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30 YEARS

# HUMBER ET CETERA

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-- Humber College's Newspaper --

March 21, 2002 Vol. 30 No. 21

## Election down to the wire



You'll pay a mandatory \$92 student activity fee next year to finance the Humber Students' Federation and the deadline to vote for who you want in charge of that money is 6 p.m. tonight (Thursday).

At the voting station, directly in front of the Book Store, each student can vote for president, vice president of administration and vice president of campus life. IT students have an extra vote, as they must choose an IT representative for the board of directors.

The newly-elected president will oversee an estimated budget of \$1.12 million. Barring any appeals, election results will be announced tonight at Caps pub. Voting at Lakeshore ended yesterday. — EB

ELIZABETH BOWER



A donor generously gives blood while others lie around recuperating

## Record setting blood collection

By AKUA HINDS

Humber College staff and students saved the day for the Canadian Blood Services (CBS) last Thursday by surpassing the goal of 120 pints of blood at the blood donor clinic.

Long lineups packed the Pipe lounge until 3 p.m. and 127 pints of blood were collected by the end of the day, making the day a huge success for the CBS.

"When we've seen this outpouring of students willing to take the time from classes to promote this clinic and to volunteer, I'd like to say that they are true heroes," said Michelle Davies, a CBS volunteer.

Humber's Public Relation students were hired to both organize and promote the event.

"For us, it's a great chance to promote a worthwhile

cause, but it's also a great chance for us to learn how to run the event, and that's the whole point of this project," said Sarah Ford, a Public Relations student.

Because other universities and colleges host their own blood donor clinics, Humber's North Campus is the only school to team up with the Canadian Blood Services, and it's been going strong for the past 10 years.

"The clinics are always really successful at Humber," said CBS's Janine Armstrong. "There is usually no problem meeting the projections."

Davies agreed and emphasized the need for continued support.

"We supply over 58 hospitals in Toronto and the GTA and the need for blood is always there, especially for cancer patients," she said.

For more information, visit [www.bloodservices.ca](http://www.bloodservices.ca).

# News etc.

## Masses coming for Catholic extravaganza

Almost one million people to join Pope in Toronto for World Youth Day 2002

By IVETTE MONTILLA-HOOKONG

Almost one million people from more than 130 countries will descend on Toronto this summer to attend the Catholic celebration World Youth Day, said Paul Kilbertus, the director of communications for the event.

Arrangements for this event, which will be held from July 23-28, started nearly two years ago when the Pope declared Toronto as the venue.

Pedro Guevara-Mann, artistic director for the celebration, said that as many as 150 singers and musicians from around the world will perform.

"We plan to have stages set up in the main parks throughout Toronto where people can go and enjoy the performances of these multicultural artists," he said.

Seminars, masses, exhibitions and concerts will take place in churches and other locations across the city.

"Exhibition Place will be the centre for large-scale activities," Guevara-Mann said.

A double CD has been released with recordings from around the globe in English, French, Spanish and Italian.



A group of international volunteers takes a break from preparations for the big event.

Susan Hookong-Taylor, a Humber graduate, is the lead female vocalist for the English version of the CD, entitled *Light of the World*.

"This is such a diverse piece of work, people now will be able to see the amazing talent there is in the Catholic Church," Hookong-Taylor said.

The Pope will be in Toronto to attend the opening ceremony on July 23, participate in an evening vigil on July 27 and preside over the closing mass on July 28.

To assist the expected crowd, 25,000 volunteers

will be needed in fields such as pedestrian traffic police, doctors, electricians and nurses.

Kilbertus said he estimates that around 7,000 people have signed up to volunteer, in addition to the hundreds of others who are already working.

Yonge Street is the headquarters for international volunteers currently translating news and postings for the Web site, which is published in nine different languages. They also answer questions from hundreds of callers from around the world. For information go to [www.wyd2002.com](http://www.wyd2002.com).

## CFS: new scholarship 'gimmicky, shallow'

By MELANIE BECHARD

A new \$125-million scholarship for post-secondary education, announced by Ottawa last month, has been met with mixed reactions from student organizations.

Named for former prime minister Pierre Trudeau, the fellowship will be given to 25 doctorate and post-doctorate students doing research in the humanities.

But the Canadian Federation of Students isn't convinced of its merit.

"It's gimmicky and it's shallow," said Ian Boyko, national chairperson of CFS. "There is a tendency to be thankful for what we've got, but that's the behaviour of a dog getting table scraps. It's not enough to be happy with more money spent. It has to be spent in a sustainable way, that will fund research for years to come."

While the fellowship will fund students in the humanities, the Social Sciences and Humanities Research Council already funds these students.

"(The \$125 million) would be much better spent increasing the yearly allocation of the Social Sciences and Humanities Research Council," Boyko said.

He added that the National Sciences and Engineering Research Council provides funding for Master's programs as well as doctorate students.

The Canadian Alliance of Student Associations, however, is optimistic and feels the fellowship is a good start.

"I don't know how you can slice and dice a pie worth \$125 million and call it bad. You have to watch the application program before you can have a strong criticism of it," said Liam Arbuckle, national director of CASA. "We hope this brings student issues to the forefront, but a lot more funding is needed and student reform is still needed."

## Students still travelling post-9/11



CLARK KIM

Travel Cuts expected more students to cancel their plans for the Student Work Abroad Program after the Sept. 11 terrorist attacks. But there are actually more applicants this year than last.

### SWAP numbers up despite widespread fear of air travel

By CLARK KIM

Six months after Sept. 11, images of planes crashing into buildings remain etched in our memories.

While many airlines feared bankruptcy, Canadian students seem undeterred, hopping on planes to work overseas with the Student Work Abroad Program (SWAP).

"We expected some people to have cancelled," said Christine Pivetta, manager of marketing and operations for SWAP. "But people just really wanted to go ahead and not change their plans."

SWAP, a not-for-profit organization of the Canadian Federation of Students, received nearly 100 more registrations from Canadian college and university students by the end of January 2002 compared to the same time last year.

"When SWAP is doing well, generally the travel industry is doing very well," Pivetta added.

The latest business statistics at Air Canada support that claim. The airline flew 2.9 per cent more revenue passenger miles this February than in February 2001.

"We're pleased with the February 2002 traffic results as February is traditionally one of the weakest months of the year in terms of traffic volume," said Nicole Couture-Simard, spokesperson for Air Canada.

And a positive traffic trend is expected through the year.

"We have recalled several hundred employees on temporary lay-off," Couture-Simard said. "And (we) expect to recall more staff to handle increasing traffic levels... as the peak summer season approaches."

Post-grad Journalism student Fayola Edwards plans to work in New York this summer through SWAP and has no reservations about flying to Ground Zero. In fact, she's anxious to leave.

"I'm a risk-taker," Edwards said. "If you give things a second thought, you'll be sitting at home for a very long time going nowhere."

# Farewell Mr. President

As John Pulla gets ready to leave office, some on HSF question the quality of his leadership

By CHLOE STEELE



Outgoing HSF president John Pulla will be replaced next year by the winner of this week's election.

A new president will be elected in this week's HSF election and current president John Pulla is leaving behind a divided organization.

"We haven't really accomplished a lot this year," said Adam Hackett, who worked under Pulla as VP of Administration.

Pulla reflected on his past term, telling *Et Cetera* that one of the hardest things he had to do was learn to delegate responsibility to other people.

"I grew up with a tendency to do everything by myself," Pulla said. "I never really leaned on somebody, and I had a lot of people lean on me to get things done."

"If I ask you to do something then I have to be willing to do it myself."

But some members of the HSF said this attitude has created problems within the administration.

"He wanted to be a part of everything," Hackett said. "He took on too much himself, and he didn't use the VPs effectively."

Pulla acknowledged that his transition from VP of the LatinO Cultural Organization to the role of HSF President wasn't entirely

smooth. He was elected as president with relatively little experience.

"It was an extreme learning curve," Pulla said. "I started enjoying it at first, and then I started realizing how much I had to learn."

Pulla also admits that his term was not entirely problem free.

"Obviously with some growth, there's growing pains," he said. "And I'm not going to say I didn't have any in this organization."

He said that there have been some interpersonal difficulties and he realized that his management style is very different from what the HSF organization has been used to. He describes his own management

style as very family-oriented and warm-cultured.

"You help and support each other," Pulla said. "And you can lean on one another to work things out."

Hackett said that he and Pulla clashed a number of times over the last year.

"We used to fight a lot," Hackett said. "I'm the most outspoken VP, so I would bring our concerns to him."

One particular argument was over the hiring of a new HSF business manager. On Dec. 5 last year, the business manager quit and a hiring committee was formed.

"We wanted to get a business

manager in here as soon as possible because we had a budget to deal with," said Annabella Lopes, then HSF director of Applied Technology.

The HSF decided, through a majority vote, to hire an outside consulting company, Partner Vision, for the sum of \$12,000. This decision was disapproved of by a number of HSF members, including Hackett and Lopes.

"We thought that it was too much of the students' money," Hackett said. "We have contacts within the college that we could have turned to for free."

The board thought that hiring an

outside consulting firm would speed up the process, but the new business manager, Michael Parent, didn't start until this week.

Despite some of these contentious issues, Pulla said that he has fulfilled many personal achievements in his presidential role.

He said that he has been dedicated to Humber students, as well as to the HSF and its executives.

"I had a list of things that I wanted to do, and I found that out of 11, I accomplished nine," Pulla said. This list included promoting awareness about the college, achieving more representation for the students around the college, and working towards improving the Student Centre. Pulla added that one of the incomplete tasks – the creation of a football team for Humber – was totally unfeasible.

His presidency aside, Pulla has had a very busy college career.

As a part-time Business Administration student, Pulla said he had to balance schoolwork with full-time employment when he first began the program in 1997.

He was voted onto the Board of Governors in May of last year, and in the same month was elected as VP Central Region for OCCSPA (now CSA) – a lobby group for Ontario students.

As he wraps up his term, a new and eager candidate is ready to take his place. But that's okay by Pulla, because after such a busy year, he's ready to devote more time to his personal life.

## HSF may pull Humber out of union

BY PAUL MARKOSWIKI

With HSF elections upon us, the most divisive issue facing HSF is whether Humber College should remain a member of the College Student Alliance (CSA) at an annual cost of nearly \$30,000.

The HSF meets in two weeks to decide whether to pull out of the group that lobbies the government on behalf of Ontario college students.

"There has been some discussion about the validity of the CSA in the last little while," said Adam Hackett, HSF vice-president of administration at North Campus. "At this point, I don't think the students are seeing the benefit of it."

The CSA, formerly the Ontario Community College Student Parliamentary Association (OCCSPA), lobbies provincial and federal governments to address such issues as tuition, financial aid, deregulation and the role of student government

within the college system.

The CSA is currently working on a campaign to raise awareness about the impact of the double cohort on the college system.



ELIZABETH BOWER  
HSF VP and presidential hopeful Adam Hackett wants out of CSA

Some HSF members feel that the \$1.25 annual membership fee per student and other costs – including delegation fees, travel expenses and room and board – have not translated into any benefit for Humber

College students.

"The money invested in membership with the CSA is not being used wisely for the benefit of our students," said Gary Sakorafas, HSF director for the School of Information, Technology and Accounting. Sakorafas first tabled the motion to withdraw from CSA and feels the fees could be reallocated to bursaries for students.

Aside from the money issue, some HSF members are concerned that the CSA no longer effectively represents the interests of larger community colleges.

"I think one of the biggest concerns is that each of the colleges gets one vote regardless of the size of the school population," Hackett said.

Stephen Anastasi, HSF vice president of Campus Life at North Campus, agrees.

"I think there are things being done that benefit smaller colleges with lower budgets and penalize larger colleges," Anastasi said.

Humber must pay higher delegation fees to attend CSA conferences than smaller Ontario colleges – another example of the inequalities among members, Anastasi said.

Currently Humber and Centennial are the only Toronto-area colleges that are members of the CSA. Seneca, Sheridan and George Brown have all withdrawn in the last several years.

But the CSA does play a role in the lives of college students by persistently fighting to freeze tuition increases, improve financial aid and provide student input on funding and overall deregulation.

"(Students) need to realize the value of having political representation," said Tracy Boyer, executive director of CSA. "All other groups have it. If you look at the college, the faculty has OPSEU and the administrators and the board have ACCA-TO. Everyone who wants to influence government at the provincial level has a group to align with."

etc.

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# Life etc.

## They want you in their pants

By ANA MARIA MARQUES

College students don't have money to throw away on expensive clothing, but they still want to keep up with the times. Canadian clothing company MODROBES kept this in mind when introducing their new spring 2002 line.

Founder and creative director Steven Debus knows what his target market wants: reasonably-priced good quality clothing, stylish shoes and accessories.

"We are not trying to fool anyone into thinking a T-shirt is worth \$80. It's not," he said. "We want our customers to be able to buy every color of that shirt if they want."

MODROBES began when Debus, midway through university, was tired of wearing constricting jeans to four hour exams. He felt jogging pants were too casual and designed a loose-fitting pant, which became known as the 'exam-pant.'

After graduation Debus decided to go out on his own and with only \$10,000 started manufacturing the pants. He would load the pants into his station wagon and travel to Ontario universities and colleges where he sold the pants in student centres for \$20 each.

Now a full-fledged clothing com-

pany, MODROBES keeps their prices in the \$35-\$50 range by eliminating excess materials in their clothing.

An art student at heart, Debus pushed his creative side for this new line by using materials and fabrics normally not used in clothing design.

"I tried to use things (fabrics) that are alternative, things no one has really seen before and that work with our line," he said.

Introducing two types of sport mesh was the largest change in the new line. The traditional sport mesh was seen in men's wear and some jackets for the women. The new mesh Debus introduced is not see-through but still breathable. This was used mainly for women's shorts and tanks.

MODROBES also added some



Toronto MODROBES stores are located at 239 Queen St. W. and 2551 Yonge St.

pieces in their traditional 65/35 poly-cotton blend, which was originally only used for the pants.

The new fabrics have been a hit. Lauren Verdon, a long-time MODROBES customer, is impressed.

"I really like their T-shirts because of the material and fitted cut," she said. "They have lots of nice bright colours, too."

Debus said the bright colours, a trademark of the line, keep his customers happy.

"I have many customers who are sick of the traditional black, navy and tan. When they want something in a bright yellow, they know exactly where to find it."

Todd Jones, sales associate for MODROBES, said the new line has been a huge success with his regular customers.

"So far we have been getting a lot of compliments about the new line, about the materials we are using, as well as the cuts and styles."

The entire line includes beach sandals, sunglasses, shorts and tank tops and will be in both Toronto Queen Street locations, online and in major retail outlets within the next two weeks.

## Toronto bar nails perfect night out

By YASNA MARKOVIC

Tired of staying in on a Monday night, subjected to the antics of Ally McBeal? If so, the Bier Markt has the perfect solution to mundane Mondays.

Martinis and manicures at the Bier Markt are a great way to relax and unwind after a stressful day at work.

Cindy Wilson, promotions manager for the Bier Markt, said Mani-Mondays allow participants to get away from everyday stress while enjoying a good martini.

"Manicures and martinis are a girl thing. They're great in a world full of materialistic pleasures," she said.

Wilson came up with the idea while getting a manicure at the David Hillis Salon Spa. She mentioned to her esthetician that she would love to have a drink while getting her nails done.

This passing thought spawned a now popular event at the Bier Markt.

"It's been a very well received event," said Kimberly Hillis, manager of David Hillis Salon Spa, who hires outside manicurists for the event.

"It doesn't matter what age group you are. It's a fun event."

The pub is known for its variety of beers and cocktails. The evening also gives everyone the chance to meet new people and network.

"It's an excellent atmosphere with quality staff. It's been a pleasure to do," Hillis said.

The manicures, done in groups of three, take place in the bistro area over-looking the bar. However, due to health regulations and the fact that food is

being served, there is no soaking or exfoliation involved in the manicures.

The Bier Markt offers three manicure and martini packages.

- The Mani-Minute, \$30, includes one martini of your choice and a 15-minute manicure.

- The Mini-Mani, \$40, includes one martini of your choice, appetizers, fruit, cheese, dessert and a 15-minute manicure.

- The Magnificent Mani, \$120 for two, includes two martinis of your choice, dinner, dessert and two 15-minute manicures.

Mani-Mondays was originally slated to run only in January, but popular demand has the event running indefinitely.

Hillis said January is typically a slow month in the esthetics business, but Mani-Mondays was generating such a buzz that clients were calling, begging to be squeezed in.

"One night turned into a month and a month turned into half a year," Hillis said.

Held every Monday from 5 p.m. to 8 p.m., the Bier Markt is booked until the end of March but will run indefinitely, Wilson said.

She said she knew Mani-Mondays would be popular and draw a crowd, but she had no idea how popular it would become.

"In all honesty, I didn't think it would be this crazy," she admitted.

To book an appointment for Mani-Mondays at the Bier Markt, call Cindy Wilson at (416) 862-7575.

The Bier Markt is located at 58 The Esplanade, at Yonge and Church Streets.

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# Money Matters etc.

## Rage against the machine

By KYLE MARNOCH

The urge to seriously damage the office photocopier is actually a growing problem in workplaces across the country.

According to a recent Ipsos-Reid poll, 10 per cent of Canadian office workers who had used a photocopier had actually hit or kicked the machine after becoming frustrated with it.

Another 30 per cent of those polled said that they had seriously considered giving the machine a good whack.

"The poll results suggest that photocopier rage is an issue for millions of Canadians," said Jean-Paul Desmaris of Hewlett-Packard Canada Ltd.

Ipsos-Reid conducted the poll for Hewlett-Packard in two phases, interviewing 1,000 Canadians by phone, and 400 businesses with 50 or more employees each.

"HP conducted the poll as part of a larger market research program," said Chris Martyn, the senior vice president of Ipsos-Reid.

"In addition to the more fun results, the information will be used for internal strategic and tactical

decision making (for) HP's product positioning," Martyn said. "All companies have to understand how the consumer's mind works if they are to meet customer needs."

Business research has indicated that 44 per cent of companies will start using machines capable of handling both the copying and printing needs of the office within the next two years.

Martyn said that there was no research done on any issues associated with the multitasking printer/copiers.

"(It) would certainly make a good tracking poll once the work environment gets more mature in the use of the technology," he said.

The poll also revealed that those with higher education have more violent tendencies. Workers with a university education are more likely to hit a photocopier, and 13 per cent of those polled had. Fourteen per cent of those who are in higher tax brackets are also more likely to harm the inanimate machine.

More women admitted to wanting to strike a photocopier than men: 49 per cent of the fairer sex compared to 37 per cent of men.

However, in the end, more men

had actually gone all the way, with 13 per cent hitting the machine, and 12 per cent of women crossing the line.

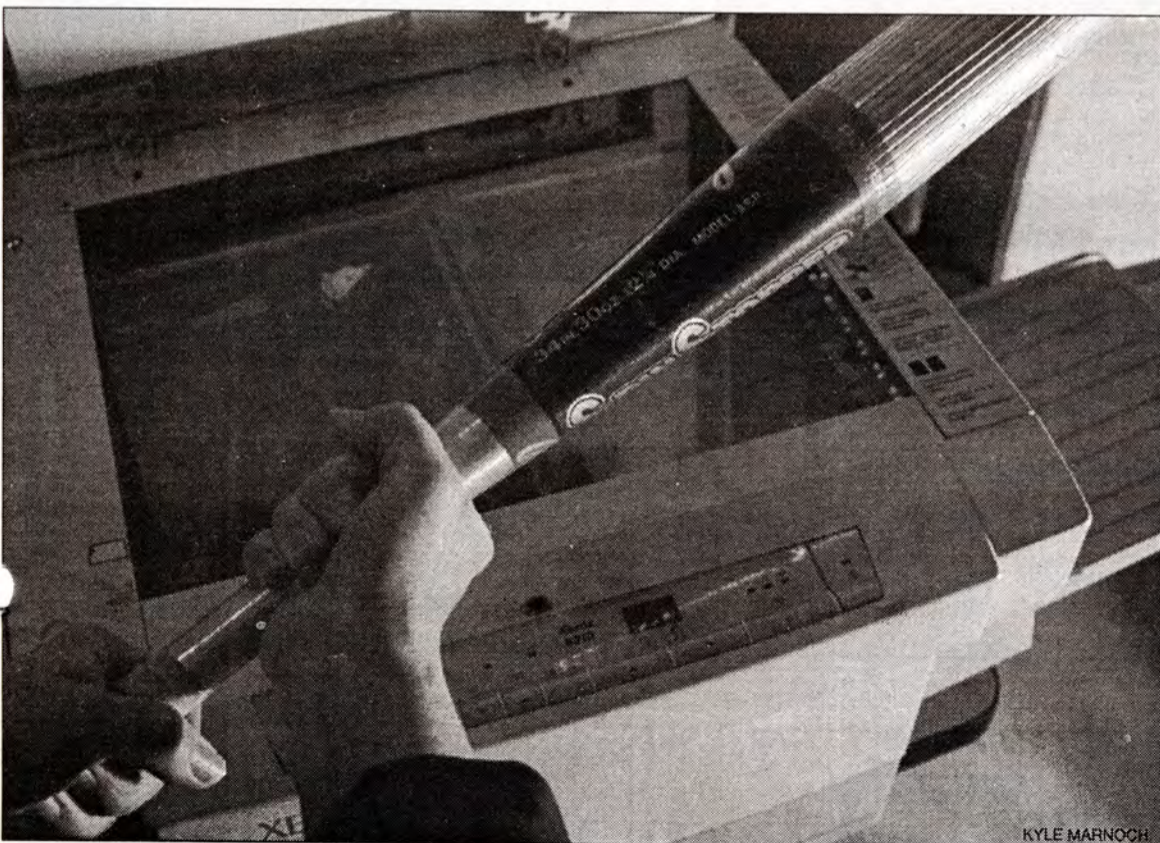
Ontario came in second behind Alberta in reported incidents of photocopier violence. Quebec had the lowest number.

Even more interesting were the statistics gathered on the distance Canadians walk to and from the photocopier. Over one year, the average Canadian walks over 40 km between their desks and printer. On average, Canadians make 21 weekly trips to the photocopier and 51 to the printer.

Here at Humber, faculty may be less inclined to hurt their photocopiers. In the School of Media Studies office, repairs to the machine are handled by Xerox, but before they are called in, the office workers troubleshoot the problem themselves.

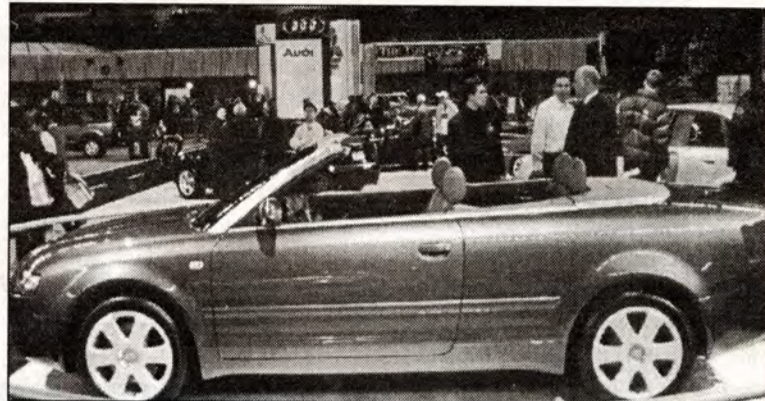
There have not yet been any reports of any photocopier abuse in the office.

If you witness violence between a man and his machine, don't hesitate to report it to the local authorities as soon as possible. But remember to keep your distance.



KYLE MARNOCH

Workplace fax machines and water coolers should take cover, as they could be the next victims of the violent office rage which has taken its toll on defenseless photocopiers.



MARIO CYWINSKI

Critics have pegged Audi's new curvy model 90 Audi as a chick's car.

## An Audi for everyone

By MARIO CYWINSKI

Since Audi introduced the A4 sedan, it has steadily been rebuilding its reputation as a quality car manufacturer.

Audi has won *Car and Driver's* "10 Best Cars" award five times, three for the A4 sedan, and the TT and A6, who have each won the award once.

In 1995, Audi stopped selling its full-size model 90 convertible in Canada due to poor sales caused by its high price - around \$50,000. CDN

Seven years later, Audi has dropped its top once again. The Cabriolet made its Canadian debut last month at Toronto's Canadian International Auto Show.

According to Ian Clarke, sales manager at Agincourt Autohaus, the Cabriolet is not going to compete for sales with other automakers.

"We will sell fewer convertibles than our competitors, but we have a better car," Clarke said. "This car is only meant as a niche car."

Clarke believes that the introduction of the A4 convertible is positive for his dealership.

"People will come to see the A4 convertible, but might end up buying another Audi car, so, for us, it is a positive," he said.

"We have two Cabriolets ordered already."

Many visitors to the show were impressed.

"The A4 cabrio has a good fit and finish, typical of a German automaker," said Roberto Fernandez, a visitor to the show.

The new Cabriolet convertible is based on the newly-redesigned Audi A4 sedan and features much of the A4's standard equipment. However, in many ways it is also similar to the Audi TT.

Most prominently, the dashboard is similar to the TT's, as are the round air vents, which are a TT trademark.

The model 90 has been tagged a "woman's car" because of its curvaceous front and back ends.

First-year Humber Business student Ludwig Nayata said the soft qualities of the model 90 don't make the car less appealing.

"The design is well constructed, showing very few seams. It looks like a sporty car," Nayata said.

As with all new Audis, the Cabriolet sports a dual exhaust with chromed tips that cut through the rear ground skirt. It also features rounded headlights, reminiscent of the A6 model.

When it comes to safety, this car has all the bases covered. It provides rollover protection with two spring-loaded hoops, located behind the rear headrest. Which move into position when sensors mounted on the car sense danger.

As with most Audis, this car comes with a Bose10-speaker sound system and dual climate control. A navigation system is optional.

Mechanically, the Cabriolet uses almost all of the A4's hardware, most notably Audi's new 3.0L V6 engine. This engine was first introduced on the A4 sedan for the 2002 model year. It also has been placed under the hood of the A6 sedan and now the Cabriolet, pumping a respectable 220 horses of power.

To move around, the Cabriolet comes with standard 16-inch alloy wheels. However, a sport package is offered which increases the wheels to 17-inches and softens the suspension.

The estimated cost for a 3.0L version of the Cabriolet will sell for \$62,000 CDN. The 1.8T version is estimated at \$52,000 CDN.

# Credit card companies are out to get students

By ASIA S. WHITEMAN

Students need to plan their budget before they head off to college or university for the first time to avoid being suffocated by an unnecessarily heavy debt.

"The banks are making a lot of money from students," said Laurie Campbell of Credit Counseling Service of Toronto. Her office offers credit counseling services 24 hours a day, seven days a week.

The high demand for counseling is indicative of a growing problem in our community. Margaret Antonides, a Humber financial aid advisor, said that students often come to college unprepared to handle personal finances and credit.

"Too many students come to school without a financial plan," Antonides said, suggesting financial education should begin in high school.

Campbell has encountered stu-

dents who have problems with both student loan and credit card debt and has actually seen a student debt load higher than \$100,000.

"We often see young graduates with more than four credit cards maxed out," Campbell said.

Antonides said students need to learn how to achieve and maintain a good credit rating in high school.

Credit applications are in heavy rotation around college and university campuses, and students can eas-

ily apply for up to eight different credit cards at the same time.

The difficulty arises when students do not realize that one missed minimum payment can result in an R1 rating, which indicates a payment was not received within 30 days.

The credit report displays all creditors, a credit limit, outstanding balance and how many times a payment was missed by 30, 60, 90 and 120 days.

The worst rating, an R9, normally indicates the debt has been handed over to a collection agency.

Campbell stresses how important it is for students to use restraint and determination to avoid accumulating debt in the first place.

She acknowledged that there are few resources out there for those who lack money management skills.

"Students should start reading books about finances and the financial section of the newspaper," Campbell said.

Antonides suggests that students budget by actually writing out their financial situation.

"No one wants to face reality," she said. "Sometimes they think that it's worse than it is."

At the end of each semester, Antonides encounters many students who are stressed out about their of financial problems which in turn can make their academic performance suffer.

Humber Financial Aid offers

assistance to students in terms of educational bursaries and student loan repayment seminars near the end of the academic year.

Antonides said that although loans do not have to be paid until six months after graduation, interest starts accumulating as soon as classes end.

Campbell said that the inability to pay off debt can affect students in a number of ways: their grades slip, personal relationships suffer, sleeping and eating habits change.

She added that young people are lacking education in two major areas: how to raise children and money management.

Antonides said that credit cards are dangerous for students and that student loans should never be used to pay off credit card debt.

The ministry checks credit ratings when qualifying applicants for student loans. Students are urged to get a copy of their credit rating from local credit bureaus like Equifax and Trans Union.



Students should seek the help of credit counselling services early to ensure they don't get caught in a web of financial trouble.

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# Health etc.

## MediSCEN marketed as cure, health experts dispute claim

By VIRGINIA WATSON

Even The Jetsons couldn't heal themselves instantly, yet one Niagara-area business woman insists the technology is here in Canada.

According to Irena Walker, the president of MediSCEN Canada Inc., the company that promotes SCENAR therapy, the technology already exists and is practised in Russia.



VIRGINIA WATSON

MediSCEN technology is said to mimic the natural healing power of the body with electric currents, according to Irena Walker.

SCENAR, or Self-Controlled Energy Neuro Adaptive Regulator, is a method of influencing the human body to heal and works by producing electrical impulses that are similar to the same neuro-impulses of the human brain.

The machine used resembles a television remote control and is powered by a nine-volt battery.

"It is applicable to a wide variety of diseases because what SCENAR does is stimulate natural healing," Walker said.

"The body regulates itself by means of chemistry and electricity together. It uses the body's own energy system and releases the body's ability to heal," Walker said. "Because of modern medicine, the body has gotten lazy because it knows it can get something from outside the body and it doesn't have

to produce it inside."

Though Walker is a registered Russian doctor, she has no plans to practise medicine in Canada and is not seeking approval from the Canadian Medical Association for the use of SCENAR therapy as she does not think it is necessary at this point.

One SCENAR study, funded by the Russian government and published in the book *Virtual Medicine*

patients with nerve abnormalities at the Doctors' Hospital in the Bahamas. While the trial showed that five of her six patients experienced significant improvement, Dr. Jana discontinued use of the therapy because no double-blind studies had been done to support the claims.

Double-blind studies, where neither the patient nor the practitioner are aware the study is being conducted, are not performed in Russia, according to Walker.

She maintains SCENAR therapy is a viable treatment for a variety of ailments.

"What we offer is not exactly holistic. It's sort of integrative, but it still falls out of the mainstream medicine at this point, so we are automatically thrown into the alternative field even though it's not exactly alternative medicine," Walker said.

SCENAR therapy was developed in Russia as a way to provide on-board medical treatment to astronauts sent into space.

Walker is currently working with cancer patients in Toronto who have chosen to seek out alternative medical treatment for their particular ailment.

"These patients have made the conscious choice to try an alternative therapy," Walker said.

Patients undergoing SCENAR therapy do not experience pain, but they may be aware of a slight tingling sensation. A registered practitioner will run the SCENAR lightly over the patient's bare skin to detect any problem with the body. The machine reads the body's impulses and sends new impulses to the body to speed the healing process.

The practitioner can identify problem areas by a reddening of the skin or stickiness when the machine drags over the area being treated.

Trudy Grimshaw, of St. Catharines, Ontario was interested in the technology and participated in a brief demonstration at an information session on SCENAR therapy last fall.

"It literally does feel like someone is running the back of a hair-brush over your skin . . . it's sort of a neutral (sensation)," Grimshaw said.

Walker goes so far as to suggest that with SCENAR therapy, hospitals will become obsolete and people will be able to treat themselves.

"Ninety per cent of the diseases we see now will no longer exist. There will still be hospitals, but they will only be for emergencies."



VIRGINIA WATSON

Irena Walker, head of MediSCEN

### Controversial therapy tests promising

According to Keith Scott-Mumby, author of *Virtual Medicine*, a summary of SCENAR findings has been produced where effectiveness is defined as a cure in 66 per cent of cases and 33 per cent as some improvement.

The study was funded by the Russian government, which also funds the Russian health care system.

Results are as follows:

- Circulatory 82%
- Musculoskeletal 79%
- Respiratory 84%
- Ear and Mastoid 82%
- Gastrointestinal 93%
- Genito-urinary 89%
- Gynecology 78%

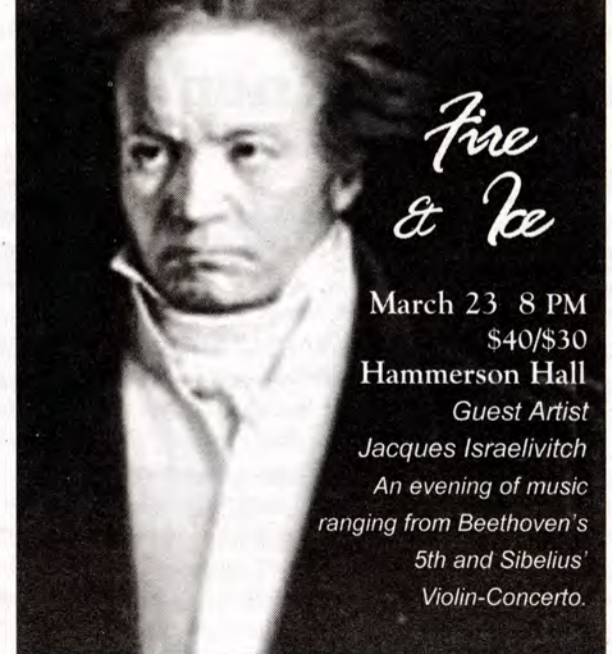
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# Opinion etc.

## Revisiting an old friend – TV



Jesse Kohl

*Millionaire* spinoff. Only these people aren't taking their time, and they're not calling a friend back home or appealing to the audience for help.

It's Friday night. We are cramped into a living room the size of a bathroom stall. We are getting drunk with a friend we haven't seen in over three months, and no one is talking.

No conversation. We are watching TV. Some offensively degrading and snappy game show called *The Weakest Link*. I've never heard of it before.

My roommate gives me an uneasy look and shifts in his seat. I understand. Watching television can come as quite a shock when you haven't seen a single program since

last Christmas. Words in advertisements ring with a different clarity. Colours seem heightened. Well-groomed food steams under golden lights as the camera moves seductively over a white surface. Yes, this is still the most effective, vivid and vicariously pleasing method of engaging an audience into a stupor. I can feel my brain burning away.

Last September, my roommate and I moved our television set across the living room floor, far enough so the cable couldn't reach. It's been there ever since. A month or two later, we both ran out of funds, so we've been living our lives relatively sheltered for over half a year.

It all seems so silly when you come back. I'm thinking there are

people making money from dressing up food and taking pictures.

Bang, bang, bang. The screen is constantly changing, flashing, sparking images into the backs of our brains in juicy little nuggets of disarming humour. If you want to take someone's guard down, make them laugh.

I know – it's a tired old argument to bitch about the evils of TV. But isn't it funny how debt accumulates and the population collectively gains weight? You wake up poorer and fatter every day. What is TV really saying? Buy this. Believe this. Be interested in this. Want this. Over and over and over.

And it's working. A truly wondrous invention is a box with the

power to make men with sticks hitting little black pucks or petty survival games into the only things left to talk about, other than war. Actually, they're not the only things left to talk about. They're the things people want and love to talk about.

Our friend is listening now. He's smiling at us like we're idiots.

"Everybody knows all that shit," he argues. "It's not like it's hard to see past advertising. You just ignore it."

And so is the awareness doing us any good? Are we spending any less? Getting any healthier?

I ask him to try giving up TV for a month. He laughs it off. I know that even if he agreed, he couldn't do it.

He's a *Survivor* fan.

An orange-haired, middle-aged woman bearing a bad resemblance to Dana Carvey is barking questions at a row of contestants. The camera jerks back and forth to give snapshots of each contestant as they buckle under the clock. It looks like some kind of *Who Wants to Be a*

## Terrorism is not one-sided



Brett Clarkson

run up to the electric fence separating the camp from a pristine Jewish settlement. Rocks are pitched at the jeeps. (Their parents have tried to warn them against this, to no avail.) A grenade is hurled at the kids, and tiny bodies collapse and fall. The bullets from the silenced M-16s meet their mark. One rips into the heart of Ali and he drops dead.

At 11 years old, his life is over.

Chris Hedges, a *New York Times* reporter, documented the incident in his remarkable October, 2001 *Harper's* article, "A Gaza Diary." His insightful piece is one of the rare accounts in the American media of the atrocities being committed against the Palestinians on a day-to-day basis.

He writes, "Children have been shot in other conflicts I have covered – death squads gunned them down in El Salvador and Guatemala, mothers with infants were lined up and massacred in Algeria, and Serb snipers put children in their sights and watched them crumple onto the pavement in Sarajevo – but I have never before watched soldiers entice children like mice into a trap and murder them for sport." This goes on for days on end, he reports.

Since the current violence erupted in September 2000, over 1,190 Palestinians have been killed by Israeli tanks, helicopter gunships, warplanes and machine guns.

A full 80 per cent of those killed are civilians. Civilians are not terrorists. They are you and I.

Since the conflict began, nine Palestinian hospitals have been shelled, 580 homes have been completely destroyed, and, sickeningly, 142 schools have been fired upon. Israel claims that such actions are warranted to ensure national security, in light of the scores of ruthless suicide bomber attacks carried out across the country.

The international community thinks otherwise. It has repeatedly tabled UN resolutions condemning Israel for "indiscriminate and disproportionate use of violence."

The fact is, both the Israelis and the Palestinians have much to do in the way of achieving peace. That is clear. However, chances are you get your news from the North American media, so you'll likely think that all Palestinians are crazed, rock-throwing terrorists who occasionally blow themselves up in buses and pizza parlours. You'll also likely believe that the Israelis are the good guys, which is bullshit.

Both parties have blood on their hands, and both have suffered the deaths of far too many innocents.

Get both sides of the story.

In closing, I'll ask you this: how is the blowing up a Jerusalem pizza parlour any different from the wanton destruction, rocketing, and bulldozing of a Palestinian home? Think of that next time you hear about Palestinian "terrorists" and Israeli "military action."

When civilians are deliberately and carelessly murdered, there is no difference.

## Chrétien's many follies



Stacey Roy

when he can rent a plane and get another cost-saving coupon for his next limo joyride.

Chrétien said he is proud of the Canadian Forces' leadership in the recent Anaconda mission, yet he's content to allow these same soldiers show up in a foreign country with borrowed planes and painted pants.

If this display of pride and leadership doesn't make you sick, lend an ear to our fearless leader's opinion on communication between his office and the soldiers on the ground. On the CBC, Chrétien responded to Jennings saying he had full trust in Canada's military and feels he does not need to be told each time someone is captured.

I guess it's good to know that our prime minister's priorities include disregarding human life and upholding the all-too-familiar political rule of never learning from your mistakes.

In all fairness, Chrétien did manage to spit out some words that would make his PR reps proud, but his insights into the reality that terrorism has changed and is here to stay was little comfort to my injured national pride. If Chrétien really wants to improve Canada's image, he should follow the Queen's lead. Simply shut up and smile.

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On June 17 last year, a small boy was killed outside the Gaza Strip refugee camp of Khan Younis, population 58,000. Ali Murad, 11, and a group of other youngsters from the camp had been throwing rocks at the Israeli Defense Force armoured jeeps. This wasn't an unprovoked act on the kids' part. They were minding their own business when the two jeeps rolled up to the camp's perimeter.

It was another hot and dusty day on the Gaza Strip, like most others. With 1.1 million Palestinians living in a 147-square mile area, the Strip is one of the most densely populated tracts of land on Earth.

The Israeli Defense Force is slowly reducing that population. One by one.

With loudspeakers mounted on the jeeps, the troops hurled abuse toward the camp. "Where are the dogs of Khan Younis?" they taunted in Arabic. They said other things too, things not worth mentioning in a good family newspaper like this one.

Things get ugly when the mostly 10- and 11-year-old kids

# On Campus etc.

## Humber to represent Canadian art innovation

By AKUA HINDS

Five Humber artists will represent Canada at the International League of Innovation Awards after displaying their work at the 16th annual Art Show in the Student Centre last Monday.

Humber College is the only Canadian educational institution qualified for the league's membership, which also includes 20 American schools. Membership in the league is given by invitation only, and the school is audited and assessed on its history of innovation before being considered for membership.

"I don't think I've ever been more proud of Humber at this point in time," said Adam Hackett, vice president of administration for the Humber Students' Federation and

executive chair of the Art show.

"A PR student won first place in the photography category. It's a big accomplishment for Humber as a whole being the only Canadian institution involved in the league," Hackett said.

"There's 1,500 in the states, and we're the only Canadian institution," he added. "I think it's a huge accomplishment to the five best of show winners who are not only representing Humber, but the rest of Canada as well."

The five Best of Show winners are all eligible to compete in Dayton, Ohio on May 1, and they also each receive \$200. For each category, second and third place and honorary mentions are also awarded.

This year, the show drew more than 100 submissions from the North Campus and five submissions

from Lakeshore Campus.

Advance Photography student Joanna Cwik won the Best of Show prize for the Digitally Enhanced category. Her piece entitled *Revolution* featured a woman with strips of film encircling her body, from her mouth to below the hips.

Advertising/Graphic Design student Bryan Brock's submission entitled *Beauty* won the Best of Show prize from the Painting and Drawing category. It was a sketch based on a National Geographic photo of a Kenyan woman from several years ago.

Brock also came third place in last year's Black and White Photography category.

HSF contributed about \$3,400 towards the event, which was promoted by Public Relations students. President Robert Gordon and HSF president John Pulla congratulated all of the winners and wished them luck in the future.

The Art Show is designed to help give college and university students an outlet to display their talent in five categories: Black and White Photography and Monochromatic, Colour Photography, 3-Dimensional and Mixed Media, Painting and Drawing, and Digitally Enhanced. Only one entry from each category is named Best of Show.

"It's good for our reputation, gets exposure to our students, and the jurors for the Art Show are esteemed members of the art community in Toronto," said Alisha Bard, a PR student. "These people now know the names of Humber students, and when they go out into the workforce, their name is going to be rec-

ognized."

Bard said jurors look primarily for originality and overall talent in a student's art submission.

"We had to focus on expanding it to other programs because I think it's a really good promotional aspect to say that anybody could submit art. For somebody to come in without being in a specific art program says a lot about the school, especially when we have winners from different programs," Bard said.

Last year, international Humber student Silvia Ojeda's submission in the Show earned 3rd place overall in the international competition.

Bard said that Ojeda's win creates open doors for future Humber competitors because Ojeda's win makes Humber's name more recognizable to members of the art community. And because Humber is the only Canadian member of the League, all Humber entries will represent Canada as well.



HSF president John Pulla honours Joanna Cwik for Digital artwork



Cat woman helps out at the Blood Donor Clinic (see front page)

## Students push resumés at Breakfast

By JILLIAN WELLARD

Business students joined potential future employers last Wednesday in the Seventh Semester room for a morning of conversation and food.

"Employers hire people, not just a piece of paper," said Sylvia Ciuciura, coordinator of Business Management and Business Marketing programs at Humber. Ciuciura said students came to the networking breakfast prepared with resumés and open minds.

"(The breakfast) helps students

develop research and questioning skills . . . and learn about opportunities at companies that they don't know about," Ciuciura said.

Students mingled with representatives from 18 companies including Gillette Canada, Investors Group and CIBC.

Helen Filipe, an employment advisor at the Career Centre, said the companies sent "representatives that can speak of the company and the type of prospective employees they are looking for." Filipe also said this experience will give students a sense of what employers are

looking for in an environment that is not as intimidating as a formal interview.

Jeff Goldberg, who is finishing his last semester in Business Marketing, said he "slept well, and made sure I had my coffee in the morning . . . I won't regret coming (to the event) but I might have regretted not coming."

More than 100 students turned out to the breakfast. Many students left resumés with the representatives. Ciuciura said students walked away knowing that "a real person at the company has met them."

# March Break Madness brings Humber fresh blood

By ASIA S. WHITEMAN

While most Humber Students are busy completing the last leg of the year, March Madness rallied up a new generation of Humber hopefuls.

College applicants roamed the halls and attended seminars, curious about the college experience. Organizers of the week-long event coinciding with March break found the responses to various seminars were very positive.

"Everyone is happy, faculty is impressed with the turnout," said Nicole Campbell, a student organizer and guide from the recruitment office.

The highest turnout was during the information session for business

and applied technology.

Campbell said that it affords the students an opportunity to see the campus and get an idea of what they are getting into.

"The classes were more hands-on," said Christina Thomas, a Radio Broadcasting applicant. "It was not what I was expecting. It's not like high school."

College applications for the fall increased about 20 per cent, said George Byrnes, a Liberal Arts and Sciences instructor and coordinator.

The LAS program is popular because of the university transfer option.

The Lakeshore Campus also hosted an open house that featured exhibits from a multitude of faculties and student services.

There were many students on hand along with course advisors to answer any questions about their program experiences.

"Applicants use the seminar to get program information," said Anita Adamek, a Business advisor.

Applicants wanted to know about co-op placements, the companies that participate in the co-op education and future job prospects, she said.

Adamek said that potential students should research programs out there and do a self-assessment of where they want to study.

"Students are interested in co-op opportunities and the ability of (Humber) to provide relevant training," said Xin Wei, a Business Administration student.

"Attendance at the information seminars is a step in good post-secondary planning," said Joe Andrews, a Radio Broadcasting (post-graduate) program coordinator. "High school graduates automatically assume that they will get into a program in college."

He added that this might not be the case in Fall 2003, due to the double cohort expectation.

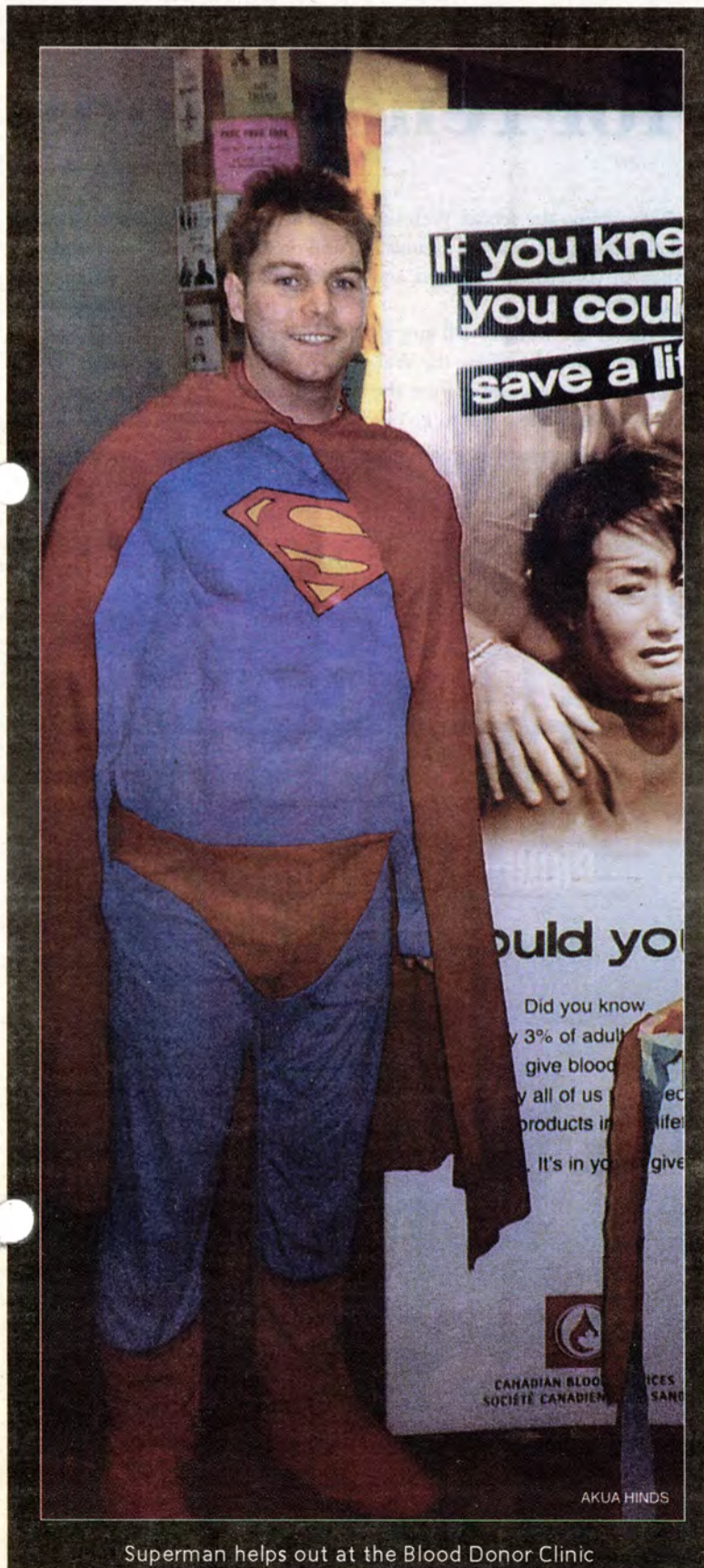
Although the certificate and continuing education programs at Humber are popular, March Madness focuses primarily on diploma programs.



Guides ready for potential Humberites at Lakeshore Campus



Students check the out school of performing arts at Lakeshore Campus



Superman helps out at the Blood Donor Clinic

## People laugh at Caps

By ROSEMARY SOSTARIC

Q: Why did the chicken cross the road?

A: To get to Caps and have a laugh or two.

That's where four Yuk Yuks stars gathered Tuesday evening to elicit the hoots of merriment and raucous applause of nearly 200 party-goers who attended the free event.

"Caps is always a good place to go, especially on comedy nights," said Joe Sartor, a first-year Culinary Management student. "It's all about a couple of drinks and the great laughs."

But second-year Comedy student K. Trevor Wilson said he showed up "to check out the competition."

The show was put on by the Humber Students' Federation to encourage stressed out students to ease off their computer mice, get their noses out of their textbooks and have a good time, said Steven Anastasi, vice president of campus life.

"This was the fourth comedy event we've presented in this school year," Anastasi said.

"We try to offer at least two

events a month, from a show such as this to battle of the bands, and by doing so, we're giving students an opportunity to experience something other than lectures and tests."

Former Humber student Freddy Proia was part of the four person Yuk Yuk's line-up. He briefly joked about his experiences in Humber's Public Relations program.

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# How HEAT turns plastic into food

College environmental group puts together program for recycling ink cartridges and generating supplies for food bank

By PATRICIA CARAVACHO

Here's some food for thought: what if you could save the planet and feed the world at the same time?

The Humber Environmental Action Team (HEAT) has a simple solution that can help you lend a helping hand in achieving both those goals.

This "food for thought" has developed into the thINK-FOOD program, a project aimed at recycling inkjet printer cartridges while simultaneously generating money for the Daily Bread Food Bank.

Larry Saldanha, who handles marketing and communication for

HEAT, has forged a partnership with the Daily Bread Food Bank, for which he's done volunteer work in the past.

"(I) spoke to their fundraising director about (thINK-FOOD) and said, 'I'm running an environment group at Humber College and perhaps we can sponsor the program,'" Saldanha said.

The partnership has been in effect since October, and collection boxes are now in place around the North Campus for students and staff to drop off their inkjet cartridges for recycling.

"We've only got about four or five locations, but you'll see that rise dramatically as we... build up

the awareness and as the program generates volume," said Saldanha.

One reason HEAT is not expanding the program too quickly is to ensure that the cartridges get into the right hands.

The cartridges are worth money. Therefore collection boxes must be located in secure areas, including the HSF office and Grenville.

"We're hoping to (place boxes) at other locations, such as residence and Lakeshore Campus," Saldanha said.

"Eventually it will go college-wide but for right now we're just focusing on North Campus."

The inkjet cartridges are handed over to the Daily Bread Food Bank,

who turns them over to "remanufacturers."

These remanufacturing companies give a donation to the Daily Bread Food Bank based on the number of cartridges received.

The food bank then puts the money toward food supplies.

Recycling the inkjet cartridges means that the plastic they are made of will not be left to decompose in a landfill.

It also means that new plastic will not have to be created to replace it, using valuable natural resources and releasing harmful emissions into the environment in the process.

"Students can drop off their

inkjet cartridges, knowing that these cartridges will not only help the environment because they'll be recycled, but they'll be helping people in Ontario who are going hungry," Saldanha said.

Although the program is only in its first year at Humber, Saldanha said other colleges have already approached HEAT with an interest in starting thINK-FOOD programs of their own.

"We are being recognized for our involvement in this area," Saldanha said.

"We're very proud of the fact that we're involved in this program and that we're able to promote it at Humber College."

## Humber Web presence up for renovations

By YASNA MARKOVIC

Humber College's Web site will be getting an overhaul to eliminate inconsistencies and information gaps between the two college campuses.

Plans to redesign the site include a stronger emphasis on the Lakeshore Campus.

Donna Chow, Humber's director of marketing and communications at the college, acknowledges the need to improve Lakeshore's Internet presence.

"Overall, there are some inconsistencies between parts of the site because they are being developed by different people," Chow said.

"What we've proposed is that we have a common navigation system across the entire site."

Currently, little information is available on the Lakeshore Campus other than a campus map and parking plans.

"We need to transform it in terms of the balance between the campus information," Chow added.

"By next year there's going to be

more students on that campus (Lakeshore), and part of our responsibility is to ensure there's a profile for the Lakeshore Campus and the programs down there as well."

Raj Gogna, Humber Students' Federation (HSF) vice president at Lakeshore, said the college Web site needs to include more information about school events and campus news.

"For a long time they have been ignoring the Lakeshore Campus," he said.

"Information must be given on the Web site to keep the students aware. We should communicate to the students what is happening at the college and what programs we are going to bring in. Not only for the Lakeshore students, but the North Campus students too."

Adam Hackett, HSF vice president of administration, said it's natural for the site to cater to the majority of students.

About 10,000 of Humber's 12,500 student body attends the North Campus.

"The North Campus is obviously the main campus," he said. "I think the reason the Web site is inundated with the North Campus is because most of the events and services happen up here."

Chow said although more information comes from the North Campus, it isn't the college's intention to ignore the Lakeshore Campus.

This past fall Humber College acquired the new domain name of humber.ca.

The college always intended to revamp the Web site and has started with the administration portion of the site.

This should be completed for this fall and will launch the first phase of the redesign and the new domain name.

The remainder of the site should be completed in the next two to three years.

The site will be redesigned by two Web masters contracted by the college with guidance from the College Marketing Office.

Redesigning the school Web site will also give students and faculty a chance to voice their concerns and suggestions.

"One of the things we'll (try to accomplish) in redesigning the Web site is not just to design it from the internal point of view, but to go out

to current students, new students and visitors to the site and ask them what they think of the site and what they're looking for," Chow said.

"I think this redesign is an opportunity for people to contribute and make it their own."

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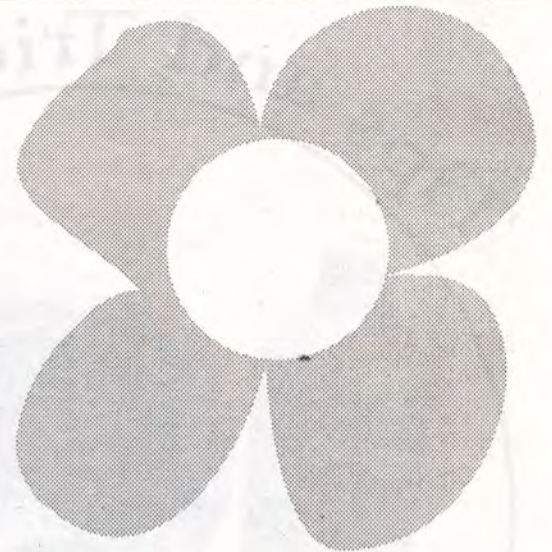
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# In Focus etc.

# Swing into spring



Leave the cleaning kit in the closet and internalize spring cleaning

By KRISTINE ARCHER

Despite what weather reports lead everyone to believe, it is officially spring. March 20 marked the first day of the new season, though students are still preoccupied with the classes and the upcoming stress of final exams.

In order to prepare for the spring, many of us may take some time to do a little spring cleaning – to eliminate at least one worry from the mix and to get things organized before crunch time.

But while dragging out the mop and bucket or dusting the bookshelf may be the first things that come to mind, spring cleaning projects can involve housekeeping of a different sort – for the body, mind and spirit.

The body, for example, deserves a little pampering. A lot of people head to salons and spas in the spring to freshen up for the approaching warm weather.

“Once spring comes in, you see an increase in pedicures,” said Melanie Peppard, coordinator of marketing and advertising at Toronto’s Elmwood Spa.

“Everybody wants the feet looking good – and everything else for that matter. The hair salon does really well come spring – people want new looks so some of our busier months are the end of March, April, May and into June,” she added.

The Elmwood offers spa treatments like facials and massages, some of which are tailored specifically to the spring months.

“Our facial for the spring is a renewal, getting the skin ready for exposure to the sun,” said Peppard, who also outlined a full day special called the Spring Fling, which runs throughout April, offering the full salon treatment for \$150.

Another unique treatment The Elmwood offers is its L’Aroma Sauna Cabinets, a full-body aromatherapy experience designed to treat all types of body ailments from insomnia to stress to coughs and colds. The client relaxes in a fitted sauna while essential oils penetrate open pores.

“The different mixtures do various things to the body,” Peppard said. “With all the stresses that students go through, it’s really essential that they take time for themselves. You can come in for a manicure for \$21 or you can ask mom and dad to buy you a whole day.”

“We’re seeing a lot more of the younger crowd coming in,” Peppard added. “There’s more awareness of what a spa is, and that it’s not a pretentious place to come.”

For those looking for the type of cleansing that goes a little more than skin deep, why not consult a naturopath? Chemical and mental detoxification are interrelated, said Ee Von Ling, an intern at the Canadian College of Naturopathic Medicine in Toronto.

“In this day and age, everything we’re exposed to – the water, the air, food, our houses, our workplaces – is full of chemicals,” Ling said. “When the body is under stress, it holds onto things and all sorts of biochemical reactions go on that are quite toxic to the system.”

“The natural detoxification process can’t go on because your

body is trying to handle the stress.”

While Ling recommends a long-term approach to cleansing – including eating high fibre, unprocessed foods and using massage and deep breathing exercises to de-stress the body – she did note some options for a more dramatic and immediate effect.

These options, such as fasting or juicing, should only be attempted under the supervision of a trained professional, Ling added.

“The winter is a time for our bodies to conserve energy, so you don’t want to be eliminating. In the spring, things start from anew,” she said.

The desire to start fresh also extends to matters of the mind and spirit, according to Catherine Rathbun, an instructor at Toronto’s Friends of the Heart Meditation and Healing Centre. She said that interest in the meditation classes offered at the centre fluctuates along with the temperature.

“It is definitely weather-related,” Rathbun said. “There is a surge after March. March is almost a time when, like the animals, we emerge from hibernation.”

Rathbun endorses a kind of spiritual spring cleaning, although it may not necessarily coincide with the spring months.

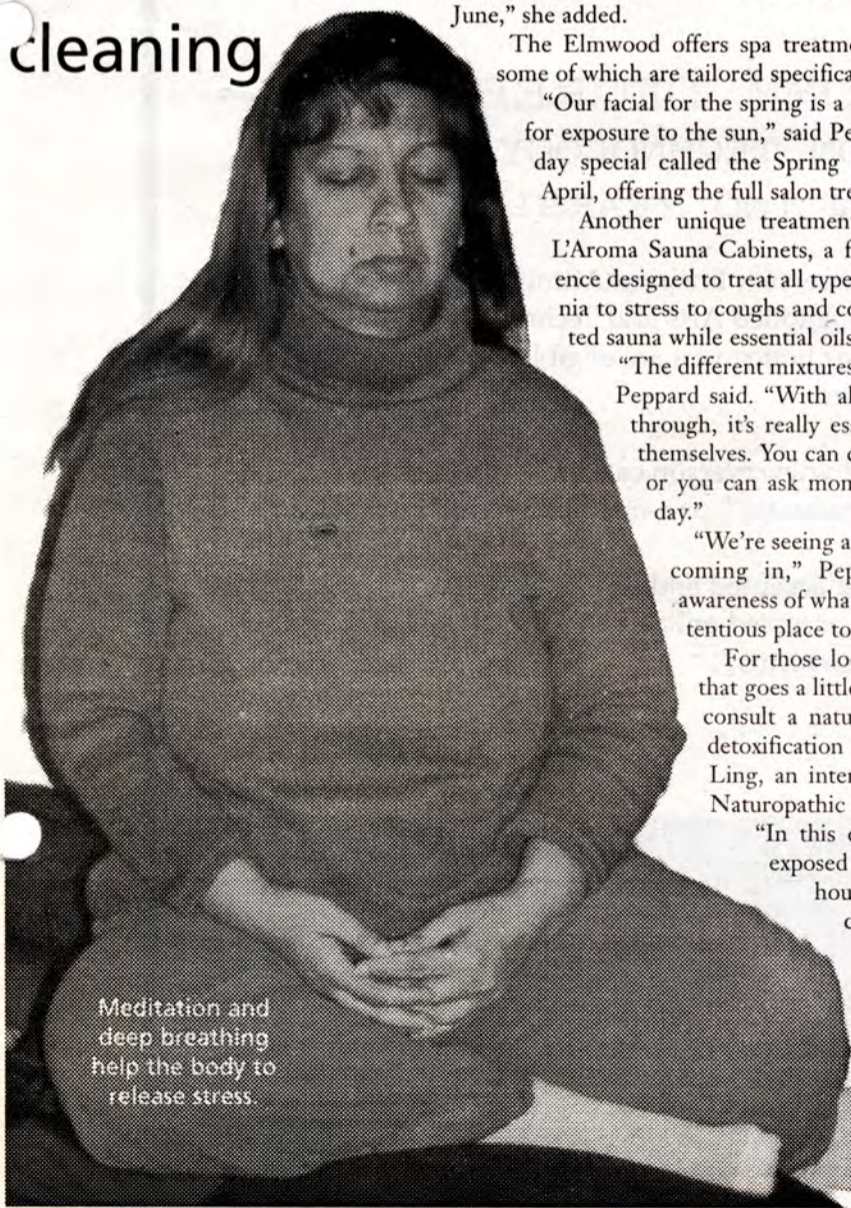
“I encourage people on their birthdates to think about the year they’ve just lived – what they have accomplished and what needs to be changed,” Rathbun said.

She also dispelled misconceptions about meditation for those who are curious.

“People tend to think it’s a tranquility tank, that meditation just makes you really calm,” Rathbun said. “In fact, the purpose of meditation is mind cultivation. It’s refining consciousness, so that we are more aware, so that we are more compassionate, so that we are more forgiving of ourselves and others.”

“There are many reasons to take up the practice,” she added. “One of them is stress, and that’s commonly known. But much more than that, it’s to make sense of inner phenomena that have arisen.”

Rathbun also offered some advice to those who are ready to try meditative classes: “Go with an open mind, but a mind that is willing to question. Don’t accept without reflection anything that comes from any authority.”



Meditation and deep breathing help the body to release stress.



KRISTINE ARCHER

# In Focus etc.

## Tips and Tricks

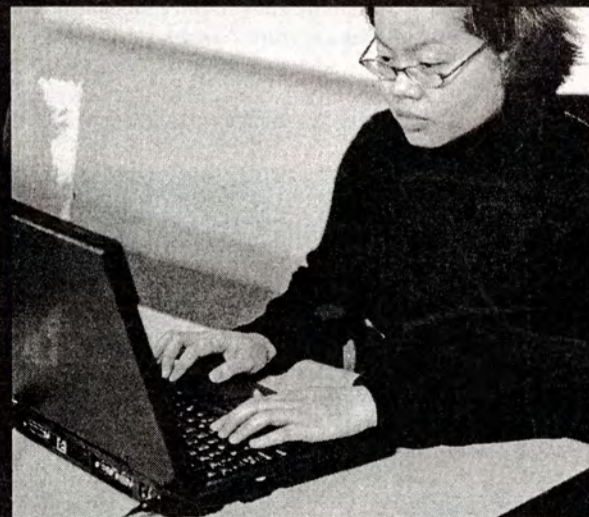


## Get the job done right

- Vinegar and water combined make a great cleaner for all surfaces – except wood.
- The oil from orange peels is great for removing stubborn stains.
- Dust surfaces with used dryer sheets.
- Wear a mask if you have allergies.
- Protect your hands – wear latex gloves.
- If you hire an agency to do the job, make sure to shop around for the best deal. Depending on how much work you want done, and how large an area you have, prices will probably run upwards of \$150.
- Shine windows using old newspaper.
- Dust blinds using a cloth (sprayed with cleaner) wrapped around a ruler and run the flat end across each blind.
- Leave baking soda on carpets over night to absorb musty odours.
- Rub out heel marks with an eraser.
- Wax large appliances with car wax to make them shine and remove scratches.
- Place a paper bag over spilled candle wax then lightly iron the bag.
- Coat mild grease stains with aerosol shaving cream, use a hair dryer to dry and then vacuum.

*Compiled by Renee Borovitch and Sarah Robson.*

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# Entertainment etc.

## Da' world is a ghetto

Ghetto Concept don't give a rat's ass when it comes to opposing critics

By JAMES ROSE

Ghetto Concept's 15 years of hard work are paying off, giving them a chance to show what they do while they send out their message.

Ghetto Concept's Kwajo Cinco, Dolo, Angel Duss and Ray Smoove are keeping it real.

"This album is gonna change the Canadian music industry," Cinco said. "We are being marketed now in chronological order and we are competing with everyone in the industry," Dolo added.

"You have to come into this game with a family," said Cinco. "You can't come in with someone you don't know, it's all hardship."

"You gotta roll with someone you know so you know that they've got your back," Dolo agreed.

They said that enhancing their songwriting and starting their own independent-label, 7 Bill\$ Entertainment, made them who they are.

"Music is a game, you gotta play to win. You're only as good as your last song or your last product anyway," Cinco said. "It was a hands-on experience that was definitely a tool to help us take it to the next level, not only as men but as businessmen."

Ghetto Concept's new 17-track album, *7 Bill\$ All-Stars: Da Album* was released on Tuesday. The album addresses societal issues on an international level.

"The central issues that affect Toronto are the same issues that affect everybody in the world when you're coming from a low economic structure as far as your family upbringing," Cinco said. "There are ghettos everywhere, there's low income houses, there are broken homes everywhere."

The new album features collaborations with fellow Hip Hop all-stars Red-One (Rascalz), Maestro, Snow, Kardinal Offishall, Ironside, Angel Duss and Ray Smoove.

"Rest in Peace" is a timeless tribute to their friends who lost their lives in 2001.

"It's final that they're gone and

not coming back again," Dolo said.

"At the end of the day it's something that could have been avoided," Cinco added.

Ghetto Concept make it clear that they disregard critics who label them as "posers."

"I don't give a rat's ass about what their opinion is. Let's see them live a week where we come from," Cinco said. "Our niggas are more on the grind, hustlin' and it's all real, you know."

"Yeah, do a day in the life of Ghetto Concept," Dolo said.

"All we have to say is come to where we live and we'll see how gangsta you are," Cinco said.

Cinco believes you have to be authentic to survive in the music industry because if you aren't, the audience will feel it. He said that Ghetto Concept perform with the same amount of intensity every night.

For over a decade, Ghetto Concept have crafted a unique sound that includes seamless rhymes with Hip Hop, Reggae and Soul/R&B beats.

Besides his crew and his surroundings, Cinco credits the producers for their inspiration.

"The most important part is the producers," Cinco said.

"They set the tempo. Guys like Timbaland, Dre and Russell Simmons. Simmons was a brother coming from the hood and now he owns a million dollar enterprise and that is what we are trying to reach too."

Overall, they just want people to appreciate their music and to understand where they are coming from.

"If you're not real, don't fuck with it. If it's not for you then leave it alone," said Cinco.

"I pay attention to the fans that can relate, that's who I make music for."

Ghetto Concept's CD release party is this Friday at Berlin Night Club, 2335 Yonge St.

They will perform with Snow, Red-One, Maestro, Kardinal Offishall and Ironside.



COURTESY

Kwajo Cinco lines up for his chance at fame.

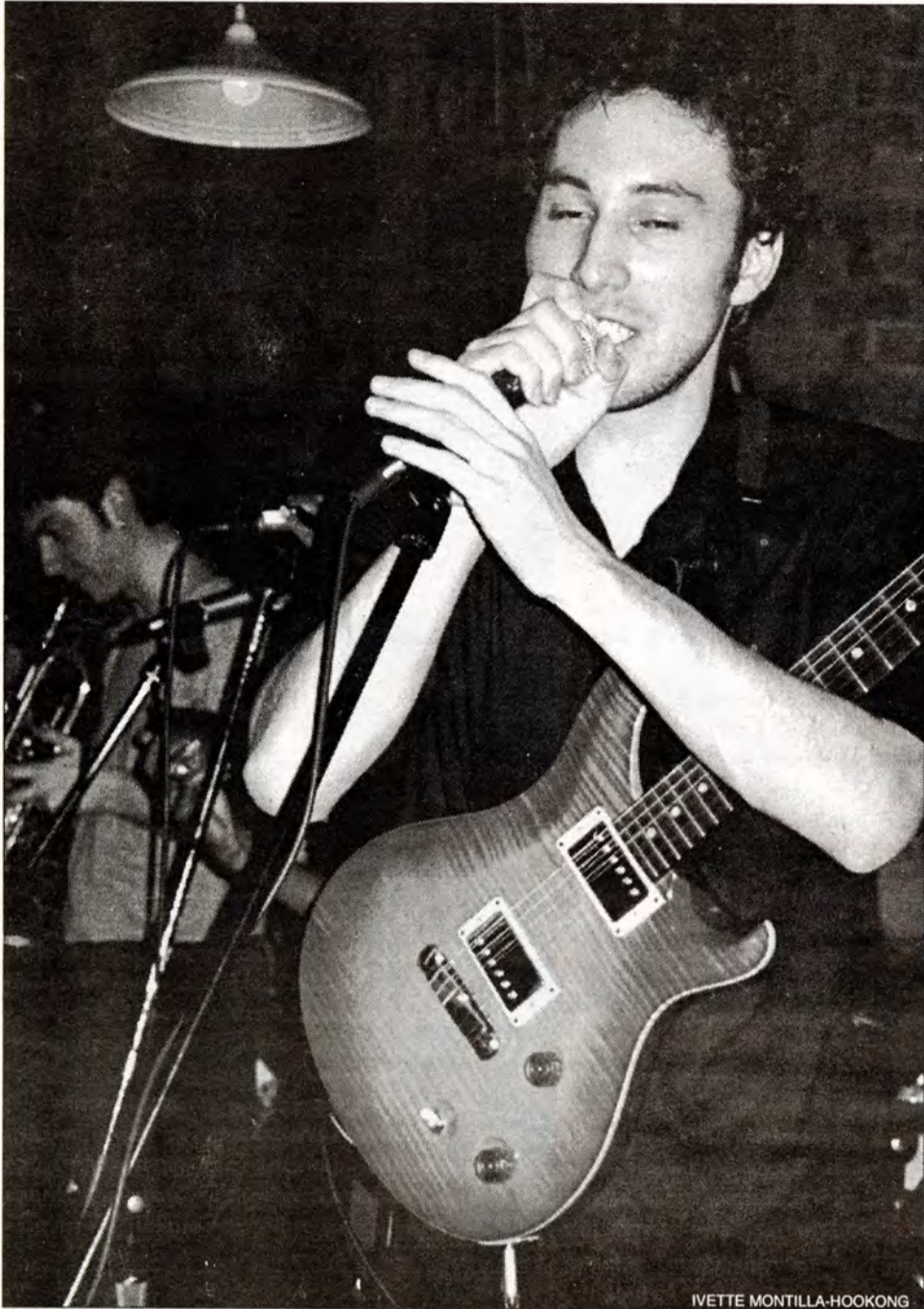


COURTESY

Ghetto Concept's Dolo keeps true to his roots.

# HUMBERBUZZ

## Dance to the Afro-Colombian rhythms of Palenke Orchestra



IVETTE MONTILLA-HOOKONG

Juan Carlos Valencia sends the message of social justice, peace and equality at the mic.

By IVETTE MONTILLA-HOOKONG

Hypnotized by the refreshing Afro-Colombian music, a cheering multicultural crowd of 200 people danced the night away to the earthy Latin American rhythms of Palenke Orchestra at Cervajaria Downtown.

Sweaty young bodies bumped into one another, letting loose like there was no tomorrow, clapping, singing and dancing.

Sweet music for the crowd, but even sweeter for the band. They had packed the joint. This was good news for a group that formed only a year ago.

Composed of eight members, Palenke Orchestra includes four students from the Humber College Music program.

Colombian Juan Carlos Valencia, the guitarist, specializes in arranging and composition while his fellow countryman Pedro Ojeda plays drums.

Oscar Azahar from El Salvador rounds out the sound with some sax and Canadian Patrice Barbanchon plays trumpet. Ojeda, Azahar and Barbanchon are all majoring in Performance at Humber.

When Valencia and Ojeda arrived in Canada from Colombia, the idea of starting a band of contemporary Colombian music was already on their minds.

They got together with Juana Awad, a talented Colombian vocalist, and started the group.

After auditioning many musicians, they found the perfect match. They now perform regularly at bars and social events around the city.

Their funky melodies and combinations of modern puya, chandé and cumbia rhythms easily stimulate crowds to surrender and dance to the beat

Their repertoire includes versions of traditional Colombian songs and 11 original tracks arranged and composed by Valencia and Ojeda.

But this young orchestra is not only interested in making people move their hips, they also want to make Colombian music known around the world. With their music, they seek to reach not only Latinos but people from all backgrounds.

"We want to make people happy, we want them to dance and forget their problems, but more than anything we want to knock down the barriers between races and cultures," Awad said.

Hailing from a country known for its political and military conflict, they also feel a duty to preach a message of social justice, peace and equality.

They do so by playing in events that support the causes they believe in and maintaining relations with organizations like the Toronto-based Latin American Coalition Against Racism.

"Through music, we have the opportunity to touch people's hearts while at the same time we can deliver our message against injustice and racism," Valencia said.

Back on the dance floor, the crowd gathers again. The band is back on stage and Awad shakes the maracas singing "Ya me voy pa' tierra" (I'm going back to my land).

Palenke will be back playing at Cervajaria Downtown on College Street, March 30, the Comfort Zone on Spadina Avenue, April 19 and as part of the Mayworks Festival on April 27 at Club 360 on Queen Street.

For more information about Palenke and their upcoming gigs call their hotline at 416-536-5698 or send an email to palenkeorchestra@yahoo.com.

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IVETTE MONTILLA-HOOKONG

Funky melodies, combinations of modern puya, chandé and cumbia rhythms inspire the crowd to surrender and dance to the beat pounding from Pedro Ojeda's drum set.

**etc.**



# New Town Animals – Canada's answer to rock 'n' roll revival?

## Two minutes is all they need to rock

By TONI MARIE IPPOLITO

The music world has not been challenged or smacked so hard in a while. But for music fans desperately seeking an attack on their senses with fun, fast and furious rock 'n' roll, it's about time.

Canada's answer to rock 'n' roll punk revival has finally arrived in the form of the New Town Animals.

The New Town Animals play in your face, pure, energetic and enthusiastic music that will give your parents a headache for days.

At a recent show at the Horseshoe Tavern as part of Canadian Music Week, Vancouver's New Town Animals bounced and vibrated on stage as they provided what punk music does best – two-minute songs that both begin and end abruptly.

They also have the look. Frontman Nick Newton sports the classic brit-punk style, wearing a tight blue blazer, skinny tie and thick white rimmed glasses.

Originally from England, Newton tops this Canadian band with British flare. The energy their music generates also emanates from some of the great '70s Brit-punk.

"Some of my greatest influences are The Clash, Buzzcocks and Adam and the Ants for sure," Newton admitted.

Newton, who seemed proud to be a part of the CMW event, views the festival as a great experience. He was relaxed, not the least bit nervous even though CBC radio was airing their set live.

"It's totally fun and it's great that they put on something where bands can get together," Newton said.

"It's great that people actually come out especially for bands they would normally not come out to see."

The band, who have been together for two years, are signed to Mint Records, home of other Canadian talents like The Smugglers and Hanson.

Their album *Is Your Radio Active?* features 13 songs of pure bliss.

"It's crazy, wild punk rock and full of good times," Newton says.

Sounds like it's the way rock was meant to be.



TONI MARIE IPPOLITO

Vancouver's New Town Animals, played a raucous show at the Horseshoe Tavern during Canadian Music Week

# CD REVIEWS



Remy Shand - *The Way I Feel*  
By RYAN PAXTON

What? A soul singer from Canada? From Manitoba, no less.

At a glance, you probably wouldn't place Remy Shand as Motown's freshest voice. But first impressions are quickly discarded once he opens his mouth to sing. And the brother sure can sing.

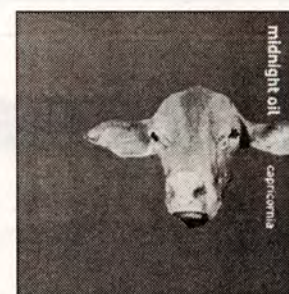
Take a dash of Al Green's silky-smooth voice, mix it with a pinch of D'Angelo's eunuch-like pitch, and throw in a little of that Curtis Mayfield funk. That's the best way to describe Shand's sound, though he'll never be quite as good as any of them.

Nevertheless, his debut 11-track CD, *The Way I Feel*, is the real deal – a bona fide soul album with many tunes reminiscent of the good ol' days of Motown.

It's also notable that all songs are written, mixed and produced by Shand. Oh yeah, he plays all the instruments too.

Most tracks probably won't enjoy the crossover success of his first single, "Take a Message," but Shand has put out a more-than-solid debut. It's all uphill from here.

Not too shabby for a white prairie boy.



Midnight Oil – *Capricornia*  
By JAMES ROSE

Take elements of Joe Strummer, Joe Jackson and the Proclaimers, throw it in all in a blender, and Midnight Oil will pour you a drink.

Australia's Midnight Oil are back with a 12-song album titled *Capricornia*. The album has many hooks but leaves the listener waiting for some sort of distinction. The title track "Capricornia" hits the listener with Proclaimers-like melodies, while the opening song "Golden Age" tears a page out of the B-52's songbook.

This album has more catch to it than their last one, but they chose to stay rather mellow.

Two songs that broke through a little heavier were "Been Away Too Long" and "Say Your Prayers." These songs disappoint as they lack the hooks other mellow songs possess. The aspects of the songs may seem a little outdated but there is no harm in bringing back something credible, as Midnight Oil shows that they can keep their sound true to form.

All in all, if *Capricornia* doesn't prepare you for an energetic night out, it will definitely kick around to help you burn the midnight oil.



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# Sports etc.

## Edgar shows All-Canadian colours

By AMY MILES

Everything's coming up roses for Humber's Jennifer Edgar. The women's volleyball captain received the top honour in college volleyball last week when she was named Ontario's representative for the All-Canadian team.

In true Edgar style, she was modest about the award.

"I'm still surprised I got it," she said.

To Edgar, an All-Canadian is someone who plays hard, leads her team and sports a great attitude. And she's shown that throughout this past season.

Coach Chris Wilkins has had nothing but praise to shower on the third-year Nursing student.

"No doubt without the leadership of players like Jen we wouldn't have gotten as far as we did," Wilkins said.

Edgar has earned a slew of awards since her volleyball career began at Humber.

In her season in 1999-2000, she was named Rookie of the Year, Ontario College all-star and Player of the Tournament at the national championships.

Amazingly enough, when Edgar was younger, she never considered playing volleyball until a friend dared her to try out for her high school team in Gr. 9.

Always up for a dare, Edgar accepted the challenge. She made the team, but still maintained that basketball was her sport.

After finishing up at École Secondaire de Pain Court in Chatham, Edgar wasn't sure which direction life would take her. She attended St. Clair College, also in Chatham, but only for a day. She looks back on that day and realizes she was just too young to attend college. She wasn't ready to commit to something so permanent right away.

So it was off to Toronto to help some friends move. While in the big city, one of her friends invited her to a Humber volleyball practice. It was off-season and the girls were just out to have fun.

That day would change the course of Edgar's life.

She was offered an athletic scholarship on the spot by coaches Dave Hood and Chris Wilkins. Half of her tuition would be paid each semester of each year until she graduated. All Edgar had to now was apply to Humber's Nursing program.

In another happy twist of fate, Edgar met her current boyfriend, Rich, in Nursing. She credits him with helping her through life in many ways, especially academically.

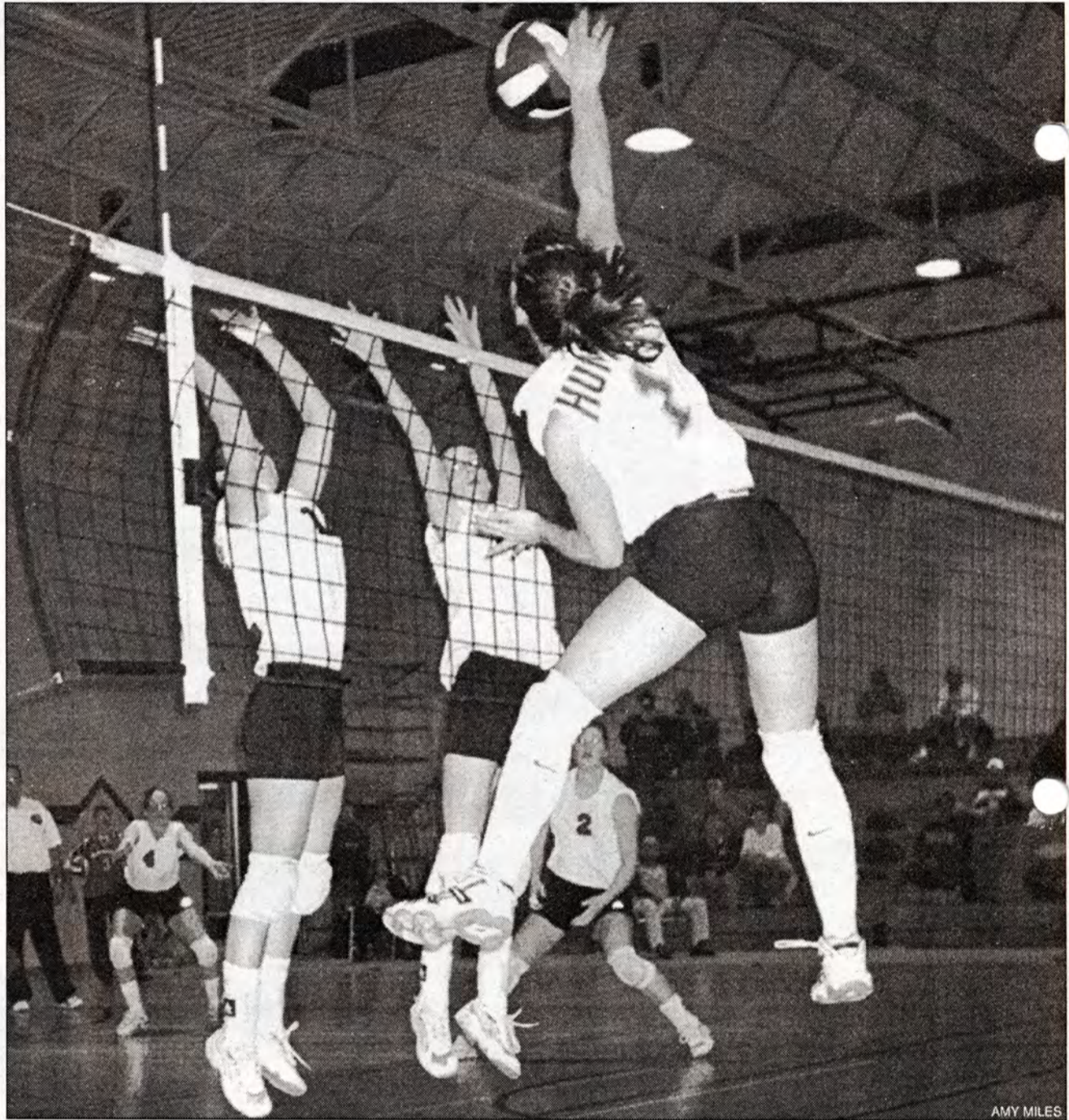
"Rich convinced me to take the Registered Nursing (RN) program instead of the Registered Practical Nursing (RPN) program," she said.

Edgar will continue her education after she leaves the Hawks' nest. This spring, she will start courses to obtain her RN certification.

Edgar has found the perfect match in Rich and Humber volleyball. "The volleyball team has given me great friends that will last a lifetime," she said.

Coach Dave Hood admires the tenacity in this year's volleyball team.

In the OCAA finals where the team placed a disappoint-



Jen Edgar (1) reaches for a spike during the recent OCAA championships where her Humber Hawks placed fourth. Edgar closes the door on her college volleyball career as Ontario's representative on the All-Canadian Team.

ing fourth, Hood was still impressed by his team's attitude, exemplified by Edgar. "This team is the epitome of the 'never say die' attitude. They worked their butts off even though Durham was killing us," said Hood.

Edgar is famous among her teammates for inspirational quotes - before the game that would determine who went on to play for bronze at this year's Ontario championships, Edgar promised her teammates they would win.

In typical fashion, she slammed down the game-winning spike against the Nipissing Lakers.

"I told the girls I would do it. I was going to do it and I didn't care," Edgar said.

Now that volleyball and school are over for Edgar, she will hang up her old lucky sports bra that she wore in her favourite volleyball moment back in 1999. That night, she won the OCAA championships.

She wore it again at the championships this year, but its luck just ran out.

Also during last year, she listened to Marilyn Manson's "Beautiful People" before every game and has carried on that

tradition to this year.

What does the future hold for the volleyball superstar? She and Rich hope to leave the busy city life of Toronto, buy a Labrador puppy and move up north to Thunder Bay. Volleyball will always remain a part of Edgar's life.

"I loved it (Humber volleyball). Loved every second of it. I wouldn't change it for the world. I met friends for a lifetime, got paid and now I get recognition for the game I love," she said.

Upon completion of her RN certification program, Edgar hopes to work full-time in a hospital doing something she loves: helping people.

"I just want to make a difference in people's lives and I've already done that. If I can keep doing that then I'll be fine."

She also hopes to one day coach volleyball at the college or university level, where she will no doubt employ the words of wisdom she lived by for three years from coach Wilkins.

"Nobody comes into our house, eats our food, sleeps with our men and kicks our asses."

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# Fighting to the top with spirit and pride

By TODD CLARK

He doesn't look intimidating from a distance. He's only 5'8" and 140 pounds. But up close, he has the body of a fighter. His ears are puffed with hardened fluid. His knuckles have callouses to rival Mt. Everest. And the small facial scars and disjointed nose reveal what this small, but very strong, young man does in his spare time.

He fights and fights well. Mark Hominick, 19, of Thamesford (20 k.m. east of London) is a successful kickboxer and pankrationist (a hybrid of mixed martial arts).

In fact, he is the Canadian International Sport Kickboxing Association lightweight champion and the Canadian pankration champion. He will also represent Canada at the 2004 Olympics in Athens, Greece, where pankration is scheduled to be a demonstration sport.

A first-year Business student at the University of Windsor with an 80 per cent average, he's also currently enduring rigorous training, preparing himself for a kickboxing fight in Iowa next month. He said he's working to maintain his unbeaten record of 10-0, with four of them TKOs (technical knockouts).

As he rollerblades to a training session at the Windsor Amateur Boxing Club near the university, Hominick periodically throws punch combinations into the air. He has found his niche.

"I get up at 5 a.m. every morning and train from 6 a.m. to 8 a.m. Then I'll work out at the university again in the evening for about two hours."

Hominick also represented Team Canada two years ago at the Pan American Games in San Diego for pankration, where he won. In that same year, he fought at the World Championships in pankration in Athens, Greece, where he won bronze.

"I love martial arts. It's not just about getting into the ring and fighting. You learn respect.

It's really changed my life. Self-respect and to respect other people."

On weekends and holidays, Hominick returns to London to

train. At the London Kickboxing Club earlier this month, he changed into his workout clothes and hit the mat. His shirt read "To Become A Champion, I Must Train Like A Champion." And he did. His nickname is "The Machine." Within minutes you can see why. The intensity in his eyes and the determination on his face when he delivers a hard kick to a teammate's mid-section shows he is a man on a mission. "I want to be a world champion," he said softly. Actually, he rarely speaks loudly. His actions speak for him.

He's been respectful and well-mannered throughout his life, said his mother Marie.

"Mark always tries to make people feel good. He is a quiet, humble person who tries to bring out the best in people," she said. "I thought he was going to be a priest or social worker when he grew up."

Hominick became involved in martial arts at age 14. His high school gym class attended a martial arts facility on a week-long field trip where he was introduced to jiu-jitsu or submission fighting.

He has never looked back. Hominick said he trained at that club throughout high school for about two hours every evening.

"Mark is very talented. He is very dedicated and trains hard, not just at my dojo, but at home on his own too," said Brad Hudson, Hominick's first martial arts instructor.

Three or four times a week Hominick runs eight kilometres, does wind sprints and runs hills to improve his cardiovascular conditioning.

"If you want to be successful you have to train on your own," he said. "I read in a fitness magazine that a guy did 1,000 sit-ups everyday, and I eventually worked my way up to doing 2,000 continuous sit-ups everyday."

He is most proud of his bronze medal at the world championships. "I got to see how I compared to the rest of the world doing what I love. I trained and prepared hard for it. I put everything I had into it."

Still at the kickboxing club, Hominick continues to kick at his sparring partner. Although his training partner is wearing a belly pad to protect his stomach, it is not enough to keep him from having to take a time-out to throw-up in the wastebasket. Hominick may be little but he has a mean kick.

As AC/DC's song *Thunderstruck* echoes throughout the training room, the irony is not lost. Hominick's kicks sound like thunder when they connect with that pad. It's a sound his trainer, Shawn Tompkins, loves to hear.

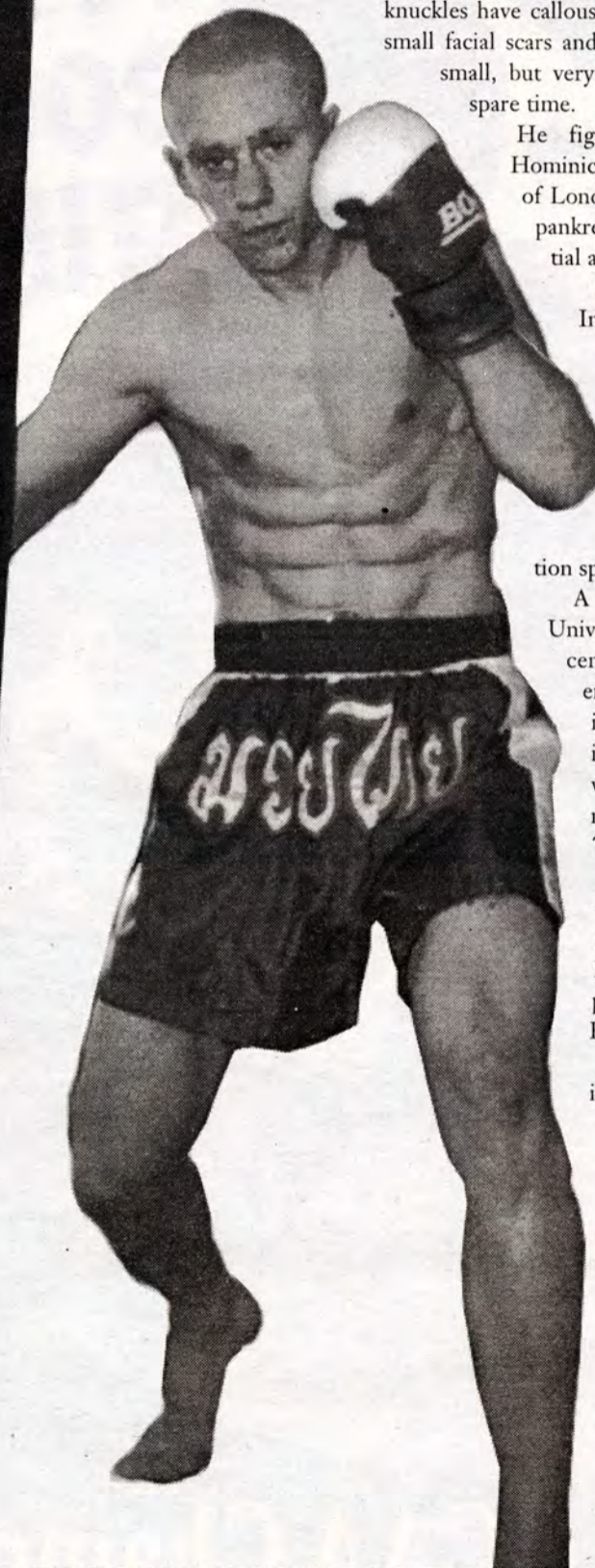
"From the first day I trained him, I knew if he (Mark) had the mental toughness to go along with his physical toughness, he could go all the way," he said.

Tompkins, a two-time North American kickboxing champion, knows Hominick has it all.

"I can take Mark to a world title if he wants it, a North American title. I can take him to fight anywhere in the world. Will he be a World or North American champion? If he wants to be. I can get him there. No problem."

He ignores his bruises and injuries except for one he's especially proud of. Tattooed on his lower right leg is a Japanese symbol that he earned from his coach Tompkins. Translated, it means "fight, spirit and pride." At only 19, Hominick already has all three.

And he isn't finished yet.



TODD CLARK

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