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INSIDE NEWS

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Humber residence is rolling with weed. Marijuana is readily available if you know where to get it.

Humber high

BY JEFF HEATHERINGTON
News Reporter

What do students at Humber College residence do when they get bored? They drink beer and smoke marijuana! However, only one of the two is legal.

Marijuana is found just about everywhere in society today, and Humber's student residence is no exception. Though it's mainly kept hush-hush, marijuana isn't too hard to find, or smell for that matter.

"When I want some weed, there's always some around," said a second-year student at the residence who requested anonymity. "With 750 students living together in two buildings there is never a shortage of pot."

Residence management isn't completely naive to the situation and realize marijuana does exist in the buildings. They do have a strict policy that is enforced when someone is caught in the act.

"We have a zero tolerance policy in which our first decision is to evict the student," residence life co-ordinator John Conrad said. "The policy is not all black and white though, there are exceptions to every rule."

"Since it is an educational environment, if we were going to cause harm to the student's academic success, then that may be a factor in our decision," Conrad said.

Though marijuana is available throughout residence, the underground operation is kept low-key, especially when it comes to selling.

Conrad believes drugs exist in

the residence, but he doesn't think a lot of selling takes place.

"You don't get a lot of selling in college residences, it's mainly just use," he said. "But it's pretty easy to tell from a management's perspective if someone is selling because there is an increase in the amount of people that are smoking."

"With 750 students living together in two buildings there is never a shortage of pot."

anonymous

There have been a couple of incidents this year as well as a few under investigation, but there hasn't been enough concrete evidence to justify any evictions. Most documented cases of students smoking marijuana this year have involved small quantities, like a single joint.

"If you look at the real world, if someone gets caught smoking a joint, the police won't do very much even though it is illegal," Conrad said. "However 99.9 per cent of the time we will evict, but there is always that exception."

Most students take their weed outside and either smoke in the parking lot or in the arboretum area beside the residence.

"There are always a few instances every year," said Gary Jaynes, director of Physical Resources and Security. "We do have security who make regular checks and will take the appropriate

action upon finding somebody using non-prescribed drugs on the college property. I know that police do make regular tours through the arboretum and there are various undercover people."

Some students in residence risk eviction by smoking in their rooms. One student uses various techniques to keep from getting caught while smoking inside.

"First I put masking tape all around the cracks in my door, then I open the window and put bounce sheets on the heater and turn it on high to neutralize the smell," said the unidentified student.

The residence hallways are patrolled two to three times a night by residence assistants and security who are always on the lookout for smokers.

"We can't often smell it in the residence itself, but we can smell it off the people who are coming back into the residence after smoking outside," said Chris McGarvey, a residence assistant who is in the Public Relations certificate program.

Each floor in residence has at least one RA (residence assistant) in charge of their floor.

"As RAs we report what we believe we smell and find to John Conrad and Derek Maharaj and they investigate from there," McGarvey said. Maharaj is the manager of the residence.

"I think there is a lot less smoking inside this year than last year," said RA Amy Harder, a second-year Public Relations student. "But I think that more people will start smoking inside as the weather gets colder."

Shooting suspect not in the books

BY DEBORAH PATTISON
News Reporter

A man who claimed to be a Humber College student is wanted for attempted murder by Metro Police.

Despite the suspect's claim, Martha Casson, dean of Registrarial Services, said the college has no record of the man sought by police.

Warrants are out for the arrest of Agron Shabanaj, 22, and Ylber Berisha, 21, in connection with the shooting of three men early Sunday morning.

The incident took place at the Cris Club Restaurant at 1720 Queen St. W. about 1 a.m. Police believe the attack was retaliation after one of the suspects was thrown out of the club, according to a report in *The Toronto Sun*.

Two bouncers and a bystander were shot. One bouncer was in critical condition at St. Joseph's Hospital Monday.

The suspects are known at the nightclub, which is popular with the Russian and Polish communities.

Shabanaj and Berisha are both from the former Yugoslavia.

Shabanaj is described as 5'7", 160 lbs, with black hair and brown eyes. He speaks Albanian and English with an accent, and is believed to frequent 33rd St. in Etobicoke. He is believed to drive a 1989 grey Ford Probe.

Berisha is approximately 5'10", with a medium build and short brown hair. He is known to drive a 1988 black Suzuki Samurai or a 1990 red Nissan 240.

Metro Police have described the men as armed and dangerous, and have warned citizens from approaching the duo.

Anyone with information leading to their arrest, call Detective Michael Shanahan, 11 Division CIB or Crime Stoppers at 222-TIPS.

An Exclusive Offer to Humber Students!

See page 4

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on page 16

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On Campus



COURTESY PHOTO

Eco-adventure tours are in great demand now-a-days, providing fun and relaxation at the same time.

Humber's challenging program for the adventurous type

BY DARCEY FERGUS
News Reporter

With eco-tourism and adventure travel emerging as multi-billion dollar components of the travel industry, the demand for qualified professionals who are trained to handle these specialties is growing.

In response to this need, Humber College is launching a post-diploma program in Eco-Adventure Tourism scheduled to debut in January 1998.

The three semester program is designed to provide college and university graduates with the concepts, skills and techniques required to work in the eco-or adventure tourism field.

One analysis of the adventure tourism sector estimated that in Canada alone, this field will grow by two per cent annually up to the year 2001, which will result in over 11,000 job prospects.

John Walker, director of the Hospitality and Recreational

Tourism Alliance, says that it is an exciting program and field to get into.

"People are getting tired of sitting on beaches. They want hard adventures like white water rafting and rock climbing."

Some other examples of eco-holidays might feature camel or llama trekking, whale watching, trout fishing, bushwalking or photo safaris.

"People want an edge in a vacation. They want to learn more and relax at the same time," Walker said.

This shift in vacation trends has helped put eco-adventure tourism on the map as one of the fastest growing components of the tourism industry.

The first program of its kind in Ontario, eco-adventure tourism will include a 16-week industry traineeship at the local, national or international level with a possible exotic placement such as in the Caribbean.

"This program will prepare students with an interest in eco-tourism and adventure travel for careers in tour guide management, operations management and eco-adventure tour program planning," Susan Goodman, program co-ordinator of Recreation and Leisure indicated in a press release.

Courses will include tour guide management, principles of eco-adventure tourism, entrepreneurial resource skills, eco-systems and risk and liabilities management.

Humber's new program was developed in partnership with many of the big names in eco-adventure tourism: G.A.P. Adventures, Boreal Edge Adventures, Black Feather, Caribbean and Tourism Studies Division at the University of Guyana and the Countrystyle Institute for Sustainable Development.

Humber's library charges \$75 to replace lost books

BY TERRY BAAK
News Reporter.

Humber students beware. Unless you are aware of a re-appraisal process for a lost library book, you might pay too much.

When a Humber library book is lost, a student is hit with late fees, a shelving fee, and a replacement fee. Costs could add up to \$75.

Regardless of the book's original or replacement price, students receive a notice stating they owe \$75 for the replacement of the book. There is no notification of the re-appraisal process or what to do if you think the replacement cost is too high.

"That's not fair. How am I supposed to know that you can get a re-appraisal done?" said first-year student Craig Shelly.

Lynne Bentley, library co-ordinator, said the library doesn't want to be unfair to students, but there was no room on the notice to mention the re-appraisal process.

"We have to replace those books. We don't want to gouge the students. There are two lines, 70 characters long, on the replacement slip so there is no [room for] notification on the slip for reassessment," Bentley said.

The computer software package the library has been using since last year doesn't allow more than two lines of type, so Bentley said the library is considering other means to notify students of the reassessment process.

"I guess we could put additional information on a stamp or something," Bentley said.

Conversely, York University's library has notification of its appeals process on the back of the notice sheet sent out when a book is lost.

If students borrow the same book from an Etobicoke or Mississauga public library and lost it, they would have to pay only \$30. Both public and school libraries calculate replacement costs based on an average of what all the books in the library cost.

Bentley explained Humber's

library has a variety of expensive books, like medical textbooks, you wouldn't find at public libraries. Therefore, the average cost of the books in the school library is higher.

"Traditionally, academic library costs are higher because we have text books and reference materials that public libraries don't have," she said.

She also said the replacement fee is high because students would borrow textbooks from the library at the start of the year and not return them. They were assessed only a minimal fee, so they kept the books.

Bentley said the library had to increase the fines to reflect the cost of the books.

"We have new books that cost at least \$40 to replace," she said.

The library staff wants students to take lost books seriously, so the \$75 fine should be seen as a deterrent.

"I wouldn't want to pay it, so I wouldn't lose a book," said Ben Smith, a clerk at the library circulation desk.

Bentley said if students think they have been unfairly assessed, they should complain at the circulation desk, and they will be



PHOTO BY GREG MACDONALD

A Humber student leaving the college library.

given a number to reach her.

She wants students to realize the books are needed, and should be returned promptly.

"The books are in demand. It is a serious process when they are not returned. We just want to get the books returned on time," Bentley said.

Students locked out of educational conference

Interest groups say banks are putting their own interests first

BY DEBORAH PATTISON
News Reporter

"Education under attack! What do we do? Stand up, fight back!"

That was the chant at the Metro Toronto Convention Centre last Wednesday as nine students from York and Guelph universities stormed the Summit on the Future of Ontario Universities.

The summit was organized by Scotiabank on the premise that post-secondary institutions need help with funding and the creation of areas of institutional excellence to compete in the global market place.

Premier Mike Harris was giving his speech when the students entered the area and attempted to gain admittance into the room. When they were denied entrance, they sat in front of the door, barricaded the room and expressed their disapproval.

The protesting students' argument was that the government was trying to fix their financial problems at the expense of post-secondary education.

"Why can't we talk about the fact that the people in there have investments that they need protected. So they fought, they fought bitterly to keep in place and choke down and put people out of work. Now we have these huge deficits and they're asking to gut our education sector to make up for stuff that's their fault!" said one student.

Harris said he was unimpressed with the protest and was invited there by Ontario's universities.

Sarah Vance, an International Development student at Guelph University, and spokesperson for the Central Student Association, said the meeting is supposed to be legitimate, but believes there has been consultation going on with certain universities.

"This meeting shouldn't be taking place at all. It's absolutely contrary to everything that education is supposed to be when you get together Scotiabank, CEOs, and John Cleghorn from the

Royal Bank to decide on what the future of education is supposed to be. The CEO from Schneiders' is in there, deciding what my future is going to look like, what the future of my education is going to look like," Vance said.

"I am the spokesperson of the University of Guelph student government, and I am not allowed to be in there and as someone who represents 13,000 students I am not entitled to be there."

The students were repeatedly asked to leave by the centre's security, and when they refused, Metro Police were brought in to deal with the disturbance. In response to additional requests for the students to vacate the building, the group responded with "Education is a right, we will not give up the fight!"

But Harris was unimpressed. He later told reporters. "I don't do protests. I listen to reasoned arguments and debates, but whistling and shouting doesn't contribute much to our decision making. So that's their opportunity to get on T.V. I'm interested in opportunities to improve the quality of education," Harris said.

Wayne Poirier, Ontario Chairperson of the Canadian Federation of Students said "There's a fundamental problem when university presidents are meeting with the presidents and chief executive officers of banks and corporations that sit on the Boards of Governors of university bodies which are responsible directly for increasing tuition fees. These individuals have a direct benefit from privatizing universities, from deregulating tuition fees and from increasing students' tuition fees," he said.

Harris defended his government and the universities. "We don't cut out programs, but the universities realize there are some programs they're still offering their graduates, that are in surplus and have very little hope of contributing to society in any meaningful way. And yet there are many other disciplines where



PHOTO BY DEB PATTISON

A student protester is dragged out of the Metro Toronto Convention Centre by police after jeering Mike Harris.

we need more programs," he said.

The students threw around photocopies of \$20 bills with "Tax the banks" written on them, and

brochures that said "Don't fuck with our education".

"There are people right now, sitting in that room, who owe billions of dollars in back corporate

taxes and that would be a start to find a quality, accessible post-secondary education," said Becky McFarlane, vice-president of the York Federation of Students.

Get A Life in half an hour

BY LISA RAINFORD
News Reporter

There may be some hope for people out there who are looking to get a life.

Rogers Cable T.V. has launched a half-hour show geared towards Canada's job-seeking youth.

Get A Life, produced by Sound Venture of Ottawa, Human Resources Development Canada and Rogers, addresses the importance of getting your foot in the door, technology education and training. The show also confronts the issue of discrimination.

It's a fun little show with lots of graphics and music," said executive producer Neil Bradshaw.

Co-hosted by Paula Haffner, 20, and Kipp Lightburn, 23, of Ottawa, the series features career tips and success stories from across Canada.

Colette Watson, vice-president of programming and community relations for Rogers said *Get A Life* is geared to help kids feel confident in finding a job after high school.

"Its mandate is to communicate to youth that getting a job is more than handing out resumes - that finding work takes dedication, creativity, perseverance and above all, a positive attitude," Watson said.

The show debuted Sunday, November 23, and featured a high school student who started his own greeting card business. He was successful enough to pay for his university tuition and then some.

He shared the steps he took in getting his business off the ground and some of the mistakes he made.

Get A Life also featured a

native film student who is an aspiring director. She talked about the difficulties she encountered coming from a different heritage. A newly signed singer talked about getting her recording career off the ground.

"Its mandate is to communicate to youth that getting a job is more than handing out resumes ... work takes dedication"

- Colette Watson

Get A Life airs Sundays at 7 p.m. on Rogers stations in Ontario and British Columbia. The series is also being used as a teaching aid in schools across Canada.

Humber Et Cetera

upcoming Special Sections

November 4th

Addictions

December 11th

SEX

Howard Stern saved Q107



PHOTO GREG McDONALD (TOP)
COURTESY PHOTO (LEFT)

The men that changed Canadian radio: Q107 program director Pat Cardinal (top) and Howard Stern (left).

BY ANDREW MCKAY
News Reporter

The man who brought Howard Stern to Toronto says the controversial morning show saved the station.

Pat Cardinal, program director for Q107, told a group of Radio Broadcasting students that while bringing Stern's show to Toronto has brought disapproval and condemnation from some circles, it has also brought Q107 back from the brink of disaster.

"I think we would have changed the format without Howard," he said.

The station's gamble seems to have paid off. Since Stern's debut September 2, informal ratings have steadily risen, positioning the morning show in firm second place in the market. There is optimism the numbers will be similar when the next set of official ratings comes out December 18.

MobileTrak, which measures 100,000 car radios a week in the Greater Toronto Area, says the show is carrying a 20 share (percent of radios in use). Cardinal said even those numbers may be on the low side.

"I think (Howard) is under-reported," he said. "People won't admit they listen to him, and they say, 'God, I hate him, he's terrible - did you hear what he said this morning?'"

Cardinal came to Q107 last year, bringing 17 years of experience at stations in Vancouver, Hamilton, Edmonton, and Winnipeg. What he inherited was a station that was neither generating new listeners, nor holding on to the core listeners. After some analysis, Cardinal decided that one of the key problems was the morning show.

"Jessie and Gene (the previous morning show) are talented guys, but they weren't right for Q," he said. "They had a loyal core of fans, but the listeners were loyal to them, not the station. You could almost hear the click on the dial at nine o'clock of people turning off their radios."

A widely-held belief is that Cardinal brought Stern to Toronto after Stern had agreed to syndicate his show in Montreal. In fact, Cardinal said the deal had been in the works long before Stern signed with CHOM-FM.

"I started thinking about (Stern) when I got here," he said. "When we started doing focus groups in May (to replace Jessie and Gene), I told the researchers to ask about Howard Stern. Everybody in the group said they would seek out and listen to the Howard Stern Show."

Cardinal also bristled at suggestions a Canadian could have been hired to fill the spot.

"I don't think there's a Canadian who can do what he does; there isn't even an American who can do it. He's the Wayne Gretzky of radio."

Bringing Stern's show to the station wasn't the only change Cardinal made. He cleared out a lot of Q107's music inventory, cutting 1,300 songs off the playlist. Cardinal said the sta-

tion's programming had become cluttered, leaving listeners without any real sense of the station's format.

"There is a threshold of music that you never really get tired of," he said. "You never get tired of hearing your favorite songs, even if you think you do."

Cardinal said the station had been playing too much music that crossed over into the domains of other stations.

"CFNY is the new music station. Everyone in Toronto knows that, and we know they have the music. You're not going to hear Chubbawamba on Q107. We play new rock, no matter what kind, but a Q107 listener knows you're never more than 90 minutes away from AC/DC or Led Zeppelin."

Cardinal's next task is to overhaul Q107's sister station, Talk 640. Most of the programming was revamped last week, with syndicated programs taking over. While Talk 640's content is weak right now, Cardinal said the situation is temporary.

"It's mostly filler until we get something better," he said. "We'll give the talk format about a year, and if it's not getting better, we'll probably go automated."

Talk 640 has been a constant money loser since it switched to the talk format two years ago. It has also been in last place in the ratings since the format change.

"I think CKHC (Humber's internal station) has more listeners," Cardinal said. "I know CJRT - Ryerson's station - beats 640 in every ratings period."

While Cardinal knows the overhaul at 640 will be difficult, he doesn't think Toronto is squeezed by too many stations.

"Just look at a city like Dallas, which has four million people and 27 commercial stations. Toronto is larger, and only has eight FM stations. The same situation applies on the AM side. We just have to figure out what to do with the station."

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Do-it-yourself Web page design

All the tools you need to design a webpage are on the web

BY DAVID ACETO
Tech. Reporter

Creating your own Web site is both fun and easy. You don't need to be a programmer or an Internet guru, nor do you need any special equipment other than what you use to surf the Net.

It isn't as difficult as you might think. All you need can be found right on the Net and it's usually free or, at the very least, cheap.

"If you're willing to spend a lot of time designing the Web page and learning how to create files and folders for the information, then you shouldn't have any trouble making it," said Luca Mirani, a part-time computer student at Ryerson University.

You're on your own in trying to find the server and the design program which suits you best. Once you're ready to get started and have a question, you can always visit the company site for all the help you need to figure out the problem.

Your first step is to find a Web page supporter, more commonly called servers. This is how to find a personal spot (which basically becomes your URL) to put your Web page on the net.

Geocities is a server known around the world and is the biggest free service on the net. There are many other servers world-wide that can also be found

on the Net, but do you really want to spend the time finding them?

"Right now I'm using Geocities as the server for my web page and I'm satisfied with what they offer," Mirani said.

Pay attention to the word "FREE" on some server offers. In Geocities for example, you are able to upload your files (via EZ using Netscape) free.

If you choose to, you can become a Geoplus member, for an additional \$4.95 a month and have greater equipment to deal with. Becoming a member of any server company does have its advantages.

Geocities offers members Java scripted tools such as counters, guestbooks, personalized dates and greetings, and weekly newsletters, among other things, for the extra \$4.95.

All these things will help your Web site, but in the end, what makes a good Web site is how you choose to present it. Everything from the background you choose, the type of fonts, to the organization of the page needs important consideration when building a great Web site.

"Some of the things offered to members can help out your Web page but I think you can still present a great page without becoming a member," Mirani said.

After you have chosen a server



IMAGE MATT BLACKETT

An example of what can be done with a few helpful hints from the Internet.

for your page, you now have to find a program to construct it.

There is a good selection of programs, such as Coffee Cup or Hot Dog, on the Net which deliver great quality and, at the same time, are still somewhat easy to use.

Those who understand programming and know about the latest in Java technology won't need to play around as much with the program to discover how certain things are done, but high level Web skills are not mandatory for simple page production.

"Believe me, knowing the latest J++ code isn't a necessity. I successfully created a great Web page for a company while using a program for the first time," Mirani said.

You can find many of these applications by going into any

search engine and typing in "shareware software" or "Web publishing tools."

Some of the popular software used to design Web pages are Hot Dog, Fusion: Net Objects, Coffee Cup, Microsoft Frontpage, and Corel Web Composer.

"I'm currently using Fusion: Net Objects. It gives you a 30 day trial period to test their software. You are then able to decide if you want to buy it or not," Mirani said.

Once you're all set technically, just start playing around with the program you've chosen. In no time, you'll get the hang of it, but if you do still experience some difficulties, contact your applications technical support Web page for help.

CB radio is far from dead

BY RICK SMART
Tech. Reporter

CB (Citizen Band Transceiver) lives on, and will probably be around for a long time.

The CB became popular during the oil embargo of 1974 as a way for long-haul truckers to find out where diesel fuel was available and as a way to defeat the newly imposed speed limit in the United States.

Soon after, the general public joined the CB craze, and by 1976, *Time Magazine* concluded that CB radios were, "the biggest explosion in communications since the invention of the telephone."

Jim McCleary, an international CB user from Toronto, also known as 'one-two-three', said "CB is making a comeback due to the fact that cell phones are very expensive. (It's) not going to die because they're the most inexpensive way to communicate with someone."

Like any communication system, there are initial equipment costs (about \$500), like the antenna, microphone, and of course the radio, "but you only have to pay for the equipment once so it's only a one-time fee," McCleary said.

Craig Kavanaugh, a Toronto CBer also known as 'The Midnight Caller,' said "CB radios are going to be used more in the future because people's phone bills are getting too high."

Rick Daly (aka Jay One) said despite all the

positive aspects, CBs do have their negative points.

"Some bad things are CARPS, or Canadian Amateur Radio Pricks," he said. "Sometimes there are people who talk on the radio just to interrupt others and tick them off, or those who swear and want to cause trouble, or those who key up the microphone and don't say anything at all."

Mike Lewin (aka "Bloodhound"), a CB operator from Pickering, said CARPS are the only reason CB radios may suffer. Some people may turn to the less informal Ham radios.

"Ham radios and two-way radios are less informal than CBs and therefore have fewer idiots transmitting on them," he said.

Lewin said one of the main reasons he uses a CB radio is the ability to speak his mind anyway he chooses, and because it's fun to use the "10 codes" - the basis of CB communication.

Thirty-year CB veteran Gordon Eagleson, (aka 'The Inuit Eskimo'), said he likes the CB because you can make friends and discuss issues with other CB operators.

He said he's made several friends using the CB over the past 30 years, and some of them have become really close.

Mobile Business Communications Ltd. sales consultant Bill Edge said "CB is never going to die."

He said CBs are used today for work, emergencies, or as a hobby.

"It's good for travelers, too, because they

could get directions, and could be aware of traffic problems just by talking to people on the CB, without actually needing a number to contact them," Edge said.

"Truckers may need to know about points of destination, road conditions, and weather conditions that will affect their driving route," Queensway CB & Stereo owner and CB operator Ed Rhynold said. "CBs are really good for obtaining general information from an immediate or local area without having any immediate connection with people in that area."

Aaron Weeks, another Toronto CBer who is known as 'The Woofer Base,' said "cell phones are garbage" and "CBs are a much better form of communication."

"There's a certain distance that a cell phone can be used near a hospital, and therefore if you have an emergency and have to use your phone, then you're out of luck," said Weeks. "If you go too close to a hospital with a cellular phone, the radio waves from the phone will mess up the hospital communication equipment. With CB, you can use it virtually anywhere, and it doesn't give off any radiation."

Technology is taking off as far as what's available to people, so it's hard to tell what's going to happen in radio communications, but radio operators say that the Citizen Band is going to be around for a long time.

"It will always be here and that's the bottom line," Rick Daly said.

STARTREK PARODY
http://sev.com.au/toonzzone/sev_trek.htm

This is a comic strip parody of the ever famous *Star Trek* series. So if you are a fan you have to check out this site for some good humor of Sevtek comicstrip.



CONSPIRACIES
<http://www.conspire.com/>

The 60 greatest conspiracies of all time. Find all kinds of conspiracies, cover ups, crimes, the big book of scandal, including the JFK, Seymour Hersh and Vince Foster conspiracy theories. Assassinations, aliens, cults, and government mind experiments can all be found here.

Stupid
<http://www.edge.net/lynns/stupid/stupid.html>

Everything that is stupid is on this site. Read the stupid story of the week, check out some stupid signs that just don't make any sense, and don't miss out on the stupid people and their stories that make this site so amusing.

CARD TRICKS
<http://web.superb.net/cardtrick>

Every card trick that you ever wanted to know so that you can fool your friends. Full step-by-step outline of how to perform the trick and amaze others.

CYBERCHEEZE
<http://www.cybercheeze.com/>

Jokes and humor just to brighten your day or someone else's. Tons of jokes and funny stories which will cheer you up and make you smile.

VIRTUAL VACATION
<http://www.virtual-vacation.com/>

Are you tired and burnt out or do you know some one who is? Well send them on a virtual vacation. You can send them to Hawaii, to a country scene in the mountains, or many other places. And you know what? It's fun, easy, and best of all; it's free.

WALT DISNEY
www.disney.com



That's right kids, everything you want to know about Disney (including Walt himself) is on this multi-media site. Check out some of the newest and coolest Disney animation - of course you'll have to wade through the marketing.

Wicked Websites are compiled by David Aceto

Editorial

Canadian hypocrisy

The cost of doing business shouldn't come at the cost of human lives. Corporate interests are overtaking humanitarianism around the world.

No where is this move apparent than at the APEC (Asia-Pacific Economic Co-operation) conference in Vancouver.

Canada has, and wants to further, economic ties with APEC members whose violations of human rights keep them perpetually on Amnesty International's hit list.

The words 'Tiananmen Square' conjure visions of tanks, machine guns and blood, after the Chinese military stormed a student democracy protest in 1989. Current Chinese President Jiang Zemin, in several interviews since, has defended the Tiananmen Square massacre. Yet Canada wants to increase trade with China.

China is not the only country within APEC with atrocious human rights violations. Indonesia and the Philippines both have abominable records with respect to human rights. Both countries are APEC members.

When the human rights topic was presented to U.S. President Bill Clinton during a press conference, he asked, "How do you make sure when you expand trade, you're actually elevating the human condition of your trading partners?"

Meanwhile, Prime Minister Chretien does not seem overly concerned about Canada's economic ties with these countries. Canada's official position at this conference is that APEC is a trade forum only, and human rights discussions should be left to bilateral meetings on the side.

But why would Zemin, or anyone else, even bother discussing human rights when they already have the reward of economic union with Canada and the United States? They wouldn't.

These countries are using 'the stick' to rule their countries and we're giving them the carrot anyway. Chretien is talking out of both sides of his mouth, and hurting Canada's international reputation in the same breath.

What Chretien, Clinton, and international corporations see is the 1.17 billion people in underdeveloped China, and the dollar signs they represent because North America has become an inflated market.

There's no new market here for cars, toasters, VCRs, or televisions. Thus, the eagerness of companies to launch themselves into these countries.

They have a billion new customers and so what if those customers are oppressed, as long as they can pay for our designer jeans. Right Jean?

Ending prohibition

Ah! The holiday season is rapidly approaching, and thanks to a new legislation, beer and liquor stores will be open on Sundays. It promises to be a happy holiday for those of us who like to indulge in the occasional alcoholic beverage, or two.

What happens if the in-laws stop by for a visit one Sunday and you're out of Daddy's favorite brew? Relief is as close as the nearest beer store.

Weekend warriors take heart! You won't have to ever watch another quarter, half, or period of your favorite sporting event, worrying that you'll run out of beer before the end of the game. That next cold one is as good as yours.

On a more serious note, our friends down at Queen's Park have done something right for a change. We as a society are shedding our Victorian past. The seventh day is no longer a day of worship and hasn't been for some time. If we can shop for anything else on a Sunday, why can't we shop for beer?

There is a simple solution to this problem. If you don't want to shop for beer and or liquor on Sunday, then don't. But don't stop those who want to from doing so.



LETTERS TO THE EDITORS

Who's Bad?

The Editors,

Although it is simply an opinion on an opinion page, Liam Lahey's designation of hockey player Chris Simon as a "Bad Canadian" is very incorrect.

I met Simon at a hockey school that he participates in and in which he was vital in organizing on a native reserve located on Manitoulin Island. The impression I got from the young native children there, is that the school brings much happiness and is highly anticipated throughout the year. Simon is an outgoing, approachable man who is greatly respected by the kids.

One of his friends and fellow instructors for the hockey school, is Darren Banks. Banks

is a black hockey player who presently toils for the Detroit Vipers of the International Hockey League (IHL). There is no question they are good friends.

This shows that Simon is no racist. He has been a victim of racism too, because of his native status. It should also be pointed out that he is not full native. Simon is part Ojibwa, and part white. I too, am part Ojibwa and part white.

Regarding the racial slur Simon directed at Mike Grier, I am by no means defending or condoning his actions. His remark was inexcusable and very stupid. I was very disappointed and hurt when I heard of the act. It is something he'll have on his conscience for the rest of his career. But the fact that Simon was so appalled by his own behaviour that he left



Chris Simon

Washington to meet Grier and apologize in person, shows he was truly remorseful.

Why then, should Simon be misrepresented as a "Bad Canadian"? Racism is a widespread problem that must be erased. Maybe you should list Torontonians as "Bad Canadians", for being the most intolerant residents in Canada for minorities (a recent study proved this).

Andrew Bisson
Journalism

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Opinion

In slick control

BY AMAR JOUHAL

After the Gulf War, the United Nations imposed sanctions on Iraq, banning it selling oil for profit until it destroyed all its weapons of mass destruction.

In a defiant move, Iraq kicked out six U.S. Members of the U.N. Inspection team which monitors its compliance.

The sanctions on Iraq have been going on for more than six years. They have prevented Iraq from earning about \$100 billion in oil revenue, with devastating effects on the Iraqi people. They are suffering from shortage of medicine, child malnutrition and widespread poverty.

The U.S. shows no intention of lifting or easing the sanctions. They might go on as long as Saddam Hussein is in power. Neither Saddam nor the U.S. seems to care about Iraqi citizens.

In December 1996, the U.N. Agreed to allow Iraq to sell up to

\$2 billion in oil for an initial six month period to buy food and medicine. But full implementation of that program is in jeopardy as both sides blame each other.

This is not an ideological war to protect Iraq's neighbours, it's about oil. The capital driven economies of the United States and its allies depend on cheap oil.

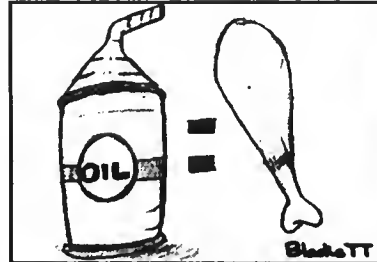
The U.S. has been quick to wage war rather than give diplomacy a chance. There is something fishy about this whole deal. It would be easier to stop a dictator from acquiring weapons by banning the supply of its components.

Who sells these weapons or the parts? The same countries who are raving about it now.

What have we learned from war? It was the U.S. who armed Saddam to the teeth during the Iran-Iraq war in 1980. The only country to have used a nuclear

bomb is the United States. Nobody should be allowed to have weapons of mass destruction, Saddam Hussein included.

There should be some mechanism in place to force both sides



to pay attention to the plight of the people. People should not be used as pawns in their power struggle.

Oil is an indispensable commodity on the world market. Nobody should be able to exploit any country with this or any other commodity.

Oil is money, money is power, and power corrupts.

wire

campus

Queen's University

McMaster University post-doctorate and former Queen's University student J.J. Kavelaars is flying high after a recent astronomical discovery.

Kavelaars discovered two moons around the planet Uranus.

This discovery will change present theories about the solar system. It was thought that Uranus had no moons because a large force tips the planet, disrupting orbital patterns.

Harvard University

A Harvard student was taught a lesson in effective criticism after opening an e-mail that was supposed to contain his marks for the newly completed semester.

He was shocked to discover that the message contained not only his marks, but those of the entire class.

While this may not seem all bad, the message also contained the teaching assistant's comments on each of the students, and their assignments such as "Nice paper- but so what?"

compiled by Paul Richardson

Empowering the Right

BY ANTONIO TEDESCO

The government will try to convince us that it was a matter of mass distribution. They'll try to legitimize why they only slipped the surveys into the November 10 issue of *The Globe and Mail*. That smells a little fishy.

Sure, *The Globe* is "Canada's National Newspaper", but isn't a survey that totes the headline "Your Opinion Empowers Canada" supposed to get to every person in Canada? Not just those Canadian citizens that read *The Globe*.

It didn't take long to walk to my local variety store, then to my local bakery to see that the survey seemed to mysteriously disappear from the pages of both *The Toronto Sun* and *The Toronto Star*. It would seem that the government is more concerned with the opinions of *Globe* readers than those of other local papers.

If asked, the government would proba-

bly say "It would cost too much to insert the survey into every newspaper in Canada," but lets face it, they're the government and a questionnaire of this sort would easily be accepted by Canadians as a good way to spend a few of our tax dollars.

Thousands of local papers, dailies, weeklies, even monthlies could only benefit the Chretien government's attempt at reaching out to the people of Canada. There are many households that read only their local community paper, while others pick up the paper only on weekends. So, why was the survey enclosed in the Monday edition of *The Globe and Mail* and not in the weekend edition of every paper across Canada as well as the community papers?

If our opinion truly empowers Canada, then that opinion should not be covered by an extremely thin right-winged veil.

Your Opinion Empowers Canada



Chretien: do you read the Globe and Mail?

The Editors at The Et Cetera want to hear from you!

Letters should be dropped off in Room L231 (North Campus), or send by e-mail to: lumberetc@hotmail.com

All letters *must* include the writer's name, signature, phone number, and course of study (if applicable).

Contributions to the opinion page are also welcome. Please address opinion pieces to the attention of the Opinion Editor.

Good Canadian, Bad Canadian is brought to you by LIAM LAHEY

Good Canadian



Torontonian Joe Kieley

Twenty-two year old Joe Kieley has fought to be declared the legal guardian of his three siblings Jonathan, 13, Hailey, 11, Jason, 8.

The young family's mother, who was a cocaine addict, died of an overdose last week.

Although the unemployed Kieley can ill afford to care for the three children and himself, he is optimistic his fortune will change, and is determined to keep his family together.

After being exposed to foster homes for most of their young lives, Kieley pleaded with a family court judge to allow him to care for his sister and two brothers. His courage and concern for his siblings is both touching and remarkable for such a young man.



Bad Canadian



Canada Post Negotiator Jean LaFleur

If Canada Post Corporation thinks physically fighting its unionized workers is a solution to their national strike, then negotiator Jean LaFleur has acted in his company's best interests.

LaFleur is alleged to have flung his union counterpart to the floor in a confrontation in a hotel room last week.

The entire incident was witnessed by a CBC radio reporter.

Once LaFleur realized the whole debacle was being recorded, he pounced on the unsuspecting reporter and attempted to wrestle away his audio recorder and tape.

Unfortunately for LaFleur, he lost both fights. The CBC broadcast the shocking event nation wide. LaFleur resigned his post shortly thereafter.



Et Cetera

Nov 27 - Dec. 3, 1997

Et Cetera Health

New strains of TB have no cure

BY ANTONIO TEDESCO
News Editor

Multi-drug-resistant strains of tuberculosis (TB) have the World Health Organization (WHO) worried.

A recent study of 50,000 TB patients in 35 countries found that about one-third of the countries have a high rate of multi-drug-resistant strains of TB.

Defined as an infectious disease characterized by the formation of abnormal swelling, especially in the lungs, TB has infected approximately one-third of the world's population and kills about 3 million people a year.

While Canada is not a so-called hot-zone, there are many cases of TB in Canada.

"There has been a rise (of TB in Canada) in the last three or four years," said first-year University of Toronto Internal Medicine resident Dr. Karen Yeates. "The prevalence has been increasing, particularly in the HIV community, in jails and in the native population."

Once thought of as a disease of the 1800s and early 1900s, many

local physicians have had to think of TB in new ways.

"TB's always a threat," Yeates said. "It's always been there and now we have to think about it more often than we used to. And there's always the threat of one day having a strain that is just not treatable."

After initially inhaling the TB bacteria - spread when a person with Active TB sneezes, coughs or

laughs near other people - it quickly affects the lungs, but may lay inactive for years. If a person's immune system is weak and cannot fight the bacteria, TB can quickly spread through the blood to other parts of the body, like the lymph nodes, kidneys, stomach and bones.

Prevalent in Third World countries, where many people share small living conditions, and

among the HIV community, TB attacks people with a lowered immune system. With Canada's doors open to immigration, people from countries where TB is endemic have increased the Canadian concern.

"Certainly among the HIV population because these people are immuno-compromised," Yeates said. "Their immune system doesn't work properly and TB is the kind of bug that can do very well in a body where the immune system is not functioning well. And it's always been a problem in the Third World."

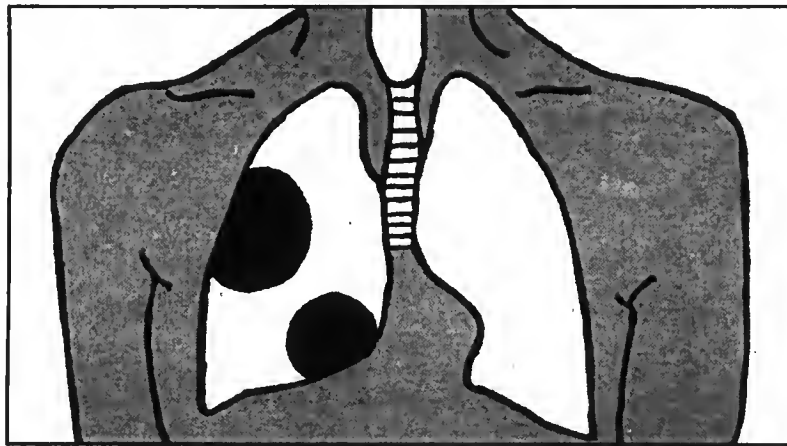
Once infected, TB patients must take a regimen of drugs for approximately nine months, but the cause for the multi-drug-resistant strains is patients not completing their medication.

"They're harsh drugs and that's part of the problem with compliance because people don't always take the medication," Yeates said. "Either they don't fill the prescriptions because of lack of convenience or money matters or they just don't care."

Lax attitudes allow the remain-

ing, stronger TB bacteria to mutate and develop genetic ways of surviving, "survival of the fittest, basically" Yeates said. The disease becomes resistant to most commonly prescribed drugs, and the \$250,000 U.S. per patient drug treatment makes TB an incurable disease to those that can't afford the treatment.

"No one thought, in a million years, that TB would become a problem again," Yeates said.



COURTESY PHOTO

The graphic depicts the physiological reaction to a tuberculosis infection. The infection can also occur in other organs.

Signs of Active TB

- fever
- feeling very tired
- no appetite
- weight loss
- sweating at night

Signs of Active TB in the lungs

- chest pains
- coughing up blood
- a persistent bad cough

* sidebar information provided by the Canadian AIDS Society.



Dr. Harold Laski, MD
Ask The Doc

Dr. Laski is a practicing physician in Jacksonville, Florida. If you have any questions for Dr. Laski, feel free to drop them off in the newsroom or in the drop box located in The Food Emporium.

Did you know...

Antibiotics cause yeast infections

While some women are rarely bothered by yeast infections, other women experience multiple episodes throughout their lives. *Candida Albicans* is the most common yeast in the vagina. It thrives in dark, moist, warm areas, and there are factors that encourage its growth. The use of antibiotics is one cause of increased yeast infections. This may be because antibiotics act against not only bad bacteria, but good bacteria that help hold the yeast count down. Another cause of increased vaginal yeast infection may be the fact *Candida* may act as an immunosuppressant. Michigan State University researchers have shown that all women who have had recurrent vaginitis had increased amounts of yeast in their stool.

Vaginitis cannot be cured without controlling yeast in the digestive tract. Diets high in sugar make women more susceptible to infection. Eating lots of vegetables and sugar-free, fruit-free yogurt should help. There are oral and local medications that work very well against the fungus. Diflucan is a single dose oral medication taken to eliminate the fungus.

Mouthwash is no cure for bad breath

In healthy people, the tongue is probably the main source of the odor. If you don't believe this, stick out your tongue as far as it will go, and give one of your wrists (preferably one without perfume) a good lick. Wait five seconds, and take a sniff. Almost everyone's tongue has an odor. The odor of the front end of the tongue isn't the problem. The back of the tongue is. In many people with bad breath, a careful scraping of the back of the tongue with a spoon reveals a yellowish mucous material with an odor similar to the odor emanating from the whole mouth. The origin of this material may be post-nasal drip. Many people (perhaps a quarter of the urban population) suffer from post-nasal drip. It's not usually associated with any disease, but rather like an allergy. Most of the mucous secre-

tion rolls down the throat, but some may get stuck on the tongue. It may not smell at first, but after hanging around for a few days, the millions of bacteria on the tongue break it down, yielding foul-smelling molecules. Some people don't have bad breath when they just blow air. But when they begin to talk, the odor makes itself evident. During speech, air over the active tongue tends to intensify the smell.

Bad breath can be transmitted by French kissing. Some species of bacteria in the mouth seem to be transmitted among adults in close contact. Theoretically, it could happen. Many diseases are transmitted by kissing and other sexual contact.



COURTESY PHOTO

Did you know that it is a commonly held notion in the medical community that mints and breath freshening gums are most effective at stimulating saliva flow, not masking odor!

Avoid foods that contain sulfur products. Sulfur works its way through the system and exits via the lungs to the mouth. There are also new products on the market, such as Breath-Assure, which attach and neutralize the sulfur com-

pounds in the blood.

The main cause of bad breath is a little harder to treat but can be treated. Many of the bacteria are anaerobic, meaning they cannot live in the presence of oxygen. How do they live in the mouth which is exposed to oxygen every time we breathe? These bacteria hide in places where there is little oxygen: under plaque and food debris, in the space between the teeth and gums, and in the deep crevices of the tongue.

Proper dental care is important in eliminating bad breath. Brushing and flossing removes much of the bacteria in the mouth, so sulfur compounds can't be produced. Brushing removes plaque, food debris, and dead cells, which protect bacteria from oxygen, and also removes leftover microscopic food particles bacteria uses to create the smelly sulfur particles. It is also important to brush the tongue as well. You can do this with a toothbrush or with one of several available tongue scrapers. Saliva washes away bacteria and dissolves the foul-smelling sulfur compounds. Conditions which reduce saliva flow or which make our mouth dry can therefore lead to bad breath. Morning breath is caused by reduced saliva flow that occurs during sleep.

Dieting, fasting, or breathing through the nose during exercise can reduce saliva flow and contribute to bad breath. Certain medications or alcohol consumption cause dry mouth and contribute to the problem. Saliva flow can be increased by drinking or eating, so if you are dieting or fasting, drink water to stimulate saliva flow. The water will help wash away food and bacteria.

Recent studies have reported that mouthwash only temporarily masks the odor of bad breath for as little as 10 minutes, to as much as an hour after brushing.

Mouthwash with alcohol can make the situation worse by drying out the mouth. A new breed of mouthwash, containing chlorine dioxide has proven very effective. Instead of masking odor, the chlorine dioxide attacks the sulfur compounds.

If none of these "tricks" help, see your dentist. Normally there is a small one to 1-3 mm space between your gums and teeth, known as the periodontal pocket or 'pocket' for short. When pockets get to be 5 mm or more, they create deeper and more secluded hiding places for bacteria. Your dentist can detect these areas in a routine gum exam. Pockets are difficult to keep clean and may create a continuous supply of sulfur gases in the breath you exhale. The more areas you have harboring these bacteria, the worse the breath.

Parasites that infest the human body

They don't pay rent and they can make you sick

BY LAURA SCRIVER
Health Reporter

An organism 30 feet long living in, and feeding off, a human host. This isn't a science fiction movie. It is real, and could be living inside you.

A parasite is any organism that lives off other organisms, at the expense of the other organism. It's estimated that 85 per cent of adults in North America are infected with some type of parasite. Tapeworms are most easily detected.

"I believe the single, most undiagnosed health challenge in the history of the human race is parasites," said Dr. Ross Anderson.

"I realize that it is a pretty brave statement, but it is based on my 20 years of experience with more than 20,000 patients."

Many organisms can be classified as parasites, such as hookworm and tapeworm, as well as infections such as fungi and bacteria.

Anderson said parasites have gone unnoticed for so long because they are terrifying to discuss. There are more than 1,000 species of parasites. Some can live in the human body for 30 years. Testing procedures catch only about 20 per cent of actual cases because testing only covers 40 to 50 types of parasites.

The World Health Organization estimates almost a billion people have hookworms - nearly one in five people on the planet. A female hookworm can produce 10,000 to 25,000 eggs a day.

Another parasite is *Taenia Solium*, a pork tapeworm that is able to reach 15 feet in length in a host. "A quick tip for all pork eaters is to always cook your meat until there is no pink in the meat," Anderson said. The longer food is kept in the fridge, the more susceptible it is to parasites.

Diphyllobothrium Latum is the largest type of tapeworm found in fish, and it can grow to 33 feet in length. Caution should be used when eating sushi.

Vegetables also carry up to 15 different types of parasites.

Human-to-human and pets-to-human contact are also common ways of contracting parasites. Dogs can transmit 65 known diseases to humans, and cats can transmit at least 39, Anderson said.

Roundworm and pinworm are parasites passed by pets. "Pinworms can be found in the vagina, uterus and even fallopian tubes," Anderson said. "The female worm loses her way while trying to return to the anus after depositing her eggs."

Pets also transmit bacteria and infections.

Cat scratch fever is one type of disease. Cats carry certain organisms on their claws which they

Last spring, 1,500 cases were reported of people in the U.S. and Ontario sickened by *Cyclospora*, a bacteria inhabiting raspberries and lettuce. Washing vegetables doesn't always help because this parasite is very hardy. *Cyclospora* can cause acute diarrhea that can last for weeks, as well as fatigue and weight loss.

Not even water is safe from parasites. Chlorinating, microwaving, and many home purifiers do not always kill parasites, said Robert Azzopardi, a certified water quality specialist.

In March of 1996, more than 100 cases of *Cryptosporidiosis* were reported in Collingwood. It infested the town's water supply and caused diarrhea, abdominal cramps, nausea, fatigue, bloating and headaches.

An article in the January 1997 issue of *Reader's Digest* reported 7,441 cases of *Salmonella* in Canada in 1994. This infection affects the gastrointestinal tract, causing fever, vomiting and diarrhea for up to seven days, but could travel to the kidneys or spleen, causing an infection or abscess. Bacterial infections are treated with antibiotics.

Anderson said travellers are highly susceptible parasites. "We are travelling more every year to foreign destinations. While there, we eat the food, drink the water, meet the people, and catch the parasites, bringing them home to spread to our friends and family."

Other ways to catch parasites is by walking barefoot on beaches, in parks or sandboxes, sexual intercourse, or any transmission of bodily fluids, and even shaking hands, as parasites can burrow through skin.

"I'm always astonished at how many people do not wash their hands after they urinate or defecate.

If you don't believe me, take note the next time you use a public washroom," Anderson said.

The illnesses caused by para-

sites

are usually not fatal because a parasite needs its host to live. "They eat and secrete. That's their two basic functions," Azzopardi said. "Most will eat the same as you, or else eat you. Some will suck as much as one cc of blood a day. This can cause anemia."



Parasites are normally treated with anthelmintic agents. But they are becoming resistant to drugs and, in some parts of the world, malaria, a parasitic disease, has become untreatable.

Parasites can also affect the brain and cause symptoms that mimic disorders such as manic depression and anorexia nervosa, Anderson said. They are a major cause of allergies, and are also believed to trigger some forms of cancer.

Azzopardi said they may even have links to the AIDS virus. "AIDS patients, autopsied after death, were found to have parasites throughout their body," he said. "The medical community says that the parasites invade the body because of a weakened immune system. Naturalists say parasites are what weakened the immune system in the first place."



transmit to other animals during a fight, said a recent article in *The Toronto Sun*. Sometimes, the same organisms are transmitted to people when they are scratched.

Toxoplasmosis, the so-called kitty litter disease, is common and can seriously damage the nervous system of a developing fetus. Pregnant women are warned to avoid changing litter because the parasite can survive in a litter box for up to a year.

Ringworm is a fungal infection of the skin, transmitted by pets as well. Fungus is generally treated with anti-fungal creams.

Anderson said travellers are highly susceptible parasites. "We are travelling more every year to foreign destinations. While there, we eat the food, drink the water, meet the people, and catch the parasites, bringing them home to spread to our friends and family."

Other ways to catch parasites is by walking barefoot on beaches, in parks or sandboxes, sexual intercourse, or any transmission of bodily fluids, and even shaking hands, as parasites can burrow through skin.

"I'm always astonished at how many people do not wash their hands after they urinate or defecate.

The presence of a parasite

Symptoms indicating a parasite

- itchy ears, nose, anus, or back
- impotence
- yeast infections/problems with menstrual cycle
- slow reflexes
- gas, bloating, or irritable bowels
- Crohn's disease
- unclear thinking/forgetfulness
- eating more but still feeling hungry
- pain in and around the navel area,
- blurry, unclear vision/headaches
- numbness of hands or feet
- burning sensation in the stomach
- grinding of the teeth or drooling during sleep
- dry lips by day, moist lips by night
- low energy/chronic fatigue
- skin problems

*one of these symptoms alone does not necessarily indicate a parasite

Preventing parasites

- boil tap water at least 20 minutes
- home filters remove organisms as small as 0.5 microns in size
- skip the salad bar
- don't eat raw, rare, or undercooked meat or fish
- scrub under your fingernails where cysts can lodge
- when travelling, choose well-cooked or peeled fruit and vegetables
- wash hands after handling pets and using the washroom.
- cook with lots of garlic, onion, sage, and cloves
- avoid sugar

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What happens when the condom breaks

BY CHRISTINA HERANCOURT
Health Reporter

Adrienne* knew the moment it happened she was in trouble, and a sense of horror came over her. The condom had broken and she wasn't on the pill.

She could get pregnant or contract HIV. It was Angela's* first time when she and her partner discovered the condom had a hole in it. Her first thought was "Oh shit."

While statistics show that condoms are 90 per cent effective, there is still that 10 per cent chance they won't do their job.

What options do women have if they are in a position like Adrienne or Angela?

Both women opted to use the morning after pill or MAP. The MAP is used all the time, but is seldom discussed as a women's health issue.

Dr. Chantal Gupta works at a walk-in clinic and says she sees two to three women a month who ask for the MAP. They are usually in their late teens or early twenties.

Failure to use birth control or condom breakage are the reasons most patients come to see her, Gupta said. She said condoms might break "once or twice in a relationship," depending on the frequency and force of the sexual activity.

If an accident occurs, the morning after pill must be prescribed by a doctor. It is available at the doctor's office, walk-in or birth control clinics and hospitals. Planned Parenthood suggests that most women can use the MAP, even some who cannot take birth control pills.

The MAP must be used between 48 and 72 hours after the accident. Doctors will prescribe four pills which can be taken at home. Two high dose pills are taken immediately,

and 12 hours later the last two pills are taken.

Side effects of the pills are nausea and vomiting, but Gravol can be taken before the second set of pills to help relieve this.

Adrienne said "I felt a little tired, nauseous and woozy, but it wasn't much of a price to pay if I wasn't going to get pregnant."

And the chances of getting pregnant are



PHOTO BY JOANNA WILSON

Condoms should never be kept in a wallet because heat and pressure will damage them.

low — MAP is 98 per cent effective, according to Dr. Gupta. "In 14 years of giving them, I have not had one failure."

While a possible pregnancy may be averted, there is always the issue of STD's (sexually transmitted diseases) if the condom breaks.

The need for a blood test depends on the context of the relationship. Most doctors

will offer and recommend one.

Why do condoms break? Condoms can break, slip, tear and pop. They can be defective, they can be too tight, or they can be old or dry because of improper storage.

So how can you conquer all of these variables? First, condoms should be kept in a cool, dry place. Never store them in a wallet, in a tight pocket or in a glove compartment, because heat and pressure damage condoms.

Second, buy condoms that have a tip and check the expiry date. It's like anything else you buy, you want something new. You can also buy condoms with spermicide. Make sure you don't have a latex allergy. If you do, there are other brands of condoms that do not contain the latex agent.

Third, if you are going to use a lubricant, use a water-based one. It will help to stop it from tearing, unlike oil-based lubricants which only weaken condoms.

The Ontario Ministry of Health states that improper use is the main reason condoms slip or break. If the condom still breaks, there is still the MAP, which is convenient and effective.

As Angela said "I had the choice to worry about (not knowing) for two to three weeks or feel crappy for a day but have peace of mind."

* Names have been changed to protect identities.

Putting them on and taking them off

ON:

1. Open the package carefully so you don't tear the condom.
2. Hold the condom tip between two fingers to squeeze out the air (leave space for the semen or the condom might break).
3. Put the condom on an erect penis.
4. Unroll the condom all the way down the penis.
5. Use plenty of water-based lubricant on the outside of the condom if you wish.

OFF:

1. After coming, hold the condom firmly in place and pull out of your partner while the penis is still hard.
2. Remove the condom without spilling the semen.
3. Throw it away.

*Reprinted from Ontario Ministry of Health "Condom Sense: Questions & Answers" Nov. 1992.

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Et Cetera Lifestyles

Turning your dreams into reality

Dreams may tell you what your mind doesn't know

BY NOREEN O'LEARY
Lifestyles Reporter

Have you ever dreamt that your teeth fell out, or that you were flying through the air? If so, your subconscious may be trying to tell you something.

According to Professor James Gollnick, of the University of Waterloo, a person's dreams usually involve their most intimate experiences, and often have specific meanings.

"A person's preoccupations, concerns, and emotions will invariably show up in their dreams," Gollnick said. "To discover the deeper meanings of a dream, it is important to pay attention to the various symbols or metaphors that occur."

Gollnick, a professor of the psychology of religion, has been studying dreams and their interpretation for more than 25 years.

The study of dreams dates back through many centuries. Dream books have been written in Greek, Hebrew, Latin, French, Italian, German, Arabic, Russian

and English.

Gollnick says individuals may interpret their dreams differently, but themes of being late or unprepared, nudity or exposure, falling, flying and losing one's teeth are common.

According to Stearn Robinson and Tom Corbett, in their book *The Dreamer's Dictionary*, dreams of a prophetic nature usually occur during the deepest part of a night's sleep, usually between 2 and 7 a.m.

Gollnick says a person has between four and six dream periods a night, each lasting for as long as 45 minutes, depending on how long the individual sleeps.

Dream research at the University of Chicago and Harvard University has conclusively proven that everyone dreams each night.

The same study showed that the deaf and the blind dream, children as young as eight months old dream, and that people of very low IQ dream no less than people of very high IQ. In

general, some people are simply better at remembering their dreams than others.

"I suggest keeping a pen and paper near your bed if you're interested in remembering your dreams," said Gollnick. "If you wake up in the middle of the night, write down fragments of your dreams. Even something as simple as saying 'tonight I will remember my dream' before you fall asleep, can help you to remember."

The Dreamer's Dictionary, suggests if the person overeats or drinks too much alcohol, their dreams have little or no significance. However, persistent or recurring dreams should be seriously considered.

"Recurring dreams are quite significant," said Gollnick. "These dreams often deal with experiences from the past and help us to adjust to traumas we have encountered. They also allow us to re-examine any constant psychological dilemmas we are faced with."

Dreams Uncovered

Being Late - Dreaming of being late is your subconscious telling you to refrain from making promises you can't keep. Other people being late is a warning to cut back spending to avoid financial difficulties.

Nudity - Dreaming of yourself being naked hints at a stroke of money or luck coming your way. If you dream of others being naked, it implies you will uncover a deception within your close circle.

Falling - Falling is generally symbolic of some fear in the dreamer's life, such as fear of job failure, sexual inadequacy or loss of status. Falling usually indicates setbacks. If you land without hurting yourself, the setbacks will be upsetting but temporary. If you hurt yourself, you should be prepared to endure some real hardship.

Flying - Flying represents the dreamer's ambition. If you maintain your flight at a low to medium height, you can expect to achieve your goal without much difficulty. If you are straining to reach a high altitude, your dream is telling you your goal may be out of reach.

Teeth - Loose teeth is a warning of untrustworthy friends. Teeth falling out indicates financial reverses. White and beautiful teeth forecast happiness and prosperity. Decayed teeth mean health problems - see your doctor.

Lots more than lettuce

Vegetarian variety supplies satisfaction

BY NESREEN SARRAS
Lifestyles Reporter

More Canadians seem to be avoiding eating anything with a face, as the vegetarian lifestyle becomes more popular.

Results of a 1994 Toronto-based survey, taken by the Beef Information Centre, indicate that close to two percent of Canadians are vegetarians. The number is on the rise as more Canadians are making the switch from T-bone to tofu.

"At the age of 15, my quest to become a vegetarian evolved as a means of 'saving the poor little animals,'" said Marisa Zucaro, 20, an ovo-lacto vegetarian. "As I've matured and read up on health and environmental issues. I'm sticking to it."

Many restaurants, airlines and schools cater to this alternative lifestyle. In fact, the Toronto Vegetarian Association cites a 15 per cent increase in vegetarian meal sales in Toronto high schools over the past few years.

"We offer veggie subs with and without cheese, as well as different salads," said Dan Ingram, manager of a Markham Subway Sandwiches store. "I've noticed the demand for a veggie menu increase as healthy eating and vegetarian trends rise."

But can sufficient protein be attained by a vegetarian diet?

Studies conducted by the American Dietetic Association reveal that there may be an advantage to the lower protein levels of a vegetarian diet, as excess protein intake has been linked to heart disease, stroke, cancer and osteoporosis. Adequate protein, iron, calcium, zinc and vitamin D

levels can be attained through eating grains, legumes, nuts, seeds and pastas.

The human body requires vitamin B12, which meat eaters get through microorganisms found in animal flesh. However, the need for this vitamin is very low. Vitamin pills, soy milk and seaweed give vegetarians the supply they need.

"The key to being healthy is to eat a wide variety of foods," said Stephen Leckie, 35, a vegan and an employee at the Toronto Vegetarian Association.

"I wasn't a vegan until 10 years ago when my older brother became one," he said. "I decided to make the transition to a vegan diet after I read about all of the animal suffering associated with meat production in a couple of books he gave me."

Zucaro said she struggled to be understood in a family where a meatless diet was unheard of.

"My parents are your typical meat-eating Italians. They didn't understand my decision to switch to a vegetarian way of life," she said. "At first, my mom kept making my favorite meat dishes in hopes of getting me to change my mind. Things are better now, she'll add tofu burgers to the shopping list," Zucaro said.

Contrary to popular meat-lover beliefs, vegetarians do not suffer on seaweed shakes and banana mush. There is a wide variety of animal-free foods available. Tofu lasagna, eggless cookies, veggie stew, and Middle Eastern hummus, tabouli and falafel are great alternatives. Vegetarian cookbooks are readily available.



PHOTO BY NESREEN SARRAS

Soy products, like the salami above, help bring variety to vegetarianism.

The Who

Not all vegetarians are created equal. Here are four of the basic categories. Everyone sets their own guidelines according to their tastes and beliefs.

- **Vegan:** (pronounced vee-gn or vee-gun) diets exclude all animal flesh (meat, poultry, fish, seafood), animal by-products, such as eggs and dairy. A vegan will avoid wearing materials derived from animals like leather, silk, wool, fur.
- **Ovo-Lacto Vegetarian:** same as a vegan but eats eggs and dairy products.
- **Ovo Vegetarian:** same as vegan but eats eggs.
- **Lacto Vegetarian:** same as vegan, but consumes dairy.

The Why

The top five reasons for going vegetarian according to a recent Vegetarian Society of Toronto newsletter.

- **Longer, healthier life:** Vegetarians are said to be at lower risk for developing such diseases as heart disease, cancer, diabetes, and obesity.
- **Environment:** Meat production uses up land, energy and water, and contributes to soil erosion, water depletion, and pesticide pollution.
- **Animals:** 400 million animals were killed in Canada last year, usually raised in overcrowded spaces and fed growth hormones.
- **Cost:** Vegetarian diets of veggies and grains cost less than meat.
- **Taste:** Delicious meals can be made with legumes and nuts.

The United Way needs you!

Humber's Employee Campaign seeks donations

BY ANDREA FRIEDLI
Lifestyles Reporter

The United Way Employee Campaign at Humber is almost over, but it's still not too late to give.

The campaign was scheduled to end Wednesday, November 26, but Stephanie Beaumier at United Way said the campaign will be extended by a week or so.

The United Way is an organization that raises money and allocates it to hundreds of social and health services. Eighty-seven cents of every dollar goes to an agency, one of the smallest percentages in administrative costs, compared to other charity organizations.

Donors can contribute to any agency they want, but this year, Humber is focusing on three agencies: Ernestine's Women's Shelter, Storefront Humber Inc. and Youth Without Shelter.

Anne Bender, dean of Health Sciences, ran the campaign for the last four years. This year, it runs through the president's office, but Bender is still very active.

"The mark of a civilized society is how we respond to those who

are less fortunate in our society, and how we help them over the rough spots," she said.

The main goal at Humber is to increase participation. President Robert Gordon has offered prizes, including capital equipment for the department with the highest percentage of increase in participants, a free parking spot at the College valued at \$490 and a return airfare for a trip anywhere in Canada, as incentives to increase employee participation at Humber.

"We haven't asked the students, because we would be asking them for money they don't have," said Bender. "It didn't seem right to go after students."

Tom Browne of the School of Media Studies is a canvasser at Humber. As part of the Public Relations program, he organized the student campaign that ran a few years ago. It was part of a fundraising special events section of the course. It was taken out of the curriculum because other parts of the program needed more focus, though the student cam-

paign has always raised more money than the employee campaign.

"It (the employee campaign) needs a sense of urgency which it just doesn't have," Browne said.

In 1994, the campaign reached its peak at 151 donors but, since then, the numbers have declined. Last year, there were a mere 73 donors. Bender isn't quoting any numbers for 1997, but hopes to see those numbers up.

Last year, The United Way raised about \$54 million, with Humber alone contributing almost \$17,000.

Bender encourages people to donate, stressing that no gift is too small. We're asking people to give what they can.

Pledge cards can be picked up through United Way or from canvassers at Humber. Contact Stephanie Beaumier at The United Way (416-777-2001) or Anne Bender at Humber (ext. 4283) for more information.

Gimme Shelter

Expert advice on choosing a family pet at Christmas

BY JAY WARE
Lifestyles Reporter

Johnny Davis cried as his "Christmas gift" charged angrily around him by the tree.

Johnny's parents finally agreed it was time to add a fluffy new companion to Johnny's life.

Unfortunately, Johnny hadn't gone with his parents to the shelter to pick "Digger" out. To his disappointment, Johnny learned this dog was not all that fond of little boys. This situation could have been avoided if Johnny had gone with his parents to pick his new friend.

"We recommend that if you'd like to give a pet from the shelter as a gift, you wrap up either a dog leash, kibble, and a toy or a cat litter box, toy and food and leave it under the tree," said Janet Michaud of Mississauga's Animal Control. "It would be more special and more practical for the new owner to choose the animal suited to them personally."

"Christmas is one of the most popular times of the year to purchase a new addition to the family or for friends," Michaud said. If, and when the shelter becomes full, it will ask owners to find homes for their unwanted pets on their own, during the busy holiday season.

They are encouraged to place ads about their pets and screen possible new owners on their own.

"When choosing a pet for a family member or friend, you should consider allergies of any residents and ask everybody in the house their preferences in pets," said Stephanie Angus, a vet assistant. Michaud said that cats are appropriate for apartments, unless they're on the ground floor, in which case a small dog might be a good choice.

For families with children, who live in a house with a backyard, a dog might be preferred.

Either way, the shelter likes the whole family to meet the animal before making a decision. At that time, the family will be appropriately screened by shelter employees. Animals taken to shelters as strays are usually animals whose owners don't bother to claim them.

"Sometimes it may be simply unwanted and recently aban-



PHOTO BY JAY WARE

This dog is just one of many waiting in the shelter for a loving family to adopt him.

done, and some are rejected animals who were taken as Christmas gifts before meeting their new owners," Michaud said. The majority of animals you will find at the shelter are crossbreeds in need of a loving owner.

"When pets are cared for properly by people who want them, the relationship can be incredibly rewarding," Angus said.



PHOTO BY MAUREN McREAVY

A cat relaxes in his new home. No more cage!

Making time to unwind

Local getaways for student budgets

BY AMY TYSON
Lifestyle Reporter

Do you ever feel like you need to just get away? Even for just the day?

There are some great places in Ontario where you can do just that. If you're looking for a one or two day getaway, Ste. Anne's Country Inn & Spa in Grafton could be the place to go.

Located on 560 acres in the hills of Northumberland county, this English style "castle" has more to offer than just a bed to sleep in. And it's only a little more than an hour's drive away from Toronto.

The inn offers a number of stress relief and relax-



PHOTO BY AMY TYSON

A day at the spa may look funny but a facial masque tones the skin, and cucumbers soothe tired, puffy eyes. It's also very relaxing.

ation packages that you build yourself starting at \$95. They even offer packages that include VIA Rail tickets and a limousine ride from the train station to the spa.

One day packages consist of anything from a 30 minute head, neck and shoulder Swedish massage, manicures, Sea Salt Glow, and facials, to the "Ultimate Body Polish."

For those who want to stay a little longer and really pamper themselves, the inn has 10 guest rooms with fireplaces and Jacuzzi tubs. No two rooms are the same.

Besides treatments at the spa, there are many athletic activities available. The inn is equipped with a tennis court, swimming pool, and is surrounded by walking trails. The inn even offers fitness programs for all levels.

Ste. Anne's Inn is open year-round. Call 1-888-3-INN-SPA for reservations.

If you're in the mood to spend some quality time outdoors, there are several provincial parks in Ontario that allow winter camping.

Presqu'ile Provincial Park, located south of Brighton, is open all year and welcomes winter campers. For a small fee, outdoor enthusiasts can enjoy hiking, bird watching and cross country skiing.

Presqu'ile is just an hour and a half east of Toronto.

How about hiking along the Maitland Trail? The trail follows the Maitland River for 37 kilometres. Be forewarned though, the trail is fairly rugged. There are a lot of tough hills and creek crossings - without the bridges.

The trek from Goderich to Benmiller (part of the trail) is a 16 km. day hike. Hiking the Maitland Trail is one of the best ways to get some exercise while relaxing in the middle of nature.

Finally, for those of you who want to go somewhere warm this winter, there's always good old Florida.

For as little as \$99, you could be on a plane, heading south.

Wherever you go this winter to unwind, always remember that there are lots of places to go that are close to home. Call Tourism Ontario for more information on where to travel this winter.

Literacy centre takes to streets

BY MARLON CLARKE
Lifestyles Reporter

Finding opportunities to upgrade your skills, having money, putting a roof over your head and food in your mouth is difficult when you're on the streets.

Beat The Street Literacy Centre, opened in 1985, is a drop-in centre for those who are out on the streets and who need help with reading and writing. The centre is located in downtown Toronto at 290 Jarvis St. They don't offer temporary accommodation but many shelters, such as nearby Covenant House, will refer their clients.

Jayne Caldwell, a worker at the centre, volunteered before becoming a full-time worker four years ago. Caldwell says that most people who use their resources are ambitious and want to help themselves, but at times the staff are forced to kick out those with disruptive behavior. Displays of racism, violence or explicit language are not permitted.

"We make sure people treat each other with respect,"

Caldwell said.

She says some clients have health problems such as HIV, AIDS and other STDs. Tuberculosis is on the rise. Other people have lost their homes, don't have jobs or are on welfare.

The centre offers various services including a computer lab where several CD-ROMs are available. The disks contain educational games and programs for easy comprehension. An Internet source is available to search for educational information.

Art and drama are offered, including a women's group, weekly reading cycles and speaking engagements at school assemblies and conferences.

In addition to the computer lab, Beat the Street offers flyers, booklets, posters and other sources for finding employment and permanent accommodation.

The services are offered between 9 a.m. and 12 p.m. and 1 to 4 p.m., Monday to Thursday. Fridays are appointments only.

Volunteers are welcome to come in to tutor, fund-raise and promote awareness of literacy to youths on the street.

All dogs go to heaven

ANDIE WADSWORTH
Lifestyles Reporter

Imagine coming home from school to find your best friend lifeless on the floor in the corner, or under the kitchen counter. You're in shock, you don't know what to do. You pick up the little furry body and wonder what to do next. Sometimes, when an animal is sick, euthanasia is the best choice.

The majority of people take their pets to the veterinarian to be euthanized. Putting an animal to sleep is viewed as the right choice for the pet, according to veterinarian Ken Ludlow.

"The process is a very humane procedure. It puts an end to the suffering of both the pet and pet owner," Ludlow said.

Ludlow allows the pet owner to spend the final moments at the side of their pet. Once the injection has been given, the pet goes to sleep as their body functions stop. He recommends that you stroke your animal's head and speak gently as the drug is administered.

"Like all vets, I don't like doing this. To me, there has always been a comfort knowing that the last thing the pets knew was the sound of a friendly voice and a touch of a hand," Ludlow said.

Losing a pet is traumatic and difficult for many people. You feel like you've lost your best friend. When it comes to saying goodbye, it can break our hearts.

"I called in sick to work for three days after my cat died. I'm sure people around the office had a chuckle, but they have to understand that it's just like losing a family member," said Paula McDonald.

McDonald found her hiding in a local mall more than four years ago. She took the cat to the nearest veterinarian office, and could keep the pet if no one claimed it within a week. A week later, the cat was hers.

"She got really sick, so I took her to the vet to see what was the

matter. The vet told me her kidneys were in bad shape, and that she wouldn't last the week. I decided that I was going to put her out of her misery. I got her cremated and now she sits in her basket with all her toys," McDonald said.

Paige Hammond, a former vet-

glaucoma it cost \$84.

Whether you choose burial at a pet cemetery, cremation, burial at home or a simple disposition, some type of ritualistic good-bye to the pet's existence will aid your healing.

Cynthia Winters had lived



PHOTO BY ANDIE WADSWORTH

Saying good-bye isn't easy. One owner kept her cat's toys as a reminder.

erinarian at West Hill Animal Clinic, reminds people it is normal to feel deeply saddened over the death of a pet.

"People may experience anger, shock, guilt and loneliness. It's essential to recognize that these feelings are normal and there is no instant remedy to heal these feelings," Hammond said.

The stress of putting an animal to sleep was the key reason Hammond left the clinic. Although she knew it was the right thing for the animals, she couldn't deal with it.

"I'm not a psychologist or a psychiatrist, but many pet owners wanted me to be. They didn't realize that I felt a sense of loss every time this happened. It's a very stressful event, even to the doctors," Hammond said.

Hammond explained the cost of getting your pet euthanized ranges on size. When she had to put down her Doberman with

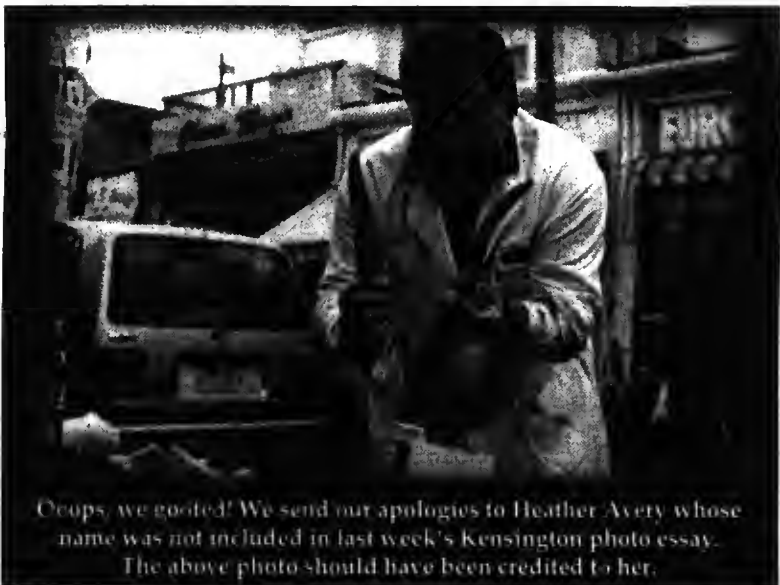
alone with her dog, but put him down when he was sick.

"When Duke, my Doberman, died, I decided that I wanted to bury him in a cemetery. We looked for weeks before we finally found a cemetery. He's buried in the Guelph pet cemetery," said Winters.

When Duke first showed signs of being sick, she ignored them. Coming home from work one evening, she found him crawling across the kitchen floor. That was when she realized what she had to do.

"I didn't like the thought of losing him, but, if he was suffering, I didn't want him to suffer more than he should," Winters said.

All things come to an end, even grieving. As time goes by the pet owner should remember the good times, not death. Sometimes the answer lies in a new pet, a new companion to fill the need for a little furry addition to the household.



Croops, we goated! We send our apologies to Heather Avery whose name was not included in last week's Kensington photo essay. The above photo should have been credited to her.

Answers to Trivia Central

1. Crystal Egg
2. Nicolas Cage
3. Steven Spielberg
4. Chicago
5. Bad Boys
6. Glenn Close
7. Eddie Murphy
8. Caddyshack
9. Ripley
10. Vanessa Williams
11. Ecstasy
12. Tammy Faye Bakker
13. Mearth
14. Detroit Pistons
15. Maneater
16. Courtney Cox
17. Johnny Depp
18. Gimme a Break!
19. Neutron Dance
20. Hairspray

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Alternative
Retro Dance

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with
Rebecca Gibb
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Q107
PURE ROCK

Sonic
Saturdaze
with
Chris Pack

102.1
FM

Et Cetera Entertainment

Broken TV kick starts Leahy's sound

BY COREY SCHACTER
Entertainment Reporter

Music has been a part of this family for years, but it wasn't until their television broke that their musical talent began to take shape.

Made up of seven girls and four boys, they perform under their last name, Leahy.

The music they play is of a Celtic nature, but is sometimes hard to categorize. Some have labeled them as country, but as Siobheann Leahy says, the group is definitely not country.

"Because the fiddle is a very prominent instrument in our group, they don't know where to categorize us. We're Celtic, but progressive. However, we're from Ontario and very proud of that," said Siobheann, the band's bassist.

Growing up just north of Peterborough, in Lakefield, with such a big family, she says things were a little wild and crazy. "Certainly, because there were so many of us, we kept each other in check."

Each member of the family plays the fiddle, the piano, and stepdances. In a family of that size, or of any size, it's quite odd that every member will take an interest in music and stick with it their whole life. Leahy explains that it was a way of life.

"We didn't have a TV when we were young, our TV actually broke. They never got it fixed and as a result we started going crazy on instruments and becoming very creative. Music was just a big part of our lives," said Siobheann, during a phone interview.

The majority of their musical training was done by ear. But in order to read the notes, she said they all took a few years of classical piano and violin lessons. Some pursued it further at the Royal Conservatory of Music.

Siobheann said she believes music was



COURTESY PHOTO

These brothers and sisters from Lakefield, Ontario are enjoying the success of their new CD.

what the family was meant to do because everybody is so talented. After quitting music for about six years, they just recently reunited.

"I really never thought that we would get back together. Everyone made a choice for themselves of what they wanted to do, and here we are today," Leahy said.

In the short period of time they've been back together, they've released a CD through Virgin Music Canada called *Leahy*,

which just went gold.

The CD, as Siobheann explains, started off as a completely independent work. "People would say 'Do you have anything we can buy? We want to hear your music,' and that's what forced us to go in (and record). There was a demand for it."

On the CD there's a variety of musical styles. In fact, when Siobheann was asked to describe their sound, she had a difficult time. But she eventually gave it the perfect

definition.

"Our sound is musical. It's traditional, you hear contemporary sounds, but it's not synthesized or a processed sound. It's the real thing," Siobheann said.

The musical varieties are due to the age gap in the band. The youngest member is 18, the oldest is 32. Leahy agrees that this affects the music they play.

"Because we are different ages, we have different tastes in music. It's great when we come together and put all these different styles and influences together. The result is really amazing."

Currently the band is in the midst of a tour which began in April, and will be playing Markham Theatre November 27 to 29. Siobheann says she really enjoys performing, but enjoys the times when she can just relax, all the same.

"I'm looking forward to having January off. We are doing a new CD to be released next spring, and we're really excited about that," Siobheann said.

Music has been apart of the Leahy family for generations, and Siobheann wants to continue having fun with it. "Once it doesn't become fun and it's just a job, that will be a sad day."

Tickets are still available for all three shows at the Markham Theatre. For more information or to order tickets, please call (905) 305-7469.

What's On

Nov. 27 - Dec. 3

Thursday

Spiritualized, with Acetone, The Government, \$12.50.

The Fabulous Thunderbirds, Horseshoe Tavern, \$17.50.

Friday

The Sundays, The Government, \$20, All Ages.

Saturday

Ron Sexsmith, with Joseph Arthur, Kacey Crowley, The Reverb, \$12/\$15.

Sunday

The Conjuror, opens @ Theatre ROM, 8p.m., \$18-\$40.

Monday

Jake & The Blue Midnights, The Cameron House.

Tuesday

Words In Concert: Erotic Poetry Night, Free Times Cafe.

Dionysian Smile, Cameron House, \$2

Wednesday

Christmas Fund Raiser, Six Foot Daisy, pictures with Santa, Auction, etc, Caps, \$2

Disney's *Flubber* is goo-reat

BY RYAN SIMPER
Entertainment Reporter

It jumps, it flies, it bounces, it stretches, it's flubber!

The lovable goo is driving kids wild in the big screen in Disney's *Flubber*, a remake of *The Absent Minded Professor*.

Robin Williams stars as kooky Professor Phillip Brainard, a man so lost in thought that he appears, at times, not to pay attention. Twice he's forgotten to marry his sweetheart Sara (Marcia Gay Harden), but he's got a lot on his mind.

Late in the afternoon of his third attempt at a wedding, all of Brainard's work comes together. He creates a miraculous goo that, when applied to any object, enables it to fly through the air at remarkable speeds.

The Flubber, as Brainard calls it, is a character in itself. It dances, gives raspberries, imitates and creates trouble from the time of its creation to the end of the film, and probably beyond.

Disney shows its imagination for creating characters in Weebo, Brainard's assistant. Weebo is an over-amorous flying robot involved in the romantic triangle involving Brainard and his sweetheart Sara. Weebo is totally computer generated,

but is a very believable and lovable character.

In 1961, Walt Disney's *The Absent Minded Professor* was the most popular film of the year. The sparkling comedy-fantasy, starring Fred MacMurray, had the unmistakable Disney magic touch.

Now *Flubber*, the completely updated and high-flying new telling of the classic Disney production, represents Disney pictures at one of its most innovative and imaginative times.

From Robin Williams' two most recent flops *Jack* and *Father's Day*, one would believe that *Flubber* would bounce out of theatres as fast as it bounces across the

screen. Not so. The Disney magic has seemed to propel Williams to his best-acted film in years.



COURTESY PHOTO

Robin Williams in Walt Disney Pictures' new live-action comedy.

Moist not all washed up

BY JEFF HEATHERINGTON
Entertainment Reporter

Sometimes success can be a hard thing to achieve let alone repeat, but for some bands it comes naturally.

In the follow up to Moist's first big release, *Silver*, which contained such hits as *Push* and *Believe Me*, Canada's Moist have rewarded their fans with another strong album, *Creature*. They are currently enjoying the success of the singles *Resurrection*, *Tangerine*, *Leave It Alone* and *Gasoline*. Both albums have gone triple-platinum in Canada.

The success of *Silver*, which was made in a matter of days for under \$5,000, came as a major surprise to the Montreal based quintet.

"None of us really expected *Silver* to do as well as it did," said bassist Jeff Pearce. "We weren't expecting it to sell just under 400,000 copies, we basically just made the album as a demo."

The hard part for Moist was to follow up the success of *Silver*, yet at the same time create something completely different.

"When we went to make *Creature*, we totally felt the pressure of knowing that it had to be a really great record and that it had to move us forward as a band and as individuals," said Pearce. "Halfway through making *Creature* we finally realized that we had to get back to writing songs just for fun. As soon as we did that it seemed to take all of the pressure away."

The band was formed in 1993 in Vancouver. After releasing *Silver* and touring across Canada, the band felt it necessary to relocate to Montreal, which was closer to home for the band and made it a more central spot to base their touring from.

"When we got back to Vancouver following our *Silver* tour, we felt the need for a change," said Pearce. "It just didn't feel like home anymore."

Moist credit a lot of their rise to MuchMusic, who gave their music videos a lot of play across Canada.



COURTESY PHOTO

Moist are riding a wave of popularity in the current Canadian music scene.

"MuchMusic definitely helped us get going and get some recognition," said Pearce. "When we made the *Push* video, they just jumped on it."

MuchMusic is known for playing more independent music videos than any other music station in the world.

"They're a great forum for Canadian bands," said Pearce. "America doesn't have anything like that, where they take a band from anywhere and give them some exposure."

Moist can be described as melodic rock which can range from whisper soft to loud and aggressive. Their new album features some different sounds such as the trumpet and the cello.

The change of pace in their music seems to have been timed perfectly with their current tour in which they are playing all sit-down theatre venues.

"It was definitely a different atmosphere for us and we had to make some adjustments in our performance," said Pearce.

"But after we got used to the idea that people were going to be sitting down in rows looking at us while we jump around like freaks, the tour began to get a little better."

Following the final show in Montreal on December 1, the band will take some time off before starting work on a new album in the spring.

In February, David Usher will release a solo album which features guest appearances from several of the band members.

"It's a side project that Dave has been working on for awhile," said Pearce. "It was an opportunity for him to do some stuff that was floating around in his head. We helped him with various parts, but it is definitely his album. We're all excited to see how it does."

Moist realize that, in order to move forward, they must get some recognition south of the border.

"It's harder for Canadian bands to make a living playing music," said Pearce. "It costs the same amount of money to make a

record here as it does in the States, but the audience is 10 times smaller here. You can only tour so much in Canada because there's only so many cities you can play."

In 1994, Moist won a Juno award for Best New Band which Pearce said "made the whole thing valid to our parents".

Another milestone for Moist came last year when they were invited by Neil Young to open for him during his Canadian tour. They played ten shows in total with the Canadian rock n' roll legend.

"That was a total honor and definitely a career highlight," said Pearce. "He's the reason why half the kids in Canada probably start playing guitar in the first place."

This year's Moist/I Mother Earth tour was according to Moist "the best set of shows that we've ever done".

"Every now and then we run into a band we absolutely get along with," said Pearce. "The guys in I Mother Earth were fantastic. It was a great tour."

Moist is gaining popularity in Thailand, where they recently toured, and have a gold record for their *Silver* album. Usher, who is part-Thai, was the main drawing factor for the fans who swarmed the band wherever they went.

"There were crowds of people at the airport and in the hotel lobby 24 hours a day waiting for us," said Pearce. "It was a really fun time though and the people were all very good to us there."

Moist also played in the Molson Ice Polar Beach Party in Tuktoyaktuk, North West Territories, in 1995, located 300 miles south of the Arctic Circle. The bill also featured Metallica, Veruca Salt and Hole.

Pearce said, "It was a really weird trip because we were only there for 30 hours, but it was a definite thrill seeing Metallica play for 500 people."

Correction

The picture accompanying the story "Not your every day MC," in the Nov. 20 was not a picture of Common. It was actually Kid Koala.

Festival a celebration for everyone

BY DONNA SMITH
Entertainment Reporter

The Canadian Aboriginal Festival (formally the SkyDome Pow Wow) is set to begin this Saturday, November 29, at 12 noon.

The two day event, now in its fourth year, is shaping up to be the best yet.

"The important thing about the festival is it is a national showcase of all Nations across Canada and much more," said Ron Roberts, festival co-ordinator.

The theme to the festival is unity. The unity of First Nations and the unity of Canada.

"A Pow Wow is a gathering of First Nations people. It's a time of brotherhood and sharing. Everyone is welcome," Roberts said. "Having the event at the SkyDome gives us an opportunity to share with non-native people also."

A highlight of this year's event will be the Pow Wow, which will feature more than 1,000 dancers from across North America. Their traditional dance styles and dress will dazzle you. The Grand Entry is also a sight to see, "this is when all dancers enter the dance area with the war veterans leading (this happens at the beginning of every Pow Wow).

The market area will feature more than 100 individual booths. Many of the arts and crafts to be featured are not available elsewhere. Visitors will be able to combine a unique shopping opportunity with two great days of entertainment. If you are looking for a unique Christmas gift, be sure to come early!

Authentic First Nations food will also be featured at the festival. Visitors to the festival have raved about the foods in the past three years. This year there will be much more variety of this delicious food. Venison, buffalo and the Indian taco are only a few of the many taste delights on the menu.

The festival will also showcase a fashion show, presenting the original and unique designs of Canada's leading First Nations fashion designers.

"A lot of the fashion show is about showing traditional influences in a contemporary way," said Angela DeMontigny, fashion designer. The fashion show is scheduled for Saturday, November 29, at 4:30 p.m.

"It is an exciting show, something a lot of people haven't seen before," said DeMontigny.

Another important element to the festi-

val is the teaching. Visitors will have a rare opportunity to discuss topics of interest with some of Canada's most prestigious First Nation elders.

A variety show will feature musicians such as Joane Shenandoah, who was recently nominated for two Grammys. Other events include a fine arts exhibit, film and video presentations, live theatre presentations, literary readings and book signings by leading authors.

"It's a good cross-section of some of the best North American talent. We are trying to build and promote our professional industry," DeMontigny said.

If you have any questions, curiosities or are just interested in First Nations' culture, do not miss the Aboriginal Festival because it is definitely a complete cultural package. Admission is \$10 and free for children under eight.



Come out of the closet

Teens perform at the Young Peoples Theatre

BY DUSTIN DINOFF
Entertainment Reporter

The Other Side of the Closet, the latest offering from the Young Peoples Theatre is intended to not only entertain, but to educate. The one-act play deals with the issue of homophobia and is intended primarily for the people it is about — high-schoolers.

The play was written by Edward Roy, who had negative experiences as a gay teenager, and is being presented in a workshop form at YPT's studio theatre. Immediately after the show, members of TEACH (Teens Educating Against & Confronting Homophobia) deliver a very up front, no-holds-barred talk-back session on what it is like being a gay teen.

Although the five young actors that comprise the cast of *The Other Side* are heterosexual, the subject matter is still very close to them.

"It wasn't a huge challenge trying to tackle this issue, because I feel very passionately about it," said Corrinne Murray. "Very much like Paulette, the character I play, homosexuality has never been a very big issue for me because its always been normal.

In my group of friends I'd say that 50 per cent of them are gay."

According to TEACH statistics, 28 percent of all gay and lesbian students drop out of high school due to physical, verbal, and emotional harassment.

The Other Side of the Closet is being presented by the YPT, in conjunction with the Toronto Board of Education and the Human Sexuality Program to better educate students about the issue of homophobia, hoping that the statistics will start to decline.

"I like to stay after the show and hear the talk-backs, and just hear the response to the show," Murray said. "It is (remarkable) how much of a severe issue it really is and how much children really need to talk about it and deal with it."

The educational talk-back session Ms. Murray refers to is about a half-hour in length. The members of TEACH, with help from the students, run through the gambit of gay slang terms (what the hell does 'stamp-licker' mean anyway?), and identify the feelings of the homosexual teen and the homophobic teen. The discussion is handled in a very intimate and mature fashion.

When crafting a show such as this one, aimed at teens, dealing with something as potent as sexual orientation, it must be difficult trying not to make it cliched and 'cheesy'. At the same time it is important not to under-play the issues, so the students don't leave saying, 'So?'

The Other Side of the Closet does the opposite, not sugar coating a single thing and often going over the top.

The Other Side of the Closet is very much like a live educational film (thanks in part to the acting) and it is sure to hit a nerve with any insecure, pimply faced teenager. Those post-pubescent years are confusing enough — well, this show is going to send some kids right over the edge.

For the older folks in the crowd, *The Other Side of the Closet* will unquestionably spark a number of heated conversations, debates and questions like, 'What would I do if little Ronny told me he's gay?', and 'What if little Ronny is gay? How will I deal with it?'

The Other Side of the Closet is an important show for teenagers to see. For ticket info call the YPT box office at (416) 862 2222.

Farm stories

BY ANTONIO TEDESCO
Entertainment Reporter

Dear reader,

I drove into town to see Dan Needles' latest play, *Wingfield Unbound*, the fourth installment in the *Wingfield* series at the St. Lawrence Centre.

As we walked to the theatre I considered my predicament: I was going to see a play about country stories and how a city man, like myself, could manage on a farm in Southern Ontario.

If you've seen any of the other *Wingfield* plays then you know that Needles is once again at the top of his game. A chicken with a heart condition, a glue factory-bound horse, a possessed goat and a haunted millstone were all Needles needed for *Walt Wingfield* - the now-famous protagonist in the *Wingfield* plays - to create two hours of hilarious segments from *Wingfield* farm.

The *Wingfield* plays are the chronicled events of Persephone Township, through the eyes of *Walt Wingfield*, a stockbroker who left the fast-paced world of Bay Street for cow patties and ongoing raccoon problems. *Walt* writes a regular letters column to the local newspaper, where he shares his weekly exploits with

Ed, the newspaper's editor.

Walt is surrounded by crazy, lovable neighbors, and his wife Maggie's bizarre family. Needles has created characters that have made Canadian theatre history, with their country drawl and down-home advice.

The humor lies in *Walt* becoming a dedicated farmer, something he took to like a Bay Street executive. *Walt's* clever, creative and is always ready to hear the latest bit of advice his neighbors are ready to hand him.

Walt seems to learn as he goes, constantly rethinking his approach to life and what he once thought was the truth. It's hard to not be affected by *The Squire's* visions and *Walt's* nephew's goose-like laugh.

After the applause, *Rod Beattie's* bows and a few drinks at *The Jersey Giant*, the only thing I could think about was how home-grown theatre, born of humble beginnings, can make it a long way if it has people who care about it.

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Yours truly,
Antonio Tedesco

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Better off left dead

BY STEVEN ALEGRAS
Entertainment Reporter

One of the biggest, baddest, aliens is back from the dead in *Alien Resurrection*.

Unfortunately for fans of the *Alien* series, it might have been better off if they had kept Lt. Ripley (Sigourney Weaver) in grave.

But how can Ripley come back from the dead? And what purpose would it serve to bring her back?

This was the problem writer Joss Whedon faced and what he came up with was, if not anything else, very imaginative.

Set 250 years after *Alien 3*, scientists aboard the spaceship Auriga are trying to clone Ripley for the alien that is within her.

Huh? Where did they get what they need to clone her? They got the material needed from blood samples found on the prison colony where Ripley killed herself because she knew she had an alien queen inside her.

So the scientists clone her to get at the alien that she has within her. Make sense so far?

Naturally, when the scientists think that they are finally starting to tame the aliens they lose control, and the whole thing goes crazy.

Joining her this time is not a

crack military team, or some prisoners, but a bunch of smugglers patched together including Call (Winona Ryder), a terrorist with a secret who somehow knows what the scientists are doing on the Auriga, even though the information is classified.

The problem with the movie is not so much the fact that it's pushing the limit on reality, it's just full of holes and, I can't believe I'm saying this, unbelievable action sequences.

While watching the movie, you are virtually expected not to ask any questions, such as how Call knows so much about Ripley when she has been dead for so

many years.

Less action may also be one of the problems with the movie since all the other *Alien* movies have been filled with amazing action sequences.

Maybe the problem lies in the script or perhaps in the director, Jean-Pierre Jeunet who, while being highly acclaimed for his film *The City of the Lost Children*, he is not a true action director.

Alien Resurrection recently opened in theatres, but who knows how long the resurrection of a sci-fi classic will stay on the big screen until it is once again put to rest.



COURTESY PHOTO

Sigourney Weaver once again finds herself in an alien environment.

Holly's Buddy Great

BY RYAN SIMPER
Entertainment Reporter

Buddy Holly is alive and well in *Buddy: The Buddy Holly Story*.

The hit show is back with a new leading man and hand-picked actors from previous casts to create the best production of *Buddy* ever.

"The chance to do *Buddy* again in Toronto gave us the opportunity we've always wanted, to reunite the best of *Buddy*," said producer Paul Elliot. "We have assembled what I consider the definitive cast, the dream team."

Since *Buddy* first began, there have been 14 actors playing the leading role in London's West End, Toronto, on Broadway and on tour.

In the first Toronto engagement, Paul Hipp wowed audiences and was featured on the first cast album.

Chip Esten played Buddy Holly in the second Toronto engagement to rave reviews in 1992 at the Royal Alex.

Now, 14 *Buddy's* later, Englishman Angus MacGregor headlines the third engagement at the Princess of Wales Theatre.

"Of all the performers who have portrayed Buddy Holly, none have come as close to the real thing as Angus MacGregor," said Elliot.

MacGregor was discovered performing with his band, *Brilliant Wish*, in a bar in Blackpool, England, by Joe

Harlem's Apollo Theatre), to his last concert at the Surf Ballroom in Clear Lake, Iowa, on February 2, 1959.

Buddy is like a concert with small excerpts of Buddy Holly's life in between hit songs like: *That'll be the Day*, *Oh Boy*, *Rave On*, *Peggy Sue*, *True Love Ways* and many others.

As the show goes on, the audience begins to play an integral role. And by the end, everyone is up dancing in the aisles.

Also starring in the show as two other legends of rock and roll are Alex Paez as Ritchie Valens and Mike Doyle as the unforgettable J.P. Richardson, a.k.a. the Big Bopper. Both perform their character's hits, *La Bamba* and *Chantilly Lace*.

Neil Dale and Adam Keast play the Crickets, Buddy's fellow band members. Theresa Cartel plays Maria Elena, Buddy's widow.

For two short years, Buddy Holly's music broke all records. For two short years, he was king. He inspired musicians like the Beatles and the Rolling Stones.

Although his tragic death in 1959, at the age of 22, brought an end to his life, it never brought an end to his spirit, or his music.



COURTESY PHOTO

Buddy plays at the Princess of Wales Theatre until December 21.

Lutton, a previous *Buddy*.

Lutton was so enthralled by MacGregor's performance that he encouraged him to audition for the show.

MacGregor became Lutton's understudy, then claimed the title role on an 18-month tour of *Buddy*.

Buddy recreates Buddy Holly's story from his days singing country music to his debut with the Crickets (as the first white act at

Wounded art

BY ANDY M. GEORGIADIS
Entertainment Reporter

The dumbest question someone ever asked artist John Nobrega was why he never painted "nice things."

Controversy is nothing new to Nobrega, 23, who opened his first solo art exhibition at the Zinc Gallery in Toronto last Thursday. His painting of a woman, showing the wounds of the crucified Christ, was slashed from top to bottom last year at the Ontario College of Art, where Nobrega has since graduated from. The vandal was never found.

The current exhibit, *Wounded Beauty*, is the culmination of a year's work. Perhaps the most controversial painting this year is entitled *Perfume and Cigarettes: A Painting for Men*.

It shows a modern female stripper with a penis painted over her crotch. She holds a cigarette in one hand and a female portrait by Ingres.

"I had done a lot of paintings of women, and I wanted to do a painting, which was like an ironic dissertation of the female nude," Nobrega said. "I thought Ingres was the perfect vehicle for this. He was probably the greatest painter of women who ever lived."

Nobrega decided to fuse the image of Ingres' a Turkish harem slave with his own image of a modern-day dominatrix because, despite being separated by 120 years, both women were united by the same job: arousing sexual desire in men.

"The whole idea was to look at the female nude in a critical, self-reflective way, and be aware of all that's changed politically in the past 120 years," Nobrega said.

It sometimes bothers Nobrega that he has to explain an entire history behind a painting in order to get his point across.

Ambiguity can sometimes require even more explanation. Nobrega had to defend his decision to include a short film of a woman crying to the galleries' proprietors, who questioned its inclusion.

"Asking why the woman is crying is as relevant as asking why the *Mona Lisa* is smiling," Nobrega said.

Nobrega sees unity where others see duality. Admittedly, he's a man driven in opposite directions himself. His ambitions exceed his talent, but when he sets his mind to a project, he sees it through.

Wounded Beauty runs until December 6.

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New twist on *Forum*

 BY RYAN SIMPER
Entertainment Reporter

Theatre Humber opens its 1997-98 season with Stephen Sondheim's *A Funny Thing Happened On The Way To The Forum*.

The musical comedy takes us back to ancient Rome, when some slaves would do anything to win their freedom.

Forum recently had a successful revival on Broadway, with Whoopi Goldberg breaking the rules and starring in the traditionally male role of Pseudolis.

Humber is also breaking tradition casting third-year student Perrin Lyons in the role of Pseudolis.

Lyons, a Simcoe native, is a veteran of Humber Theatre with four productions under her belt. Lyons believes having a female Pseudolis gives the play a different angle.

"It's very interesting having a female Pseudolis. I think that everyone is finding a lot more to play with because I'm a woman, and Pseudolis is usually played by a man. It gives us a little more diversity," Lyons said.

Playing Pseudolis isn't causing a problem for Lyons, even though the play is mostly male. "We had to make a few minor changes. A lot of the jokes were male oriented so we had to edit some of them," Lyons said.

Lyons is joined by fellow third-year student Martin Azambuya who plays Hysterium. Azambuya is a very flamboyant actor and brings to life his very comical character.

Azambuya loves the theatre program, but admits that the workload is a little nerve-racking. "It's very intense. At first it can be a bit of a shock, but if your mind is set that you might not have a social life for six or seven months then you'll be fine," Azambuya said.

Both actors admit that interest is lacking outside of their program, and more has to be done to improve interest and attract audiences to the theatre.

"I don't know if it's because of lack of advertising or just lack of interest. This building is pretty alienated from what goes on in the main building at Lakeshore, and people on North campus

don't even know we exist. There's not a lot of support from students," Azambuya said.

Theatre students have started performing small skits in the cafeteria at Lakeshore campus to try to generate interest. "Ever since we've been doing small skits in the cafeteria we've been getting a lot more support from students," Lyons said.

Lyons attributes her success in the theatre program to her teachers. "The attention you get from the teachers is the most appealing thing, and the calibre of the teachers is excellent. I've never met a group of more caring and supportive teachers in my life," Lyons said.

A Funny Thing Happened On The Way To The Forum runs until December 14. Performances take place Wednesday to Saturday at 8 p.m., with Saturday and Sunday matinees at 2 p.m.

Tickets are available at the door, or reservations can be made by calling 675-3111 ext. 3414.

The Humber College Studio Theatre is located at Lakeshore campus, west of the main building.

The Belle of Humber

 BY BROOKE FONTYN
Entertainment Reporter

Humber School for Writers graduate Joanna Goodman's first novella was introduced last week at the Rivoli.

Goodman's debut reading of the yet unpublished *Belle of the Bayou* was part of a double launch of two published works.

The novels launched are Joel Yanofsky's *Jacob's Ladder*, and Robin Sarah's *Promise of Shelter*.

The evening is part of The Taddle Creek Reading Series which is co-sponsored by The University of Toronto Bookstores, the Toronto Public Library, CBC Radio 740 and The Porcupine's Quill, a publisher.

Joining the authors on stage was Elizabeth Hay, the author of *Small Change*, a collection of short stories that is currently on the short-list for the Governor General's Award in the category of English-language fiction.

Goodman's novella *Belle of the Bayou* is scheduled for publication by The Porcupine's Quill in the

fall of 1998. *Belle of the Bayou* is Goodman's first publication since she attended the creative writing workshop in the summer of 1996.

The Humber School for Writers has an alliance with Doubleday Canada, one of the country's leading publishers. The best book manuscripts are sent directly to the office of the publisher of Doubleday for serious consideration. Such an alliance is being set up with The Porcupine's Quill.

"The Porcupine's Quill would like to start a Humber line of books, where four to five students would get published each year," said Joe Kertes, director of The Humber School for Writers.

Kertes said they do have a number of students who get published now but this alliance, to be called Humber Imprint, would be a guarantee.

The summer workshops and correspondence courses within The Humber School for Writers have had great success.

"Fifty students have gone on to

publish books, eight of which have gone to be short listed for the Governor General's award," Kertes said.

Kertes said that the requirements for the workshops are simply a strong desire to write and a glimmer of talent. A sample of work must be submitted along with a two to three-page description of the work you intend to complete during the course of study.

The Taddle Creek Reading Series has a variety of readings throughout the year, from small intimate readings to those that are internationally recognized with such literary stars as John Updike and Michael Ondaatje.

"What I love about the series is that they have the poet who is selling 70 copies of her book one night and the next night they have a stadium full," Kertes said.

The Humber School for Writers is expanding every day, evolving into something bigger and better.

They are launching a publishing workshop; a one week intensive professional publishing course and a comedy correspondence course.

The comedy course would enable students to write a comedic screenplay. Next summer such a program might involve such great comedy legends as Paul Reiser and Sid Caesar.

"It is exciting, because the writing workshops and the comedy workshops have become world renowned," Kertes said. "We have been written up in 80 newspapers. There has been more media attention towards this program than with any other program in the college."

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Et Cetera Sports

Huskies left whimpering

BY MARK SUBRYAN & JOANNE ROMANOVICH
Sports Reporters

At the end, the George Brown Huskies looked like turkeys being led to a chopping block for a Christmas slaughter.

Last Wednesday, the men's basketball team whipped the Huskies 86-66 at home. However, the victory was not easy.

The Huskies managed to cut Humber's lead to three, before the Hawks went on a 12-2 run.

"It was close for a while there," said coach Mike Katz. "They [Huskies] could've won. We had a three minute run that won us the game."

Once again, Katz stressed that turnovers are still the team's weakness.

"Turnovers brought them [Huskies] back into the game," Katz said. "When we get pressured, we give away



PHOTO BY JOANNE ROMANOVICH

Humber's Silvio Carta fights hard under the rim last week.

the ball. It may be because the guys are nervous about their first league game, but we've got to work on it."

The Hawks came out flying, playing aggressive man-to-man defence and running their sweep plays textbook style.

Their quick start may have been due to the return of Rowan Beckford and the play of Al St. Louis and Jeremy Murray.

"Before the game, I spoke to the guys and told them that we'd have to come out hard," St. Louis, who had 17 points, said, "I guess it paid off."

Rowan Beckford, one of the Hawks' star players, returned from a knee injury that had kept him out of the lineup since training camp opened.

"I just wanted to win," Beckford said. "It was my first game back. It felt good to run up and down and my knee felt great. We had to start aggressively because being aggressive means more wins."

Player-of-the-game was guard Jeremy Murray who scored key baskets and set the offensive patterns all night.

"We executed well as a team," Murray said. "My team came out ready to play. It was all D (defense). We're happy to get Rowan back."

Getting the first win of the season was foremost on the minds of the Hawks.

"I'm happy with the win," Katz said. "The first one's important."

"You don't know how important that first win was," St. Louis said. "Now we have it, we have to go out there and improve. Our goal is to go to Alberta in March for the Nationals."

Once again, Silvio "Sosa" Carta was sinking three-pointers after three-pointers and played an excellent inside game that proved he is a multi-dimensional player who has more to his arsenal than just three-point shooting.

"I like where this team is going," Katz said. "We're getting a lot more consistent play and we have nice team depth."

The real test comes next week as the men travel to Oshawa to play the national champion Durham Lords.



PHOTO BY JOANNE ROMANOVICH

Humber's Keffrin Dunson flies high against George Brown in a 86-66 win.

Humber pounds George Brown



PHOTO BY MARK SUBRYAN

Amy Lewis is ready to receive a pass against the George Brown Huskies.

BY MARK SUBRYAN
Sports Reporter

The Humber Hawks women's basketball team destroyed the George Brown Huskies 61-40, in a scrappy game last week.

"They [Huskies] came in here on fire," said assistant coach Denise Perrier. "We made poor passing decisions and mentally they threw us off our game."

The Hawks led by as much as 27 points at one point. The Huskies once were only down by two in the game. However, the Hawks were too aggressive.

Even though this was a hard fought win, many of the players were not satisfied with their efforts.

"I'm glad we won," said Tanya Sadler, who led the team with 16 points. "We seem to have a tendency to play down to the level of a scrappy team and they were a

bit scrappy. I was amazed that I got 16 points. I didn't play my style and I'm disappointed at myself."

"This was no walk in the park," said fourth year veteran Heather Curran. "George Brown played a defensive scrappy game. We started slow, but managed to pick it up in the second half."

The player of the game was Tina Botterill, who scored seven key points and was great on defence.

"I strive to improve my defence every game," Botterill said. "My focus is on my defensive game. I give 100 per cent to it."

Like many championship calibre teams, this squad's success could be attributed to their gelling as a team and good relationships with each other on and off the court.

"We work well as a team,"

Botterill said. "We're close on and off the court, so it makes it easier to play as a team."

"In my four years here, this has been the most skilled team," Curran said. "This is a great bunch of girls and we've worked well all season. We gelled early while other teams don't usually gel until mid-season."

Aman Hasebenebi and Nicole McClean played their usually strong games with key scoring and strong defensive play.

Filomena Aprile, a rookie Hawk, saw a lot more court time.

"I'm learning a lot watching these guys play," Aprile said. "When I started in the pre-season, I was scared and nervous and made mistakes. I've improved by watching and learning."

The Hawks will take to the road next week as they travel to Oshawa to face Durham.



PHOTO BY BOB SALVERDA

UBC running back Mark Norha was brilliant in the Vanier Cup Final against Ottawa.



PHOTO BY BOB SALVERDA

The Ottawa Gee Gee's tried to stop the powerful UBC Thunderbirds offence but failed.

Thunderbirds fly high

BY KRISTI SMITH

Sports Reporter

The University of British Columbia Thunderbirds routed the Ottawa Gee Gee's 39-23 in the Vanier Cup final. Thunderbird running back Mark Norha turned in an incredible performance, considering his ability to play in the final was in question.

The Hec Creighton award winner was not to be denied. He said he would dress for the big game after the Thunderbirds triumphed in the Atlantic Bowl.

But just how effective the UBC star would be in Vanier Cup XXXIII was unknown, because of a nagging knee injury he sustained in the final regular season game.

"Any time you got some one as great as he [Norha] is on your team, he's going to naturally step into that leadership role," said UBC quarterback Shawn Olson. "We'd have been stupid not to give him the ball as much as we did."

Heading into the game, UBC knew that they would have to shut down Ottawa's special teams, who had returned three punts for touch downs in the Churchill Bowl against the Waterloo Warriors the weekend before.

Much to everyone's surprise, however, the dynamic duo of Ousmane Tounkara and Chris Evoire, two of the CIAU's top players, would not figure in this game. In fact, nothing seemed to go in the Gee Gee's favor.

UBC came out fast and furious in the first quarter, and quickly established a control of the game that would prove to be iron clad.

The T-Birds, led by Norha and second year sensation Brad Coutts, did exactly what they do best. They ran the ball and ran, until a 23 yard field goal put them on the board first at the 4:29 mark.

This was the first of four for kicker Aaron Roed on the day, one short of the Vanier Cup record. He would also add six points in converts.

Five minutes later, Olson scored a one yard touchdown to put the T-Birds up 9-0.

It was early, but by this point, it was apparent that the same Gee Gee's had not shown up to play. They did not get their first first-down until the last minute of play in the quarter.

"We double teamed their receivers, and didn't let them handle the ball during kick-offs," explained UBC linebacker Stewart Scherck.

Early in the second quarter, the Gee Gees had narrowed the gap 9-4, but this was as close as they would get in the game.

Their time of possession was significantly less, and it reflected on the scoreboard.

As well, they were not passing or running well, and their defence was virtually ineffective against the unrelenting UBC offence that continuously managed to poke holes up the middle of the formation.

It did not help matters any when an injury forced Evoire from the game.

By half time, UBC had added two more field goals and a 29 yard touchdown pass to Frank Luisser to take a 19-7 lead.

In the third quarter, it would once again be all UBC. Norha scored his first touchdown, Roed added another field goal, and the score stood at 29-7 heading into the final stretch.

A lack of control and some unwise decisions added to their problems. Three fumbles, and several onside kicks were recovered by the T-Birds, who quickly turned the mistakes into points.

Norha took only two minutes in the fourth quarter to add his second touchdown of the day on a 19 yard run. By the five minute mark, the score was 39-7, and the chants of "na na na na, na na na na, hey hey hey, goodbye" began.

But with under three minutes remaining, the T-Birds appeared to relax, and the Gee Gees went on the move.

Two quick touchdowns by Tounkara and Chris Halluke, Evoire's replacement, put the score at 39-23.



PHOTO BY BOB SALVERDA

An Ottawa Gee Gee player shows the pain of defeat after his team lost 39-23 against UBC.

But it was too little too late.

UBC's Shane Sommerfeld intercepted the ball with seconds left on the clock, and then Olson downed the ball.

"They gave a great effort," Olson said, "but for the most part, we did everything we had to do to win."

UBC poured onto the field in celebration of the championship they last won exactly 10 years ago.

It was the first one for head coach Casey Smith, however, who took over from his father Frank in 1995. Frank had spent nearly 20 years with the team.

"It feels great," an elated Smith said. "I'm so proud of the guys. They played well in every aspect of the game."

In recognition of a tremendous defensive performance, Scherck was awarded the Ted Morris trophy as MVP.

To no one's surprise, Norha was named recipient of the Bruce Coulter award for the outstanding player of the game. Only twice before had the Hec Creighton winner received this prize as well.

A 1996 draft pick of the Hamilton Tiger Cats, this victory capped off a great season for Norha in which he amassed over 1,200 yards, and scored 11 touchdowns.

"It's a story book ending," Norha said. "You can't even dream up this scenario. I couldn't ask for anything better."



PHOTO BY BOB SALVERDA

Thunderbird players let loose, after winning the Vanier Cup, last Saturday at the SkyDome.

Et Cetera

Nov. 27 - Dec. 3, 1997

Humber Sports Index

Extramural Hockey: Last weekend Humber's men's team played in the Sheridan tournament. They scored 21 goals in four games and faced Durham in the final. With Humber on top 4-1 after two periods, the Hawks fell from their perch and allowed Durham to roar back and win the game 5-4. "We weren't happy how it ended," assistant coach Trevor McLaughlin said after the game. Regular season play begins for the Hawks Thursday at 10:15 p.m. at Ice Sports Etobicoke.

Men's Volleyball: The Hawks played host to Seneca last Thursday and easily won in four sets. Seneca took the first set 17-15. Humber roared back to life in the second set to win 16-14, 15-10 and 15-5. The Hawks are 2-1 on the season and look to continue their streak when they go to Cambrian College on Saturday, November 29.

Women's Volleyball: The volleyball team continued their winning ways last week against Seneca. The Hawks beat Seneca in straight sets 15-11, 15-10 and 15-7, to remain perfect for the season. On Friday, November 28, they travel to Boreal College.

NUMBERS TO KNOW

- 077** The Raptors' current win percentage for the season.
- 0** Number of career home runs that new Jays' manager Tim Johnson had in almost 1,300 at bats.
- 1** Number of wins the Calgary Flames have on the road this season.
- 3** Number of NHL coaches who have been let go so far this season.
- 7** Number of Humber athletes that are among the individual league leaders in both volleyball and basketball.
- 8** Million, the amount of money that former Blue Jay John Olerud will be paid by the New York Mets in his new two-year contract.
- 17** Number of points that the Maple Leafs are trailing the first place Detroit Red Wings by.
- 70** Number of goals Anahiem Mighty Duck Teemu Selanne could score this year, if he keeps his current pace.
- 109** Total number of kills that the women's volleyball team has gotten in three games.

-Compiled By Vince Versace and Marcel Watier

"SAC North News"

is SAC's weekly newsletter. Keep up-to-date on what's happening and what has happened on campus. Pick up your weekly copy in the SAC Office or from various locations throughout the College. SAC invites the college community to submit information to the North News. Simply drop off your information before 9:00am on Friday mornings.

The holidays are coming!
Get in the spirit with SAC
when we celebrate the
holiday season! On
December 9, 10, & 11,
watch for special events,
sweet treats & Santa just
might pay us an early visit.
More details to follow in
SAC North News and the
next issue of ETC.!



SAC

Athletes of the Week In the Hawks Nest

Female: Tina Botterill



Tina was named player-of-the-game in last week's basketball game against George Brown. She scored seven key points and played a good defensive game. A strong defensive player, Tina gives 110 per cent in all her games.

Male: Jeremy Murray



Veteran Hawk Jeremy spent most of the summer recovering from reconstructive knee surgery. In last week's season opener against George Brown, he helped the Hawks to a win and was named player-of-the-game for the offensive patterns he helped to create.

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Classifieds are due Friday prior to publication

Men's Soccer 1997

Silver lining to golden season



Humber's men's soccer team finished the season in first place with a 5-1-0 record. The team took their high energy and strong play to Durham for the OCAA finals. They fought their way to the final, where they played against the host team and lost. Their brilliant play throughout the season led the team to many honors. Jesse Calabro took the scoring title, while Peter Libicz was named top goalie. Captain Walter Martins and Louie Della Rovere were named All-Stars. Della Rovere also took home All-Canadian and Player-of-the-Year awards.

The following profiles were composed by coach Germain Sanchez and the team reporter Shawn Gibson.



Coach Germain Sanchez



Assistant Vito Colangelo



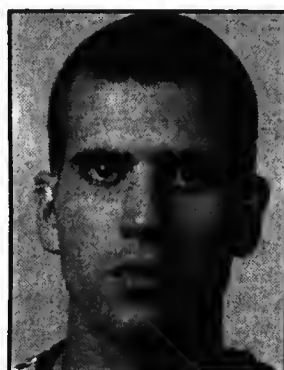
#1 Peter Libicz, goalkeeper: A very talented player who is totally professional on and off the field. He was a major factor in Humber's success this year.



#2 Terrence Campbell, defence: Terrence's defence is fantastic. He has a lot of speed which helped the team a lot.



#3 Louie Della Rovere, sweeper: As one of Humber's top athletes and most award-winning player this year, he never let it go to his head. He played for the team, not himself.



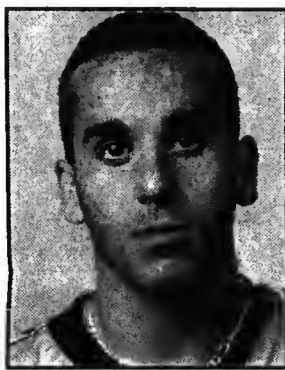
#4 Rob Di Clemente, middle: His focus is high and he always knows where the ball is. Although pretty quiet, everyone knows where he is on the field.



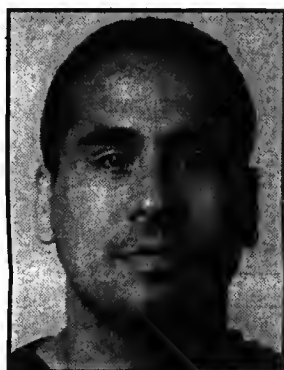
#5 Ian Carabine, midfielder: A veteran player with great skill and speed. He made some big game plays.



#6 Helder Constantino, middle: A good player with a lot of emotion. Emotion is good because it shows that you are very much involved with the team.



#7 Hugo Lopez, middle: A great player who will be a force to be reckoned with in the future. Hugo played as strongly as anyone on this team.



#8 Dennis Rodriguez-Pena, middle: His determination and will to succeed are very high. As a rookie, he confused opponents by playing like a veteran.



#9 Angelo Nero, striker: He had a few great games this year and knows what he's doing on the field. He knows how to put the ball in the net.



#10 Rohan Watson, forward: There are not too many players that can get the ball to the net like Rohan. When Rohan is at his best, the team does a lot better.



#11 Jesse Calabro, middle: This rookie sensation is definitely a major force on the team. Jesse scored many of Humber's goals this year and showed he can play with the veterans.



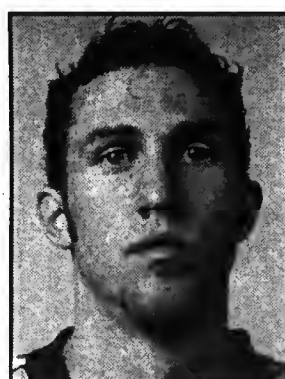
#12 Marco Frasca, striker: Not only does Marco have a lot of skill, his personality is great. His energy is what the team will need next year.



#13 Walter Martins, middle: Walter led his team to success with his professionalism and ability to play well under pressure.



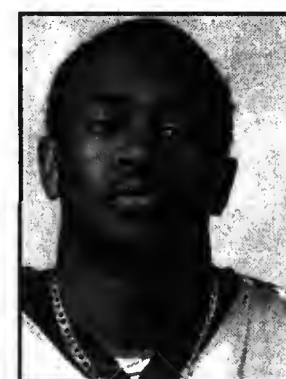
#14 Dario Groe, middle: Dario liked playing for this team. Every squad loves a player who enjoys the game and has the skill to play it well.



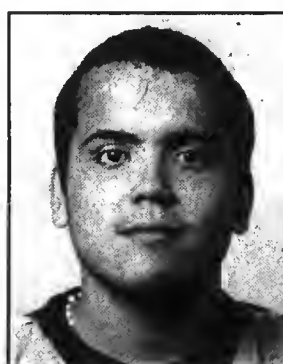
#15 Matt McFarland, forward: Matt's height is a bonus, as is his speed. He played well this year and is one of the rookies we are anxious to see back next year.



#16 Marko Milkevic, defence: He has what it takes to be a big game player for the Hawks. His on-field patience paid off as he made some great plays.



#17 Bernard Tavernier, forward: He is a fantastic player with the ability to make great plays. Without him, this team would not have been as successful.



#19 Luigi Landauro, middle: Luigi is not the biggest man on the team but makes up for it with patience and speed. Although a rookie, Luigi didn't play like one.



#20 Rocky Gennaro, defence: Rocky played hard and didn't back down from anyone, no matter how big they were or how many years they have played.



#21 Will Machado, defence: Where there was a way, there was Will. When on the field, Will stopped almost every rush.



#29 Drago Lauc, goalkeeper: Drago is more than a back-up goalie. He is a great player and can stop the ball just as well as anyone. We were lucky to have him.

COMPILED BY SHAWN GIBSON, LAYOUT BY MARCEL WATIER

trivia Central

1. What does Rebecca DeMornay take from Tom Cruise in *Risky Business*?
2. Who portrayed the original valley boy in *Valley Girl*?
3. Who directed *Raiders of the Lost Ark*?
4. What city did Ferris Bueller take his day off to see?
5. What 1983 movie introduces Ally Sheedy as an actress?
6. Who did Michael Douglas have an affair with in *Fatal Attraction*?
7. Who plays Axel Foley in *Beverly Hills Cop*?
8. What 1980 comedy starred Chevy Chase, Rodney Dangerfield, and Bill Murray?
9. What is Sigourney Weaver's character name in the 1986 film *Aliens*?
10. Who was the first black Miss America?
11. What is the drug MDMA better known as?
12. Who didn't realize she had a problem with prescription

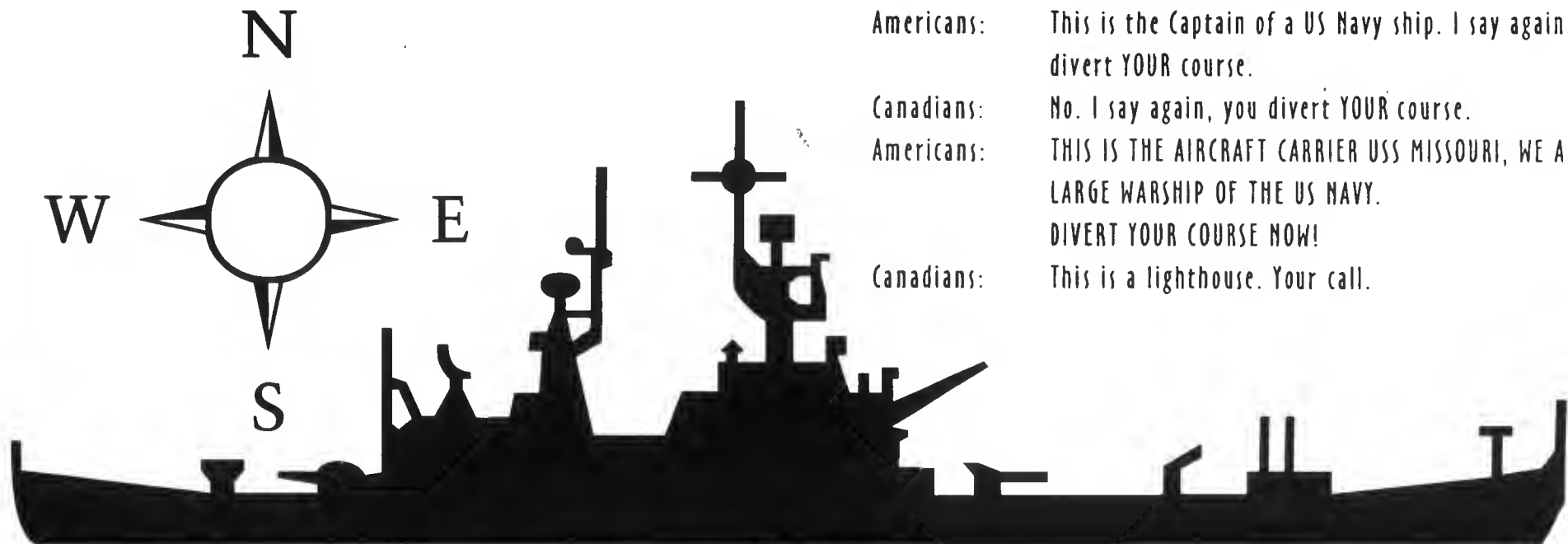


drugs until she saw people and cats on the wing of an airplane?

13. What is the name of Mork & Mindy's son?
14. What team did Dennis Rodman annoy and rebound for throughout the 1980's helping them to several championships?
15. ID this song: "Whoa here she comes..watch out, boys, she'll chew you up!"
16. Before playing Alex P. Keaton's girlfriend on *Family Ties*, what actress appeared in *Misfits of Science*?
17. What *21 Jump Street* star appeared in the first *Nightmare on Elm Street* movie?
18. Joey Lawrence began making people sick on what 1980's sitcom?
19. What song from the *Beverly Hills Cop* soundtrack did the Pointer Sisters turn into a hit in 1985?
20. What 1988 movie stars Ricki Lake?

ANSWERS ON PAGE 13

This is a transcript of an ACTUAL radio conversation of a US naval ship with Canadian authorities off the coast of Newfoundland in October, 1995.



- Americans: Please divert your course 15 degrees to the North to avoid a collision.
- Canadians: Recommend you divert YOUR course 15 degrees to the South to avoid collision.
- Americans: This is the Captain of a US Navy ship. I say again, divert YOUR course.
- Canadians: No. I say again, you divert YOUR course.
- Americans: THIS IS THE AIRCRAFT CARRIER USS MISSOURI, WE ARE A LARGE WARSHIP OF THE US NAVY. DIVERT YOUR COURSE NOW!
- Canadians: This is a lighthouse. Your call.



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