortion]," Joseph said. "I'm very hopeful that it will [be legalized] because I think it's a positive step."

The abortion pill is more like a natural miscarriage, it's more obscure, it doesn't involve surgery, medical abortion counsellors spend more time with women than surgical counsellors do, and it's typically offered earlier in pregnancy than surgical.

RU-486 is also being supported by two provincial governments and the Canadian medical associations.

"The other issue of course, is the political issue of it," Joseph said. "So even medical testing in and of itself usually takes quite a while but because of the politics involved, it will probably take even longer for [RU-486] to be legalized [in Canada] than another kind of prescription drug."

First-year Registered Nursing student Jameal Reid said RU-486 seems like another quick fix for irresponsible people.

"This new abortion pill is just giving people, especially young people, another escape to the fact that they were careless of what they did," she said.

RU-486, which is also being used in France, Britain, Sweden, and China, was invented in 1980 by Dr. Etienne-Emile Baulieu for the French pharmaceutical company Roussel-Uclaf (RU-486's name comes from Roussel-Uclaf's initials plus a serial number).

According to Statistics Canada, Canadian women obtained 114,848 abortions in 1997, a 2.9 per cent increase from a year earlier. Therapeutic abortions were most common among women in their twenties, who accounted for half of all women who obtained abortions in 1996 and 1997.

"It's good to have a wide variety of options just in case. You never know what could happen," said Tresha Joseph, first-year Registered Nursing student.

For more pro-choice information on RU-486, visit the Child Birth by Choice Web site at [www.cbctrust.com](http://www.cbctrust.com) or call CARAL at 1-888-642-2725, for abortion alternatives call Vita Manor at (905) 858-0329 or the Right to Life Association of Toronto at (416) 483-7869.

## Stinking rose has multitude of health benefits

by Martina Lavoie

Think garlic is only good for pasta and scaring off vampires? Think again.

Garlic is good for many things besides creating bad breath. The hardy herb actually has many beneficial health properties and is among the top selling produce items.

"It's a natural antibiotic," said Dagmar Baloun, owner of The Garlic Grove, a health and nutrition store in Mississauga. "It's been used [as an antibiotic] for centuries. Today most people use it for high blood pressure, lowering cholesterol, and fighting cold and flu. It's also good for the heart."

The Garlic Grove sells garlic capsules, which Baloun said have better health benefits than fresh garlic.

"When people take the fresh garlic, they may think that they are taking a good one, but they don't know where it came from, how it grew, and basically how much allacin – that's the main ingredient – is in the fresh garlic."

Baloun recommends the Kyolic brand supplements, which sell anywhere from \$28-35. Fresh garlic usually sells for much cheaper.

First-year Electro-Mechanical Engineering Humber student Jody Hopper has a most unique way of getting the benefits of garlic. He drinks it in a garlic-lemon concoction that has been brewed in his family for years.

"I enjoy the benefits of garlic, the anti-oxidant effects it has on your blood," Hopper said. "Sometimes I make a garlic potion. It's sort of an ancient traditional recipe thing passed on in our family. You put a bulb or two into a pot and boil it with lemon [and water]. You boil it down for almost an hour or so. You get a concentrated liquid that you drink a shot of everyday. My father does this because he has high blood pressure," he said.



MARTINA LAVOIE

**BOTTOMS UP** – Jody Hopper takes a swig of his potion.

"The taste can be really powerful sometimes, but you get used to it. I mean, it's good for you, right?"

Although admittedly not a doctor, Hopper guarantees that this garlic concoction will lower blood pressure and cut cholesterol levels and says that because of the lemon, it doesn't cause bad breath.

According to MSN Encarta, garlic, or Allium Sativum, is a member of the lily family, and although related to the onion, it is actually a fruit.

Kathleen Zimmerman wrote an in depth analysis of the history of garlic for the [www.garlic-festival.com](http://www.garlic-festival.com) Web site. Zimmerman writes that folklore attributes garlic with good luck and protection against evil the world over. She also writes that garlic use can be traced back to ancient Egypt, when it was given to slaves to increase their stamina while building the pyramids.

The Greeks and Romans used garlic for repelling scorpions as well as treating bladder infections, leprosy, and asthma.

The Elizabethans used garlic as an aphrodisiac.

During World War II, when regular medicine was scarce, garlic was used as an antiseptic to disinfect open wounds and prevent gangrene.

Garlic today isn't used quite so diversely. But it is used in a multitude of ways in cooking.

"I love garlic," said chef Amber Husband at Fez Batik Restaurant in Toronto. "I'm always told that I have a heavy hand for garlic when I cook pasta or anything at the restaurant. I get reprimanded for using too much."

According to the Grower's Guide at [www.inhotpursuit.com](http://www.inhotpursuit.com), the pungent herb is an easy plant for amateur gardeners to grow. If you are planting garlic outdoors, plant it next to roses, as the chemicals in garlic repel aphids from ruining your blossoms giving this much adored herb the name "the stinking rose."

In Canada, one in eight women are physically abused by their partners.

-See Fighting to end

# LIFESTYLES *et cetera*

## Fighting to end domestic violence

by Alexandra Cygal

Sonia came to Canada with her husband and two young children to start a better life. The couple knew that abandoning their professional careers and moving to a new country would be hard, but they never realized just how hard. She couldn't possibly predict that after a few years, she would end up in a women's shelter, running away from her husband.

The verbal abuse started in her native country, but was always shrugged off when her husband promised to stop. While in Canada, the abuse escalated to physical beatings. He would often lock Sonia and their kids in a small apartment without any food in the fridge. He would even take away the phone and put locks on cupboards. He would feed the kids and force Sonia to watch. Through all the beatings and verbal assaults, she was alone with no family or friends to turn to. She was afraid to call the police, because in her country the police were seen as foes, not friends.

"The type of abuse men inflict differs, but what is interesting is that certain men use the identical pattern over and over again," said Aysan Sev'er, professor at the Department of Sociology at the University of Toronto. "Those who beat their partners with a specific object, use the same object to beat them over and over again, such as the belt."

Although Sonia had landed immigrant status in Canada, her husband threatened to call immigration and told her that they would send her away, and she would never see their kids again.

She didn't know the Canadian legal system well enough to know how little truth her husband's statements actually held.

Sonia isn't alone.

*"Wife abuse is a crime, and people who abuse their wives or lovers or girlfriends are criminals.*

- Aysan Sev'er

In Canada, one in eight women are physically abused by their partners. Sixty per cent of all female homicide victims are killed by someone they know. Most abused women have been assaulted an average of 35 times before calling the police or seeking help.

According to Sev'er men who abuse their partners usually promise to stop, and after each incident there is a calm or honeymoon period.

"They [abusers], to a certain degree, pamper them [victims] and they promise them that they are going to change. Given the fact that women, in our society at least, are looked upon as the care givers, women are thought to be the tolerant ones and forgiving ones and the loving ones. Women usually find themselves in a tremendous dilemma."

Sonia's desire to learn English brought her to LINC, the Language Instruction for New Comers, which also provided day care for her seven-year-old daughter and four-year-old son.

One day, after receiving another beating the night before, Sonia learned at her LINC class, about human rights. She decided to approach her teacher and tell her about her situation. The teacher explained that what her husband was doing wasn't right and that she should seek help. After absorbing this



ALEXANDRA CYGAL

**ONE DAY AT A TIME** - This mother and her children are walking away from their past towards a brighter tomorrow.

information, Sonia went home.

The locks were off the cupboards, and that was a sign that things at home were all right for the time being.

Many men assault women in places where bruising isn't obvious.

"Women as something to be possessed or owned or disposed of, has been an issue," said Sev'er. "Even the media portrayal of women sometimes in films, in commercials, in TV programs, that aspect is either overtly or covertly expressed: women as something that you can dress up, you can show off, you can have, you can beat up, you can leave."

When her husband threatened to lock up the food yet again, Sonia feared that this time her husband might kill her. The violence kept escalating and Sonia expected the worst. The next day, out of fear for her life, she asked for help from her LINC teacher, who in turn phoned the YWCA Women's Shelter in Toronto. She has been there for two months.

She arrived with nothing more than the clothes on her back. The YWCA did the rest.

The shelter, one of many in the Greater Toronto Area, offers safety for women and children who are fleeing from abusive relationships. They offer 30 temporary beds and have staff working around the clock to assist women in need. Their intake office and crisis line are available 24 hours a day, seven days a week. Women are provided with food, clothing, counselling, referrals to other agencies, as well as children's advocates.

"Often, children feel that they are to blame for the violence," said Silvia Samsa, manager of the YWCA Women's Shelter. "They might have come home and heard their dad or their mom's abusive partner saying 'Well, if he hadn't put that bike in the garage, I wouldn't have gotten angry at you.' So, we have workers who work with kids for them to realize that violence is not the right way to be."

The shelter also offers medical, financial, legal, employment, housing, and advocacy services to assist women in their time of need. Many women, like Sonia, find themselves in a country where they don't speak the language and are often paralysed by fear of the unknown.

Many of them need interpreters, which are

trained to ensure that the women's needs are being met.

The YWCA belongs to the Ontario Association of Interval and Transitional Houses, and since 1991 has served over 2,000 women and children. An average of 200 women and children walk through the shelter's door annually. The 30 beds are temporary, until a woman finds housing, but she is never asked to leave after a certain amount of time. Many women at the shelter are in the process of obtaining the right legal papers or looking for affordable housing, and often these processes are lengthy.

A woman, such as Sonia, can stay at the temporary shelter for as long as she needs to, free of charge. The funding comes from the Ministry of Housing, the Ministry of Community and Social Services, the United Way of Greater Toronto, as well as private donors and community supporters.

Safety is a primary concern and proper precautions and procedures are taken to ensure that a woman is never found by her abuser.

"Our address is confidential. We never give out any information over the phone no matter who calls," Samsa said. "If a policeman comes to the door and demands to see a person, unless there's a warrant and a badge number, we will not give out that kind of information. If we find out that a woman has been tracked down, we will move her because safety is a real concern. Women get killed by their abusive partners."

The house is equipped with security cameras, as well as bars on the windows. There are no signs on the house to distinguish it from the rest on the street. Abusive behaviour in men may not be easily recognizable. Most men apologize for their behaviour and promise to change. That promise doesn't last very long, and the violence continues. Most abusers are insecure and have a low self-esteem. They feel powerless in real life, and feel that they can come home and take out the frustration on their wives.

"Wife abuse is a crime, and people who abuse their wives or lovers or girlfriends are criminals," said Sev'er. "A very small proportion can be classified as sick men. These men

aren't running around and beating up everybody, they are not beating up on their bosses, they are not beating up on their friends, they are not beating up on people on the street. As a matter of fact, if they were sick people, they would not have been exercising that kind of control in their lives. What they do is they literally target their partners and sometimes they also target their children."

Sonia is very determined to make a better life for herself and her children. She is staying in Canada to provide better opportunities for her son and daughter. She has no contact with her husband, who got evicted from their apartment for not paying rent. She is continuing her English lessons at LINC, and wants to further her education in architecture. She is in the process of finding a subsidized apartment through Metro Housing. She is able to do all this while staying at the YWCA Women's Shelter, which is helping to accomplish her new goals.

### Help and Crisis Lines

#### BRAMPTON

Honeychurch Family Life Resource Centre  
(905) 451-6108 (crisis)

#### DOWNSVIEW

North York Women's Shelter  
(416) 635-9630 (crisis)

#### ETOBICOKE

Women's Habitat of Etobicoke  
(416) 252-5829 (crisis)  
(416) 252-5820 (crisis)

#### MISSISSAUGA

Armagh  
(905) 855-0299

Interim Place I & II  
(905) 271-1860

#### REXDALE

Ernestine's Women's Shelter  
(416) 746-3701

#### SCARBOROUGH

Emily Stowe Shelter for Women  
(416) 264-4357 (crisis)

Homeward Family Shelter  
(416) 724-1316

#### TORONTO

Anduhyun Inc.  
(416) 920-1492

YWCA Women's Shelter  
(416) 693-7342

# EDITORIAL *et cetera*

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## Shooting stokes fires in gun debate

The debate north of the border pales in comparison to the raging controversy in America, but gun control in Canada is still a hot topic.

Over the weekend an eight-year-old boy in Quebec seriously wounded his neighbour for reasons we will probably never understand. There can never be an adequate answer to the question why. The motive may fill in a few blanks, but the big question leads to a maze of possibilities.

Every time a shooting involving children takes place, it is ushered onto the front page of every media outlet: crying for solutions, begging for answers. Is it TV, or music, or movies? No one will ever have a logical, bulletproof theory.

This eight-year-old Canadian child took his father's .270 calibre big game rifle down from a shelf, loaded it, and went outside. He hid in a bush and shot his 64-year-old neighbour. And so the debate bubbles to the surface again.

Canada's gun control debate has focused on licensing and registration, neither of which would have changed anything in this case.

Registered or not, firearms still need to be locked up safely. Gun control laws will not protect us from tragedies born of stupidity.

Teaching a child to use a high powered rifle can only be seen as stupid. It is hard to imagine any circumstance where an eight-year-old child would absolutely need to know how to load and fire a gun. Teaching a child that guns aren't toys and can kill, sounds like a much safer idea.

Of course this decision is up to the parents. Too bad the lack of common sense isn't a crime.

Using your shelf for a gun cabinet is stupid, especially when the law says, guns must be in a locked box, bolted to the ground or have a trigger guard locked in place.

The law can be memorized by people nation wide, but if common sense is not used, things can go terribly wrong and that is well documented.

Gun control is in place to ensure the responsibility of gun owners, but there will never be any form of legislation for good parenting.

## Opportunistic coverage

It has certainly not been easy to watch the national newscasts over the last few weeks.

The visual assault usually comes in the first ten minutes, in the crucial 'hot' spots before the first commercial break.

Innu children frolic in the Newfoundland woods, giggling, rolling around on the ground, making faces for the TV cameras.

Their play would appear innocent and normal were it not for the bags of gasoline clutched tightly to their noses.

It's horrible to watch: children barely halfway to voting age readily embracing the junky lifestyle.

Cherubs who should be throwing snowballs at school-buses and struggling over spelling homework,

instead spending their days in the woods outside of their ramshackle community, with intoxicating fumes offering respite from contemplation of a future that promises few peaks, and a virtually unending run of valleys.

The drama played well as a side-plot to the all-encompassing election story. Innu leaders forced the issue, rounding up children from their homes and sending them for treatment at the Goose Bay armed forces base.

Of course, the federal Liberals responded, icing their east-coast election comeback with a pledge for a mutli-million dollar treatment facility for the Labrador Innu communities.

It was an example of media

forces converging benignly on the plight of a downtrodden people. For two weeks, the mass sympathies of Canadians followed the images sent by the encamped news teams, thus forcing the campaigning Liberals into a must-have-a-happy-ending scenario.

But Labrador is not the only place in Canada where gas is inhalant as well as propellant. There are children within walking distance of this school with substance abuse problems.

Poverty and hopelessness are readily available commodities in places all across this country, and it's unlikely the warming glow of the CBC and CTV camera lights will visit them all in time for federal intervention.

## Letter to the editor

I was reading a couple of articles in the Nov. 23 issue of *Et Cetera* regarding the Ontario Government's new mandatory drug testing program for welfare recipients. I can't help being rather frustrated by all these 'social justice' groups and all their political agendas.

First of all, the money that goes into the welfare program does not belong to the Ontario Government; it belongs to the taxpayers. The government has an obligation to handle that money responsibly and wisely. If anyone wants to take legal action for having his or her welfare cut off, don't sue the government. Sue the taxpayers.

I agree wholeheartedly with the drug-testing program. Yes, there are decent folks who have a legitimate need for welfare assistance, and who don't abuse the system in any way. Still, there are people who regularly waste their entire welfare cheque on drugs and booze and have nothing left for what the money was meant for. It's a genuine problem that needs to be addressed regardless of statistical evidence.

As long as someone hasn't been

abusing drugs, they'll pass the test with flying colours and continue receiving their welfare benefits. So what exactly is the problem?

Oh, I forgot. Mandatory drug testing 'attacks' and 'stigmatizes' the poor.

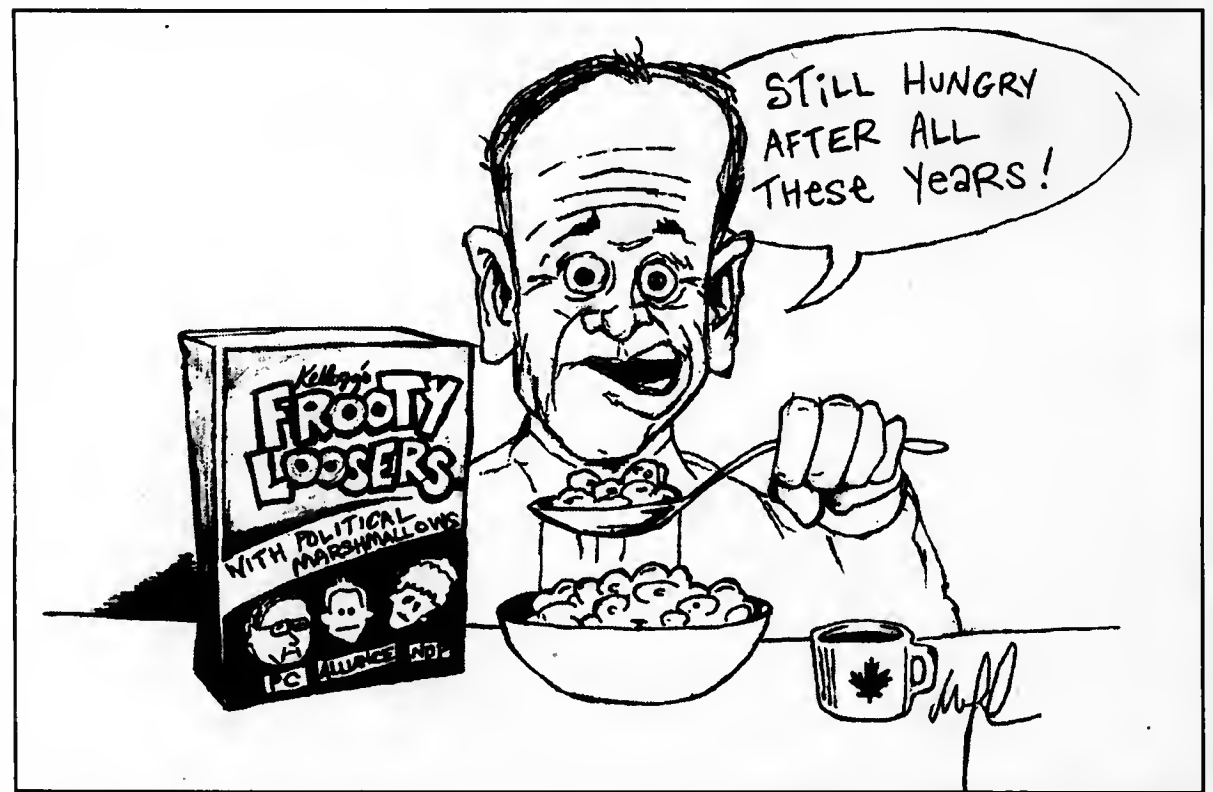
Listen up folks. These things are done for the good and protection of society, but I guess it's more important not to hurt anyone's feelings. In that case, maybe it was wrong for the government to ask me to pass a road test before I receive my driver's license. Why should I have to prove that I can drive a car safely and responsibly? Why couldn't they just trust me? Damn the government for stigmatizing me.

If any welfare recipients feel they are being stigmatized, they should blame those who are wasting money supporting their habits, not Mike Harris.

Drug addiction is not a handicap. Blindness is a handicap. Paralyzation is a handicap. The use of illegal drugs doesn't deserve to be rewarded with free money from taxpayer's pockets.

Keep up the good work, Mike.

**Robert McCurdy**  
 Humber Alumnus



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# OPINION

et cetera

## If only the election had been as interesting as this

Two days after the hapless Canadian Alliance was crushed in the election like a dung beetle under a Skinhead's boot, party leader Stockwell Day announced yesterday that he will be severing his ties with Christianity and all things godly.

"It's all hogwash," said the obviously dejected Mr. Day. "I mean, what has God done for me lately? Nothing, that's what."

Mr. Day made the announcement in front of the Reformed Church of Christ Scientist here in this town of Penticton, B.C., where a small crowd of perplexed onlookers had gathered to watch the proceedings. The restless crowd of about 30 included some Alliance supporters and community religious leaders, a few stray dogs, and an unruly pack of teen stoners from the area high school.

Speaking without notes, Mr. Day shed some light on the controversy surrounding his earlier comments about the Earth being 6,000 years old and that humans once co-existed with dinosaurs.

"I don't know what the hell I was talking about," said Mr. Day. "We sometimes says things we don't mean. Besides, I was drunk on Wild Turkey for most of the campaign."

Ryan MacDonald and a few of his buddies were in the woods partaking in some of the region's potent cannibis product when they saw the television vans pulling up to the church.

"We thought it was just another priest getting arrested," said Mr. MacDonald, 18, who waxed philosophical on the situation. "It's all bull\*\*\*\*. As for this Boris Day guy, he should just chill out, guy. Safe."

Speaking in a telephone interview from his home, God said he was "more than a little disappointed" with Mr. Day's decision to reject his faith.

Brett Clarkson



"What can I say? I'm shocked. Never seen that one coming," said God. "Oh well, another one bites the dust, as they say."

With so many people giving up on him, God said he feels like an "Alexa McDonough," and is denying he's planning another world-ending flood. However, in a slip of the tongue, God indicated Mr. Day is no longer on the shortlist to be the next Noah.

"He's definitely not in the running anymore," said God.

Tensions had been high since Sunday when God refused repeated prayers by Mr. Day asking for a majority government. Mr. Day then became irate, and accused God of favouring Prime Minister Jean Chretien after he accepted \$300,000 grant from the Chretien Liberals to build a water park in Heaven.

However, God denies he is favouring Mr. Chretien, and says that Mr. Day's demands were too unrealistic.

"It's preposterous," said God. "I guess Stockwell wanted a majority, but I had to be honest with him. I've done a lot of difficult things. Hell, I created the world. Stockwell wanted me to make the people in Ontario vote Alliance, but who's he kidding? That's something that even I can't pull off."

Mr. Day says his new-found freedom from the restrictions of his religion will enable him to have a bit more fun.

"I've always wanted to be a drag queen," says Day. "From now on, just call me Doris, or maybe Stockwell Gay."

## Modelling is a great way to lose money

Boy, do I have a gripe with modelling agency representatives who dish out lies. Commission is the most crucial aspect of their lives. Making that four per cent cut is the *only* thing that matters. Hmm...it shows you what kind of values they have.

This strong aversion I have for these vultures was ignited by one arrogant scout in Fairview mall attempting to sell her modelling agency to me. She stopped me in my path, and relayed her sales pitch: "Hi, would you like to be a model or just look like one? Barbizon's modelling school would love to see you. You would be perfect for the runway."

I smirked before retorting, "Been there, done that, lost \$8,000, and do I look like a runway model "graduate" from your pointless program? Judging on your gaping mouth, I didn't think so."

Seven years ago, I trained to be a model at Barbizon, the so-called modeling and makeup artistry institution. Runway modelling seemed glamorous back then. Wearing designer clothes and stilettos for high salaries and free clothes

seemed like a dream come true. All I had to do was take their course, which guaranteed me full-time modelling gigs.

My head was buried in the sand.

I paid \$2,000 for the training, bought the required runway shoes, paid \$3,000 for a professional photoshoot, extra for the developing, and \$500 for a makeover. Talk about being the most gullible person on earth with money to piss away.

You would think after my investment I would learn something practical. I learned the art of balancing dictionaries on my head, breakdancing in designer mini-skirts, and losing weight by eating nothing but celery for three months. My goodness, all this torture to wear designer clothes.

After eight months of enduring their pathetic training, my impression that modelling was a glamorous career changed to repulsion. It wasn't worth all the hard work and alterations to my body.

Modelling agencies fill peoples' minds with super-model hopes, but don't disclose the truth that only one in a million makes it big. I did

Janine Good



runway, wearing purple stilettos with the latest mini skirt released by "Femme de Carriere" during my first month; but, after that seven-show gig, I was unemployed.

That's what the agencies do. They convince people they're models for a month, then ditch them. This is a conniving and ruthless type of industry. The salespeople can't truthfully guarantee careers, since clients change their needs constantly since they depend on the looks of the seasons.

However, if gullible people have modelling dreams that overtake their common sense, modelling establishments will continue to succeed in attracting clients. You would think with all their vigorous training and so-called "reputations" some customers would make it big. I guess they don't get paid four per cent to let that happen.

## How about roasting this on your open fire

*'Twas three weeks to Christmas,  
And all through my house,  
Not a soul was happy,  
And I've just killed a mouse.*

As the deathly cold weather ventures in, swarms of rodents huddle within the walls of my apartment. The biggest corporate holiday is nearly upon us, brandishing fat jolly men drinking Coke and stores filled with plastic wreaths and blinding red and green lights.

I dread the coming weeks.

For me, the X-mas season is marked by my blood lust for the four-legged creatures seeking warmth that eat my bread and leave small packages on my clean floors. My spotless apartment is brought to its knees by

infestation and it's a wonderful start to this joyous season.

As the traps snap around me, the sea of names on my shopping list leaves me gasping for air. At least the mice die quickly.

As the December days build to the 25th, my blood lust is no longer limited to just mice. I include rage-filled shoppers, snotty store clerks and anything pretending to be jolly.

Fluffy white spray-can snow, dying pine trees and plastic wreaths are supposed to help us exude the 'peace and goodwill toward all' theme customary with this time of year. Excuse me while I cough a crude reference to bull dung.

The emotional dichotomy that is Christmas is simply fascinating. On

Chad Heard



the surface there's that joyous bounce, bubbly-warm with love, but underneath lives the drooling, foul, mauled creature of pain and suffering. It baffles the mind.

At least this year, I can do some of my shopping on the 'net, limiting my exposure to the hypocrites rolling through this town.

With all my power, I will try to make this season pass as quickly as Mexican chili. Now there's a festive thought.

## Word on the Street

If you could have any superpower which one would you choose?



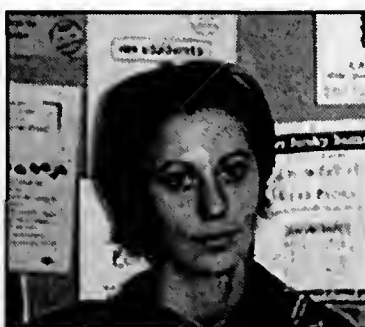
Tyler Fowler  
Chemical Engineering  
Technologist, Second Year

"Mind control."



Matthew Calaminici  
Chemical Engineering  
Techologist, Second Year

"The ability to fly."



Loreley Desousa  
Law Clerk  
Second Year

"The ability to get all my work done in two hours."



Jenn Meuneir, Lynda Luna  
Law Clerk  
Second Year

"The power to put more hours in a day."

# Government inaction environment nightmare



JESSICA MARKOFF

**NO SACRIFICE** - David Suzuki an outspoken environmental activist believes the environment can be preserved without sacrificing economic stability.

by Jessica Markoff

The air is crisp. It is November 2000, and through the small oval window of the plane the Toronto skyline is filled with billowing industrial chimney stacks and towering buildings. The aircraft descends gradually through a layer of gray smog before landing on the barren plains of concrete. There is no smog alert today and we all breathe a little easier, but is the government's system of monitoring pollution a solution to the growing tragedy that threatens the existence of all life?

Gases that trap outgoing heat in the earth's lower atmosphere create the greenhouse effect that causes global warming. Canada ranks among the world's greatest per capita consumers of energy and largest per capita greenhouse gas polluters, said David Suzuki during the launch of his new Web site, at Insomnia Internet cafe in September.

There are no reinforced standards, regulations, or punishment for industrial polluters. Currently, the government is asking industries to register their emission levels voluntarily so that they can be monitored.

"Voluntary reduction simply doesn't work. Since 1990 to 1998, our emission levels have increased 13 per cent. We need leadership on the initiative," said Suzuki.

He added that there is nothing to be lost politically or economically by reducing emissions.

Department of Finance and Informetrica Ltd. studies show that reducing greenhouse gas emissions will not be an economic disaster.

*Canada's environment ranks in the top 10 countries most threatened by the damaging effects of climate change due to our northern location.*

- Dr. Jay Malcolm

They said a 30 per cent reduction in emissions by the year 2010 would only cost 0.6 per cent of the Gross Domestic Product.

Canada's environment ranks in the top 10 countries most threatened by the damaging effects of cli-

mate change due to our northern location. Mutations to the environment and its ecosystems directly affect the quality of life across our nation. Animals, plants, and forests defend themselves by migrating farther north to escape the perils of pollution.

"The scientific evidence now is overwhelming. The Inuit people are seeing the evidence of the effects already. They're seeing herring and salmon in the Arctic where they've never been seen before. Barn swallows and robins are now migrating as far as the Arctic," said Suzuki.

Dr. Jay Malcolm, a University of Toronto Forestry professor, spent a year studying terrestrial biodiversity models to project future impacts of climate change on ecosystems around the world.

"We identified two major concerns when concluding this project. The first is that species in a certain area will eventually find themselves in the wrong climate. This in turn creates an extinction debt, which is the amount of time the species can continue to live in the climate before they have to move. The second is that some of these species will not be able to migrate at the speed at which warming occurs," said Dr. Malcolm.

New habitats will replace old ones and may be only a fraction of their former selves added Malcolm.

Half the problem is that environmental research is steeped in a scientific jargon that we cannot easily understand, which dwindles our ambition to pressure the government towards resolving the problem Suzuki said. Global monitoring of the environment is helpful in projecting long term effects of the greenhouse gases, but the results are not used to create active plans to resolve our environmental problems.

Based on Malcolm's conclusions, the same theory can be applied to agriculture in Canada. However, with limited land able to support livestock or crops, farmers may find themselves with land that is too dry and lacking nutrients. The food we buy at the grocery store could be contaminated with pesticides such as DDTs and PCPs, and end up being served at dinner tables across Canada.

Greenpeace studies said, when sealing, the Inuit people have been

finding puss pockets in the seal's layers of fat, kidney stones and liver spots. These health problems are caused by the pollutants in the Arctic environment. By consuming

*"Every year air pollution kills 16,000 Canadians"*  
- David Suzuki

seal and other contaminated foods the Inuit people are putting themselves at a great risk. Increases in meningitis and chronic ear infections in Inuit children have been blamed on the pollutants, which suppress the development of the their immune systems during the prenatal and postnatal period. The Inuit people depend on animals that they hunt for the majority of their daily meals and do not have other resources for food.

Canadian homes create about 80 million tonnes of greenhouse gas emissions from sources such as space heating, water heating and household appliances Suzuki said.

Human history teaches that our habit has been to destroy our local habitat and then move on to another only to repeat the same pattern again. Like nature, we can no longer run from our pollution, since the majority of the population depends on industry for jobs as well as, the products that they create. Suzuki said every year, air pollution kills 16,000 Canadians.

Carbon dioxide is the most significant greenhouse gas, and due to human activities such as burning fossil fuels, deforestation and agriculture, nature cannot remove the gas at the rate it is produced. Methane, nitrous oxide and CFC gases contribute to the damaging effects of global warming Suzuki said.

"One of the biggest polluters of the environment is cars. The drive clean program in the GTA area has specific inspection standards," said Navdeep Dhaliwal, a Global Air Specialist from the Air Policy and Climate Change Branch. He added that when this program is in place across Ontario, CO2 emissions will be reduced by 100,000 tonnes per year. However, this is a small reduction considering cars, trucks, minivans and SUVs contribute more than 100,000 megatonnes of pollutants into the air.

continued on pg. 11



JESSICA MARKOFF

**GOVERNMENT PRACTICE** - Government decisions that benefit companies as well as the environment can be beneficial to everyone.

continued from pg. 10

Government initiatives like the Drive Clean program, requires cars to meet a set of standards for various levels of harmful emissions. In its first year, the program reduced smog-causing emissions in the GTA by 6.7 per cent, but the program is not in place in all areas of Ontario.

"To better manage our emissions, the first step must be to measure them," said Ontario Environment Minister Dan Newman in a recent press release.

The Ontario government created standards and regulations regarding the size of landfill sites and their emissions of methane gas. The gas is also a potential source of energy, and technology has been developed to capture and put it to work. However, only

sites that are larger than three million cubic metres are monitored. The type of waste at the site determines the amount of pollutants released into the air, and therefore size does not always matter.

The closure and care of landfill sites is a serious issue for the Ontario government. Maintenance standards are applied to the landscape covering landfill sites to ensure the protection of its surroundings. These areas are monitored by the government to prevent contaminants from harming the surrounding environment even decades after they have been closed.

The provincial government puts \$10 million a year into the Ontario Climate Change Fund for research, but puts 100

million in to the geographic protection and expansion of provincial parks.

Regardless of how ominous their cautions, environmental protection organizations like the David Suzuki Foundation have had success in pushing the government to speed up their programs, and address the issues.

Andrew Heintzman, publisher of Shift magazine and a David Suzuki Foundation supporter said that climate change is a grassroots issue. Canadians will have to pressure politicians into taking action.

"For the unborn and those who will be born in the next 10 years this is going to be probably the most serious issue they face," said Heintzman.

It's a dreadful day in November of 2050, a crowd of people gather at the airport, waiting for the aircraft filled with water and food supplies to arrive. The plane looms blindly through a dense layer of gray smog, before landing on the barren plains of concrete. Tree skeletons, that were once forests of green, lie dead among the remains of life. The air is warm and thick with pollution, and the birds are gone. Tides of filthy water and debris crash against shorelines crowded with decaying bones. Cockroaches rule the land and scour the scorched plains in search of their next meal. A 10 foot billboard with the fading words Ontario yours to discover, stands among the rubble of Toronto.

# Environment ills cause sickness

by Alexis Zgud

High above Toronto, sunlight spills over the city, rays diffusing through the yellow haze of pollutants that have made their home.

And not too far away in neighbouring Brampton, Christine Choptovy dutifully monitors the smog indexes before each of her asthmatic sons' baseball games to determine if they need their inhalers.

Choptovy herself is an asthmatic, diagnosed at age five by her doctor, who attributed her asthma to her father smoking in the house. But when Choptovy was diagnosed more than 30 years ago, little was known about the causes of asthma. Now, Choptovy also blames her asthma on the billowing fumes from Sarnia, where she grew up.

An asthma attack begins with a tingling, itchy feeling around her neck and mouth, and soon spreads to an enveloping tightness.

"Then if it's getting out of control, then I feel like my neck is getting really tight and my chest is getting tight and I know it's a bad, bad attack. I have a hard time breathing and my chest gets really noisy," she said.

That's when Choptovy knows that it's time to see her doctor or check herself into a hospital.

Her main asthma triggers are cigarette smoke and dust. "I tend to find, whether it's the air pollution or whether it's really humid, that on those days I feel lousy. I feel sick and my chest will bug me," Choptovy said.

Asthma is only one of many respiratory concerns linked to the changing climate. Respiratory health effects are one of the biggest concerns caused by climate change, said Wendy Irving, Environmental Programs Officer of the Canadian Institute of Child Health in Ottawa. She has recently completed a soon-to-be-published study on how climate change affects health.

"The most immediate problem is the respiratory effects," Irving said.

A major effect of climate change is ground level ozone, said Don Houston, director of environmental programs at the Canadian Institute of Child Health.

"Ozone from smoggy days comes from the same sources as climate change," he said.

Ground level ozone is formed when ultraviolet (UV) rays in sunlight, and the hot temperatures of summer react with volatile organic compounds (VOCs), such as exhaust from vehicles and emissions from Ontario's coal burning power plants. Coal is one of the primary causes of VOCs in Ontario,



ALEXIS ZGUD

**BREATHING EASY** - Christine Choptovy, asthmatic sufferer, has attributed her asthma to growing up in area where poor quality was inescapable.

Houston said.

"More than half of the energy in Ontario comes from coal," said Houston.

Short-term effects of ground level ozone are cell damage

and a painful, burning sensation upon inhalation. Long-term effects are more far reaching.

"It can aggravate asthma and impair the body's immune system, making it more susceptible to respiratory illnesses," said Irving.

The 1997 Canadian Institute of Child Health report has shown that long-term exposure to air pollution reduces lung growth and development, while ozone in particular is associated with inflammation of the airways, coughing, chest tightness, and shortness of breath.

Ozone exposure is particularly detrimental to young children, whose developing lungs and immune system, coupled with an adventuresome love of the outdoors, puts them at high risk. Asthmatic children and children free from respiratory disease show similar negative effects from ozone exposure, Irving said.

Another indirect consequence of climate change is the disruption in the frequency of unpredictable severe weather, such as an increase in thunderstorms. Unpredictable weather can change growth rates of pollen producing plants, and as plants produce more pollen, the occurrence of asthma goes up. Also, pollen producing plants may begin to grow in areas where they are not native which Irving says can lead to changes in asthmatic triggers.

Though Choptovy's triggers haven't changed, she noticed in recent years that her asthma has become a lot worse than it used to be. She currently uses four drugs for control. And with the ever-worsening problem of climate change, it doesn't look as though her symptoms will lessen any time soon.

When asked how large an effect environment has on asthma, Choptovy said, "I definitely think that your environment plays a big effect on your asthma because every asthmatic has certain triggers, so what might bother somebody else with asthma might not bother me."

But on this cold November day, Choptovy walks away smiling. She is a free woman today, her puffers and inhalers left at home because they aren't necessary in the dry autumn climate.

# ENTERTAINMENT

*et cetera*

## Et Cetera Profile

# Templar here to rock you

by Kristina Koski

Simon Templar, master of espionage and main character of '60s hit TV series *The Saint*, has taken on a musical meaning for four Vancouver rockers.

Two years ago lead vocalist Murray Yates adapted his high school nickname, Simon Templar, creating the title of the electronically-based rock band, Templar.

"The cool thing is, it ended up really having a dual-meaning," said guitarist Will C., alluding to his band's multi-faceted musical style ranging from hip hop to dance, to funk and rock.

"We can kind of fit in with a lot of different people as well as far as the types of bands we can be booked with, or the types of radio stations we can be played on. So as a coincidence, it kind of ends up describing our sound as well as who we are," said Will C.

With a sound similar to that of fellow Canadian rockers Econoline Crush, Templar certainly has no problem crossing musical barriers. On their debut release, *Under the Sun*, Templar creates tunes that grab the listeners right from the start and never lets them know what's coming next.

Aside from Calgary-born frontman Murray Yates, Templar is comprised of Vancouver-born musicians. Will C. spent the majority of his life with his mother growing up in Las Vegas, but decided nearly a decade ago that it wasn't the best place for him.

"Las Vegas was about smoking crack and shooting people and Vancouver was more like smoking weed and playing guitar," he said, chuckling while lounging in the Mike Bullard greenroom before their on-air performance.

"The choice was pretty easy to make actually," said Will C.

"Living in Las Vegas, you get a really different take on life there. It's kind of a desert-red-necked-trailer-park-kinda-cowboys-and-Mexicans town. What I got from there was something totally different. It was exposure to American culture, true American culture - not the pretend glitz and glam that Las Vegas tries to portray, but the real kind of ignorant violence that happens there."

After Will C.'s return to Vancouver, he performed with numerous garage bands as did his current bandmates. But in May 1998, that all changed. Yates, who actually auditioned for Will C. in one of his previous bands but was rejected, joined forces with drummer Nik Pesut and bassist Scott Switzer to form

today's Templar line-up.

Prior to signing to EMI earlier this year, most of the 20-something quartet held day jobs.

However, Will C. decided the band should be his focus.

"I got paid every fourth Wednesday of every month, like every good Canadian," he said.

"Let's just say I had a government job, the kind that paid me 500 bucks a month."

"Not a lot of people go out and support bands, and when they do it doesn't really seem to be that they're very encouraging."

Will C. said over the last few years, there has been a declining interest in live acts in Vancouver, with DJs taking over the club scene. Templar had to devise a plan to get them some much-deserved attention.

"We developed a lot behind

really has never done much, the industry seems so unknown and scary. We've been in underground bands and just in local, garage-type bands for so long and the music industry always seems so overwhelming. There's no one there telling you what to do to become successful."

When Templar performed their first showcase for EMI recruiters, it wasn't in a well-lit

"I'm way more apprehensive when there's not a big energetic crowd. The bigger and more energetic the crowd is, the more comfortable I feel. The more fun they're having, the more fun I have."

All elements of a Templar show lies in feeding energy. This constant flow of power and stage vitality seems to kill any anxiety and nervousness, transforming the pressure of a live performance into a completely positive experience.

"The most uncomfortable I've felt was before our very first show. As soon as I got up there and started to play with Murray, I never looked back."

The formula for Templar's success certainly has worked. But it wasn't just the savvy business-minded Will C.'s doing. The band credits their success to their songwriting - in particular their melodies.

"I think a great melody and a great groove are the two most important things, everything else is secondary. Lyrical content is important, but not as important as melody," Will C. said.

"*Under the Sun* is loaded with melodies that stick in the listener's brain, backed by dark-sounding groove, awesome rhythms and brilliant harmonies.

The video for their first single, 'Here We Go,' was filmed in Toronto. Will C. said the outcome of their efforts seemed a little less than what they desired since the style didn't capture the real Templar spirit - the Templar that fans see on stage.

"That taught us that in the next treatment we choose, to choose something more focused on the band playing live rather than these promised special effects," he said giggling.

Will C. reminisced about being suspended from a ceiling, spinning in a harness, dangerously close to nausea, all for the sake of some special effects in the video - special effects that never made the final cut.

As for 'The Need,' their visual follow up, fans can look forward to a more realistic Templar.

The video was shot in a big salt dome with tons of extras, a security force garbed in black with nightsticks and vicious dogs, while the band rocks out for the fans.

"It's going to be an awesome video," Will C. said proudly.

In the meantime, Templar's debut CD is available in music stores and their Web site is up and running at <http://www.templarmusic.com>



**YEAH, WE WATCHED 'THE SAINT'** - The men of Templar: (l-r) drummer Nik Pesut, vocalist Murray Yates, guitarist/programmer Will C., and bassist Scott Switzer.

After the laughter in the greenroom died down, Will C. added that his dedication was a full-time job in itself. He spent his time doing his best to get the band off the ground. He didn't want to devote his time to a job that would only put petty cash in his pocket.

"I was concentrating on my full-time career, and I'm happy I did."

Will C.'s full time career as band businessman/guitarist took a lot of effort.

"Vancouver is a very fickle place and there's not a big audience for live music. It can be very discouraging for up-and-coming bands out there," he said.

closed doors before presenting ourselves to the public," he said.

"A lot of bands will develop in front of the public and work their sound and set-up in front of people. We spent a year in the beginning just really defining our sound and live show, getting the people together and making sure that when we did come out, we could explode and really make a big impact."

Templar has been together for only a few short years. When they burst onto the Vancouver music scene, things happened quickly. By their third show, major labels were practically beating down their door.

"When you're in a band that

club, packed to the brim with a screaming audience. The showcase was held in their small rehearsal space.

"See this room?" Will C. asked as he gestured to the greenroom that was the size of a large bedroom. "Half the size."

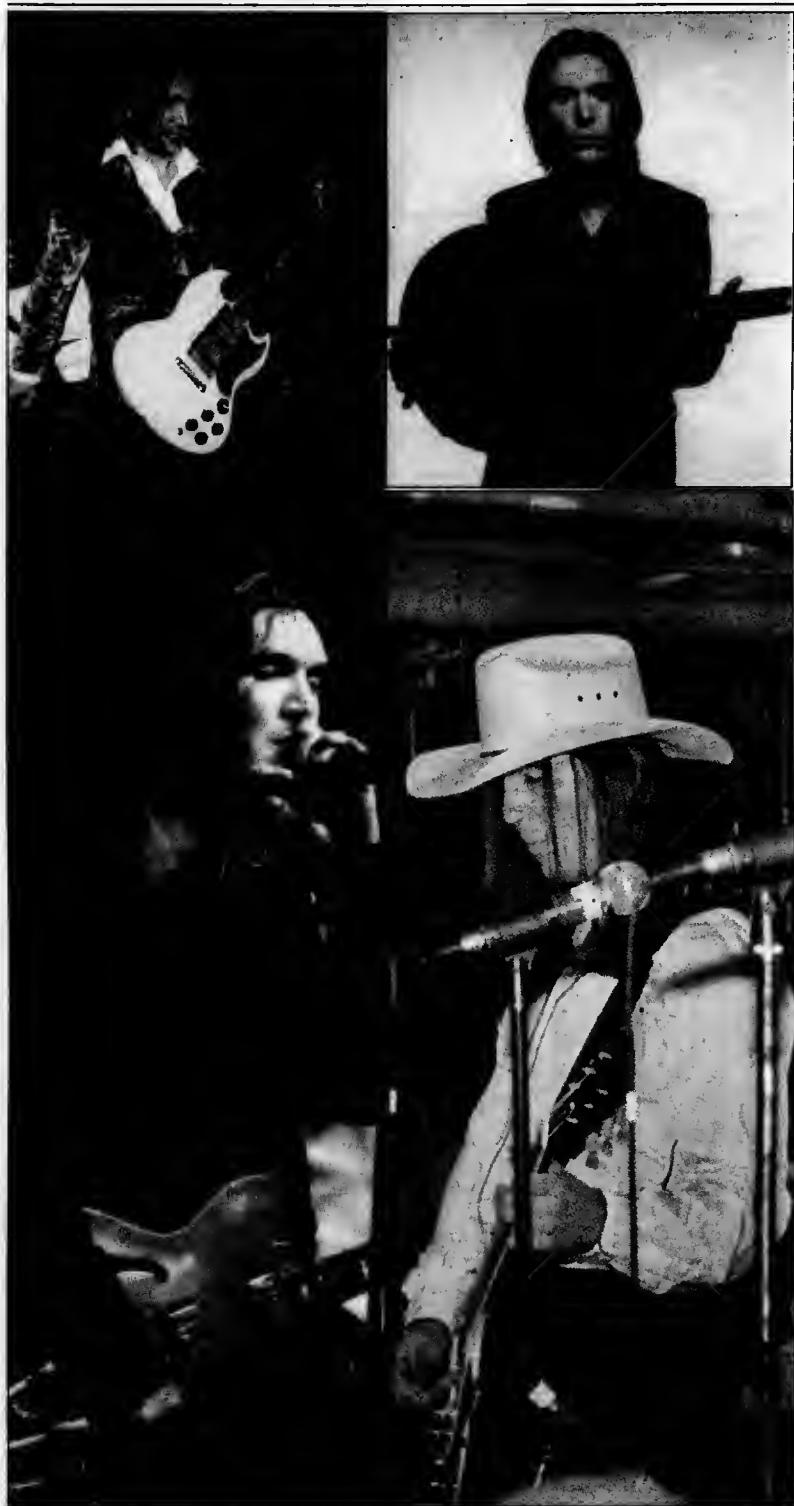
Templar played several other showcases in their rehearsal space, but since things went over well with EMI, their nerves calmed and they became accustomed to the small setting. Templar proved they are able to shine in almost any venue, no matter how imperfect.

However, Will C. said he definitely relies on a pumped crowd to get him going.

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Dec. 6 at Massey Hall



SEXY AS HE WANTS TO BE – The man and his guitars

COURTESY

# Chattin' it up with Big Sugar's Gordie Johnson

by Dan Birch

He was hooked from the age of 12.

The flashy lights and big sound of rock 'n' roll stars like Led Zeppelin and Black Sabbath proved irresistible to Gordie Johnson, vocalist and lead guitarist for Canadian rock band Big Sugar.

"The first time I saw Kiss, I kind of went 'Ah, look at that, electric guitars, lights and explosions. Wow, that looks like a cool job. I want to do that when I grow up,'" Johnson said.

From then on, Johnson's interest in music flourished. He picked up the guitar, playing it any chance he could get.

"My parents would never buy me a guitar. I just had to borrow them or go to a friend's house and pluck away on it," Johnson said. "I was the worst. I mean, everybody else had guitar lessons or their brother played. I had to just kind of bootleg it as I went along."

Now 20 years later, Johnson has mastered the guitar, and has performed across North America. Big Sugar is now a household name in Canada.

With each album, the band has grown in popularity. Released in 1998, *Heated*, topped Canadian music charts with songs like 'Turn the Lights on Baby,' 'Girl Watcher,' and 'The Scene.'

Fans can expect a new album from Big Sugar just after the new year. Johnson said he and band mates Garry Lowe, Kelly Hoppe, and Al Cross have been hard at work on the album for about one year.

The new disc, which remains unnamed, is again being produced by Johnson.

"I've been very meticulous with this one. It's been a fairly long process of song writing and production."

Johnson said he hopes, with the new album, the band can top *Heated*.

"You always have to beat your best. People kind of depend on us to deliver the hard rock and I feel like it's my responsibility to make sure it's as hard as possible," he said with a chuckle.

"A lot of bands have lost sight of that lately. Look at the last bunch of rock records that came out. Who rocks anymore?" he asked with a sense of urgency. "We're trying to up the rock factor a little bit."

Johnson said the return of Big Sugar's original drummer, Al Cross, has added pounding drums that will help to raise the rock ante.

"He's on the entire album and just slamming. He has really made such a huge improvement for us musically."

As important as it is to produce "rocking" albums, Johnson takes pride in Big Sugar's much-vaunted live shows.

"I'm still a music fan," he said, his voice filled with giddiness. "I know what it's like to stand in the audience and get that feeling of expectation and satisfaction when the band delivers what you paid to see. I try to deliver that to people every night."

There is no place for excuses, Johnson said.

"You know, I had a bad show tonight because I wasn't feeling

good or because I wasn't this, or someone has a fight with their girlfriend. You know what? That's not a good enough excuse. You go out there and you rock, or you just stay home."

This do-it-all for the fan attitude is one reason the band has been successful.

Success, Johnson said, doesn't mean hitting it big in the U.S.

"I'm Canadian. I live in Canada and I plan to live in Canada and this is where I do my thing," he said. "My main concern is to have some level of success in Canada."

Big Sugar recently released a dub disc from their past records under the name Alkaline. The album is titled *Extra Long Life*, and is a stripped down, reggae version of their hits. For fans who enjoy Big Sugar's already prevalent reggae vibe, the disc is a treat.

"We had done all this Alkaline stuff over the years, just putting reggae mixes together and having a ball with that. It was fun to do and really cool making it and I thought, 'Well, someone out there is going to dig it.'"

Johnson has also been busy the last month playing bass for the Black Crowes and performing with the late Stevie Ray Vaughn's backup band, Double Trouble.

Performing with Vaughn's legendary band was a thrill, Johnson said.

"It's like driving a really cool car; you've got a friend who's got a wicked sports car that you get to drive – it was like that. I got to drive it around for a week!"

## Wanna be a star?

by Holly Bennett

Walk through the doors of any bar on Karaoke Night and you'll see there's a little desire to become a rock star in all of us.

Although karaoke has been around for years, its popularity is continually on the rise.

Heather Sorrell, 26, a former Humber student, started going to karaoke four years ago, and "it's probably become more popular [since then]," she said.

Donnelly's British Pub in Brampton started having Karaoke Nights eight years ago.

"Over the years it's gotten bigger and bigger crowds, but it's always been popular," an employee from the pub said. "We even moved it to Friday because it's one of our busiest nights."

There are a number of different things that draw people to karaoke.

"I never sing," Sorrell said. "My friends sing ... I just go to be with [them] and have a good time."

Mike McDonald, 23, on the other hand, said he

loves "the rush of performing."

"I like to sing anything by Madonna," the Fashion Arts student said. "I especially like singing 'Like a Virgin,'" he added, "or a tune by Tom Jones when everyone else is singing country."

But for some, like Dan Snell, 19, it takes a little more than a good sense of humour to get on stage.

"I think the more alcohol you add," the college student said, "the better it is – sort of like a Chia Pet and water."

Snell admits that he's never actually performed, and doesn't think he ever will.

"But everyone's got to try it," McDonald said. "It's not everyday you can get up in front of a bunch of people and make an ass of yourself."



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# CAMPUS LIFE

et cetera

"I got my hands on a lot of projects that interns don't generally get to do."

-Dave Haggith  
see 'Raptors' page 16

## The world is at the tips of their fingers

by Tara Smith

Five of Humber College's Industrial Design students are getting ready to take on the world in the internationally renowned Braun Competition with a new gadget for tourists.

Second-year Industrial Design students Gavin Galley, Stephen Armstrong, Adam Madsen, Richard Wisniewski, and Jeff Young are working on a product which will resemble a Palm Pilot. Specifically designed for tourists, the product will include everything from world maps to weather forecasts.

The competition will bring together participants from all over the world, and this is the first time Humber students have entered.

"It's a tourist-based product, and our market segmentation is eco-Tourism and business travellers," said the team's creative director, Gavin Galley.

"It will use cell phone triangulation technology - global positioning," Galley said. "It will tell you exactly where you are in the world, as well as locations of restaurants, hotels, and all the things a traveller would need."

The prestigious competition boasts a \$13,000 prize, with the chance to study at Braun in Germany.

"We've never had anybody compete [in the Braun Competition] before," said Michael Davis-Burchat, professor of Industrial Design at Humber College. "I think that's what's exciting about it."

The competition is open to Industrial Design students around the world who are still studying, and to graduates who completed their studies no more than two years ago.

The competition involves two

stages. In the first participants are judged on their design sketches, pictures of the model, technical drawings, and project description.

If their project is selected, participants then submit the actual design model.

The six best projects are then presented to a forum of design experts.

The forum then selects the winner of the Braun Prize.

The team is optimistic about how they will fare in the competition.

"In all honesty, we think we have a really good chance at winning," said Galley.

The team is grateful to have the full support of faculty members Ken Cummings, Michael Davis-Burchat, and Collin Dhillon.

"We hope to represent the school and our program well," said team member Stephen Armstrong. "If nothing else, we hope to bring some recognition to the School of Industrial Design at Humber. It's a great program and it's recognized throughout the industrial design community."

Humber's Industrial Design program is one of only three in Ontario, with the others at Carlton University and OCAD.

"We have a great reputation at this point as being one of the best, if not the best, Industrial Design school at the moment," Davis-Burchat said.

"I think that's one of the reasons why you're seeing Gavin's team entering the Braun competition - it's a statement of confidence," he said. "It's a playfulness to sort of take on the world and say, 'Canadian industrial design is as exciting as German industrial design, or American, or Japanese industrial design.'"



TARA SMITH

**INVENTIVE** - Gavin Galley, Adam Madsen, Richard Wisniewski, Stephen Armstrong, and Jeff Young.

## Sex at Lakeshore's Theatre Humber

by Mark Nonkes

Sex comes out of the bedroom and onto the stage at Lakeshore campus with *La Ronde*, the current production of Theatre Humber.

"There is sex 11 times in the show, 11 times of getting it on," said actor Stephen Gallant. The play includes what Gallant described as tasteful nudity.

In the different scenes in *La Ronde*, actors are faced to deal with sex in the late 1800s in Vienna.

"The intention inside the scenes is to have sex and hopefully have fun while you're doing it," said actor Yvonne Wallace.

The play deals with topics of infidelity, impotence, the power of sex and sex conducted in unfeeling ways.

"The play deals with ten interlocking scenes in which relationships are established and carried over into the next scene," said director Mark Schoenberg.

The play is set in a time when sex was hush-hush, Wallace said. But Schoenberg said not much has changed.

"There is very little difference between the sexual politics of the beginning of the twenty-first century than people living in Victorian Vienna in the end of the eighteenth century," Schoenberg said.

"It all amounts to what the women want and what the men want," Wallace said.

Sex is something everyone wants, Wallace said, and hopes the audience doesn't just come to see some skin.

"An audience in the year 2000 could come to the show and feel enlightened over sexual hangups," Wallace said.

In fact, no one actually has sex on stage, but much is insinuated

when the scenes switch.

"Their imaginations are allowed to go to a place during the blackouts, through lighting and sound," Wallace said.

*La Ronde* opens Thursday, Nov. 30 and plays until Dec. 10 in the Humber Studio Theatre at Lakeshore campus.

Tickets are \$12 dollars for adults and \$8 for students or seniors. For reservations call 416-675-6622 extension 3421.



MARK NONKES

**NEW PLAY** - *La Ronde*, the newest play at Theatre Humber, deals with sex in the late 1800s in Vienna.

## Grads 'R' Us

### Broadcasting live from MuchMusic

by Kim Sinclair

George Strombo...poppa...wha? He has a 17 letter last name, a passion for music and culture, and an impressive career track record at 28.

Humber graduate George Stroumbouloupoulos is making his broadcasting mark in Toronto as host of several programs on MuchMusic and Edge102.

It takes more than an interview with Prime Minister Jean Chretien to rattle the nerves of this television and radio personality.

Stroumbouloupoulos met live and one-on-one with the PM last Thursday in one of the last interviews before the Monday election. He wasn't intimidated in the least he said.

"Interviewing him is like interviewing anybody else," Stroumbouloupoulos said. "So long as you're prepped and ready to rock, it doesn't matter."

He's dealt with high profile interviews since his days at the FAN590 where some of his first interviews were with Michael Jordan and other superstar athletes.

"Nobody intimidates me really. People are just people and I don't just say that and not mean it. We're all the same," Stroumbouloupoulos said.

Although he approaches his political interviews with ease, it's not with indifference.

"I'm very political in my own life. Obviously it's a big deal to me

and I think that just stems from growing up a rebellious jack ass," he said. "I think the older I got, the more I realized it was less about being a jackass, and more about addressing important issues that need to be dealt with."

Hosting MuchMusic programs, and the political interviews that have come with that, have been an extension to what had formerly been a mostly music related career for Stroumbouloupoulos.

As far back as his days at Humber, he had seen television as a possibility in his career future.

Although he thrived on the immediacy and interactivity of the radio medium, he couldn't turn down an offer to step over to TV when an offer to host The New Music came up.

"The reality is that I was only interested in coming to Much to host the New Music, the show I grew up watching. A lot of the things I've learned about music in my life initially came from watching that show," he said.

Stroumbouloupoulos has maintained a good relationship with the Edge, and still gets his hard music fix hosting Punkorama and Over The Edge on weekends.

It's always been about the music and the culture for him whether he's delivered on TV or the radio.

The importance for him is to keep the focus on the music and not on the corporate or financial motivations that he sees as interference.

"I think there is a balance between bottom line and vision, and in a lot of radio, it's mostly bottom line, and in TV too. It all gets in the way of what it's really about, and it's really about a song, and it's really about culture," he said.

He plans to keep up with both media, and for now he gets to enjoy the added luxuries of being a TV personality.

"People are just naturally interested in talking to people they see on their TV for some weird reason," he said.

Although he doesn't mind being stopped in the streets, or getting positive feedback for his work, he doesn't enjoy the negative scrutiny that also comes with being in the public eye.

"Sometimes people just don't like the way I look. They think I look stupid, or they think I'm too ugly for television," Stroumbouloupoulos said. "Most people are really cool though. The ones that aren't don't really bother me."

Producing some TV or reviving a sports program called GAME that he started with two others back at the FAN590 might lie in the future for Stroumbouloupoulos, but broadcasting on MuchMusic and the Edge is enough work for now.

"I'll always be in love with music, even if I get out of working with it," he said. "I don't know where I'll be in five years. I'm going to ride this out for a few years and see where this takes me."

A toothpick is the object most often choked on by Americans.

An average of 200 million credit cards are used every day in the United States.

Every year, over 8,800 people injure themselves with a toothpick.

-www.uselessfacts.net

## The verdict is in at Humber's first mock trial

by Ryan McLaren

A mock criminal trial could be a regular event at Humber if a proposed courtroom is built when Humber expands with Guelph University in the next few years.

"I have asked Robert Gordon [president of Humber College] if he could consider putting an actual courtroom in the new building," said Philip Sworden, co-ordinator for both the Law Clerk program and the Court and Tribunal Agent program and organizer of the mock trial.

"So what I'm looking forward to is, if the new Humber-Guelph building is built, we'd actually have a courtroom there and we could do this regularly for our students."

The Court and Tribunal Agent and Law Clerk programs held the mock criminal trial in the lecture hall of Humber College's North Campus last week based on a fictional case of harassment.

The presentation was created to

give the students a better understanding of how a criminal trial operates.

By showing students the process of the courts, they get a better feel for how a real court runs.

The presentation was open to all interested Humber College students.

*"Everything was very condensed; we only had the week and a bit to work with but we managed to get everything together."*

-Rebecca Roach

Students in Humber's Film and Television program filmed the presentation. The tape will be reviewed to assess whether or not the presentation should be a yearly event. If not, the teachers of the

Law Clerk program and the Court and Tribunal Agent program will use the tape as a teaching tool.

Rebecca Roach, a second-year Film and Television student was recruited to organize a crew of four cameras and a sound team to film the presentation.

"I thought it would be a great experience," Roach said, although she admitted that organizing the taping was difficult. "Everything was very condensed; we only had the week and a bit to work with but we managed to get everything together."

The future of the mock trial is still up in the air. A lot rests on the tape of this trial.

If it is deemed to be beneficial to the students and worth the time and effort then it will most likely be done again.

If not, the tape will be the only lasting evidence of Humber's mock trial.

"I would certainly like to try it again," Sworden said.



RYAN MCLAREN

**MOCK** - Humber students were treated to a mock trial setting last week. Plans for an actual courtroom could be in the works when Humber and Guelph join forces in 2003.

## Dreams ignited by Humber education for Venezuelan student

by Jason Spence

As students across Ontario awoke from their summer reveries and grumbled about returning to school, 12 South American Presidents attended a meeting to discuss the politics and escalating violence in Colombia.

While these leaders sought peace and unity, a fellow South American was thousands of miles north settling into his studies at Humber College.

Nineteen-year old Venezuelan-born Jose Gregorio Albinazar knows all about the violence in Colombia. Venezuelans are all too painfully aware of their western neighbours. Long before he was born, and often since, Colombia

and Venezuela have argued over the border between them.

That border seems even more blurry now that the Revolutionary Armed Forces of Colombia (FARC) has a grip on 40 per cent of Colombia.

Although Albinazar grew up in Maturin, farther east from the Colombian border, he expresses genuine concern about the violence that has left many Colombians, and many of his own countrymen, savagely murdered by FARC guerrillas.

The tanned, elfish visage that usually looks far younger than his 19 years, quickly ages as he speaks of the violence.

"That's a pretty sad situation," Albinazar said. "Mostly the guerrillas are fighting with the Colombian

government.

"But they are also crossing the border, kidnapping, killing, and taking land away from Colombian [native] Indians, like the Yanomami and Guajiros. Both [groups] have left their homes to look for a better life. The Yanomami have gone from the forests of Edo Bolivar to Pto. Ordaz in the north. The Guajiros have moved from Zulia to Maracaibo."

*"I was a little intimidated."*

-Jose Albinazar

But as his thoughts turn from the violence to a peaceful Venezuela, he looks ruefully outside his window - far, far away.

Albinazar travels began when he was 17, taking him from Maturin to America where he hoped to learn conversational English at Stetson University at Deland, Florida.

He would live in Deland for the next eight months without any relatives.

"I was a little intimidated," Albinazar admits. "But as time passed by, I met nice people and got settled."

Albinazar also learned more than English in Florida.

Stetson University accepts students from 25 America states and nine foreign countries.

This modest international student body allowed Albinazar to learn about new cultures - even new South American cultures.

As well, he took in all of Florida's tourist attractions including Disney World, NASA, and the sunny beaches that reminded him of Venezuela.

Albinazar cherishes the time he spent in Florida, and could have

stayed longer - he was accepted into Stetson's computer science program.

However, when the eight-months were done he decided to return home to white sandy beaches, palm trees, temperate weather, and family.

However, not long after he was reunited with family and friends Albinazar, now 18, began to grow restless again.

Learning English was not enough. He wanted an education.

According to Albinazar, the education system in Venezuela is not as good as it is in North America.

So he began making phone calls to U.S. universities, but was discouraged because of high tuition costs.

"[Then] a friend of mine told me about Toronto," Jose said. "He said it was a really nice city, and the exchange of the Canadian dollar comes very well for us."

So he looked further north and found Toronto.

*"I will go back to my country and try to help out as much as I can."*

-Jose Albinazar

Here in Toronto, Albinazar has studied more English considering he has had less than a year's worth of instruction, his English is very impressive; and, with the help of friends and family he stayed with briefly upon arriving in the city, has gotten to see Toronto a little before beginning classes in Humber's Civil Engineering program.

Part two of his North American adventures, have just begun. It is an adventure mixed with fear and excitement.

Fear, because he is again in a strange country without a single relative. The excitement, of course, comes with starting a new life - along with the news of the birth of a new sister, Michelle, back home.

And perhaps there is even a little relief at the beginning of this journey. Albinazar said the people here are not so different from the ones in Venezuela: they are "nice."

Humber is host to many other international students. Many live on campus, including one of Jose's new friends, Marcellianus Johannes, who lives across from Albinazar on the seventh-floor of Humber's residence.

Marcellianus, a first-year Travel and Tourism student from Indonesia, can identify with Albinazar story. For Marcellianus, Albinazar is just "one of the guys."

"We have a lot of the same interests," Marcellianus said. "We've played basketball, soccer, and video games. He's a nice guy."

But there is something special about Albinazar.

There is discipline in his face: it is neither stern nor simple, but a promise of something.

Seventh-floor Resident Assistant Ravi Aujla, responsible for ensuring a friendly environment for the students on his floor, notices it.

"I wouldn't say he's a no non-sense-type of person, but he has perseverance."

Albinazar dreams of playing professional soccer - a dream he knows, at his age, is impossible.

He also dreams about returning home and helping his country.

"After I graduate [from Humber]," Albinazar said, "I want to transfer to a university, and hopefully, after I graduate from university, I will go back to my country and try to help out as much as I can."



JASON SPENCE

**INTERNATIONAL** - Jose Albinazar came to Humber for a better chance for a good education.

## Grads 'R' Us

## Raptors get a slam dunk with Humber grad

by Lindsay Bruce

Little did Vince Carter know when he started playing for the Toronto Raptors in 1995 that Humber graduate Dave Haggith would soon be his personal public relations co-ordinator.

After Haggith graduated from Humber in 1995, he took a job for the Raptors ticket department in order to get his foot in the door.

Haggith said he took the job in ticket sales to get a better understanding where he would be best suited in the company.

"Every job needs some degree of PR skills," said Haggith.

Haggith, who also interned with the basketball team while enrolled at Humber, went to work with the Raptors communications department and then to the Raptors foundation where he was involved in community work.

He worked for communications for two and a half seasons when he was promoted to work as the PR representative for the basketball team.

Haggith said he enjoyed working as the PR rep for the team, a job that included handling the media coverage at home and on the road. But after two and a half seasons, the travelling was starting to weigh on him.

"It was a good experience for me, but the travelling started to take its toll," said Haggith.

At the end of the last season,

Haggith decided to look for a new job where he wouldn't have to travel so much, but Vince Carter had something different in mind for Haggith.

Carter offered Haggith a new job with little travelling obligations as director of communications for Visions and Flight Inc. and personal assistant to Vince Carter.

Haggith began the job at the start of the basketball season this year and said it's going well.

Some of the responsibilities of his new position include image management, coaching Carter on issues, and co-ordinating Carter's Toronto foundation, the Embassy of Hope.

Haggith said the three-year diploma program at Humber helped him tremendously in getting the job he has today, and the internship component was extremely helpful as well.

"I got my hands on a lot of projects that interns don't generally get to do," said Haggith.

Haggith said trust is a huge factor when working as a PR representative.

"Vince spent his first two years with another agent who went to jail for stealing his clients' money. We've built up trust over time," said Haggith.

Haggith said working for Carter is more than just a professional relationship to him, and he wants nothing more than to see Carter

succeed.

"He knows, ultimately, my main concern is his success and career," said Haggith.

Haggith said a few of his greatest memories so far are when he and Carter went down to San Francisco last season for Carter's first All-Star game, and when Carter won the rookie of the year award.

"He ran away with that award," said Haggith.

The PR rep said there is no jealousy from the other players on the team despite Carter being the only one with his own rep.

Haggith said the rest of the players understand that Carter's situation is different.

"They know with his schedule that he needs more help," said Haggith.

Haggith isn't sure which career path he will take when Carter becomes a free agent in two years.

Haggith said Carter loves Toronto and doesn't yet give much thought to leaving the city.

"He's focused on winning games for the Raptors," said Haggith.

Haggith said he will probably move to an agency environment with a sports focus, but said right now he couldn't be happier.

"I have combined my love of sports growing up, and I just fell into a dream career. It's the best of both worlds," said Haggith.

Haggith said he comes to



COURTESY PHOTO

PR - Dave Haggith works for Vince Carter and the Raptors

Humber occasionally to talk to PR classes about career choices, and he said the most important thing to remember is to have goals.

"Don't limit your choices because something is not branded as a PR job. Most PR skills can be transferred to different areas," said

Haggith.

Haggith said in the PR business being able to work well as part of a team is crucial for success in the industry.

"Don't limit your options. Just work hard and work as part of a team," said Haggith.

## Presenting Humber's first ever Snow Queen pageant

by Brett Clarkson

With the wintry temperatures plunging outside, Humber's second-year Fashion Arts students are looking to warm things up with the crowning of Humber's first-ever Snow Queen on Dec. 6.

The Snow Queen will be chosen in a pageant featuring 10 female contestants who will model local winteresque casual wear, sports wear, and ball gowns. A series of questions will be posed to the contestants with a panel of judges to decide the winner.

The second-year Fashion Arts students are hoping the pageant will bring some positive attention to Humber's Fashion Arts program.

The students intend to raise funding for their upcoming year end fashion show. Last year's show was held at the Phoenix Concert Theatre in downtown Toronto.

"It's not going to be your regular beauty pageant," said Lisa Berridge, 21, who is handling the Snow Queen advertising. "Most pageants are superficial, we're trying to get away from that. It's just a fun thing."

Contestant Katherine Leoni, 19, said she's in it "just for fun," but indicated she'll probably get nervous when she's onstage.

Leoni, a first-year General Arts and Science student at Humber, hopes to win first prize (\$400 retail value) in the pageant, which includes a Pioneer CD player, a Rialto gift basket, a Pixi Position necklace, a three month gym pass, and a \$50 Woodbine Mall gift certificate.



BRETT CLARKSON

**CROWNING** - Although the snow has yet to fall, 10 contestants are ready to compete for the crown of Humber Snow Queen.

Michelle Alcamo, 20, is a second-year Fashion Arts student at Humber as well as a representative on Humber's Board of Directors for the business department. She said she won't be nervous during the pageant.

"I was on the student council all through high school and I used to have to stand up in front of a thou-

sand Grade 9s," Alcamo said. "I'd try to play games with them and make them laugh and get their attention, so I'm used to making fun of myself in front of a large crowd of people."

Contestant Avital Berman, 23, said she hopes to win the pageant, and intends to use her secret weapon: "My smile. It's huge."

On the subject of pageants, Berman thinks they're overrated.

"It's too superficial. The girls go through so much hell, basically just to look pretty, and they're never good enough if they don't win."

The Snow Queen pageant will be held on Dec. 6, at 12:30 p.m. in the Student Centre, adjacent to the PIPE.

## Turned off

by Kevin Waddell

The life expectancy of computer equipment could be extended if students would turn equipment off, according to School of Media Studies technical support staff Dawn Warren.

At least five scanners have died since the beginning of the semester, Warren said.

Warren estimated that it cost Humber College \$350 to replace each scanner.

She said a new scanner costs roughly \$300 and takes a technician two hours to install it and that's where the extra money comes into play.

Warren said the reason that it takes so much time to install a scanner is because it needs to be prepared before installing, and that fibre optic and security systems takes time to work around.

Zip drives have suffered from constant use as well, Warren said.

SMS has replaced several units this year, \$200 each.

Installing external Zip drives also takes roughly two hours of a technician's time, Warren said.

The equipment in the labs "is like your home equipment," Warren explained. They aren't built to be constantly on.

She said the 60 to 70 SMS computers in the Mac labs shut off automatically if they're idle for 40 minutes, but the 120 SMS PCs need to be manually turned off.

Warren said students should do their part to ensure a professional work environment by shutting off equipment.



# Cycling program will help take off pounds

by Lindsay Robertson

Humber Athletics will be helping students burn off those post-turkey pounds.

Starting in January, an improved cycling program will begin in the new athletics facilities, said supervisor Leanne Hewood.

Aerobics co-ordinator Erin McCoy, who will be conducting the classes, is hoping their 11 new Bodycle exercise bikes will arrive in December.

She has been working in Humber Athletics for two years, and has been cycling for seven.

The Bodycle bikes are "male and female friendly" and will also be used by Humber's athletes for

cross-training, said McCoy.

The program will have co-ed beginner, intermediate, and advanced cycling classes in the mornings, afternoons, and nights, to cater to students' busy schedules.

"We want to have as many classes as possible," said McCoy.

Until the holidays, there are cycling demonstrations on Wednesdays and Fridays at 11:30 a.m. to noon, and 2 p.m. to 2:30 p.m.

Students looking to give cycling a spin can sign up in Athletics.

McCoy runs the demonstrations.

"It's a great workout," said McCoy "It works the legs, stabilizes the abs, and can help athletes recover from injuries."

# Winter wonderland will be coming to the Humber Arboretum Dec. 2

by Lindsay Robertson

Humber's Arboretum is celebrating Winter the Canadian Way with free hayrides, nature walks, story telling, caroling, and crafts.

And what would a winter celebration be without a visit from Santa?

The annual event is an open-house to the community, with this year's activities running from 10 a.m. to 4 p.m. Dec. 2.

Humber Arboretum co-ordinator Christine Fraser said the festival is entertaining for staff, students, families, and members of the community of all ages.

"The winterfest will be fun for everyone from pre-schoolers to stu-

## Winter is on its way to Humber's North campus.

dents and senior citizens," Fraser said. "Some people come every year. The snow and the cold doesn't keep them away. They dress for the weather."

Celebrate Winter the Canadian Way is organized by Public Relations students in conjunction with the Arboretum staff, as a group project.

"Staff and students work together to put it on," said Fraser.

Visitors will be encouraged to bring new mittens to hang on a mitten tree as a donation to Toronto's needy children through a local

charity. Hot chocolate, cider, soup, and chili will be sold to keep visitors warm.

Children will have a chance to feed chickadees, and crafts will include Inuit rock figures, snowman magnets, cookie decorating, and paper snowflakes.

As tradition, every year the Arboretum hand-picks about 70 balsam fir Christmas trees, which will be sold for \$25 to \$35.

Members of the Humber community are invited to stop by anytime during the festival, and can call (416) 675-5009 for more information.

# Indian show at Humber

by Ashley Kulp

Humber students were tapping their toes to the sound of music as Humber's multicultural week continued.

Humber Indian Students Association (HISA), put on an Indian show for students of all cultures in the Humber Student Centre, last week.

The show featured eight live performances by Humber students, and co-organizer Nadia Mohammad said the show has been a long time coming.

"We have been practising and doing the meetings since the end of September. We had regular meetings every week, talked to people about working and those that were interested in dancing," Mohammad said, HISA treasurer.

"We have gotten such a huge response, and had to let down so many people because of the time span," he said. "It's been almost two months since we started and the people have been amazing."

The event also offered free authentic Indian food, including samosas, a traditional vegetarian snack in a breaded coating.

There was also an opportunity for many to get henna tattoos.

Humber students Humera Faiyaz and Era Singh were glad just to be volunteering at the event.

"We are volunteering for this event by selling our traditional snacks, which are samosa, and enjoying the performances," said Faiyaz.

Mohammad said she was pleased with the turnout for the show and that it was a good stress reliever for the students performing and those watching.

"We just need to get the crowd hyped up. We have a few performances coming up after the break, which will be amazing," Mohammad said. "Last year, after the performances, we opened up the dance floor and everyone danced until five in the afternoon. Exams are near, and everyone just needs to have some fun."

The Indian show brought Humber's festivities of multicultural week to a close. It ran from Nov. 21-23.



# BIZTECH *et cetera*

"A lot of students are online 24 hours a day."

-see goodies online

A quarter has 119 grooves on its edge, a dime has one less groove.

-www.strangefacts.com

## Getting the goodies Online

by Marlon Colthrust

A new Internet company has enabled an easy method for users to order food online.

Delivery.ca Incorporated has made itself Canada's online destination for ordering meals, from people's favourite local stores.

"When I logged on to the site, it gave me a choice of ten restaurants in my neighbourhood."

-Andrea Fernades

The free ordering service features many tools to help make Canadian lives less hectic.

Members can receive reminders to purchase gifts for important occasions, quickly reorder their favourite meals, and save money daily with Delivery Deals e-coupons.

Craig Tyndall, Delivery.ca CEO, said people use their online service for convenience.

"A lot of students are online 24 hours a day," said Tyndall.

The Web site customizes itself to its users, wherever they live in Canada. Consumers can easily order from their favourite local restaurants online.

Like ordering on the phone, membership is free and there is no additional charge for ordering online.

Members begin by specifying their address and major intersection, and are then presented with a list of merchants in their area, from which to purchase products for pick-up or delivery.

"When I logged on to the site, it



MARLON COLTHRUST

**NO IT'S NOT GINO HIMSELF-** Pizza is one of many alternatives consumers have in buying food Online.

gave me a choice of ten restaurants in my neighbourhood," said Andrea Fernades, a second-year Nursing student. "One of the restaurants was a five minute walk from my house.... I ordered and picked it up."

There is a large variety of restaurants available on the site to tickle your palette, including Sushi to Go, Gino's Gourmet Pizza, Wing Machine, Bombay Palace, Felicita Bakery & Pasticeria, and the Rice King.

Restaurant availability may vary from neighbourhood to neighbourhood, but there should still be access to exotic or domestic foods.

The site is great for people who are new to an area, and not familiar with the surroundings, or individuals who spend their whole day on the computer and can't afford the time to get up and make dinner.

"We are building a solution to help Canadians with their busy lives. We have parents who love to order meals through Delivery.ca just before they leave work. When they get home, dinner is just arriving in the driveway," said Tyndall.

The Web site currently offers 400 e-businesses in Ontario, with plans for national expansion by 2001.

## Canadian companies crack top 500 list in the technology sector

by Carlo Corbo

Canada is making its mark on the technology sector according to the annual Deloitte & Touche Technology Fast 500 list.

Forty-six Canadian companies made it to the annual list, with two of these companies placing in the top eleven for the first time.

"Although the results aren't surprising given Canada's significant role in the development of the current high tech landscape, it's rewarding..."

-Garry Foster, National Director Deloitte & Touche

Pivotal Corporation, a software developer, placed ninth with a growth rate of 34,548 per cent. Stratos Global Corp., a communications company, placed eleventh with a growth rate of 27,650 per cent.

Deloitte & Touche Technology is one of Canada's largest management consulting firms. It has put out the Fast 500 list for the last six years.

"Although the results aren't surprising given Canada's significant role in the development of the current high tech landscape, it's rewarding to see Canadian companies recognized for their initiative and contributions to the new economy," said Garry Foster, national

director of Deloitte & Touche in a press release.

"Pivotal is extremely honoured to be named."

-Norm Francis, Pivotal Corporation President

Norm Francis, president of Pivotal Corporations, said he was pleased with his company's performance.

"Pivotal is extremely honoured to be named among North America's ten fastest growing technology companies," Francis said. The top spot on the Fast 500 went to Primus Telecommunications Group, a communications company based in Virginia. Primus attained a growth rate of 71,257 per cent.

More than three-quarters of the companies on the Fast 500 list are in the computer, software, and communications sectors.

Software companies were represented the best on this portion of the list occupying 46 per cent. Internet companies comprised 17 per cent, communications with nine per cent, and computers with five per cent.

Other sectors which saw considerable growth included biotechnology and electronics.

The Fast 500 list is compiled from three sources: Deloitte & Touche, nominations submitted to the Fast 500 list, and a public company database.

To qualify for the Fast 500, entrants must have had 1995 revenues of at least U.S.\$ 50,000.



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The Humber Hawks women's basketball team improved their record to a perfect 5-0 with a 62-43 victory over the Durham Lady Lords.

-See "Hawks prey"

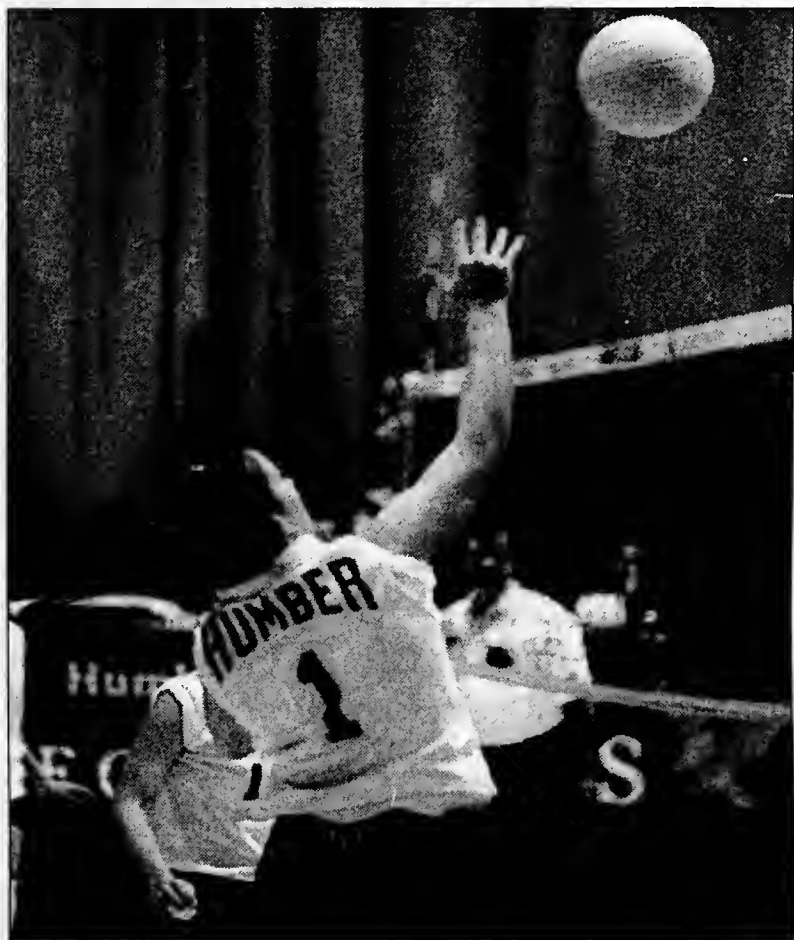
Striker Jesse Calabro was one of Humber's most celebrated soccer players. He struck fear into the hearts of opposing teams for three years.

Read all about him on page 22.  
-See "Striking his way"

# SPORTS

et cetera

## Bruins hibernate in loss to Hawks



JEFF NEAL

**VOLLEY QUEEN** - Hawks all-star Jen Edgar sets herself up for the volley during the game against the Bruins.

by Jeff Neal

The Humber women's volleyball team stopped their longest losing streak in years last Wednesday, beating the Sheridan Bruins in three straight sets.

Playing at home, the Hawks had to rebound from their first regular season loss in three years, against a rather tough opponent. The Hawks are now 2-1 on the season.

"I think, as a team and a coaching staff, we very happy to go out and win against a team like Sheridan. We didn't allow them to get a rhythm going and even though the score was close, we felt pretty much in control the whole time," Humber assistant coach Chris Wilkins said.

In the first set Humber fell into a 3-0 hole, but with the score 4-1 in favour of Sheridan, the Hawks powered up and went on an eight point run. They never looked back, winning the set 25-17.

"Sheridan is one of the better teams in our league and we knew we had to rebound quickly from [the loss] against Seneca and get back on the horse," Wilkins said.

The Bruins polished up their act in the second set, but Humber controlled the pace and collected a 25-22 victory.

"We played well but our passing wasn't that great and we kind of sat

back and let Humber dictate the game," said Sheridan captain Noreen Ortila.

Next came Humber's chance to cage the Bruins and call it an early night, but the Hawks had yet to find their predatory nature and failed to take advantage of a 24-19 lead. They closed out the game 26-24.

"The first game was a perfect example of how Humber plays. We slacked off the second and third game, but we overcame everything and beat them," said player-of-the-game Nio Perkins.

For the first time this season the Hawks had each player in uniform, although not everyone was at 100 per cent. Krista Schaff tested her shoulder briefly, but still felt soreness.

"It's a little frustrating not being out there playing, but at least I got the feel for the ball again. It was nice to be out there with the girls," said Schaff.

Before the game Sheridan honoured their captain and three-time, team MVP, Ortila.

"Humber has always been a rival and I got close to the Humber girls through [former teammate] Barb [Legeic], so it was nice to play my last game here," Ortila said.

"We are still doing a lot of the things that we shouldn't be doing, but it's early in the season and we

are about where we want to be," Wilkins said.

"We want to be getting better and, the girls are wide-eyed, and they are learning and taking the steps needed to get better."



JEFF NEAL

**DOUBLE-TEAM** - Hawks players, Nio Perkins and Michelle Richmond (left) simultaneously leap to block the spike from the Bruins' centre.

## Grizzlies and Bruins can't bear Hawks attack

by Randy Cooray

The Hawks mens volleyball team taught a lesson to the big bad bears from Georgian and Sheridan with victories against both colleges. Humber's v-ball boys earned the sweet taste of revenge after defeating the Georgian Grizzlies 3-1 at home on Tuesday.

With the victory, the Hawks' winning streak is now at four, after losing the season opener to the Grizzlies.

Head Coach Wayne Wilkins says his team was extremely pumped up for the game, having the previous game slip through their fingers the last time they squared-off in Barrie.

"Revenge is a motivator," said Wilkins. "The bottom line is that we had to send a message. We play them three times this year, so tonight was, 'you (Georgian) got lucky the first time, we will get you the next time.'"

The difference in the team's performance that Wilkins thought has plagued the team so far is a matter of staying focussed. Wilkins believed the Hawks were on their game.

"Moral was up. We didn't crumble because we lost a couple points, we stayed focussed and worked hard," said Wilkins.

Normally a reserve player, Chris Hunt found out at game time that

### Hawks improve their record to 4-1 and gain top spot in division

he was in the starting line-up after teammate Denny Moser was unable to compete.

"I didn't find out I was going to start until just before the game, so I was surprised," said Hunt. "We played okay. Our passing was there and sometimes it wasn't. Coach (Wilkins) said we only hit 23 per cent of our balls, so hitting has to improve."

Last Tuesday, The Hawks swept the Bruins in three straight sets, but were still disappointed with their efforts.

**"Revenge is a motivator.  
"The bottom line is that  
we had to send a  
message.**

-Hawks Head Coach  
Wayne Wilkins

The concern was how close the games were (25-21, 25-18, and 25-23). Team Captain Carter Walls says the team took the Bruins for granted, not giving a full effort on the court.

"We played down to their level because we knew we could beat them," said Walls. "We were too

lazy and we didn't work as hard as we could have so we have to work on that."

Wilkins said the team is on the rise and is just about to lose the awkwardness a new team has in the beginning of the season.

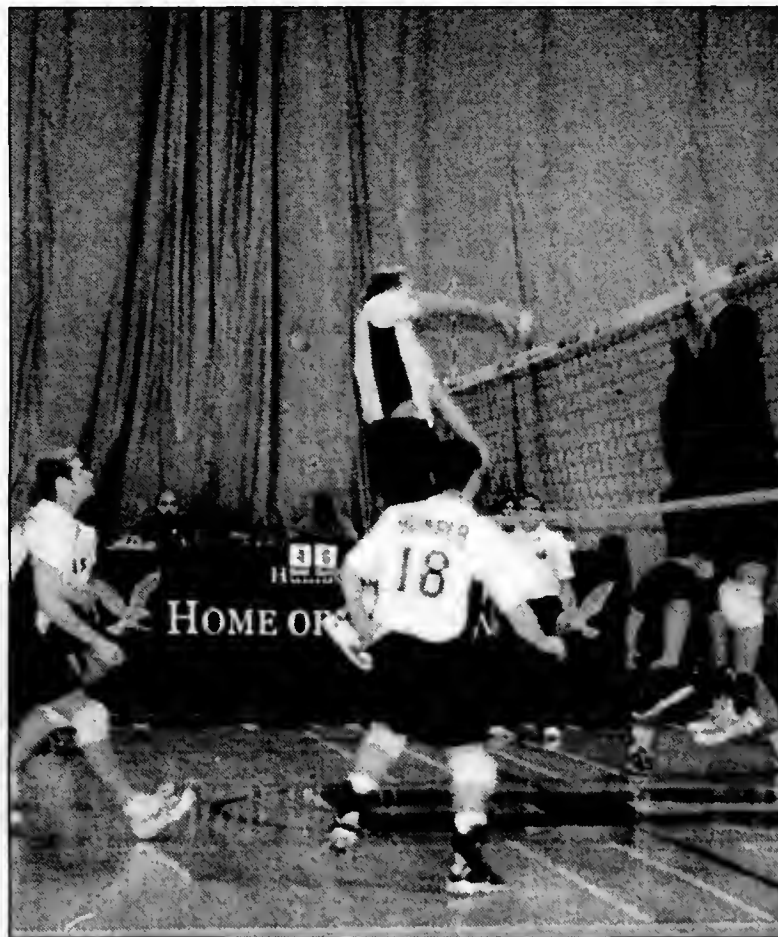
"The guys are getting used to each other and although it wasn't a team effort, it was an improvement," said Wilkins.

Wilkins believes there are two kinds of teams that the Hawks could be. Although he believes he has a good team, a great team has yet to flourish.

"A good team plays to the calibre of their opponent which has their ups and downs but a great team always plays consistent. Tonight we played like a good team," said Wilkins.

This is the first time since the beginning of the season the Hawks did not go the full five sets against an opponent. Walls says the team is not playing to the full capability the team has.

"We expect more than victories. We have to play at our level all the time. Not Seneca, Sheridan or Cambrian, but our level and we haven't done that at all in a match. Hopefully we can turn things around," said Walls.



RANDY COORAY

**READY, SET, EXPLODE** - The Hawks were explosive in both matches against the Grizzlies and Bruins, especially on plays such as this one.

# Nothing 'Bruin' for Sheridan

by Luc Hébert

The Humber College Hawks and the Sheridan Bruins are no longer rivals on the hardwood.

Humber tore the Bruins apart Tuesday night, 97-62. In the last 16 years, the Sheridan Bruins or the Humber College Hawks have come out on top in the OCAA 14 times. Humber won the title eight times and Sheridan six times. With the loss of CCAA athlete of the year Shane Bascoe to graduation and star forward Chris Bennett to the Hawks, Sheridan will not contend for the provincial crown this coming March.

"We've known for quite some time now that we were going to struggle," said Sheridan Head Coach Jim Flack. "That point spread is about right. We're about 25 to 35 points worse than Humber right now."

"They're just another team," said Hawks forward Marcel Lawrence. "This rivalry is dead. The only team I care about now is George Brown because they took their game to us."

Lawrence says he was never much of a believer in the Humber/Sheridan rivalry, and says the only reason he used to get fired up for games against the Bruins was because he was playing against his brother, Bennett.

Bennett agrees that the George Brown Huskies are Humber's new rivals, but says Sheridan is still a rival in his eyes.

"My emotions were running



MICHAEL STAMOU

**SWEET SHOOTER** - Hawks guard Cornell Brown attempts the free-throw.

wild before the game," said Bennett. "People wouldn't know it, but I was nervous."

Bennett didn't disappoint in his first game against his former team. After a quiet start, he poured in 17 second-half points on his way to a game-high 23. He picked up his aggressiveness in the second half, where he went strong to the basket with every possession and drew fouls from Sheridan players. Bennett was not phased at the line mid-way through the second half, when former Sheridan player Mike George chanted "sell-out... sell-out... sell-out." Bennett made the two free throws on his way to a perfect night (11-11) at the charity stripe.

Player-of-the-game Cornell Brown also helped pace the Hawk attack with 20 points as he continued his dominance from long distance range. Four of his five three point shots accounted for his 12 second half points.

"Those guys can

shoot the ball," said Flack. "If you saw our scouting report you would see all over that you have to put a hand up on every single jump shot, and not let people shoot without challenging them. We didn't do that on several occasions and we paid a serious price for that."

This game was undoubtedly a game of runs. The game featured 11 runs, each of which changed the complexion of the game.

Humber came out of the blocks with great energy, scoring the first nine points of the contest, but Sheridan assistant coach Leroy Cassanova picked up a technical foul that seemed to spark his team leading to a 6-0 run. A few minutes later, Humber came out with an 8-0 spurt that, again, was answered when Sheridan outscored the Hawks 12-3. However, the Hawks had the last word in the first half, and ended it with a 9-2 drive.

The Hawks started the second half with even more energy than in the first half, as they stunned the Bruins with a 21-6 blitz that put them up 61-35. Humber had started to put the nail in the coffin prematurely. With 8:17 remaining, Dexter Miller hit his second three-pointer of the game, and ended the push.

Sheridan came back with a futile 8-0 run before they completely fell apart. An airball and an over-and-back violation that were followed by a fast break basket from Bennett and another three pointer from Brown sparked the eleventh and final run of the game that saw

Humber finish the game by outscoring Sheridan 20-0 in the final 3:40.

It wasn't until there was 2:05 left in the game, and until the Hawks had a 26-point lead that Humber Head Coach Mike Katz felt comfortable enough to empty the bench. Katz says the game felt much closer than the final tally would indicate.

"They keep coming at you, and we're not going to quit," said Katz. "We made our plays at the offensive end. I'm really pleased with the win."

Despite the end result, the game was filled with passion and intensity, and most of it came from the benches. Three technical fouls were called on coaches during the game. One was coach Flack.

"I thought they missed three or four really key calls in the first three minutes that helped them build a little bit of a pad and the lead," said Flack. "I wasn't going to sit there and take that. The only people that started out well tonight was the Humber team. The refs didn't start out well and Sheridan didn't start out well."

Will the differences in opinions on the sidelines rekindle the rivalry that once was? Players come and go, so it's all over for them. For the coaches who have fought in Humber/Sheridan wars over the last 16 years, it will take more than one convincing win to change their outlooks onto the storied match-up.

# Not even armour can save Knights

by Jason Thom

Instead of choking against a team they should easily beat, the Humber Hawks prevailed by defeating the Sir Sanford Fleming Knights with an almost too easy 4-1 win.

The game had disaster written all over it for the Humber College Men's hockey team.

They had a two-week break, were playing a team lower in the standings (which is never an omen for this team), and were without three of their top six scorers.

The win evened Humber's record at two wins and two losses.

"We were without three pretty good hockey players tonight," Head Coach Joe Washkurak said. "We had to mix and match some lines tonight and the guys played hard and they knew they needed a win because one and three would hurt us."

The Hawks were without captain Chris McFadyen, whose chronic wrist problems finally forced him out of the line-up until next semester.

They also missed Eric Hobor, who's out with a hip pointer, and J.J. Dickie, who was injured trying out for the Toronto Rock lacrosse team.

So Kevin Coffey took it upon himself to carry the offensive load on this night when he put Humber up 1-0 on the first shot of the game.

"I thought we were going to come out flat but we jumped on them quick and they couldn't come back," Coffey said.

Exactly four minutes later it was Derek Kearns who took a centering pass from Jarret Rowden and went glove side to make it 2-0.

Then it was time for one of the prettiest goals this year.

Coffey took the puck at the red line and broke in on a Knight defender whom he absolutely undressed with a neat inside-out move.

*"We wanted to have fun and have a good time."*

*-Hawks Head Coach Joe Washkurak*

He then flipped it upstairs over the fallen Fleming netminder to finish a beautiful individual effort and send the Humber bench into a frenzy.

"We had some key guys out of our line-up with Fads [McFadyen] and Hobs [Hobor] out and we needed some guys to step it up tonight and I got the chances and happened to bury them," Coffey said.

Fleming got on the scoreboard with under a minute left in the first when Wes Neild banged in a power play marker to make it 3-1 after the first period.

Throughout the first and into

the second, Fleming played their own brand of dump and chase.

However, the dump was usually from their zone and they never did chase which resulted in constant icings and one of the most boring games of the year.

Shawn Kane brought a little excitement when he fired a picture-perfect pass onto the tape of Morris Marshall who directed it into the open cage for a 4-1 lead in the second that eventually became the final.

"We wanted to have fun and have a good time and Coffey's a good skater and made some great plays and played exceptionally well for us tonight," Washkurak said.

Terry Gilmer started the game in net for the Hawks and stopped 23 shots for a solid win.

"All our goalies are stepping it up and getting really competitive and we're just gonna keep going," Coffey said.

The Hawks have two games left before the Christmas break and both Hobor and Dickie are expected to make the games but Washkurak didn't want to get his hopes up.

Injuries have become a constant on the squad, so the holiday break will be welcomed.

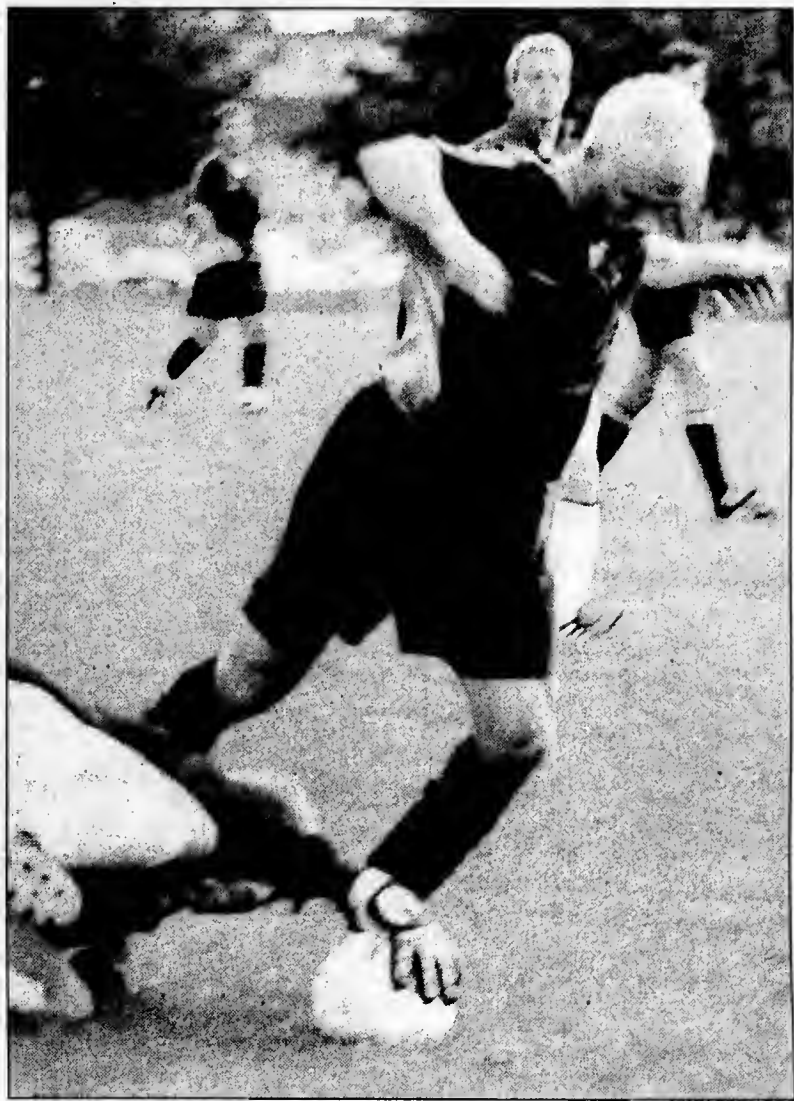
"It's just the way it's been this year. We just seem to keep a lot of people healthy so we're looking forward to getting a little break after next week."



JASON THOM

**I'VE FALLEN, AND I CAN'T GET UP** - The Knights defenseman is down-and-out during league play against the Hawks last week. Humber rolled over Sir Sanford 4-1.

# Striking his way into Humber history



JOHN EDWARDS

**STRIKING FEAR**— For three years, Calabro has struck fear into the hearts of opposing goalkeepers and teams all throughout the OCAA and the country. He was the two-time OCAA scoring champion in 1999 and 2000.

by John Edwards

Jesse Calabro is a scoring machine, both on and off the soccer pitch.

The 2000 season will mark the last time Calabro will terrify defences for the Humber Hawks men's soccer team as the team's top striker. He will leave the school after a four-year stay as the top goal scorer in Humber history.

Calabro, born in Toronto in 1978, said he was bred to be a soccer player.

"My dad bought me my first pair of boots when I was born and I started kicking a ball around when I was about three years old," said the 2000 All-Canadian.

Calabro said he started to get serious about the game at age 10 under the tutelage of Giorgio Piotti, who Calabro says "taught me where to put the ball and how to do it."

Calabro said there are many aspects of the game that he loves.

"I love the moves, the techniques, the passing, and the endurance people have," Calabro said. "The way teams get along with each other, the way teammates are, it keeps a lot of people out of trouble."

Calabro idolized former AC Milan striker Marco Van Basten and hockey legend Wayne Gretzky for their tremendous skill in their respective sports.

Calabro played in Woodbridge, Glen Shields and also in Europe before coming to Humber.

He came to Humber in January of 1997 for its business program and was unaware of the soccer team.

Germain Sanchez was coaching

the Hawks when Calabro walked on to the team.

"Jesse came to our team as a very young person with some raw talent and somehow he has been able to develop into a very good player. Right now, Jesse Calabro is one of the top forwards in the Toronto area at any level," Sanchez said.

*"We've been without a star since '95 and if I had to look at somebody who has been that player, it would be Jesse."*

—Athletic Director,  
Doug Fox

Humber Athletic Director Doug Fox said Calabro brings an important element to the Hawks.

"We've been without a star since '95 and if I had to look at somebody who has been that player, it would be Jesse," Fox said.

Hawks co-captain Jason Mesa has played with Calabro for two seasons and said one memory about Calabro will always be in his mind.

"I am always going to remember his mouth. He has always been one to let it yap and he's never been one to hold anything back," Mesa said.

Humber Assistant Coach Cesare Tripodo said Calabro has tremendous heart and love for soccer.

"He wears Humber's heart on his sleeve. Any team he plays for he dedicates himself to the team," Tripodo said. "He manages to OD

on sports, especially soccer. Over the summer he will probably play for two or three teams, so where ever you find a game, you will find Jesse."

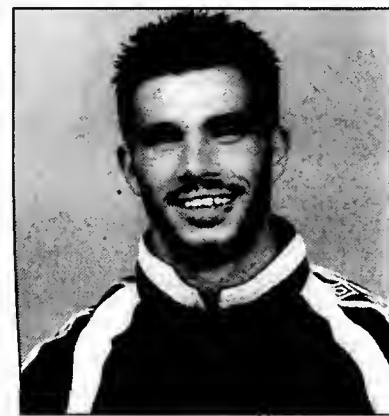
Calabro is currently single and said he has garnered a reputation at Humber.

"Everyone knows me as the biggest flirt at Humber," said the two-time OCAA scoring champion.

Fox added that Calabro's number 11 might be put on the walls of Humber's Athletic Centre.

"I have a criteria that's based on All-Canadian and graduation plus he's been the league scoring champion the past two years. I think there is a very good chance," Fox said.

After graduation, Calabro said he might follow in the footsteps of his father and grandfather and enter the construction business or open his own restaurant.



COURTESY PHOTO

**HIGH-SCORER**— Calabro has the honour of being the top goal scorer in Humber's championship-filled history.

## Sundin akin to Stojko

The Toronto Maple Leafs are at the top of the North East Division and are providing fans with an entertaining brand of hockey.

Over the summer, the Leafs picked up nose-grinding players like Gary Roberts and Shayne Corson.

These guys are players who aren't afraid to sacrifice their bodies night in and night out. Roberts and Corson are guys who will throw hits in the corners and rock opponents with thunderous open-ice hits.

These are the players who define Maple Leaf hockey.

However there is one player on the Leafs' roster who acts like a figure skater on the ice. Conveniently, it happens to be the man who wears the "C" for one of the most storied franchises in the National Hockey League.

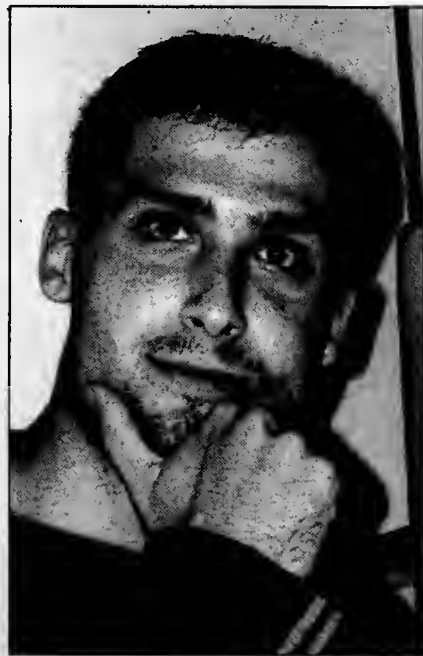
Sundin is supposedly the Leafs' leader on and off the ice. That's crap. Sundin floats around the ice, passing the puck quickly to avoid being hit.

Sundin has been with the Leafs since the 94/95 season and I have never seen the BIG Swede throw a hit in three seasons.

For a guy who is six-foot four inches and 230 pounds, and even bigger on skates, this sports editor has to wonder why Sundin can't or won't throw a hit.

Is he afraid, or is he mentally unfit to undersand that the game of hockey involves body contact?

Some readers may think I am being



Michael Stamou  
Sports Columnist

too harsh on our captain. I always manage to watch Hockey Night In Canada every Saturday and every time I watch, I change the channel when our top line comes onto the ice. If I want to watch figure skating, I will switch the television to CTV and watch Elvis Stojko do the quadruple lutz.

I sure as hell don't want to see Mats skate around the ice while Steve Thomas, who is five foot nothing, sacrifices his body to feed the puck to Sundin so he can score.

I watched the Ottawa game last week and I couldn't take it. It was the second period and the Leafs had shot the puck deep into the Senators' zone.

Sundin skated hard into the offensive zone, right at the defenceman and instead of planting him into the boards he stopped and tried to poke check the puck away from the Sens' player. What the hell is that?

That was the turning point in my disgust with Sundin.

In my expert opinion, the Leafs should dump Sundin sending him to the Los Angeles Kings for Rob Blake, and do anything and everything in their power to make a pitch for the "Big E" Eric Lindros. Then, at least, we will have a marquee player in Lindros, and the type of defenceman the Leafs have always needed in Blake.

Even though I have no respect for Lindros, I dislike Sundin even more and I know he will prove to be a better physical player and demonstrate more heart than Sundin ever did.

If this does happen I can finally watch a Leafs game the way it was meant to be played, with body checks, fights, and a desire to play the game. A game where there is no figure eights, pirouettes, or lutz.



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# Humber shows no mercy in crucifixion of Lords

by Luc Hébert

*Hawks give lesson in temple of doom with convincing 23 point win.*

The Durham College Lords got a lesson in theology Wednesday after they stepped in to the temple of doom that is Humber College's Athletic Centre.

The Hawks showed they were the legitimate all-mighty by crucifying the Lords 82-59.

It has been said over and over again, but the Hawks are untouchable when they come up with bal-

anced scoring. In this game, they accomplished the feat in more ways than one. The Hawks scored 41 points in each half as every player in a Hawk uniform contributed to the 82 points they posted on the scoreboard.

showing. Humber team captain Marcel Lawrence, though he acknowledged the Lords were short staffed, didn't completely agree.

"They were pretty weak actually," said Lawrence. "I don't want to say weak, because I guess some of their players were hurt so it's tough for them."

Humber played Bobby Fischer as they forced Durham players into playing the defensive aspects that would eventually lead to their demise.

"They played a zone," said Lawrence. "But once we started scoring on the zone defence, they had to go to a man to man defence. No team can stand our man-to-man offence."

Humber Head Coach Mike Katz may share Lawrence's enthusiasm and confidence, but he steadily keeps one foot firmly planted onto the hardwood. Katz said he saw a few old bad habits creep their way onto the basketball court against Durham.

"They're a scrappy team, and we won easily," said Katz. "But still, we turned it over way too much and that can hurt us a lot against better teams. It hasn't been as bad as it was tonight so let's hope it was an aberration."

Katz and his Hawks will get the chance to play better teams this weekend. They host the University of Toronto Blues and the Guelph Gryphons in exhibition games that showcase Humber's High School Classic tournament.

*"But once we started scoring on the zone defence, they had to go to a man-to-man defence. No team can stand our man-to-man offence."*

*-Hawk captain, Marcel (Skinny) Lawrence*

"Everybody got touches, which is good," said Humber Forward Chris Bennett. "We got some easy baskets on fast breaks, our post players ran the floor well, we posted up and got some scores, and everybody hit their shots. That's what we need every night."

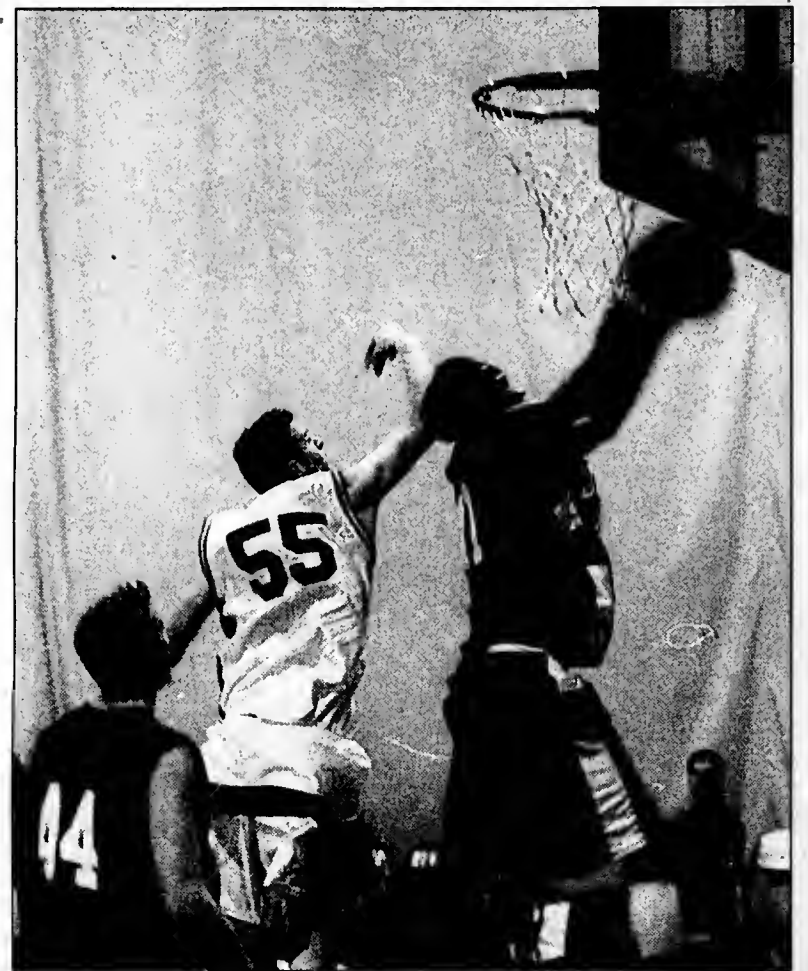
Fitzroy Woolery (17), Chris Bennett (13), and Cornell "Junior" Brown (10) were all in double figures. Rupert Thomas was also a factor in the game, scoring seven points and ferociously pulling down rebound after rebound.

The faithful might argue that injuries and personnel issues played a factor in Durham's poor



MICHAEL STAMOU

**FOR TWO**— Hawk forward Dejvis Begaj goes over a Lord on his way to the easy bucket.



MICHAEL STAMOU

**I'M GONNA CATCH YOU** — Hawk forward Dejvis Begaj tries to catch a Durham player as he goes for the easy lay-in. This Lord sank the basket, but it wasn't enough as they lost by 23 to the Hawks.

# Hawks prey on Lords in basketball feast

by Patrick Campbell

The Humber Hawks women's basketball team extended their undefeated season to five games last Wednesday night, beating the Durham Lords, 62-43.

"We felt confident going into this game," said Humber Head Coach Denise Perrier. "Overall, we were very happy with everything."

The two teams traded baskets early in the game until Humber shut down the Lords' offense and continued to hit shots of their own. The Hawks went on a 10-0 run to take a commanding lead 19-7.

Durham tried to climb back out of the hole they had dug, but it was too late. The Hawks kept a comfortable lead and continued to trade baskets with Durham until half time.

The Hawks went to the dressing room with a 11-point lead, 28-17.

"We didn't do a very good job of executing our game plan," said Durham Lords Head Coach Craig Andrews. "We were a

little bit flat, and this is always a tough place to come in and play your own game. There's a lot of tradition that goes along with the Humber Hawks."

The Durham Lords came out in the second half with the tables turned. After a dismal first half, scoring only 17 points, the Lords started with a six-point run to pull within seven of the lead. The Hawks tried to pull away, but their shots weren't finding the basket. Durham took advantage of Humber's mishaps and steam rolled with an 11-point run.

The Lords had closed the gap to only one, 38-37, but that was as close as they would get. Humber scored five unanswered points to take a four point lead, 43-39.

Once the Hawks regrouped, they slowly pulled away from the Lords with runs of five, six, seven, and nine to send the Durham Lords packing with a 62-43 drubbing.

The Hawks were led by star-forward Beth Latendresse's 16 points and point guard Elaine Morrison's 12, while game MVP Brenda Chambers chipped in with six of her own.

"We came out flat from the start, and our turnovers were much higher than they have been lately," said Andrews. "But we managed to stay in there and with six minutes left, brought the game down to only two. We played good defense, but they hit some good shots. We didn't do very well in man-to-man match-ups today."

Head Coach Denise Perrier said the team played well and deserved the win.

"Defensively, we played amazing. We played very well. They had some breaks, but that's going to happen. It's part of basketball," said Perrier. "But I thought defensively that was our concern. I was happy with the game. We didn't shoot well at the beginning, but then we started to make some penetrations and our shots were dropping. We wanted to control their offense, and come out with a win, and we did."



PATRICK CAMPBELL FILE PHOTO

**TWO OPPONENTS, A HAWK, AND A BASKETBALL**— Two opponents and a Hawk player battle under the basket for possession of the ball in a game earlier on this year.

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# BIZZARTIFACTS *et cetera*



**STOP! OR THE FLAKE WILL SHOOT** - This is SAC Bureau Chief Tim Kraan in the Humber Games Room back in 1986. It seems as though good ol' Timmy was having a tough time playing this game which was one of 23 machines in the Games Room. The Games Room made \$52,000 annually. Yikes!!

## Say What? "1998"

"Don't go dying on me. Remember, I'm a lawyer. I got friends in hell."  
-Suicide Kings

"It's like trying to find a needle in a stack of needles."  
-Saving Private Ryan

"Billy wants the models and limousines. But me, I'm happy with the hookers and taxi cabs."  
-Hard Core Logo

"If you can't spot the sucker after the first half hour at the table, then you are the sucker."  
-Rounders

"Panic! It crept up my spine like the first rising vibes of an acid frenzy. All these horrible realities began to dawn on me."  
-Fear and Loathing in Las Vegas

"As a shorty, I was always told if I ain't gonna be part of the greatest, I gotta be the greatest myself."  
-Gimme Some More  
Busta Rhymes

"I'm good to go. I'm ready to go 'cause you laugh and talk and 'cause you make my world rock."  
-Amity  
Elliot Smith

## What's your sign?

**SAGITTARIUS**  
22 November - 21 December  
Madame Olga has seen your future and things look good. Of course, Olga does smoke crack before her readings. Bonne chance.

**CAPRICORN**  
22 December - 20 January  
You know how your friends always smack you upside the head when you say stupid things? Well, dude, stop saying stupid things. Damn you!

**AQUARIUS**  
21 January - 18 February  
This is your week to make a difference in the world. You can start by planting a tree, become a big brother, save the rainforest, fight for world peace, and plan the boycott of Ally McBeal.

**PISCES**  
19 February - 20 March  
The best way to improve your love life is to make your mate believe that he/she is wrapped around your finger. They will do ANYTHING for you. The ball is in your court.

**ARIES**  
21 March - 19 April  
This weeks forecast is mind-numbing, with the right amount of extra curricular activities of course. If your mind and body are too exhausted, you need to see the high and mighty Dr. Greenthumb. He's got the right prescriptions.

**TAURUS**  
20 April - 20 May  
If you come across a penny on the ground, pick it up. It's a good start to your pathetic life.

**GEMINI**  
21 May - 20 June  
You are the total package. You have pizzazz, charm, good looks, and you are a crowd pleaser. Come to think of it, you just might be perfect...and then your mama woke you up and ruined your beautiful dream.

**CANCER**  
21 June - 22 July  
The answer to eternal bliss rests solely on you taking a bath. A simple bubble bath or bathing in whipped cream is good enough. Just please, for the love of the crows, bathe, cause you stink.

**LEO**  
23 July - 22 August  
Don't listen to those egg-headed financial planners. Get out there and spend, spend, spend. That credit card of yours needs to be fattened up. You can never have too much socks and underwear.

**VIRGO**  
23 August - 22 September  
Your misaion this week, should you choose to accept it, is to tell anyone wearing sunglasses indoors that they're idiots. Go forth and wreak havoc.

**LIBRA**  
23 September - 22 October  
Are you feeling boxed in? Just let out a silent fart and the coast will be clear. Doesn't it feel good?

**SCORPIO**  
23 October - 21 November  
Aim at beefing up you financial portfolio. You could knock off a bank, but that's too old school. We suggest church collection.

For entertainment purposes only.

## Reigns of Terror

In chronological order:

- Sir John A. Macdonald was our first Prime Minister, and walked the walk for 19 years in two terms. July 1867 - November 1873 and October 1878 - June 1891
- Sir Wilfrid Laurier ruled for 15 years. Wilfrid rules! July 1896 - October 1911
- Sir Robert L. Borden...who? Whatever he did in his nine years will long be remembered. October 1911 - July 1920
- William Lyon Mackenzie was hot and cold in his 22 years and three terms as Prime Minister. December 1921 - June 1926, September 1926 - August 1930, October 1935 - November 1948
- John G. Diefenbaker almost ruined Canada in his six year reign. You suck Diefenbaker! June 1957 - April 1963
- The Honourable Lester B. Pearson strutted his stuff for five years. The airport from hell is now named after him. April 1963 - April 1968
- The late, great Pierre Elliott Trudeau was Canada's superhero for 15 years during four mandates. April 1968 - June 1979 and March 1980 - June 1984
- Brian Mulroney. Nine years. Nuff said.
- And the winner and still undisputed champion, Jean Chretien. I luv Kannaddaal 1993 - present.
- Lest we forget the short, tedious reigns of Joe Clark, John Turner, and Kim Campbell. Each reign was a combined 18 months. Oh dear God.

Source: www.archives.ca/05/050601\_e.html.



## Smash-a-Mac

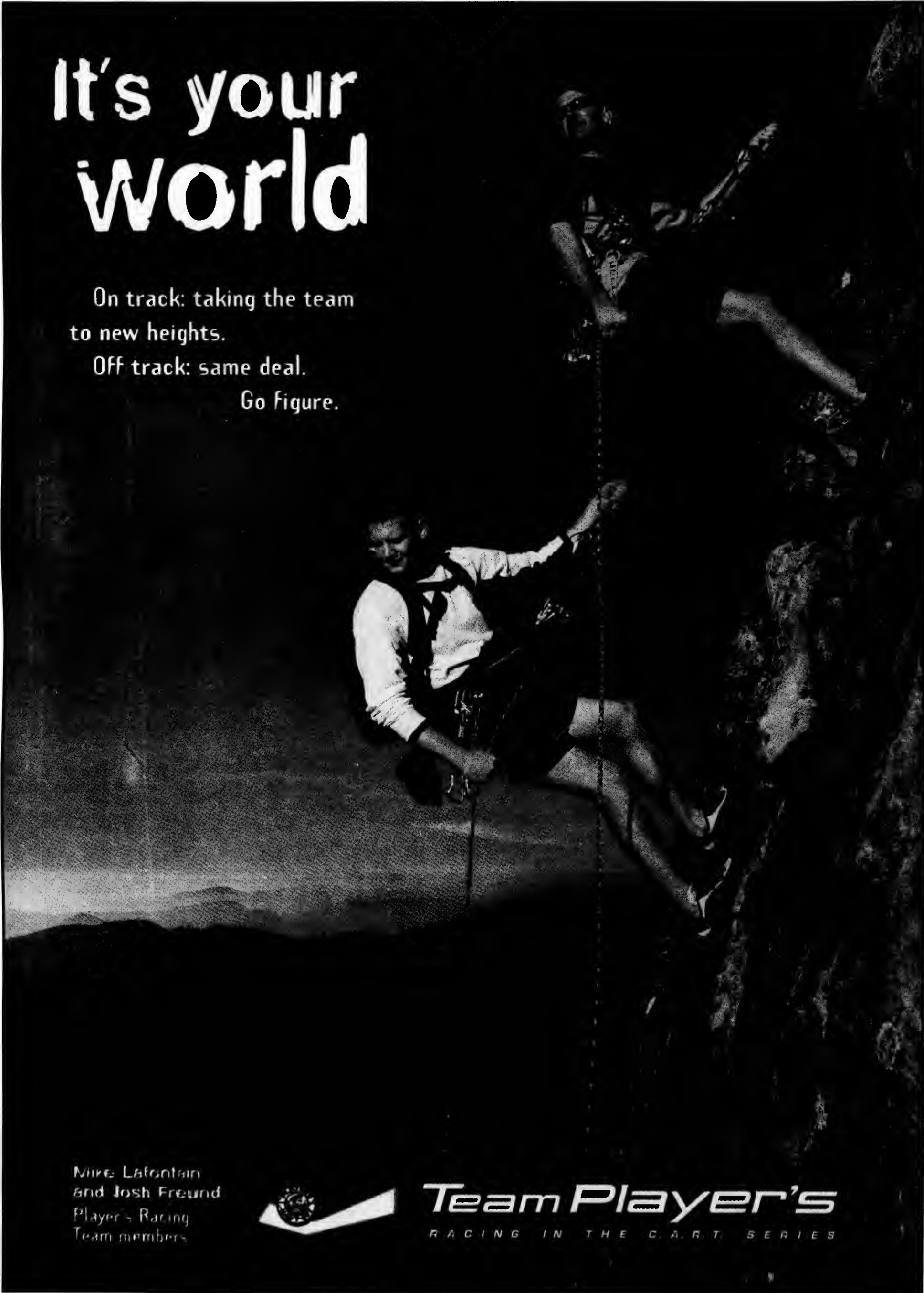
Are you frustrated by the evil workings of Macintosh Computers? Have you ever felt the urge to express your anger in the most violent manner possible? If the answer is yes, submit your 250 words-or-less story of woe to the Smash-A-Mac contest! The author of the best story will be given the chance to destroy a Macintosh computer with either a crowbar, baseball bat, or sledge hammer. Either bring your story down to the *Et Cetera* newsroom (L231), or submit it online at [etc@admin.humberc.on.ca](mailto:etc@admin.humberc.on.ca) Stories must be received (along with a phone number) by Monday, Dec. 4 at noon. The Mac will be smashed on Tuesday the 5<sup>th</sup>. The winning submission and picture of smashing will be featured in the Dec. 7 edition of the *Et Cetera*.

# It's your world

On track: taking the team  
to new heights.

Off track: same deal.

Go figure.



Mike Lafontain  
and Josh Freund  
Player's Racing  
Team members



**Team Player's**  
RACING IN THE C.A.R.T. SERIES