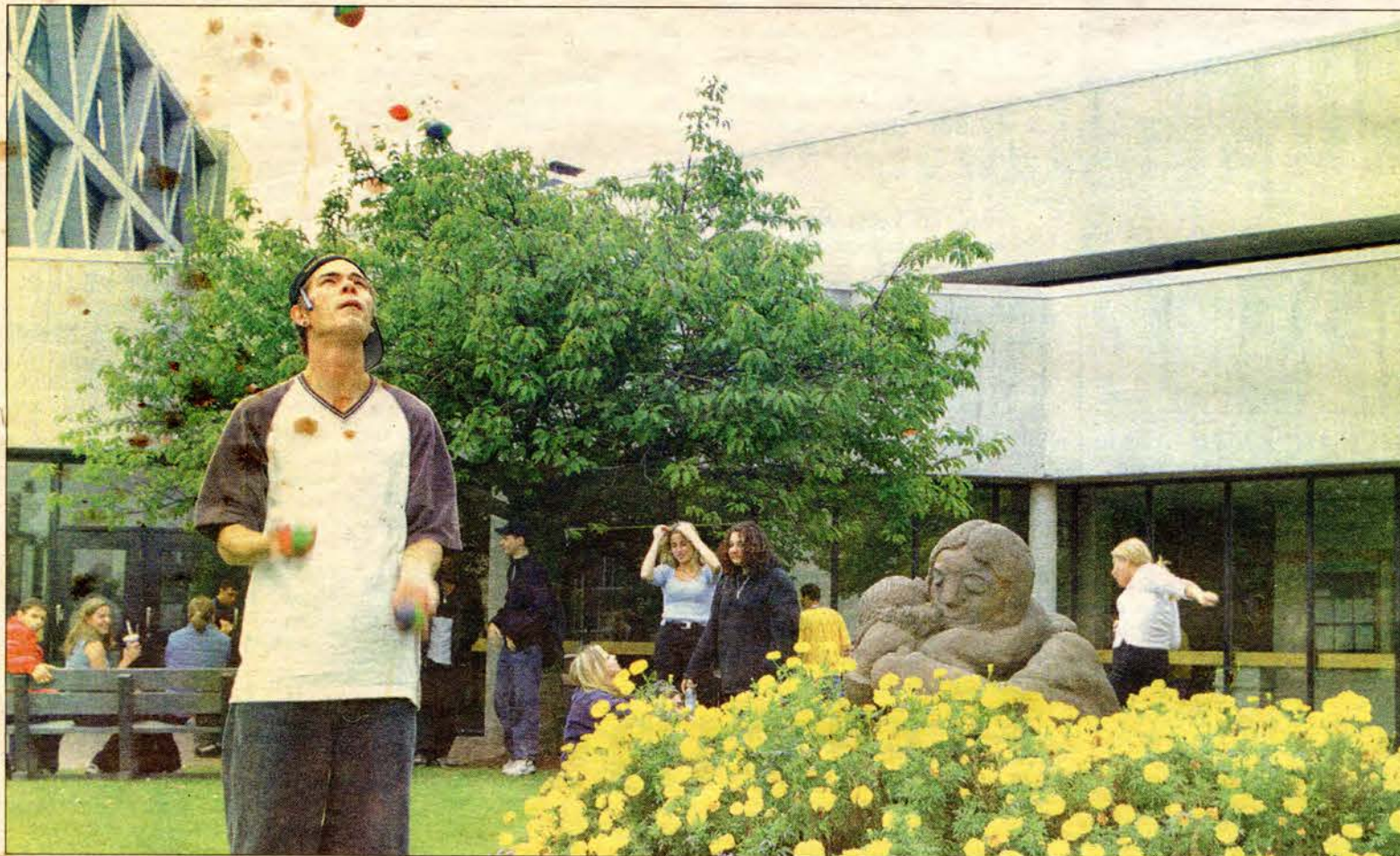


# HUMBER *et cetera*



OCTOBER 5, 2000 Vol 29 Issue 04



JOSH HARGREAVES

## KEEP YOUR EYE ON THE BALL

School can be a real juggling act for Damien Poirier. The first-year Comedy Writing student, who has been juggling for 10 years, said, "Once you start juggling, it's like meditation." Poirier was tossing his thoughts around in front of the registration entrance this past Monday.

## Remembering a Canadian hero

by Desmond Devoy

As Humber's flags flew at half mast for our former Prime Minister, who died last week at the age of 80, students reminisced about a man who was Canada's leader before their time, but whose influence they still feel.

Students and staff at Humber College are fondly remembering the late Pierre Elliot Trudeau this week.

"It's sad he's died. Canada has lost a great leader," said Krista Schaff, a first-year advertising student.

But the words of remembrance for Trudeau don't end with the student body. For Humber President Robert Gordon, and former Montreal native, Trudeau left a remarkable imprint on Canadian society.

"I grew up with Trudeau and we looked up to Trudeau. He was tough. With him it was 100 per cent or nothing...He was fabulous for Canada and the most outstanding Canadian of the 20th century," said Gordon. "I liked his vision of the

country...Trudeau single-handedly put Canada on the map."

Gordon said Trudeau was a unique phenomenon and he will prove to be a hard act to follow.

"He was his own person. He was not really a politician. I was pleased as a Canadian to have him as our national leader. He made us proud to be Canadian. It'll be hard to see someone else with that type of ability," he said. When he heard of Trudeau's passing, he said, "I was quite upset. But he was very ill."

Other students, though aware of who Trudeau was, were unsure of what he had accomplished.

"He was a good person, a really good Prime Minister," said Michelle Tolj, a first-year early childhood development student. "I guess it's sad but I didn't really know him. I do know he died of cancer."

First-year media copywriting student Andre Benoit may not have known too much about Trudeau, but clearly his reputation as an uncompromising leader is widely known.

see 'Trudeau,' page 4

## Accident claims lives

by Ryan McLaren

Two second-year Public Relations students from Humber College, Lindsay Wren, 23, and Carly Zvonkin, 20, died in a head on car collision near Caledon on Tuesday.

The three-car collision occurred on The Gore Road, north of Old Church Road, at 5:15 p.m. A southbound car crossed the centre line and struck Wren and Zvonkin's northbound car.

Wren, from Orangeville, and Zvonkin, a London native, were pronounced dead at the scene. The driver of the southbound car is in critical but stable condition at Toronto's Sunnybrook hospital.

The driver of a third car involved in the accident received only minor injuries.

According to the Caledon OPP it is still not clear why the southbound car crossed the centre line.

"We are still investigating," said Constable Wendy Praakel of the Caledon OPP.

Wren and Zvonkin had dropped off a friend and fellow Humber student Alacia "Lacie" Handren shortly before the accident happened.

Zvonkin was going to Wren's



COURTESY PHOTO

Carly Zvonkin

house for dinner. Wren's mother called Handren at approximately 9:30 p.m. when the girls failed to arrive.

Handren could not be reached for comment.

The PR class that both Wren and Zvonkin were in, has been described as being close knit.

"We all love each other, we're like a family," said Marci Kavanaugh, a friend of the two girls and a second-year public relations student. "We're all close, we all know everything about each other. We have that closeness. They loved



COURTESY PHOTO

Lindsay Wren

and we loved them."

Wren, described by her classmates as "happy and calming," became engaged less than two weeks ago. Wren was excited about a fall fair project one of the classes was working on. The fall fair started on Tuesday.

Zvonkin, described as "sunshine," lived in residence last year. Classmates described Zvonkin as an outgoing, friendly, happy person, who was excited about starting a new part-time job.

see 'Deaths,' page 4

# Cheerleader tryouts back on

by Alexandra Cygal

Cheerleader wanna-be's need not fret. There is still hope for the first-ever Humber College cheerleading squad.

The news comes after a big disappointment a few weeks ago, when eight girls who showed up for a cheerleading try-out, only to find there were no organizers and no serious intentions.

Second-year Business Administration student Ximena Villate said she first got the idea for starting up a squad after reading an Et Cetera article about the planned try-out that never happened.

Villate, an international student from Colombia with six years of cheerleading experience, says this time the try-outs will be legitimate.

"I want everyone to know that this is something I have always wanted to do," she said. "When I left Colombia, I left cheerleading there, and I was very disappointed that Humber College didn't have that. Now that I have this opportunity, I'm not going to let anybody down."

Villate says she tried to contact the eight girls who showed up originally, but most of them were unwilling to post their name and number on the sign-up sheets in the first place.

Director of Athletics Doug Fox said Villate approached him with a letter expressing her interest in starting the squad from scratch.



ALEXANDRA CYGAL  
**GIVE ME AN H!**- Ximena Villate shows some spirit.

"The enthusiasm from this person is legitimate," Fox said. "Whether she can find people equally as enthusiastic about it, I'm not sure, but there's no question that she's going to put her heart into trying to get it going. When

someone shows that kind of interest and puts some effort into it, then I will take the time to support it."

Fox says if the commitment is there, the Athletics Department will help the squad financially, in purchasing uniforms for example.

"I haven't even looked at my budget yet to see where I could fit this," he added. "It may be that we have to fundraise it together, and there's different ways that you can do those types of things."

The first order of business is the try-out session on Friday, Oct. 6 at 3:30 p.m. at the squash courts. The try-outs will test the candidates' rhythm, co-ordination and most of all, enthusiasm. Flyers were distributed throughout the college last week to make students aware of the event.

Villate would like a big turn out of guys and girls, and says she understands that some people might be reluctant to put their name on a list, after what happened a few weeks ago.

"I don't want them to give me their names and phone numbers," she added. "You're interested, you show up and you show me what you can do."

Since games have already started, Villate wants to start training the squad as soon as possible.

Right now she is the only student organizing and running the cheerleading squad, but says she will welcome input and suggestions from other members of the team.

# Let's see some ID

by Nicole Montreuil

X doesn't mark the spot anymore.

Toronto residents won't find the same old ballots when they head to the polls this November for the 2000 municipal elections. Among the other changes made to the voting process, the old format was replaced with an electoral arrow and touch screen ballots.

Even the voters list has changed. The Ontario Property Assessment Committee (OPAC), Canada Post, and Bell Canada have combined their databases to create the amalgamated list, but any changes in address since July have not been added.

"Make sure your name is on the voters list," said Novina Wong, Toronto's city clerk. There are approximately 1.7 million eligible voters in the City of Toronto for this "first harmonized municipal election," Wong said, so it's important for voters to make sure they are registered prior to voting day.

Toronto residents eligible to vote should receive a voting card

on or before Oct. 31. If they don't they will be directed to the voting centre in their area.

Voting cards cannot be used as identification this year.

Everyone needs to bring valid ID to the polls. Tax or utility bills can also be used to prove residency. Humber students in residence or rental units can give a deposition if they want to vote.

"We encourage ID. Someone comes in with ID, we process them in 30 to 45 seconds. Someone without ID takes 5 minutes," said Brad Ross, a spokesperson for the City.

Advanced polls will be available weekdays from Oct. 23 to Nov. 3 at local civic centers, Saturday Oct. 28 and Sunday Nov. 5 at Toronto City Hall. Advanced polls are open from noon to 6 p.m.

Election day is Nov. 13. Voting hours are 10 a.m. to 8 p.m. Official results will be announced Nov. 16 at noon.

Please call 338-1111 or visit the election Web site at [www.city.toronto.on.ca/vote2000](http://www.city.toronto.on.ca/vote2000) for more information.

# Email virus not very funny at all

by Carlo Corbo

A computer virus made its way through Humber staff email last Monday affecting mail secure programs for about two hours.

The virus was presented under the name 'Very Funny' in the staff email file and was a mutation of the love letter virus, said Joseph Brazas, manager of Humber's Help Desk.

The 'I Love You' virus caused millions of dollars of damage last spring and spread rapidly throughout the world, disabling computer systems including that of the White House.

The 'Very Funny' virus was discovered early enough and did no damage.

Humber staff discovered the virus when they accessed their email. Brazas said the email did not need to be opened to be activated but was activated as soon as the email file was opened.

A virus is a program with repetitive instructions that can infiltrate computer systems and destroy all or some of the electronic files.

Once the 'I Love You' virus was opened it sought out files with audio or visual data. Once found, it erased that data and replaced it with its own. The virus also was able to access email addresses on a computer and send itself to those people, perpetuating itself indefinitely.

The 'Very Funny' virus was not as sophisticated and early detection combined with Humber's anti-virus program, McAfee, stopped any potential damage from occurring.

"We managed to catch it in time," said Brazas. "The college has an anti-virus program and it was doing its job."

The virus was discovered by staff at about noon on Monday. They then contacted Brazas who then unplugged it from the network. By 2 p.m. all the computer systems were up and running.

Brazas said staff had reported no damage. He also said he had no information where the virus initiated.

Brazas said this wasn't the first time viruses have been found at Humber College.

"There were a number of incidents over the summer. We just issued a broadcast message to be very careful," said Brazas.

Brazas said computer users should be careful when accessing their email. He advised staff and students to not open any files "when you are receiving email you are not expecting."

He also warned users to be careful when opening files that have attachments. Further steps include installing an effective anti-virus program such as McAfee, which Humber College provides free of charge.

# Helping out the United Way

by Stacey Roy

Humber College campuses will unite in spirit during Sept. 27 to Oct. 13 in an effort to raise funds for the United Way and match last year's donation total of \$37,000.

Last Wednesday North Campus began its campaign with a barbecue outside the registration office with Dev Chopra, vice-president of administration cooking up a storm from 11:30 a.m. until 2 p.m.

The two campuses are planning separate fundraising events. HSF president, Toby Warnell mentioned that the federation may be involved in the second annual mini-putt challenge taking place, Oct. 12.

"[It gives the students a chance to] find out who we are down here," Warnell said.

HSF plans to put a putting hole in the student's office, which is across from the campus bookstore.

Other plans for the North campus include a toonie raffle on Oct. 2, a craft sale on Oct. 4, a bake sale on Oct. 6, and a Hoop-A-Thon on Oct. 10. The draw will be made on Oct. 13. However, an early bird draw, for those who bought their tickets before Oct. 6 at 4 p.m. and donated \$26 or more, will be held Oct. 10.

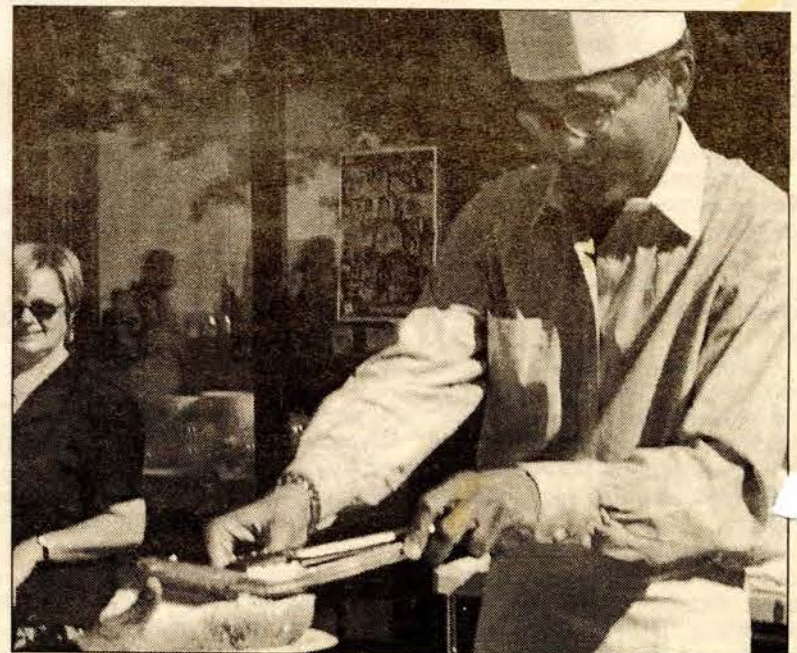
Lakeshore campus is planning

two pancake breakfasts to be held from 8 to 10 a.m. Oct. 5 and 12. This year Lakeshore will raffle off tickets for prints from local artists, Adrian DeRooy and William Band, on Oct. 13. Most of the materials, including the paintings, have been donated by local artists and by

sponsors such as Beaver Foods.

"Everything that is made will go to United Way," Peter Maybury, director of student and campus services said.

Last year the barbecue at North campus raised approximately \$550.



STACEY ROY  
**GET YER RED HOTS!**- Dev Chopra, v.p. of admin serves one up during the United Way barbecue last Wednesday.

# Support staff ready to strike

by Cleo Porter

Besides a wage increase, a number of other issues will be tabled by Support Staff representatives as bargaining for a new contract resume Oct. 3 and 4.

"If we don't get a decent package we will walk," said Helen Hrynkiw, president of support staff union local 563. "We do have support from the members [to strike]."

*"They have enough ways to bring someone in without making them term certain. This will eventually erode all union jobs in the whole college system."*

- Helen Hrynkiw

Support staff members are upset that administrators received a better benefits package the last time they settled one year ago.

## Wage increase, better benefits keys to new deal for college workers

"There's some parity with the faculty and administrators," Hrynkiw said. "Their benefits package is a lot better than ours."

Support staff workers are only entitled to eight paid sick days per year while the administration is entitled to 20.

"There's also some concern over holidays," Hrynkiw said.

The issue of job security is another problem with Support Staff workers that will be tabled Oct. 3 and 4.

"There is one problem that is a sticking point," Hrynkiw said. "Council of Regents wants to bring another classification of workers called term certain."

Term certain is when an individual is contracted in to a job for a certain length of time. The union believes that a term certain worker will take away jobs from members.

"They have enough ways to bring someone in without making them

term certain," Hrynkiw said. "This will eventually erode all union jobs in the whole college system."

The union believes that implementing part time workers would be one way to help solve this problem.

Council of Regents President, Ian McArdle, is somewhat optimistic that a deal would be made. "We're hopeful, we're cautiously hopeful," McArdle said. "To anticipate what an outcome will be is difficult."

In 1996, the Support Staff settled with management on a one per cent raise. If a strike was to occur, 25 colleges throughout Ontario will be affected. There are over 6,000 support staff workers in the province.

"I'm hopeful that they are able to reach an agreement," Hrynkiw said.

If an agreement is not reached, it will take Support Staff members approximately two to three weeks to set a date for a strike.

# College bosses come to Humber

by Stacey Roy

Even presidents of colleges have to go back to school every now and then, and when they do they come to Humber College.

Humber is hosting the Leadership in Community College program, which is funded by the Ontario Institute for Studies in Education and is offered by the University of Toronto. The program is dedicated to teaching educators already in the field about many things including human resources and university and college relations.

The students for the doctorate program are presidents, vice-presidents, deans, and faculty. Gary Polonsky, president of Durham College, is taking part in the program.

*"I do feel a paternal responsibility for the college system."*

- William Davis

"[I think there is an] area, for all of us, for continuous improvement," Polonsky said.

Robert Gordon, Humber College president and teacher in the leadership program accepted honours on behalf of Humber College at North campus last Thursday night for Humber's role in the Community College pro-

gram. Although a decision has not been officially made, Gordon said that a \$1,000 scholarship presented Thursday would most likely be pumped back into the leadership program.

"The money doesn't matter," Gordon said, adding the gesture made to Humber College was what mattered and was very much appreciated.

The highlight of the evening for most was a presentation from former Premier of Ontario and Minister of Education, the Hon. William Davis. His speech on the past, present, and future of education in Canada reinforced the idea that education is a two-way street. He encouraged those present to find a way to end the argument between government and teachers, saying that it was counter effective. Davis is one of many who helped develop the community college system in Canada.

"I do feel a paternal responsibility for the college system," Davis said. In a hushed room of over a dozen educators, the Hon. William Davis delivered the message that the college system needs to return to a time, such as the 1960s, when there was community support and growth in education.

"The 1960s was the most exciting time for education," Davis said.

This leadership class will now begin writing their comprehensive and dissertation exams in the coming weeks. The next program group will have 25 candidates and is expected to begin in 2001.

# Press button in case of emergency

By Maxim Ivanov

Humber College is packed with emergency phones and other security features.

Funded by government grants, emergency phones are a real achievement for Humber College.

"Emergency phones are one way of promoting safety on campus," said Nancy Pinson, Public Safety manager.

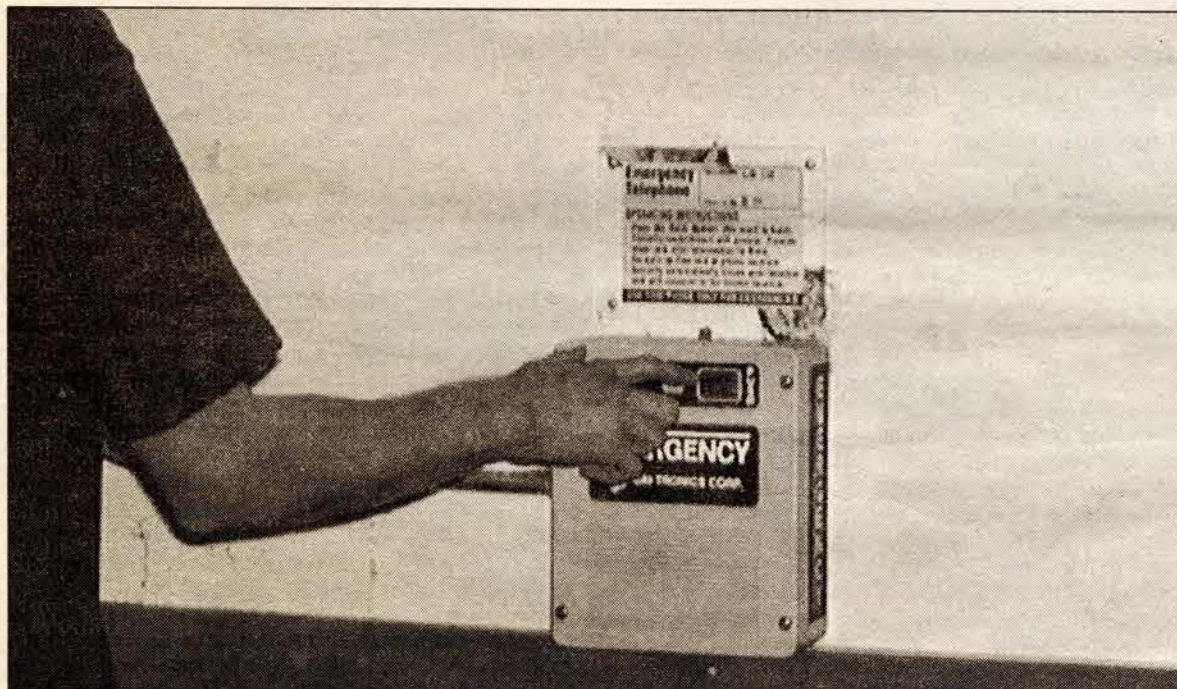
With help from government grants since 1991, Humber College has managed to install 15 exterior and 15 interior emergency phones along with other security safety hardware.

"We got a government grant that asked us to do women's safety audits and that grant has been given every year," she said.

The grant, a different amount each year, has enabled Humber to pay the rather steep installation fees for safety equipment.

"The emergency phone we put in at the walk near the nature centre cost \$11,000 dollars for that one phone," she said.

Pinson estimated that in a month, the emergency phones are being used five to ten times. Out of



LEE BAILIE

**SAVE ME-** Most of the calls from emergency phones are used for non-emergencies, such as room opening requests. Only one or two calls per month are for actual emergencies.

these one to two calls are legitimate. "Although [emergency phones] have been used for such things as room opening requests or problems

with a gate card in the parking lot, occasionally we have received legitimate emergency calls from the emergency phones. For example,

medical emergency or suspicious activity in parking lot," Pinson said.

While at times misused and coming at a high cost, the emer-

gency phones are still considered to be important by students.

"They are good in a way, because it's a big school, so if you need help and all that," said Alicia Chang Sue, first-year Nursing student

In addition to phones, Humber provides students with many other security features.

"On all the exterior doors we try to put up a map, where it says you are exiting, or if you are exiting to a dark area you shouldn't exit to, you should go somewhere else," said Pinson.

The safety escort program is a feature which was created in 1991 for women. The service provides a security team to walk employees and students to the bus stop, vehicles, or property line.

"We have a work alone program," Pinson said. If you have to work alone somewhere in a room, you would sign in for a work alone program and security would come by to see that you are okay, when you finish, you should check out."

If you wish to learn more about Humber's safety programs, or emergency phone locations, you can come to public safety office (room 108NX), or pick up pamphlets around the campus.



DEREK MALCOLM

**HUMBER OLYMPICS-** Second year Advertising and Graphic Design students Darryl Allen and Emma Segall have been staging their own Olympics in the halls of Humber. "We were just mouthing off, and he was like, 'I could totally kick your ass,'" said Segall. Both students are taking the events of push-ups, leg wrestling, crunches, and arm wrestling very seriously. Although Darryl is ahead in most of the events, Emma says that's not her only goal. "The reward is the victory itself. Plus we get in better shape."

## Mold problem springs up on residence walls

by Lindsay Bruce

Small areas of mold have been detected in some rooms of the Humber College Residence buildings.

According to a notice distributed by Residence Manager Derek Maharaj, the mold, which is approximately the size of a two-dollar coin, and black in color was caused by a leaky air conditioning unit.

"It started as a suspicious stain on the ceiling. We took a sample with the health and safety department, and the test came back positive for mold," said Maharaj.

Students living in residence had to deal with not only the sight of mold in their rooms, but also the smell.

"No matter what we do we can't seem to get the smell out," said Julie Weicker, first year Interior Design student.

Humber Student Federation (HSF) President, Toby Warnell said the mold situation in residence has to be taken care of immediately.

"Something has got to be done. I know they had a mold problem at Lakeshore last year, and they cleaned that up. This kind of problem should not exist on campus. It should be cleaned up with minimal effects on the students," said Warnell.

Humber College President Dr. Robert A. Gordon said he heard about the mold problem last week, and steps have to be taken to clean up the problem.

*"It started as a suspicious stain on the ceiling. We took a sample with the health and safety department, and the test came back positive for mold,"*

-Derek Maharaj

ing, because the building isn't that old," said Gordon.

Maharaj said that out of the 626 students notified of the problem, only five phone calls were made to the work order line to report a spotting of mold in their rooms.

"Even though there were only five complaints made, we are still planning to check every single room. We want to satisfy ourselves that the problem is being taken care of," said Maharaj.

# Trudeau goes home

continued from page 1

"I only know he gave the finger to someone."

Some students were completely stumped when asked why the flags in front of the school were at half-mast.

"I have no idea," said Phu Nguyn, a first-year computer-engineering student, adding, "I don't really care."

Others had more of a grasp on the magnitude of Trudeau's passing.

"I was pretty young when he was Prime Minister, but I know he was a very charismatic leader and loved by everybody," said Melanie Woytiuk, a first-year media copywriting student. "It's sad that a leader of our country has passed away. I think our parents would be more sad than us."

Woytiuk first heard about Trudeau's death last Friday on the Humble and Fred Morning Show on Edge 102.1 FM, and was not pleased with their irreverence towards Trudeau's memory. "They weren't all that sensitive. I'd say it was a little overdone, considering that it just happened."

Her friend Trista Bilmer echoed Woytiuk's words, also in her first year of media copywriting.

"He put Canadian politics into a place where it hasn't been since. We don't get Chretienmania or Mulroneymania. I don't think there's anyone enigmatic enough for it to happen again," she said. For her, Trudeau's greatest legacy was a bit of a hard call, considering

how controversial some of his programs remain even to this day.

"I don't want to say bilingualism. It caused more harm than good. I guess the signing of the Charter of Rights and Freedoms in 1982 would be it," she said.

*"He was the most interesting politician I've ever seen in Canada. Anyone else who's ever been in Canadian politics is robotic,"*

-Ken Becker

Jean Augustine, Liberal Member of Parliament for Etobicoke-Lakeshore was flying home to Toronto from Ottawa on the day of Trudeau's death. The announcement came with a surreal tinge. On the flight home she had been reading a magazine article about Trudeau's failing health. In retrospect, as she thought of Trudeau while reading, she realized "it was just very poignant."

She later heard the news on the radio. "I'm really very, very saddened by the news. Death always comes as a shock," she said. "He had a dream for a special kind of society. He stood up at a time when it was necessary...he was a man of his time in the right time for the nation."

Augustine, an immigrant from Grenada, said the Constitution of 1982 was perhaps Trudeau's greatest legacy, but the 1971 Multiculturalism Act was very important as well.

"I see that also as a very, very important act," she said. Augustine met Trudeau in 1968, when he first became Prime Minister and later worked with him on various multicultural issues. As a tribute to his memory,

a book of condolences is available for constituents and others to come and sign at Augustine's office.

One former Humber journalism instructor who got to see Trudeau up close and personal was Ken Becker. As the Western Canada Correspondent for United Press International, Becker covered Trudeau from the 1974 federal election onwards until his resignation in 1984.

"He was the most interesting politician I've ever seen in Canada. Anyone else who's ever been in Canadian politics is robotic," said Becker. "He was quite arrogant, he was quite funny. I think he was fun and unpredictable."

For Becker, Trudeau's effects on Canada far outweigh the changes made by the Prime Ministers after him. Comparing Brian Mulroney's 1988 US-Canada Free Trade Agreement with Trudeau's 1982 re-patriation of the

Constitution, Becker feels Trudeau's changes were more far-reaching; "Mulroney made a business deal. Trudeau built a nation," said Becker.

Trudeau soon got to know Becker. In the 1970's Becker was in the habit of wearing his reading glasses on the top of his head, prompting Trudeau to point him out at press conferences and remark "Oh, there's the guy with the glasses on the top of his head." Once, when Becker was not wearing his trademark spectacles, Trudeau asked him "Can you still see out of the top of your head?"

"He was the only politician who could make me laugh and smile," said Becker, before correcting himself slightly. "Bill Clinton also makes me laugh and smile but in a different way," said the native New Yorker.

Trudeau was not always so charming though. Once, Becker was on assignment for UPI in front of the Royal Victoria Hospital in Montreal where Trudeau's then-wife Margaret Trudeau had been staying. When Trudeau pulled up in his limousine, Becker began questioning him asking whom he was there to see. The Prime Minister told Becker, in no uncertain terms, to "fuck off."

Now, many years later, Becker can laugh off the experience. "He had every right to tell me [that]. He really didn't give a shit what we thought," said Becker. It was kind of flattering that the Prime Minister acknowledged me."

## Deaths shock PR students

continued from page 1

"They were both bubbly and participated in class and liked to have a lot of fun," said Jennifer Leonard, program co-ordinator of Public Relations. "It's very tragic for the public relations program."

Leonard and Handren, accompanied by grief counselors, broke the news to Wren and Zvonkin's classmates Tuesday afternoon. A group support session was held for students on Wednesday.

Public relations grad Kyle Turk was killed in a car crash in British Columbia in June.

"It's devastating," Leonard said.

### ARRANGEMENTS

There will be a funeral for Wren at Westminster United Church in Orangeville at 2 p.m. on Thursday, Oct. 5. The family has asked for donations to the Headwaters Health Centre in lieu of flowers.

The funeral for Zvonkin will be on Friday, Oct. 6 at 11 a.m. at St. Justins' church in London.

Students having difficulty coping with the accident are encouraged to talk to counselors at the Student Services office in D128.

ALLIANCE  
ATLANTIS

# The Big Picture

STARRING THE  
GREAT NEGROE ACTORS

DAMON WAYANS

SAVION GLOVER

JADA PINKETT-SMITH

TOMMY DAVIDSON

MICHAEL RAPAPORT



# BAMBOOZLED

A SPECTACULAR  
NEW FILM BY  
MR. SPIKE  
LEE

ALLIANCE ATLANTIS AND NEW LINE CINEMA PRESENT A 40 ACRES AND A MULE FILMWORKS PRODUCTION A SPIKE LEE JOINT DAMON WAYANS SAVION GLOVER AND JADA PINKETT-SMITH  
"BAMBOOZLED" TOMMY DAVIDSON MICHAEL RAPAPORT SAVION GLOVER MUSIC BY ALEX STEYERMARK ORIGINAL MUSIC BY TERENCE BLANCHARD COSTUME DESIGNER RUTH CARTER  
PRODUCTION DESIGNER VICTOR KEMPSTER EDITOR SAM POLLARD DIRECTOR OF PHOTOGRAPHY ELLEN KURAS A.S.C. ASSOCIATE PRODUCER KISHA IMANI CAMERON PRODUCED BY JON KILIK AND SPIKE LEE WRITTEN AND DIRECTED BY SPIKE LEE

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# EDITORIAL

## et cetera

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# Trudeau teaching to the end

With Trudeau the Prime Minister long out of office, and Trudeau the personality now silent, the lasting image of the man might be as Trudeau the parent. It was evident Tuesday in the eulogy by son Justin, who somehow managed to do what had eluded political foes for over a quarter-century: upstage Pierre Trudeau in front of a crowd.

Whether we know it or not, we, the generation of Canadians born post-Beatles, are all children of Trudeau. His lasting imprint on the country has changed what it means to be Canadian. Rather than simply playing the role of policy-maker and government manag-

er, Trudeau has fundamentally altered the nature of our national identity. In essence, he has changed the meaning of the word Canadian.

It is often difficult for us to notice. We have no memory of starch-collar WASP Toronto, before waves of immigrants brought culture and vitality to the streets. We know our national anthem in (at least) two languages, and do not recall a time when milk cartons did not also say 'lait'.

While some of us remember the image of the Queen signing the repatriation of the Constitution, we rarely are able to hear about all the occasions in which a firmly

anchored charter has kept a law from being changed for the sake of big business or political favour. These are all legacies of Pierre Trudeau.

We are also children of a country that has not had par currency with the United States in over 25 years. We are now happy if we can match 70 cents of the greenback that used to be worth less than our own. We are used to living in the shadow of a swelling national debt. We have learned to accept the large chunk of our tax dollar that goes to interest payments, sapping our spending power and delaying the economic independence of an entire generation. These are also

the legacies of Trudeau.

But if we didn't know by now, we are certainly learning.

In death, Trudeau has now taken on the role of educator. A generation with vague memories of dismissive waves, high shrugs and even higher cheekbones is now learning of the man who has set so many of the rules that we live by.

It is a measure of his impact that any examination of the life of Trudeau becomes a de facto history lesson of three decades of our country.

With Trudeau as tour guide, the FLQ crisis and the Peace Mission become lunchtime discussion, rather than dying in the

unopened pages of a high school history book.

Now another chapter will have to be added to those histories. The spectacle of Trudeau's death, and the week-long orgy of remembrance that has accompanied it will itself become a thing of legend.

We are now learning that the often-heard complaint that Canadian history lacks the excitement of its American counterpart simply does not apply when Trudeau is involved.

By contributing to this – the greater appreciation of Canadian history, Trudeau has added a final chapter to his legend that may outstrip the rest.

# Support staff need backing

The College's support staff is nearing a strike, and it's a dispute that shouldn't happen. Humber's students, faculty, and administrative people need the support staff to help the College run at the high level that it does.

When we, at the Et Cetera, think of support staff, we immediately think of janitors, computer technicians, secretaries, Registrar's Office staff, and Career Centre staff, just to name a few. These people are integral pieces in the day-to-day operations of our school.

Just imagine if your computer crashed in the middle of an essay the day before it was due. You would probably be ticked off. Before you put your first through the thing you'd call one of our "techies" to see if they could save your life, your essay, and the computer.

Janitors are another integral part of life at Humber. When you're at your locker and the drink you've had in there for weeks, makes it to the front of the locker and spills all over the floor, who would you call? Our friendly janitorial staff. They are under-appreciated individuals, even though most of them have been working for the College for many years.

The secretaries throughout the school are also very important to the operations of the College. If

students ever need to talk to a teacher, they have to speak to the secretaries.

The secretaries give out marked assignments, answer most of our questions, and allow us to speak to our professors.

Secretaries are especially important to the staff of the Et Cetera. We are very thankful for the secretaries at Humber, because they give us interview times with all of the many influential individuals that make Humber the top-notch school that it is.

The worker's in the Registrar's Office and Career Centre help us daily to connect with each other and get to where we need to go.

Career Centre staff help us with resumes, cover letters, and job searches. They help staff and students by teaming up willing work study students with departments needing help.

All the support staff are really looking for is a wage increase, a better benefits package, and job security to rival that of their administrative and faculty counterparts.

The support staff are looking for our support. For what they give to the College, is it asking too much to give them what they want and to recognize that they are key players in the job of keeping the College running smoothly.



## HUMBER

### et cetera

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# OPINION *et cetera*

## Trudeau a statesman to be proud of

Pierre Elliott Trudeau is dead. To coin a phrase, he went gently into that good night, dying in his sleep exactly a week ago today in Montreal.

Canada's soul and fire is gone. It's reason and passion, extinguished. And although we must now move on, it would be a crime to deny his haunting presence, his staggering influence.

As *The Times* of London declared, "Pierre Trudeau will go down as the greatest Canadian politician of the last century."

Nelson Mandela was quick to offer his sadness, remarking that Canada under Trudeau was instrumental in ending South African apartheid.

Hell, it was even Breaking News on CNN.

Such was his impact on the world stage.

But best of all, Trudeau annoyed the Americans. He dismissed members of the Reagan administration as "pipsqueaks," went scuba diving with Fidel Castro, and recognized communist China before the U.S. did. This enraged Richard Nixon, who called Trudeau an "asshole" on the Watergate tapes.

But at least Nixon knew who Trudeau was. George W. Bush, on the other hand, thinks our current PM's name is Jean Crouton. Such is the difference between Trudeau and the rest of Canada's stumbling leaders.

Everybody knew Trudeau's name.

It's no small wonder the world couldn't help but notice Trudeau.

He had it all: from arrogance to eloquence and everything in between. Back here in Canada, he mouthed expletives at appalled opposition MPs, gave the finger to protesters in B.C., and famously said Canadians should stop expecting their government to be Santa Claus.

He was our rock-star politician, our decadent playboy. When he somehow found himself running the country that June day in 1968, no one was more surprised than him. For when asked earlier how badly he wanted to be Prime Minister, he had replied without missing a beat, "Not very badly. I'll go back to what Plato said, that anyone who wants badly to run the country should not be trusted."

Anyone who could sound cool while quoting Plato, to put it simply, rocks.

Like it or not, we we have all been affected by Trudeau. And with his passing, we're left to wander like orphans in the wilderness. Who will lead us as Trudeau did? The bumbling but well-intentioned Jean Chretien? Stockwell "Wetsuit Zealot" Day? Merely Joe Clark? Please.

Yes, these are scary times.

As a people, we continually struggle to forge an identity in the shadow of the world's most overwhelming cultural polluter. But we've lost our way. When it takes a beer commercial with some dude in a Kenora dinner-jacket denouncing Yankee ignorance to galvanize us towards a sense of national pride, something's definitely wrong.

Brett Clarkson



What this nation needs is a real pride, not the kind born out of fear of American domination, but the kind of pride derived from a Canada that has successfully brought a cornucopia of the world's cultures together under one common umbrella of peace and respect.

It was Pierre Trudeau who gave Canadians a real pride, and it was the best thing anyone could have done for us.

"I speak of a Canada where men and women of aboriginal ancestry, of French and British heritage, of the diverse cultures of the world, demonstrate the will to share this land in peace, in justice, in mutual respect." -Trudeau's speech at the proclamation of the Constitution, April 17, 1982.

These days of mourning and grief will pass, and Canadians will inevitably look back with fondness on the man beneath the pirouetting facade and see Pierre Elliott Trudeau for what he was: an exceptionally good man who cared too much about his fellow citizens to back down from a life-long fight for a strong Canada and ultimately, a just society.

Let's hope we see more like him in the years to come.

## Sopranos hits hard

Yet another opportunity to be offended has washed upon our shore. Complaints have been pouring in about the new show, *The Sopranos*, which has been shown on CTV for the last couple of weeks. Could it be that the same puritan network that gave us Tom Gibney is now offering nudity, murder and curse words? The short answer to this question is yes.

The complaints started rolling in with the airing of the first episode.

An Italian lobby group complained about the negative image portrayed of Italian mafiosi (as opposed to the good mafiosi who only sell nice drugs and more expensive and high class hookers).

Being a Sicilian, I found this utterly ridiculous.

There is nothing on this show that couldn't be seen on Showcase, CityTV, or those oh-so-famous Saturday night Italian movies in which most Italian boys got their first glimpse of what a woman looked like undressed.

The Sopranos is a witty and gritty portrayal of a New York mafia family and all its eccentricities.

It features a mob boss who has to see a shrink, an uncle who is too embarrassed to reveal that he is an expert in performing oral sex, and a small time hood who wants to be a playwright.

The show is accurate in the portrayal of the family loyalty espoused, the sex, and the sheer criminality of the mob.

It does away with the 'quiet' mob mystique, which the Godfather movies so perpetrated on our psyche.

This is the mafia, not romanticized, but realized. It is not pretty.

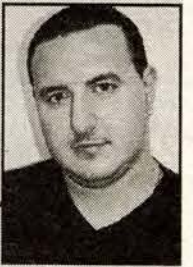
Besides violent killings and naked strippers, the show does offer human touches as it deals with issues like middle-aged depression, frustrated artistic ambition, and the desire for recognition.

This is perhaps what lies at the heart of *The Sopranos*.

It deals with that desire in all of us to acquire power and all the goodies that come with it.

For the most part we refrain,

Carlo Corbo



and are restrained, from doing it, so we take pleasure in watching its execution by someone else.

As was evident earlier this year, realism has become interesting again, albeit through a camera lens.

The reality here is that the mafia is violent, does profit from the sex trade and, alas, also uses four letter words to describe a wide range of emotions.

I'll take this show against any other ridiculous reality show that networks try to pass off as entertainment these days.

And in the words of the consummately eloquent Tony Soprano: if you don't like it, well then @#&\$ you!!!

## Word on the Street: The Trudeau Quiz!

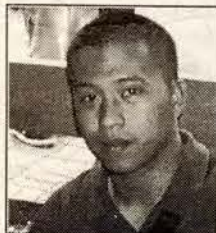
1. Who became Prime Minister after Pierre Trudeau retired in 1984?
2. Who was the better friend to Trudeau: Ronald Reagan or Fidel Castro?
3. Name one of Trudeau's sons (hint: check the editorial).
4. What does FLQ stand for?

for answers, check Bizzartifacts on page 23



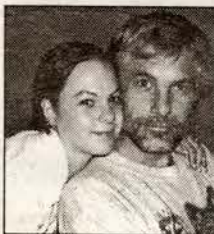
Farshad Jafari  
Comedy  
First year

1. Brian Mulroney
2. Castro
3. Justin
4. Fun-licking Quebecers



Ronald Montemayor  
Engineering

1. Brian Mulroney
2. Castro
3. Michel
4. No clue



Rick & Jen Nichols  
Craft sale vendors

1. Joe Clark
2. Reagan
3. Justin
4. Freedom Liberals for Quebec



Cindy Trumper  
Early Childhood  
Education

1. Not sure... I know it's NOT Mulroney
2. Castro
3. Justin



Dan Monteiro  
Electronics  
Second year

1. Brian Mulroney
2. Reagan
3. Michel
4. Don't know

# CAMPUS LIFE *et cetera*

*"It's going to be fun, because I'm God."*

*-Duncan Keeley see 'Bye, bye, by-election'*

## Bye, bye, by-elections

by Desmond Devoy

Politically, Duncan Keeley could well be the Humber Comedy Centre's new King.

Keeley, a first-year Comedy Writing and Performing student, has won the two-person race to become the new Humber Comedy Centre's director on the Humber Students' Federation, representing North Campus.

Out of a total 27 ballots cast (with six spoiled ballots) Keeley won 14 votes to Carrie Stephenson's seven votes.

Asked how he felt about his victory, Keeley responded "I feel great about everything. I'm proud that I have won my election and that I will do well in the upcoming fiscal year," then added jokingly, "I'm actually quite depressed."

### THE JOKER

Keeley, who lists Russian dictator Joseph Stalin as his hero, said he is looking forward to the new year. The future funnyman said, "It's going to be fun, because I'm God."

Keeley said his time in office would be a combination of having a good time as well as "doing all that bureaucratic stuff."

Keeley's opponent in the race, Carrie Stephenson, attributed the low voter turnout to the nature of the course.

"They think they're funny because they don't vote," she said on the Monday after the election.

Despite her loss, Stephenson said she is not unhappy with the results.

"With every negative there is a positive," she said. "I'm going to continue to do what I love which is comedy. I wouldn't let losing keep me from being involved in the HSF."

In fact, after her loss, Stephenson was quickly appointed to serve as HSF's chairperson during meetings.

Although not what she had originally planned, Stephenson is looking forward to her new term on HSF.

"I live for being involved in school organizations. I've been on student councils since I was in grade eight," she said. "They obviously didn't care. Duncan can have his last laugh."

Meanwhile at the Lakeshore campus, there was a tight race to replace the late Elizabeth "Beth" Robertson for the position of Vice President of Campus Life at Lakeshore.

The three-way race, with 216 ballots cast (nine of which were spoiled), saw Monique Raymond win the post with 95 votes.

### Acclaimed positions:

North  
Michelle Alcamo - Business  
Dan Bujas - Applied Technology  
Linda Heggarty - Health Sciences  
Muna Ismail - Media Studies  
Cecilia Wang - Media Studies

Lakeshore  
Mark Tokayer - Social & Community Services

## The sock rocks Lakeshore

by Susy Passos

What started off as just a sock with a cigar and a raspy voice, has grown to become an international celebrity.

Steve Kerzner, AKA "Ed the Sock" came by Humber's Lakeshore Campus to talk about production, writing and all the other ins and outs of the entertainment industry.

Kerzner said the fan mail is so overwhelming he can't handle it.

Ed is known all over the world, in Hollywood by agents, the music circles, Finland and in Australia.

Kerzner said that he and his wife just came back from doing an Ed promotion in Finland.

Ed is asked for in interviews by Christina Aguilera and the Red Hot Chili Peppers Kerzner said.

Kerzner has tried to pitch Ed to some American shows, only to have them say they aren't interested. A couple of months later, an imitation shows up, like the "Triumph the Insult Comic Dog" on the Conan O'Brian show.

Despite the competition, Kerzner said he is confident that Ed is better than all the imitations.

Kerzner and his wife, Liana, do the production, editing and writing of everything that Ed does.

Sometimes Kerzner's wife plays

Ed and then Kerzner dubs the voice.

The rumour that an assistant pumps Ed's cigar is untrue, Kerzner said.

Ed doesn't really have a script, but but depends on real dialogue and reaction.

Kerzner said the stories come out of everyday experiences and t are about real things that happen to

and so he was completely stumped on air when Ed started interviewing him.

Kerzner said the reaction makes the interviews interesting, adding that often guests aren't told a sock puppet is interviewing them and so they think it's some kind of a joke.

The joke really gets turned around on them sometimes when Ed makes jabs at them.

"Ed is all the things that people wouldn't say because it's not polite," Kerzner said.

He also said that all jokes are told with a smile and there is no malice intended.

"Ed isn't star struck so he doesn't treat his guest like they are anything special," Kerzner said.

So far there have been four Eds.

One is made and used until it's too old to work with any-

more and a new one is made.

"This Ed being used right now will be retiring soon," Kerzner said. His eyes are made of gluestick caps, he has a real cigar, and Kerzner's wife usually makes Ed's clothes.

Ed has a designer suit and different clothing for different occasions the shows may call for.

Ed can be seen on Much Music or on his late night show. He also has an official Web site [www.edthe-sock.com](http://www.edthe-sock.com).



SUSY PASSOS

**SMOKIN'** - Raspy voiced Ed the Sock talked to Lakeshore students about the entertainment industry.

different people.

"Ed is real because he says what he wants and he touches on real things," Kerzner said.

Ed is Kerzner's way of venting and saying things he might not otherwise say.

The person being interviewed sometimes doesn't know about what Ed the Sock is and so their reactions are varied.

During the Much Music Video Awards, Lenny Kravitz thought that Ed was some kind of practical joke

## Rightful rewards

by Pamela Lidstone

Sankofa means, going back to fetch what is due to you, and the new club at Humber plans on reclaiming their heritage with a series of educational and fun events.

Sankofa's mission at Humber is

*"We need others to bring their energy and their love into it."*

*- Maliaka Bryce.*

to: encourage a harmonious community within the African Diaspora of Humber College by using education to promote a positive transformation in our mental,

physical, and economic well being. Diaspora means migration or people who are settled far from their ancestral homelands.

Sankofa held their first meeting on Sept. 19 where they shared ideas for the future of the club.

"Anything for my people, I'm down for it," said one of the students who attended the meeting.

"We need to set some sort of foundation for what we would like to do as a club," said Sankofa founder, Maliaka Bryce.

"We need others to bring their energy and their love into it," said Bryce.

At the meeting, John Apea was named the spokesperson for the club.

Sankofa is also currently looking for members to serve on vari-

ous board positions.

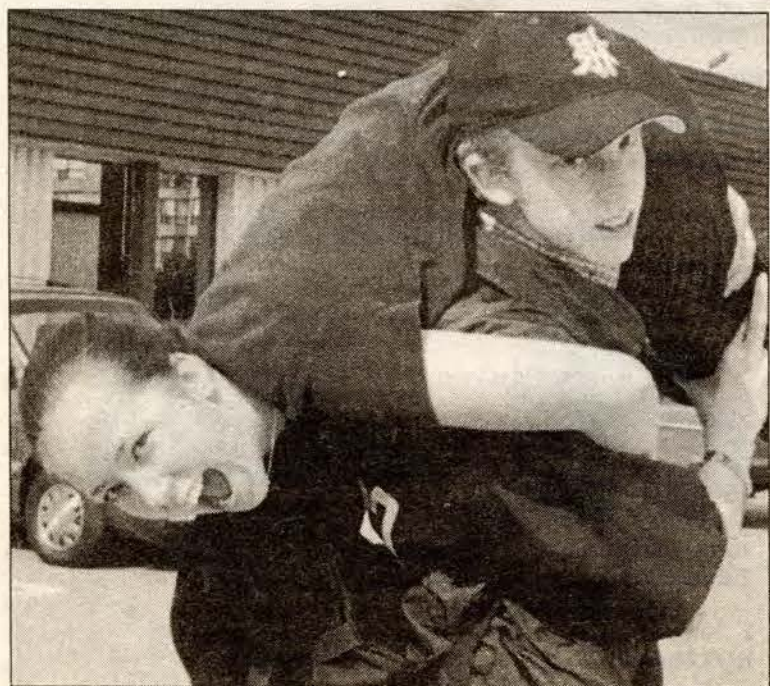
The main plan according to Sankofa's mission statement will be, "to use the arts, seminars, workshops, and special events to encourage right consciousness and self-love with in the Diaspora."

Sankofa plans to hold an event at the school at least every two months.

One of the upcoming events that they have planned is an African Diaspora Entrepreneur Day, which will be a fair for entrepreneurs to show what they have done in the business world.

It is hoped the Entrepreneur Day will take place some time near Christmas.

Students can contact Sanfoka at [maliaka\\_b@hotmail.com](mailto:maliaka_b@hotmail.com).



DESMOND DEVROY

**KING OF COMEDY** - Duncan Keeley has the last laugh as he picks-up his opponent Carrie Stephenson.



Over 2,500 left-handed people are killed a year from using products made for right-handed people.

Pinocchio is Italian for "pine eye."

The longest recorded flight of a chicken is 13 seconds.  
-fast facts courtesy of sbt.bhmedia.com

Grads 'R' us

# Kiss' platform diva

by Carcia Campbell

*Billie Holiday crashes onto the radio waves at Kiss 92.*

Whether having thousands of listeners every morning, starring in the reality show *Popstars* or backpacking across Europe in platforms, Kiss 92's Billie Holiday believes she is capable of doing anything.

"After I graduated from Humber, I went back-packing across Europe and the only reason I did it was because everyone said I wasn't the type of person that could do it," she said. "My friends were saying, 'What are you gonna do? Like, hike in your platform shoes?'"

*"I sent a three-foot tree and wrapped the tape in it so I knew they would get it on their desk."*

-Billie Holiday

Holiday can be heard every weekday morning on Kiss 92.5, and soon listeners will see the face behind the voice in Global's reality show, *Popstars*.

Holiday is now shooting 12 hours a day in preparation for the January premiere of *Popstars*, which follows a female music group trying to make it big in the music industry.

"They were looking for a radio personality and they needed someone kind of young, so they got the idea to use me, and asked my boss if I could do this show," she said. "It's a lot different than radio obviously because it's live."

The 28-year-old Holiday, who won't reveal her real birth name, was born in Ottawa. A serious accident when she was 14 kept her out of school for a year.

"Someone pushed me head first into the shallow end of a swimming pool and I was paralyzed for a week," she said. "But I started to feel my limbs again after that week. I had to move around a lot because of that."

Holiday recuperated from her injuries and followed her dream to be a radio personality.

"I wanted to be in the entertainment industry and I wanted to interview people," she said, "I pretended I was on the radio all the time. I liked TV stuff too, but I really loved radio."

Holiday completed a high school co-op program in Barrie on Rock 95 and worked at a cable station in Newmarket after graduating in 1997.

At this time Holiday started sending demo tapes to Kiss 92.

"I kept applying to Kiss and I actually got turned down twice," she said.

The third time around Holiday came up with an idea to get Kiss's attention.

"When I sent my last tape to Kiss I sent a three-foot tree and wrapped the tape in it so I knew they would get it on their desk," she said. "You have to get their attention."

Holiday now reaps the rewards of working hard by travelling to different

cities and countries to cover music award shows like the Grammys.

Even though she seems confident, Holiday was not always sure about herself.

Jerry Chomyn, Radio Broadcasting instructor at Humber, said Holiday had talent but she never believed it.

"Billie's biggest problem was she seemed to lack confidence. She was never really sure whether she sounded good or not," Chomyn said. "We tried to convince her. I think now she realizes that."

Holiday had to agree with her former instructor about her lack of confidence.

"That's how I am now. It's one of my greatest attributes and one of my greatest faults," Holiday said. "I'm really hard on myself. It's a fun job, but I'm always trying to do better and I'm trying to have more on the go."

Although ambitious, Holiday is satisfied with what she has achieved since graduating from Humber.

"I'm on the number one radio station in Canada, so there is no where else to go from here. I'm getting into TV now so I'm at the perfect stage in my career where I want it to be," she said.

Holiday hopes to work with Kiss 92 for many years and she hopes to do more television work.

Holiday would also like to go visit Europe again - in sneakers this time.

# This bud's for you

by Dan Birch

The on again, off again call for a Humber ombudsman is on, again.

Humber Students' Federation (HSF) President Toby Warnell said working with college administration to create an ombudsman position for the beginning of classes next fall is his "main focus for the year."

Other priorities, namely incorporation, got in the way of HSF's ombud drive last year, he said.

But now that HSF has made that transition from Students' Association Council, it is ready to pursue the issue of an ombud.

Warnell said an ombudsman, well versed in college policies, would look out for students' rights and help students having any difficulty with the college's administration. "An ombudsman can help to make them [students] understand the way the college works," Warnell said.

Any student who approaches the ombud is ensured confidentiality.

"I see it as a service that will improve the overall college," he said.

A plan to create an ombudsman position at Humber is nothing new, said Dr. Robert Gordon, Humber College president.

"It's been on the agenda for a couple of years," he noted.

There was a Humber ombudsman 16 years ago, but it was only for staff, he said.

"On the other hand, this one is more for students and so there might be a need," he said. "The question is, would they [students] come to it? Would they understand what the person could do?"

The college already has various mechanisms for students to file any grievances or concerns with the school, Gordon said.

"We do have processes for everything. But their [HSF] argument is that not enough students know about it or they're intimidated," he said. "And of course, other institutions have one [ombudsman] so it's hard to say that we don't want one or it wouldn't be good here because there seems to be other examples where it is effective. I'm prepared to give it a try."

Warnell and Muhammad Virk, last year's SAC president, looked at other schools to draft a terms of reference, which acts as a preliminary guideline for an ombudsman at Humber.

These guidelines were discussed at a recent term of reference committee meeting, comprised of student and staff representatives.

"I didn't see any major problems [with the terms]," said Paul Michaud of Humber's faculty union and a representative on the committee. "It's really just a starting point."

Warnell dismissed rumours that administration may be against the appointment of an ombudsman.

"I think there has always been mixed reviews on their side. Maybe they feel what they have already is good enough," he said. "They're probably open to the idea that this can make the college better."

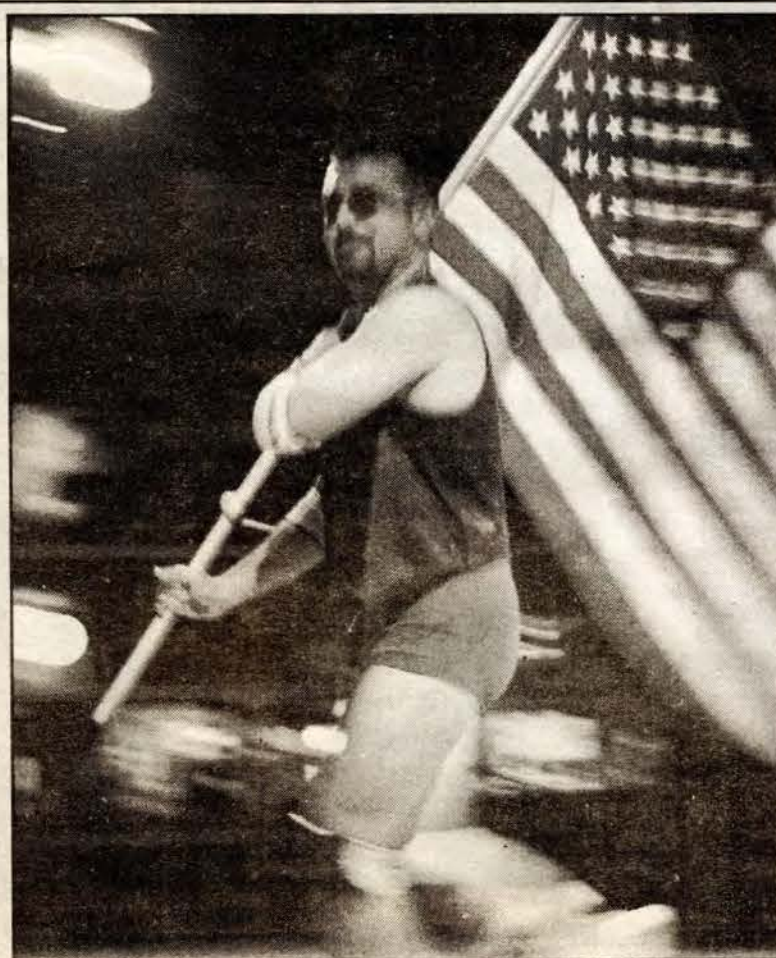
Responsibility for the ombudsman's salary would be divided equally between HSF and the college, Warnell said.

An ombud would be required to complete at least one report annually, which would suggest possible improvements to the college. These recommendations, Michaud noted, would be made public.

"I think the only strength of it [an ombudsman] is that it is public," he said.

# Fist-a-Caps

Fists were flying at Caps this past Tuesday, but it wasn't just a beer brawl. A gang of pro-wrestlers from the Empire Wrestling Federation duked it out for the EWF's North American Heavyweight Championship title. An EWF star waves the American flag to get the crowd riled up. The belt was won by wrestler Ninaldo.



DESMOND DEVROY

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Visit our interfaith chaplaincy website: [humberc.on.ca/~chaplain](http://humberc.on.ca/~chaplain)

# Hooked on tutoring

by Ryan McLaren

Students worried about failing a course should be thinking about getting help now before it's too late.

Humber's peer-tutoring services are available for those who are struggling.

"Tutoring is not to help you pass a course if you don't understand any detail or any content," said Nicki Sarracini, peer services facilitator. "It is to fill in the pieces."

Tutoring costs \$10 for eight hours, which works out to \$1.25 for each hour of tutoring. Tutoring time can only be bought in \$10 increments. If you only want three hours of tutoring time, it will still cost \$10, but the extra hours can be used in the next semester or the next year.

Students are limited to three hours of tutoring a week and can't be tutored in more than two courses per semester.

Sarracini said research has been done to find the optimal point for hours per week and courses per semester. The program is designed to help those who are struggling a little, not a lot.

The Open Learning Centre offers free help in the math centre, writing centre, and computer labs to anyone who stops in, but isn't as specialized or as comprehensive.

Students looking for tutors must attend an orientation session and arrange the time of tutoring sessions with a potential tutor. The tutor then signs a contract card, used like a debit card for the number of hours tutored.

There are times when the demand for tutors outnumbers the supply. If there is no tutor for a course a student is having troubles with, the Counselling Department will ask teachers to spare an hour or two with a student.

"I wouldn't say that we're always successful," Sarracini said. "I would say that we're probably 90 per cent."

Anyone can be tutored, even those with a 78 per cent average wanting to reach honours.

There are roughly 200 tutors in an academic year with 62 assisting in computer labs. About 1,500 students use the program each year.

Tutors must be at least in their second semester with 80 per cent or better in the specified course with a 75 per cent average.

Tutors, paid \$7.50 an hour, can only work for a maximum of 10 hours a week. Potential tutors need to fill out an application and get a recommendation from the teacher of the course they want to tutor.

The tutor must then go through an hour-long interview with Sarracini to see if they possess the interpersonal skills, the empathy, the dedication, and the responsibility. They then complete a training course.

"I knew it was something I enjoyed doing," said April MacLeod, a second-year Early Childhood Education student who tutored in the second semester.

"A lot of the students I tutored, their grades increased greatly."

There are a number of rules and regulations that must be followed. Tutors must agree to tutor only 1-on-1, tutor only on campus excluding residences, and maintain confidentiality.

Sarracini said while peer tutoring tries to meet the expectations of tutors and those being tutored, "it's important that they understand exactly what the program is and what we can do for them."

Peer tutoring is available in the Counselling Department located in room D128 at North and room A120 at Lakeshore.

# Bright lights, big city

by Alejandra Mantilla

For those in Humber's theatre program, dreams of becoming the next Richard Gere or Julia Roberts or receiving an Oscar, may not be so far-fetched.

"The program has developed quite a solid profile in the country," said Diana Belshaw, co-ordinator of the Theatre Performance program at Lakeshore campus.

At Humber's Lakeshore campus, students in the School of Performing Arts learn all aspects of theatre.

The theatre performance program trains actors, while the technical theatre program is aimed at those interested in lighting, stage management, set design, and set construction.

*"Good quality of learning and the choice of teachers is excellent."*

-James Webb

Other programs include: art administration and cultural management as well as the community music school.

"It's an excellent program. It goes into all aspects of theatre. It has a wide variety of teachers in the field," said Kenroy Allen, second-year Theatre Performance student.

The school which has been in running for 15 years, employs faculty who all work professionally as well as teachers.

Students are encouraged to write and create their own plays in hopes of being able to better prepare themselves for the real world.

Students are trained in all the basics of acting, including voice management as well as the technical skills that every actor requires.

"Good quality of learning and the choice of teachers is excellent," said James Webb second-year Theatre Performance student. But he added "the building sucks because of the construction which is detracting from the learning process."

## CLASSICS

Students are encouraged to analyze new material as well as create new material. Classical works, such as Shakespeare and Moliere are also taught.

Included in the program is an extensive film and television training unit.

"The reality is that many of them will make a living in film and television," said Belshaw.

Students interested in the theatre performance program are encouraged to be flexible.

Taking ownership of one's creations and bringing them to life are also very important in order to succeed, said Belshaw.

"We don't focus just in one area. We try to give them as many functional skills as we possibly can," said Belshaw.

The school is flooded with applications every year, however, each program has a limited number of spaces.

The performance program accepts around 35-40 students, while the technical program accepts around 20, so students must audition for a specific field.

The theatre performance program requires the student to per-

form a variety of theatrical pieces which have been memorized and practiced before hand.

For the technical theatre program, students fill out a written application and attend an interview.

*"I think a lot of students don't realize there is a theatre program here and that we do performances which are quite cheap."*

-Diana Belshaw

Classes for first-year theatre performance students include voice, movement and dance.

This year, first year students take African dance classes as well as yoga and body awareness.

Acting and singing classes are also components of the first year.

The first production, already in progress, is *The Mail Order Bride*. A Canadian play about a family on the prairies.

This production opens on Oct. 11 and runs until Oct. 22.

The next production *La Ronde*, opens Nov. 29. The play deals with sexual liaisons.

*The Trojan Woman* and *Cloud Nine* will be staged next winter, by actors in the third year.

Tickets are only \$9 for a live theatre production.

"I think a lot of students don't realize there is a theatre program here and that we do performances which are quite cheap," said Belshaw.

# Get your beer steins ready

by Patricia Lima

Strap on a pair of lederhosen, get ready for a beer drinkin', sauerkraut-stuffin', keg-tappin' good time, and join the Humber Students' Federation in celebrating Oktoberfest.

HSF will be celebrating the autumn bash on Oct. 11 at Kitchener-Waterloo's Bingemans Bar, which will be hosting an inter-college competition that includes a sauerkraut-stuffing contest.

"You're basically knee-deep in sauerkraut," said HSF Vice President Stephen Anastasi. "You have to stuff it into something, whether it be a vegetable or a bottle." Whoever stuffs the most sauerkraut, he added, wins.

HSF President Toby Warnell got down and dirty in the contest two years ago.

"If I'm nominated to be the Humber representative, I have no problem doing it again," he said.

Anastasi, in the meantime, is vying for the spirit award, which is given to the evening's "loudest, rowdiest" college bunch.

"I want to show all the other colleges that Humber College is the best," Anastasi said.

Humber hasn't won the spirit award in almost 10 years, mainly because of low student turnout.

There are 46 Oktoberfest tickets available for each campus. They can be purchased at the HSF office for \$15 each. The cost covers transportation and admission to Bingemans where students can choose to be a participant or a spectator in its contests. Students will also receive a free plastic Oktoberfest stein.

A bus will depart each campus at 6:30 p.m. and will head back around 1 a.m.

The annual Kitchener-Waterloo Oktoberfest is the largest Bavarian festival in North America.

## Oktoberfest Terminology:

Lederhosen: leather shorts, often with suspenders  
Beirstein: beer mug  
Wunderbar: great, amazing, cool  
Das schmeckt: tastes great  
Festhallen: beer tents, event halls  
Ein prosit: cheers  
Sauerkraut: finely cut cabbage that's fermented in its own juice



**TURKEY HIGH JINKS** - Steve Anastasi, HSF vice president, helps a student pin the tail on the doodle, to kick-off Thanksgiving and Oktoberfest celebrations.

PATRICIA LIMA

*"If everybody paid \$33, we could have done this thing."*  
-see Microsoft

# BIZTECH et cetera

## Microsoft software comes at a high price

by Martin Currums

*Humber students who expected cheaper access to software get the shaft*

Poor planning and number crunching coupled with rigid Microsoft purchasing rules has left Humber College students paying full price for Microsoft software.

Last year Humber's Board of Governors together with the Humber Student Federation discussed a new licensing agreement with Microsoft.

The Agreement would allow Humber College to distribute Microsoft products to students. Humber College would lend a software title to a student to copy to their computer.

The cost to students would have been \$19, which would have been added to the student fees for the year.

The word spread like wildfire. "We're going to get Microsoft Product," said Steve Anastasi, vice-president of the Humber Student Federation.

The death of the deal was first revealed when it was discovered that the \$19 fee proposed was in U.S. funds.

This meant \$26 in Canadian funds

Although this new total gave Humber the license to distribute Microsoft products, it did not account for the actual cds that would be distributed.

*"I was looking forward to the free software, but students will get the programs burned..."*

-Nafees Khurshid

This, coupled with all applicable taxes brought an additional increase of \$6 to student fees bringing the grand total to a \$33 plan.

"It turns out there seemed to be several errors here," said Chief Information Officer Mark Naylor.

With the costs of Microsoft Products being so high, a one-time \$33 fee would not be unreasonable.

However, Microsoft's licensing agreement stipulates that all

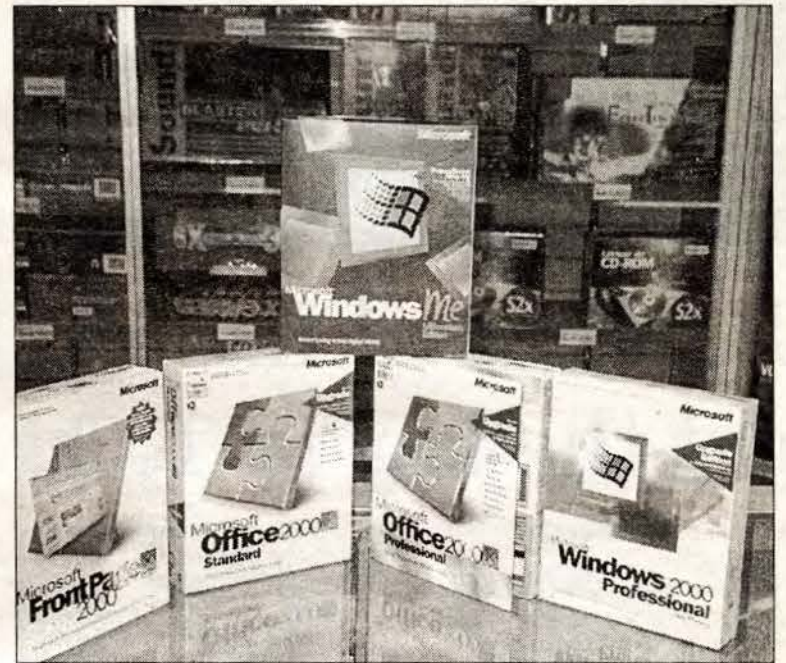
Humber students must pay this fee. The Board of Governors and the HSF had approved the previous \$19 per student fee but not the newly tabulated \$33 fee.

With neither the HSF nor the Board of Governors willing to pay the difference, Humber students were left with no agreement or purchase plan.

"If everybody paid \$33 we could have done this thing. I think some students might have objected that they were paying \$33 for something they had no interest in using," Naylor said.

Some of the products involved in the agreement were Microsoft Windows, Professional, and Office 2000 for Macintosh, Visual Studio, Projects and Web Publishing Step by Step Interactive by Microsoft Press.

"I was looking forward to the free software but I think the majority of students will get the programs burned (copied) anyway," said Nafees Khurshid, third-year Business Administration.



MARTIN CURRUMS

**MICRO-EXPENSIVE** - students would have had to dish out \$33 to use all of the available Microsoft software. The added expense came as quite a shock to HSF.

## Design competition nears

by Marlon Colthurst

Every Tom, Dick, and Henrietta can become famous, thanks to products on the world market that everyone will use, and make money while doing it.

The Design Exchange, in collaboration with the Ontario March of Dimes, are presenting a design competition

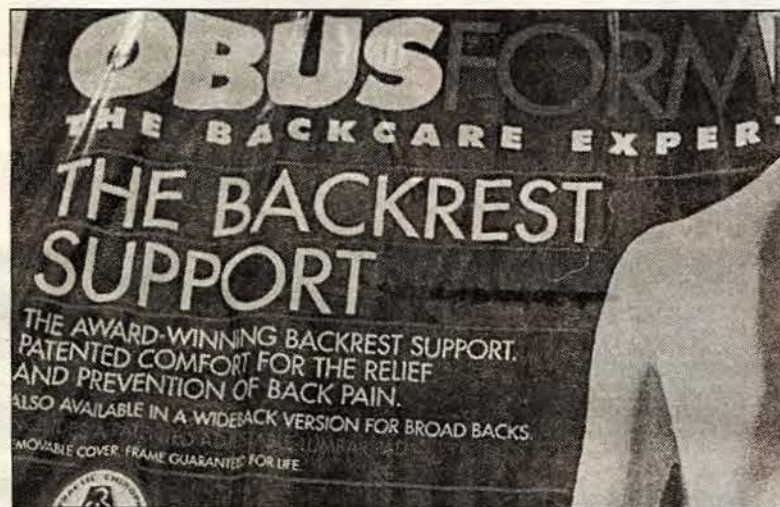
The Mibro Group, Tilley Endurables, Du Pont Canada, and Obus Forme Canada are all launching designs for the competition, called *Designing for the Real World*

There are four competitions in all, each constructed to challenge the design professionals, design students, and general public.

"We tried to get all area's of design involved," said Fabiana Stubrich of The Design Exchange. "Some of the competitions are for professionals, others for students, and there is one for the general public."

The Tilley Endurables, Inc competition is the only competition that is open to the general public. Tilley Endurables wants help in design clothing, and accessories for travelling in the wilderness easier and more pleasurable.

Obus Forme is sponsoring a competition to have the cover of their famous backrest redesigned. This



MARLON COLTHURST

**NO PAIN**-Obus Forme is searching for a new design

competition is open to graphic design professionals and design students.

- The Mibro Group competition invites industrial design professionals and students to design a unique toolbox capable of holding and displaying a variety of power tool accessories, but also making it user friendly for people who suffer from arthritis.

- Du Pont, the worldwide science company, invites Canada's industrial design students to design a universal kettle recognized as a classic Canadian industrial icon.

"These competitions give students a chance to get a foot in the

door of the industry," said Justyna Konatski, a Humber College interior design graduate.

Some students have expressed frustration over the lack of knowledge about the competition

"This is the first I have heard of this," said Vilakone Sihamanotham a first-year Package and Graphic design student. "I need to know more details to submit, but I'm interested."

The deadline for entries is March 9. An exhibition of all entries will be staged at the Design Exchange from May 7 to May 27, 2001

## Shanghai students study HR Management at Humber College North

by Stacey Roy

In the midst of governmental restructuring, China's machine manufacturing company, Shanghai Electric, has sent 24 human resource managers to Humber College in an effort to mirror the practices of North American resource managers.

The push to train China's human resource managers stems from the restructuring in China's government.

Until approximately 20 years ago, business in China was controlled strictly by the government.

With private investors now owning and operating businesses in China, it has resulted in a rise in Human Resource issues.

*"I'm happy with the class, although I want to learn more about working with medium and high level people."*

-Zeng Fang

The state-owned company, Shanghai Electric, is based out of Shanghai China and employs

*"We wanted to make a change here at Humber College."*

-Pei cheng Xu

approximately 220,000 people in more than 60 branches in China.

The tight eight-hour-a-day schedule of lectures and tours that is being hosted by Humber's Business School began on Sept. 12. This marks Shanghai Electric's second endeavor in training its human resource managers.

A similar training took place last year at Seneca College.

Searching for a different experience in the same city, Humber was contacted via e-mail, and late spoke with Alvina Cassiani, manager of continuing Education.

"We wanted to make a change here at Humber College," Pei-cheng Xu, event organizer said.

The group has concentrated mainly on the legal aspects, such as employment law and labour relations.

"I'm happy with the class, although I want to learn more about working with medium and high level people," Zhen Fang, a human resource manager said.

# ENTERTAINMENT *et cetera*



KEY-MEN the Barenaked Ladies

COURTESY

## Barenaked Ladies get the key to T.O.

by Nicole Montreuil

They rocked. They talked. And after nine years, they walked with the key to the city of Toronto.

The Barenaked Ladies performed for the crowd in Nathan Phillips Square in an early morning Edge 102.1 presentation as part of their promotional tour for their latest album, *Maroon*.

"I just happened to drop by," said Susan, a water inspector for the City of Toronto who refused to give a last name. "I'm on my way to work."

"I wouldn't be here if it wasn't for that interview I saw. I gained a lot of respect for them," she said, referring to the soon-to-be-released documentary of the Barenaked Ladies' rise to fame in the star-spangled nation. *Barenaked in America* was directed by fellow-Canadian Jason Priestly.

Deputy mayor Case Oates presented the band with a symbolic

key to the City of Toronto, possibly to atone for past wrongs from the municipal government.

In 1991, the band was forbidden to play Nathan Phillips Square because then-mayor June Rowlands thought their name was offensive to women.

When asked what had happened to the former mayor, the band speculated that she was either "backup in the studio" or "she dyed her hair and became the Attorney General of the United States."

The Ladies performed five songs in total; 'One Week', 'Pinch Me', and three songs off *Maroon*.

The performance and media session that marked the show were aired as part of local Edge 102.1 morning men Humble and Fred's show, which was simulcast on the Chorus networks via satellite.

The Barenaked Ladies will return to Toronto for a Nov. 24 show at the Air Canada Centre.

## Burning Down the House

by Holly Bennett

Flames erupted from the Air Canada Centre when Matchbox Twenty hit the stage on Saturday night.

And all day the sidewalk outside the venue filled slowly with eager fans.

A small group gathered outside the general admission doors at 8 a.m. with their chairs, construction paper, and markers.

The group of, "dedicated" fans was busy recruiting patrons to trace their hands and write notes to the band on their pieces of paper.

One groupie walked up and down the line collecting handfuls of artwork to be arranged in a photo album and given to the band at a later date in Los Angeles.

Another super-fan even had her own little side business.

She plastered herself with stickers displaying the URL to her online Matchbox Twenty fan club and walked up and down the street.

She smiled happily (wrinkling the stickers on her face) at the slightly less enthusiastic fans and tried unsuccessfully to affix her stickers on their foreheads.

"They're pretty crazy," Sarah Lehman, 19, said. "They're acting like girls at a Backstreet Boys' concert."

The doors finally opened a mere 10 and a half-hours after the first fans arrived.

The line of once laid back fans shot into a frantic sprint and fought to be first through the doors.

The covered ice surface of the Air Canada Centre soon turned into what could have been mistaken for the racetrack of Stadium Australia.

"I've never been involved in something like that before," Lehman said. "I'm glad I was one of the first ones in and I'm surprised I didn't get trampled."

But it wasn't a mad dash for everyone.

"I think it's a good thing I didn't get floor tickets," Erin Edwards, 18, said. "It's easier to show up when you want and know you have a seat reserved for you — even if it's on the 300 level where I was."

The show opened with a calm set by the Jayhawks.

The band as a whole had a withdrawn stage presence and talked very little, or not at all, between songs.

They might as well have been playing in the privacy of home because they rarely acknowledged the audience.

They did, however, cover a Neil Young song to please the Canadian crowd.

When Matchbox Twenty finally graced the stage, the audience erupted into a thunder of cheers.

"Let's forget about everything for a couple of hours," Rob Thomas (lead vocals, acoustic guitar, piano) said after the first song. "Let's forget about the world, let's forget about the Olympics — let's just have a good time."

The approval of the audience was deafening.

The band performed an intense set with 23 of their songs and four encores.

"They played my favourite song," Edwards said, "and it never sounded better! I thought 'Hang' was good on CD, but that doesn't even compare to it live!"

Lehman was impressed with their quality of performance.

"They were amazing live," she

said. "There are a lot of bands out there that sound great on CD but it's just not worth it to go to their concert because they ruin their own songs. Matchbox was worth every penny."

It was great that the band was back in Toronto, Thomas said. They were just here for the Much Music Video Awards.

"Toronto's such a clean city," he said. "There are no guns and everyone's so friendly."

Judging by the audience response, the American band would clearly be welcome back to the city any time.

Matchbox Twenty left the stage after their forth encore and an appreciative thanks from Thomas on behalf of the band.

The performance left some of the fans speechless.

"It was excellent...awesome...oh my God, it rocked!" Cathy Allain, 30, said.

"It was very intimate," Allain's friend, Patricia Delmore, 29, added.

Those fortunate enough to have gotten a spot close to the stage walked away with a memory they'd never forget.

"I told my friend I would settle for nothing less than front row, centre," Lehman said. "But we were both so surprised when we actually got it — and we didn't have to show up at eight in the morning either. I can't believe Rob [Thomas] grabbed my hand! I'm going to be bruised and sore tomorrow from being squished against the barriers," she added, "but it will be worth it!"

Check out the band's Web site for more information at [www.matchbox20.com](http://www.matchbox20.com)



HE'S SO SMOOTH — Rob Thomas rocks the ACC

HOLLY BENNETT



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"Music is a beautiful opiate, if you don't take it too seriously"

-Henry Miller

Elvis Presley had a twin brother who died at birth. His name was Aaron - Elvis' middle name

-www.users.globalnet.co.uk

Visit the Newsroom to win a Jacksoul goodie pack, including tickets to their show tonight at the Phoenix

# This festival is literally the Word on the Street

by Ann Marie Colacino

With clear skies and a warm September sun overhead, the streets of Toronto came alive under hundreds of booths that covered them and thousands of people who filled them.

Word on the Street is an annual book festival that brings thousands of people together to celebrate literature.

"It's a collection of publishers, author readings, and signings, and it's basically a celebration of the written word," Ann-Marie Kerr, assistant volunteer co-ordinator, said in reference to the decade old festival.

The literary festival is a free event that features over 200 local

and national book and magazine publishers, literary organizations, libraries and writers' associations. A few big names that participated this year include Chapters, *The Toronto Star*, Penguin Books Canada Limited, *Eye magazine*, *The Globe and Mail*, Scholastic, and *Toronto Life* magazine.

A Humber teacher, Antanas Sileika, who is the author of *Buying on Time* and *Dinner at the End of the World*, worked at his publisher's booth, The Porcupine's Quill, this year.

Every year he sends his students to the festival.

"It is a good opportunity for them to share literature together," Sileika said.

Held at Queen Street West



ANN MARIE COLACINO

WORD - Books rule

between University and Spadina Avenue, Word on the Street is a non-profit event.

"There are sales of books but nobody is really making money," Kerr said. "People are out here to celebrate more than make money."

Lisa Roberts, program manager for Canadian Journalists for Free Expression (CJFE), said the event is beneficial for her organization because it gives them a chance to talk to people and educate the public on what CJFE does and how they can help.

"It's a chance for people to realize that we exist," Roberts said. "Sometimes a lot of our work is internationally focused so we don't always have the chance to talk to someone who isn't a journalist and

isn't directly affected by these issues and what we do."

Other highlights of the festival included readings and book signings by Canadian authors such as Margaret Atwood and Robert Munsch, and a kids' area featuring children's books, music, contests, games, and other activities.

Kerr, who has been associated with Word on the Street for six years, said volunteers primarily run the festival.

This year there is a new volunteer co-ordinator who recruited 160 volunteers to assist in running every single aspect of the festival.

Word on the Street is also celebrated in Halifax, Calgary, Vancouver, and Ottawa.

# Et Cetera Profile: Get the 3rd Degree

by Kristina Koski

Toronto-based band 3rd Degree is heating up stages and late-night airwaves.

This hardcore band has only been on the scene for two years, but has already received an award from *Eye magazine* for the city's most successful band with the least media hype.

Since their formation in May 1998, the band has released two CDs and now 'Spindrift', the first single from their latest release, *Step Inside*, can be heard in Club 107 on Friday nights and on Over the Edge on the occasional Saturday night.

'Spindrift' can also be found on Farmclub.com, where music-lovers can vote for this hard-edged tune. 3rd Degree shot the music video for this track in a North York warehouse this past weekend.

Recently drummer Grant Judge said Smash Mouth's manager heard *Step Inside*, and seemed to be impressed with 3rd Degree's follow-up to their debut release.

3rd Degree's music is reminiscent of bands like Rage Against the Machine and Korn, but still manages to sound completely different and unlike most of the rap/rock hybrids.

"We don't try to sound like any other band," said guitarist Steven Nurse.

"We just try to sound like ourselves," drummer Judge agreed.

"You have all these great musicians out there, but you don't get what you get when you get 3rd Degree," Judge said. "Then you get the five of us together creating, and it's something that you get blown away by at a show because you just feel the energy in the music."

Bassist David Dwyer, the funny



KRISTINA KOSKI

3 - Blaine, Dave, Ed, Steve man of the modest quintet joked in a Southern accent, "We may not be the best musicians, but we're dang good together."

According to MuchMusic VJ and Edge 102.1 DJ George Stroumboulopoulos, they certainly are.

"I like the fact that they're a heavy band that stays true to those roots," said the heavy metal guru and host of Loud, Rapid Fax, and the New Music. "And at the same time, they do their own little twists, which are nice, but they still respect where they came from and I really dig that about them."

3rd Degree is a band that not only stays true to their roots, but they also stay true to themselves.

"I don't think we want to be the next Korn or Limp Bizkit," said guitarist Eddy Ront. "We just want to be 3rd Degree."

Vocalist Blaine Jeffery added that their job is easier since heavy music is now more intelligent than

it was years ago.

"Heavy music has gotten so much smarter over the past seven or eight years," says Jeffery.

"It went from being stupid cock-rock, chicks, and cars, to actually saying something and having some meaning and much more emotion to it."

3rd Degree's original line-up has changed since its birth in May '98. The original band's instrumentation featured a single guitarist and a keyboardist. These two members left the band.

"Things were good," said vocalist Blaine Jeffery. "But we knew we wanted to take it to the next level at some point and make a bit of a change for commitment's sake and talent's sake, so we ended up tightening things up a bit."

That's when two new guitarists, Steven Nurse and Eddy Ront, joined the ranks with bassist David Dwyer, vocalist Blaine Jeffery, and drummer Grant Judge.

With the entry of these two new guitarists, full of energy, talent, and creative input, the band completed its formation and created what Toronto rock-lovers now know as 3rd Degree.

Dwyer said their influences range widely but they all focus on one aspect. They love the music that makes them feel something and that is the experience they want to give to their fans.

Released in late August, copies of *Step Inside*, along with the band's merchandise, designed by clothing and skateboard company Playdead, brought in over \$1,000 on the night of their CD release party.

To check out their CD and keep up to date on all the latest 3rd Degree information, visit their Web site: <http://www.3rddegreemusic.com>

# Way to go Pontiac

by Bernice Couto

From Rush and New Order to Tortoise and UI - they are all of these things. And a car too.

"Trans American, that's all it means, really," explains Trans Am drummer Sebastian Thomson.

This Washington DC band, which shares the namesake of the Pontiac model giant, stopped in Toronto last Friday at Lee's Palace to serve up some of their largely instrumental sonic bliss to hundreds of fans.

"We've been touring for about 25 days. We have three more shows in North America, then we're home for one day," Thomson said. "Then we go to Europe for a month - we've got 20 shows without a single day off. Then we fly home from Belgium to DC. We play a show that night, about five hours after we land, and then leave for Australia two days after that."

Ah, the life of a rock 'n' roller. Or whatever it is these guys play.

"It's a celebration of music," joked Thomson.

"We've got guitars. Got keyboards," elaborated bassist, keyboardist, and vocalist Nathan Means. "That's actually how I describe us to people. If someone who, say, is changing our oil asks what kind of music we play: we've got a hard rock thing, but we have drum machines, keyboards - got more of a dance/electronica element there. It's not much of a description, but..."

It really is hard to describe this Thrill Jockey band, which also includes guitarist, keyboardist,

and vocalist Philip Manley. Oddly most of their label-mates, too, are hard to describe. The label itself put a "warning" sticker on their album *Surrender to the Night*.

"I love that it says 'There is nothing wrong,'" says Thomson.

"All distortions are intentional," adds Means.

"There was one song that had intentional distortion," Thomson said. "But I guess it was so extreme they had to put a disclaimer on [the album]."

"Lots of people that I've talked to would run over to their record player when that song came on," explained Means. "It's great, if you can generate any sort of reaction like that."

Trans Am's latest, and sixth album, *Red Line*, still has much of their beloved distortion, as well as guitar, keys, vocoder, acoustic and electric drum. It's a fantastic album and one they produced themselves in their brand new studio.

The band and their fans love the album and their sights are already steering towards the next.

"Our next album is going to be all hits. Well, not all hits," Means said. "There are gonna be two stinkers. Every hit album has at least two stinkers. I'm excited about making tonnes of money."

The band is great, the new album is great and their show ruled. The musicianship was really tight, especially Thomson who gave an awesome performance - the man plays the drums like it's nobody's business. Because that's exactly their business.



CRAZY KATS - Trans Am being swank

COURTESY

# LIFESTYLES

## et cetera

"I just decided... I can go out drinking every weekend, or ... I can sacrifice and have this amazing experience."  
- See "Trip of a lifetime"

## Women fight back to protest violence

by Mike Dal Maso

Sirens, whistles and cheers tore a path through Toronto last Thursday night as a crowd of over 1,500 women protested rape and violence.

Spirits were high, and there was a general sense of jubilation in the air, as the annual Take Back The Night march made its way through the community of Parkdale. According to the Toronto Rape Crisis Centre/Multicultural Women Against Rape Centre which organized the march, Take Back The Night first began in Toronto approximately 18 years ago. The women in attendance made their agenda stunningly clear chanting, "They say stay home. We say fight back."

"If I expected to be killed, I wouldn't be here..."

-Deidre Bainbridge

Just before the march hit the streets a death threat was called in on the event.

Deidre Bainbridge, an instructor from women's self-defence group Wen-do, believed the phone call was responsible for the event's smaller turn out.

"We've had bigger turn outs," Bainbridge said. "But I do respect peoples choices, [not to come] as I almost made [the same decision] myself."

But, Bainbridge said she did not anticipate any violence to break out.

"If I expected to be killed I wouldn't be here, but I do expect to have a release. I expect to be able to be pissed off, and I expect to be able to have a good time."

As the crowd travelled past rows of houses in one neighborhood, carrying protest signs, and a giant paper mache' puppet, child-care worker Christy Cameron watched them go by and agreed with Bainbridge.

"I think it's pretty brave for the people who did show up. It's not about who didn't come out, it's about who did come out."

This was Cameron's 15th year at Take Back The Night.

"I think this is one of the most exciting events in the feminist calendar, and it's always one of the best attended," Cameron said.

"I'm really proud that a lot of women I saw here 15 years ago are still here today."

## One Humber student's trip of a lifetime

by Jesse Kohl

You can go anywhere in the world, and you can do it really cheap, according to Will O'Neill, a third-year Business Administration student.

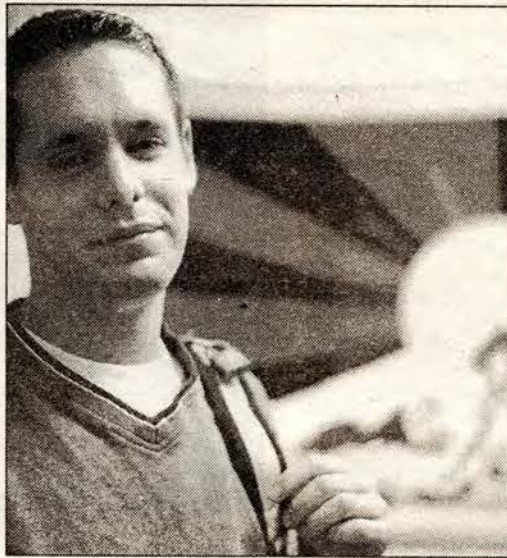
O'Neill spent the last 10 days of his summer exploring the slums and marketplaces of South Africa, sleeping with his passport and wallet under his pillow. He paid for the adventure with hard work and pure sacrifice.

"You can do it dirt cheap, if you're willing to give up luxuries," O'Neill said over a pint of beer, a luxury he can finally appreciate again. "I just decided, more or less, I can go out drinking every weekend, or ... I can sacrifice and have this amazing experience."

O'Neill called around for airfare prices last April to find the most reasonable airfare as possible at \$1,500 for a round trip. With that out of the way, he only spent an additional \$400 on shelter, food, and transportation. He also spent some money before he left on essential things like his shots (\$80), a passport (\$60), and a travel guide (\$20).

He booked the flight in April and immediately started making changes to his lifestyle. He worked six, sometimes seven, days a week over the summer just to fund his trip independently of any OSAP money, and it was worth it he said.

"Your world goes from what's surrounding you, and all of sudden it just expands limitlessly," he said. "The world doesn't revolve around North America."



JESSE KOHL

**THE LONELY TRAVELLER** – Will O'Neill poses in front of a Tibet flag with hopes to travel there one day.

Besides the obvious culture shock that would hit anyone who had chosen to travel alone to South Africa, a trip like this meant adjustment and the ability to adapt.

"The biggest thing I noticed was the lack of convenience," O'Neill said.

It's not like North America, he added, where there's a convenience store on every corner. Visiting South Africa, a country still rife with racial tension, the atmosphere was an experience in itself.

"It goes so far beyond racism. It's like a way of thinking over there," he said.

But he couldn't believe the strength of the people to overcome the social injustices they face daily. "The smiles on their faces when they live in these little tiny shacks – that was the biggest thing I learned – who you are is not based on what you make."

O'Neill knew that hotel accommodation would be too expensive so he stayed at a hostel for \$6 a night. He found out about it through a small and handy book called the *Lonely Planet*.

"The *Lonely Planet* was my bible over there," he said. "If you want to travel cheap, that book tells you where to go, and it lays out the safest places."

Right down to the ground level information of what street to stay on and who to talk to there, the \$20 guides are available in most large commercial coffee-and-couch bookstores. On the shelves different editions can be found labelled specifically for the country of destination.

O'Neill plans to travel again next summer, maybe to Tibet with his *Lonely Planet* in hand.

He may look into student travel organizations to cut down costs even further, but he'll do it the same way if he has to because the travel bug has bitten.

## Floating stress away in a tank

by Jessica Markoff

Throughout the school year many students suffer from stress due to assignment deadlines, exams and other work overloads.

Searching for ways to relax and get back to clear thinking can be a difficult task, but there is an alternative solution most students don't know about.

Suspended in a dark chamber, unaware of the physical environment, your body allows stress to seep from your veins and disperse into the water.

Flotation tanks are a type of Restricted Environmental Stimulation Therapy (REST), which involves removing all external stimuli by matching the water temperature to that of the body. Sound and light are reduced in the tanks.

The tanks are oval shaped and are about seven and a half feet long, five feet wide and five feet high. There is a hatchback door at the front of the tank that can be left open or closed during the float.

The cost of an hour session in the tank is \$50 plus GST but students get a \$10 discount.

Also called tranquillity tanks, a person floats in 25-cm tanks of water saturated with 1000 pounds of Epsom salts, giving the feeling of weightlessness.

The Healing Arts Centre, located at Bloor Street and Christie Street, has the only public tank in the city.

Nicholas Ashfield, a chiropractor at the centre, uses flotation tanks as a complimentary therapy in his practice.

"I like to have one available for myself, it's a great thing to have in your life."

Ashfield said people are fascinated by the concept of flotation tanks.

"They may have seen the movie *Altered States*. It was about a scientist doing research in a flotation tank."

A first time floater must sign a waiver and agree to all the conditions of using a float tank.

The agreement includes verifying that the user has no known problems with heart disease,

epilepsy, blackouts, or serious mental illness.

"We've had our tank for 14 years and we've never had a complaint or complication," said Ashfield.

The user must also be drug and alcohol free and have no communicable diseases.

The tank at the centre is located in a private room which has an ensuite shower, dim lighting, and a change room.

Earplugs are recommended for those who have problems with their ears or who do not like getting water in their ears.

Floaters must shower before floating to remove any dirt and after to clean all the salt off their body.

There is a separate filtration system, which attaches to the tank and constantly cleans solution. Salt crystals must be removed from the tank every day using the same device used to clean the surface of a pool.

"The water is hygienic first because of the salt, it's a natural disinfectant. We use bromine as an extra hygienic measure," said Ashfield.

The basic idea behind the flotation tank is to remove all external stimuli from the user's natural environment, so that the mind can then completely relax and be silent.

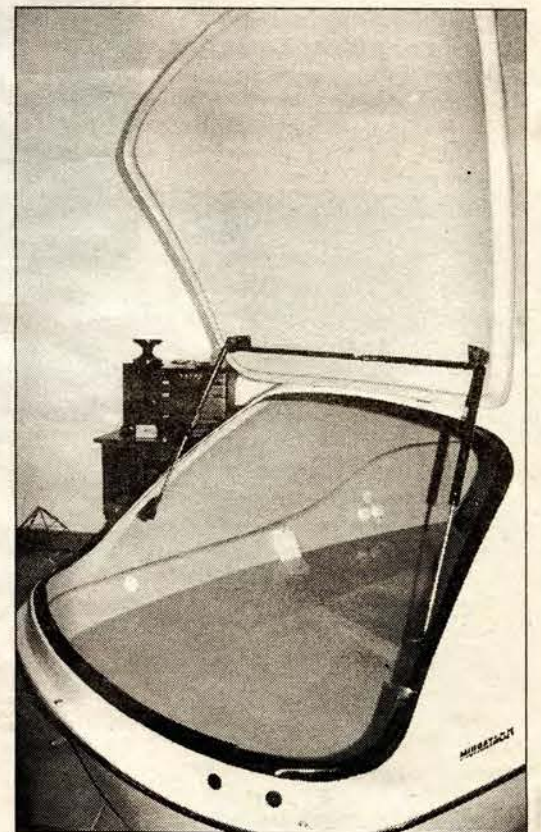
Ashfield added that an hour in the flotation tank is equivalent to four to six hours sleep.

The general experience for first time floaters varies depending on their ability to relax and get comfortable.

Robert Fisher, the general editor of CBC's *News in Review*, described the experience as a lark.

"The tranquillity tank was a lark, a safe, non-druggy way of experiencing just a little what it must be like to be pure mind, free from all physical sensations, physical needs. No huge epiphanies, no blinding poetic revelations ... just a fun experience. Not recommended for anyone who did not enjoy their nine months in the uterus," said Fisher.

In the early 1960s, John C. Lilly, M.D. developed the first flotation tank.



JESSICA MARKOFF

**GET OUT YOUR SWIM CAP** – Flotation tanks are one method of relaxation that people use to relieve stress. The only public tank in Toronto is located at The Healing Arts Centre.

# Humber College 2000 Achievement Awards

## HRT ALLIANCE - *Partners in Training*

### PRESIDENT'S LETTERS

- for Highest Academic Standing\* Semester

CULINARY MANAGEMENT	
GREG HOWE	1st
CULINARY MANAGEMENT	
AMY BOYD	2nd
HOSPITALITY MANAGEMENT	
DIPTI NANDA	1st
HOSPITALITY MANAGEMENT	
MELISA MASCHIO	2nd
HOSPITALITY, RECREATION & TOURISM	
STACY HANGEMANOLE	1st
HOSPITALITY, RECREATION & TOURISM	
LISA ROWE	2nd
RECREATION & LEISURE SERVICES	
ANTOINETTE NAVIA	1st
RECREATION & LEISURE SERVICES	
RACHEL VOSU	2nd
TOURISM & TRAVEL	
WENDY McCABE	1st
TOURISM & TRAVEL	
JENNIFER DENIS	2nd

### PRESIDENT'S LETTERS

- for Highest Academic Standing in the Graduating Year\*

CHEF TRAINING	
JANUS AYEE	1st
CHEF TRAINING	
JENNIFER REID	2nd
CULINARY MANAGEMENT	
JOANNA DE JAGER	3rd (tie)
CHERYL ZANDSTRA	3rd (tie)
CULINARY MANAGEMENT	
DOROTHY CHABOT	4th
ECO & ADVENTURE TOURISM	
JUDITH (LORRAINE) TOOTH	1st
ECO & ADVENTURE TOURISM	
JUDITH (LORRAINE) TOOTH	2nd
HOSPITALITY MANAGEMENT	
ANTOINETTE RUDOLF	3rd
HOSPITALITY MANAGEMENT	
MELISA CANNELLA	4th
HOSPITALITY, RECREATION & TOURISM	
CATHERINE GLIDDEN	3rd
HOSPITALITY, RECREATION & TOURISM	
SHANNON BUTCHART	4th
RECREATION & LEISURE SERVICES	
SHANNON GRIMBLY	3rd
RECREATION & LEISURE SERVICES	
JILL SADLER	4th
RECREATION & LEISURE SERVICES ADVANCED	
JANE MARCHILDON	1st
RECREATION & LEISURE SERVICES ADVANCED	
ERIN SHEPARD	2nd
SPORTS EQUIPMENT SPECIALIST	
TONY TAM	1st
SPORTS EQUIPMENT SPECIALIST	
ROBERT ARMSTRONG	2nd
TOURISM & TRAVEL	
ALISON WARD	3rd
TOURISM & TRAVEL	
GORD MURRAY	4th

### HUMBER COLLEGE COUNCIL OF STUDENT AFFAIRS ENTRANCE SCHOLARSHIPS

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Winner MARIA HONEYCHURCH	
ONTARIO SHEEP MARKETING AGENCY AWARD	
Donor ONTARIO SHEEP MARKETING AGENCY	
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DARRIN MOLLESON	2nd prize
MATTHEW TAIT	3rd prize
ROBIN HOOD MULTIFOODS AWARD	
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Winner HELDER FURTADO	
GIULIO SARRACINI MEMORIAL AWARD	
Donor NICOLETTE SARRACINI	
Winner SAMANTHA BRACKENRIDGE	
HOSPITALITY MANAGEMENT PROGRAM CANADIAN COLLEGE AND UNIVERSITY FOOD SERVICES AWARD	
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ALLISON WARD	
WORLD OF VACATIONS AWARD	
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CINDERELLA KASSAB	
PEDRO MEJIA	

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Winner BRAD HOPE	
HOSPITALITY MANAGEMENT PROGRAM	
Winner MATTHEW PHILLIPS	
HRT DIPLOMA PROGRAM	
Winner KATHERINE HILTS	
RECREATION & LEISURE SERVICES PROGRAM	
Winners MIKE HUDSON	
JILL SADLER	
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Winner TONY TAM	
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# SPECIAL *et cetera*

*"Tofurkys give vegetarians a delicious alternative to turkeys and a great serving of protein . . ."*

- nutritionist Julie Daniluk



**SLICE O' LIFE** - Lesley G. Garant cuts a piece of Tofurky. The first to distribute the turkey alternative made from primarily of Tofu. JANINE GOOD

by Janine Good

## Tofurky Nutrition

Calories- 193 per serving  
 Cholesterol free  
 Calories from fat- 45g  
 Fat- 5g  
 Sodium- 310mg  
 Carbohydrates 10g  
 Dietary fibre- 2g  
 Sugars- 1g  
 Protein- 26g

Vitamin A- 0 per cent  
 Calcium- 15 per cent  
 Iron- 9 per cent  
 Vitamin C- 0 per cent

\*The per centage is an approximate daily value in a 2,000-calorie diet.

All amounts denote one serving of Tofurky without the giblet gravy.

Tofurkys will never gobble like turkeys, but vegetarians are eating them up for Thanksgiving.

Although they've been available for three years, very few people know about Tofurky, a healthy alternative to turkeys for vegetarians. They're 100 per cent vegan, meaning they contain no animal products, including dairy. They're made of tofu and soybean gluten, which are high in calcium, and are offered in select health stores throughout Canada and the United States.

"Tofurkys give vegetarians a delicious alternative to turkey and a great serving of protein, which they need since they don't eat meat," nutritionist Julie Daniluk said. "There's no cholesterol in Tofurkys so they are great for the heart. They are of excellent high quality nutritionally, though I wouldn't say they are more nutritious than turkeys."

Tofurkys come in complete packages consisting of one beige, rubbery, melon honey dew-like roast, soybean curded stuffing, Tempeh drummettes resembling lumpy, orange, brown filets of soybeans, and a blend of wild beans. The giblet gravy is made with chunks of Tofurky cubes, flour, and canola oil. New this year, with your purchase you get two Tofurky Jerky wishbones.

"The Tofurky makes my participating in family meals easier because my family doesn't have to make something totally

different just for me," said Lesley G. Garant, a vegetarian who originally brought the Tofurky to Canada from Oregon three years ago.

"It is completely vegan, it is similar in presentation to turkeys and it is so easy to make. In the last half hour of the turkey's cooking time, I make my Tofurky, which is done in 20 to 40 minutes."

The Big Carrot is one health market that promotes and sells Tofurkys located at the intersection of Danforth and Chester avenue. It has a huge selection of health and organic foods, as well as vegetarian substitutes available all year long. Since Tofurkys came to Canada in 1997, approximately 3,000 have been sold in health markets across the country. Over 1,000 of these were sold at the Big Carrot.

"Vegetarians needed a similar alternative to turkeys at Thanksgiving, so Tofurkys were created with them in mind to be that substitute," Garant said. "Now families don't have to make completely different dishes for vegetarians. They pop the tofu turkey in the oven and nothing special is required."

Tofurkys can be found in the freezer section selling for \$32.99 plus tax, and can serve up to four hungry people. The bulk of the Tofurky sales are for Thanksgiving, with smaller numbers sold around Christmas and Easter.

"It is delicious and simple," Garant said. "And the nutritional values are great."



**UNDER A SUSPICIOUS EYE**-Caroline Kramer holding her daughter, three-year-old Taegan Kramer, purchases a Tofurky for this Thanksgiving weekend. JANINE GOOD

## COOKING INSTRUCTIONS

**FYI:** These instructions are for defrosted Tofurky. Frozen Tofurkys must stay in the fridge 24 hours prior to cooking.

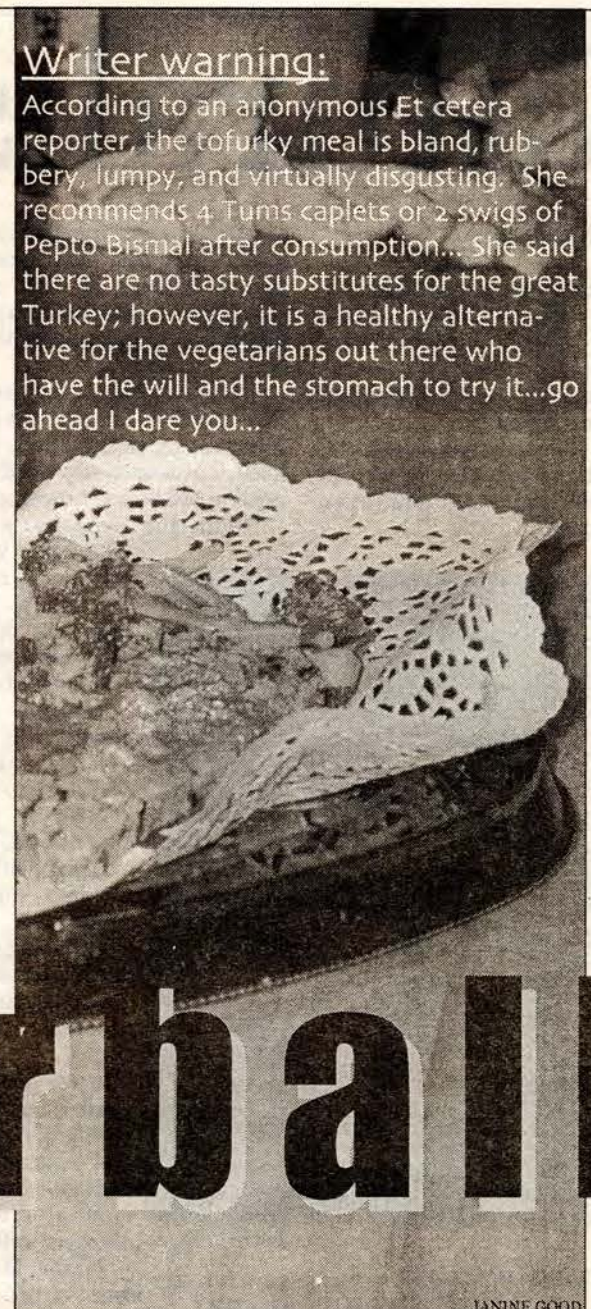
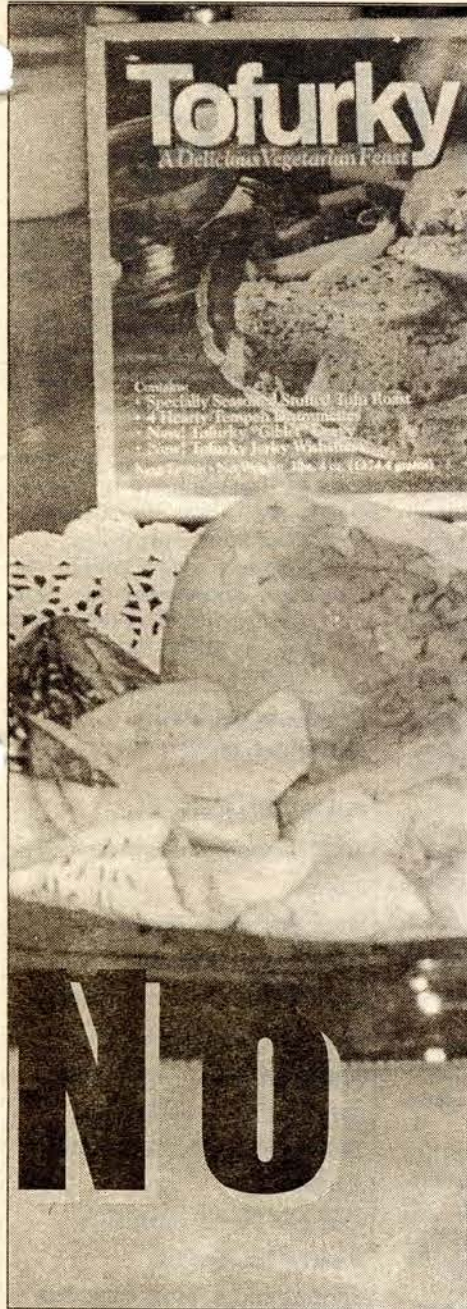
1. Preheat the oven to 350 degrees Fahrenheit.
2. Remove the Tofurky roast from the plastic wrap.
3. Place roast on baking sheet or in shallow pan.
4. Bake the roast for 25 minutes.
5. Add the tempeh drummettes (blended soybean and wild beans filets) to baking sheet
6. Bake additional 15 minutes
7. Remove from oven
8. Slice Tofurky with a serrated knife and serve with 'Golden Vegetarian Giblet Gravy'



Not all turkeys gobble. Only toms (male turkeys) gobble while hens (females) make a clicking noise.  
- www.honeysucklewhite.com

Wild turkeys can fly for short distances at up to 55 miles per hour, but domesticated turkeys cannot.  
- www.honeysucklewhite.com

That flesh-like appendage that hangs off the chin of the turkey is called a snood.  
-www.honeysucklewhite.com



**Writer warning:**  
According to an anonymous Et cetera reporter, the tofurky meal is bland, rubbery, lumpy, and virtually disgusting. She recommends 4 Tums caplets or 2 swigs of Pepto Bismal after consumption... She said there are no tasty substitutes for the great Turkey; however, it is a healthy alternative for the vegetarians out there who have the will and the stomach to try it...go ahead I dare you...

# NO BUTTERBALL

JANINE GOOD

## Historically speaking ...

by Janine Good

Thanksgiving's history is not just for the birds. The Canadian Thanksgiving came to be in a totally different way. In 1576, explorer Martin Frobisher sought a northern passage to East Asia. As he searched for his aspired path to the Orient, he mined hoping to strike it rich with gold.

While searching for his fortune, he tried to create the first British colony in North America, where Baffin Island now lies in the Canadian Arctic. His attempts to create the settlement and to strike it rich both failed, but he was the first to celebrate a North American Thanksgiving, 43 years prior to the arrival of the Pilgrims in the United States.

Canadaian Thanksgiving's origins rest with the bible. Thanksgiving day thanks God for the bountiful harvests with which they have been blessed according to the book of Deuteronomy in the old Testament. The celebration of Thanks is acknowledged as a national holiday more than a religious observance.

Canada originally celebrated Thanksgiving on November 6, from 1879 until the end of the First World War. They changed the date from November 6 to the second Monday in October, when November 11 was declared as Remembrance Day to honor the Canadian soldiers lost at war. Both observances would have fallen within the same week.

The American festival of pumpkin harvests, apple pies, and roasted turkeys dates back to the 17th century when the pilgrims sailed aboard the Mayflower ship to Plymouth Rock, Massachusetts.

The Pilgrims sailed to the Netherlands from England to avoid the religious persecution they received for being a Puritan group. They arrived in the United States from the

Netherlands on December 11, 1620.

Their first winter in their new land was traumatic, killing 46 people of their original 102 member group. The following year, the crop of 1621 brought plentiful supplies of food. The pilgrims who survived throughout the months in Plymouth Rock decided they wanted to celebrate the success of their survival with a huge feast. They welcomed 91 Indians to join in the feast since they helped them survive those tough months.

In preparation for the feast, the present Governor, William Bradford, sent four men "fowling" (fowl hunting) to bring back geese and ducks for the main course. The pilgrims renamed the wild bird they caught "turkey" which means "wild fowl."

Another tradition enjoyed today among Thanksgiving rituals is indulging in pumpkin pie. Although it has been symbolic of the holiday for many generations, it's unlikely the first Thanksgiving included this dessert.

Back in 1621, very little flour was available, leading to a shortage in breads and pastries throughout the land. Due to the sparse supply of grains and crops, pilgrims ate boiled pumpkin and corn crops for equivalent nourishment.

George Washington declared Thanksgiving a United States National holiday in 1789. All presidents following Washington proclaimed Thanksgiving a statutory holiday, but changed the date several times. The final decision for American Thanksgiving was the fourth Thursday in November to make the Christmas shopping season longer.

\*Sources: www.wilstar.com/holidays/thankstr.htm  
www.okanagan.net/users/paterson/tgiving.htm

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# HEALTH *et cetera*

"Looking at someone's personality is like a key into their problems."

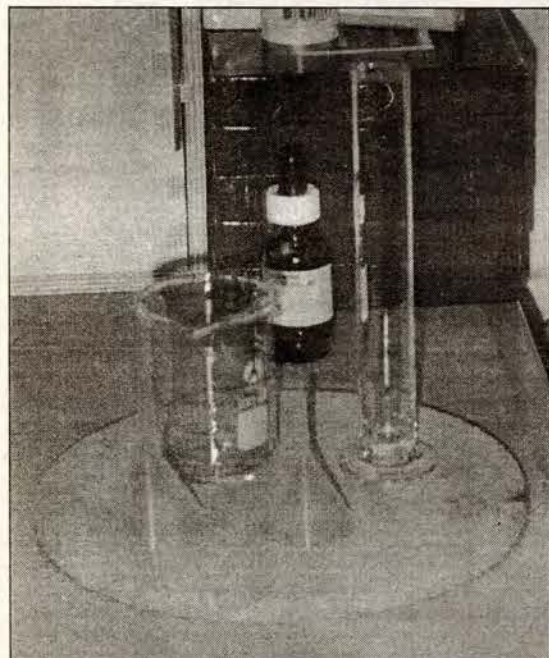
—Derek Murphy  
See "Natural side"

## Natural side to healing

by Charlotte Brown

Instead of whining about that irritating cough or splitting headache after a long night of studying, students can lay down \$5 at most health food stores and feel relief almost instantly.

These inexpensive remedies, developed through the science of homeopathy, date back more than two centuries.



CHARLOTTE BROWN

**HEALING POWER** — mixing utensils used to create homeopathic remedies.

Homeopathic medicines, based on the 'law of similars,' heal by giving small doses of what causes a condition in order to stimulate the immune system and cure the problem.

Derek Murphy, a homeopath at Five Elements Naturopath Clinic in Mississauga, said the body can heal itself, but sometimes needs a little push in order to get quicker results.

"With the remedies...a change will occur within a few hours and give immediate relief. The pills help the body take over and heal itself," he said.

Murphy said homeopathy works because it looks at everything that is going on in a patient's life in order to deal with other factors such as depression.

"Looking at someone's personality is like a key into their problems," Murphy said.

After the homeopath diagnoses the problem, he can suggest a remedy.

However, not all medical professionals agree with this.

In the May 2000 issue of *Black Enterprise*, Sonja

Brown Stokely and Monique R. Brown quoted Dr. Stephen Barrett, a medical communications expert, as saying, "Anything and everything other than traditional medicine is not 'real' medicine."

According to the Fitness Culture Web site, [www.fitnessculture.com](http://www.fitnessculture.com), the remedies are derived from organic and inorganic sources that have been diluted and then used to coat small round pills made from sugar.

The medicines are made from herbs, minerals, or other natural substances.

The pills are tasteless and look the same, but each pill has a different purpose.

Homeopathic remedies can be used to help colds, aches and pains, symptoms related to hangovers, digestive problems and many other illnesses.

Joe Sawaged, a first-year Advertising and Media Sales student looked to a homeopath when traditional medicine was unable to help his back pain caused by a work injury.

"I was a bit skeptical at first...it's hard to believe that they [the remedies] would heal cuts and bruises," he said.

After only one treatment, Sawaged's back pain almost disappeared.

He admits the cost is a bit steep, with most visits ranging in the \$55-\$75 per hour area, but he has already recommended the procedure to some of his co-workers.

The visits consist of a consultation and assessment by a homeopath.

Although Humber's Health Centre doesn't provide any information on homeopathy, students can find a list of practitioners in the phone book.

The remedies are gentle and have almost no side effects compared to pharmaceutical drugs.

Murphy said homeopathy doesn't necessarily mean taking medication.

First, a homeopath will try to find a more natural aid to your problem before prescribing a drug. That's what makes it different from traditional practices.

Doug Brown, a national service manager and homeopathic patient, was told to cut down on his caffeine intake because of digestive problems that he has had for the past 24 years.

"Derek [Murphy] took me off traditional drugs and got my body back into the natural state," he said.

Once Brown did this, his pain went away and only surfaces when he takes in large amounts of caffeine found in things such as pop, chocolate, and coffee.

If a person decides to take a homeopathic remedy, they must follow some simple rules when administering it.

It's important to make sure that the mouth is clean. That means not eating, drinking, smoking, or brushing your teeth for at least 15 minutes before and after taking the pills.

It is best to dispense the medica-

tion into the cap of the pill bottle rather than into the hand because sweat and other germs on the skin can eat away at the medicine.

Patients must also be aware that coffee, drugs, aromatic substances, vitamins, and other such things can eliminate the effects of the homeopathic remedy.

Murphy suggests that everyone give homeopathy a try if they are looking for a way to alleviate a problem without using drugs.

"I see quite a few college students...they know what they want and I am here to teach them what will make a difference in their lives," he said.

### Common problems and quick cures

*Fever:* Belladonna

*Stuffy sinuses and constipation:* Silica

*Sinus problems:* Bryonia

*Digestive problems and laryngitis:* Argentum Nitricum

*Obsessive behaviour, anxiety, sleep deprivation, aches and pains:* Calcarea Carbonica

*Too much alcohol:* Arsenicum Album

*Cuts and burns:* Calendula

*Insect Bites:* Ledum

*Sprains and strains:* Rhus Tox

## To tan or not to tan: that is the question

by Brianne Thom

As the colder weather grows near the concern about pasty faces and white skin heightens. In this type of an emergency, there's only one place to call — the tanning salon.

Over the years, there has been a lot of controversy about whether tanning indoors is safe.

Certified Sun Tan Technician Valerie Neill said a person outside would receive three types of ultraviolet rays.

Indoors, people would only be exposed to two types.

"We're not allowed to say that it's safer to tan indoors than out," Neill said. "But indoors we can control the amount of UV rays a person receives."

Tanning salons expose their customers to five per cent of UVB rays to stimulate melanocytes, which could cause burning if not controlled.

Ninety-five per cent of UVA rays that turn the skin brown are needed to complete the tanning process.

According to the Doctor's Guide, UVA rays have a suspected link to malignant melanoma, the most

serious cancer.

Neill said it has been recommended by a physician to have two 25-minute tanning sessions each week, but that overexposure to UV light over a long period of time can promote pre-mature aging.

"UV rays in a controlled amount of time without overexposure, without burning, and doing it in moderation is good for you," Neill said.

*"Indoors we can control the amount of UV rays a person receives."*

—Valerie Neill

Anne Bomersbach, from the Dermatology Centre in Toronto, disagrees with the benefits of tanning.

"I have seen many patients come into this office that prove this not true," she said. "They have skin cancers and pre-malignant sores and it is all from exposure."

Dr. Leon Herman, from Pimples Acne Clinic, said tanning exposes the skin to the dangers of cancer and wrinkling.

"That [tanning] is out and out wrong," he said.

He also disagreed with the weekly sessions of 25-minutes each.

"That's baloney. Maybe if you live in Uganda it is good for you."

Exposure to sunlight is said to cure seasonal affective depression (SAD), beat the common cold, boost the metabolism, increase self-esteem, help to clear acne and psoriasis, increase respiration, and purify blood.

Precautions should be taken if tanning indoors, such as using the lotions provided for a healthier tan.

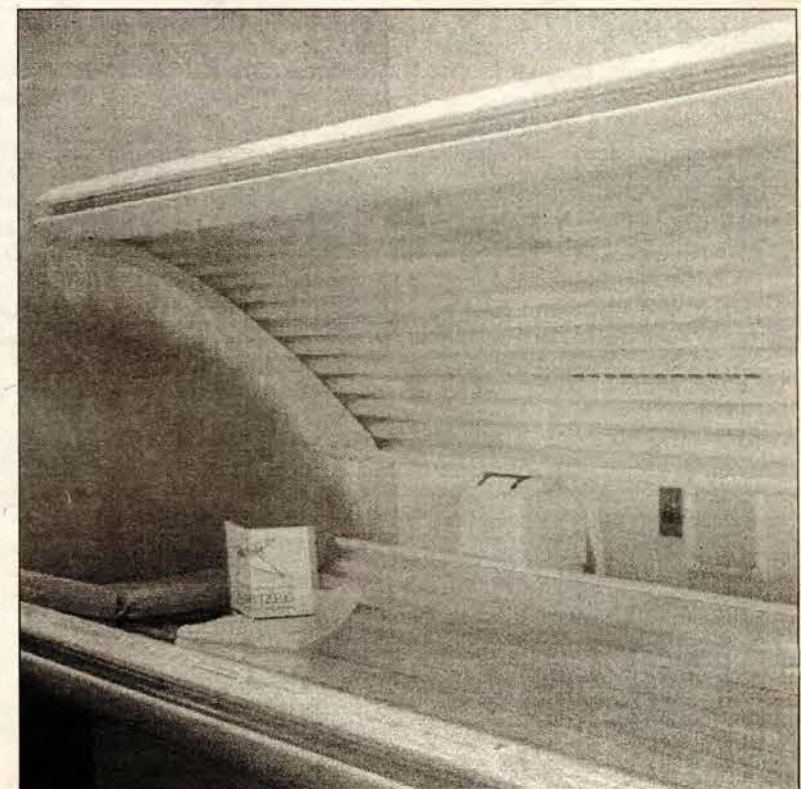
You should also be aware of some drugs that may cause photosensitivity like: anticancer drugs, antidepressants, and antimicrobials to name a few.

Wearing eye protection is also very important.

"If you don't use eye protection you will eventually develop cataracts," Neill said.

The battle goes on in regards to what is considered safe and what is not.

There will always be controversial opinions, however, if serious concerns arise, contact a physician.



BRIANNE THOM

**HOT STUFF** — The debate about whether to use tanning beds continues. Everyone has their own pros and cons.

*It is impossible to tickle yourself.*  
 -www.uselessfacts.com

*The risk of liver cirrhosis becomes significant for women at less than two drinks per day. For men, six drinks per day.*  
 -www.womencentral.msn.com

*43 per cent of people work out in the evening.*  
 -www.onhealth.com

# Be sun smart with your skin

by Charlotte Brown

The leaves of autumn have started to fall, but don't let the cool breezes and cloudy skies fool you. The sun is still there and can be causing serious damage without you knowing it.

Skin cancer is the most common of all cancers.

Although it has a cure rate of over 95 per cent, it is still a serious disease.

According to an information specialist at the Canadian Cancer Society, young people need to protect themselves from the sun now to avoid future skin problems.

The Cancer Society's slogan sums it up well: "slip, slap, slop".

It encourages people to slip on a long-sleeved shirt, slap on a hat, and slop on the sunscreen.

Allyson Koffman, a doctor at a walk-in clinic in Toronto said students need to be aware of the sun and the harm it can do.

"Students are at risk because they tend to be out in the sun a lot," she said. "They should have their bodies checked about once a year by a doctor."

Students should also be checking their body themselves for any abnormal sores that develop but don't heal over a period of time.

The Humber Health Centre can be a useful resource in detecting abnormalities.

If a sore is found that is waxy, shiny, red or pale, flat, rough, dry, or scaly, it should be checked by a doctor.

According to a brochure called Facts on Skin Cancer, available in the Humber Health Centre, cancer is a disease in which abnormal cells grow out of control.

The most common pre-cancerous condition is solar or actinic keratosis, a scaly skin thickening that develops in a small area, usually on the face, neck, or hands.

When a cell grows out of control it forms a mass called a tumor.

Tumors can infect and destroy

normal tissue around them and can spread to other distant parts of the body.

This occurs when parts of the tumor travel through the blood stream.

Sunburns and everyday ultraviolet (UV) light can damage the skin and lead to cancer.

Nancy Ayabaca, a second-year Business Administration student at Humber said she is aware of skin cancer, but usually only wears sunscreen on really hot days.

"It's a concern...but I only really think about it when the sun's out and it's hot," she said.

The Cancer Society warns that the sun's rays can be just as damaging on cloudy days and during the winter.

They suggest using a moisturizer with a SPF-15 during these times to protect their skin.

There are three types of skin cancer that students should be aware of: basal cell and squamous cell, the two most common, and melanoma, a very rare form of the cancer.

The National Cancer Institute runs a skin cancer Web site at [http://cancernet.nci.nih.gov/wyntk\\_pubs/skin.htm](http://cancernet.nci.nih.gov/wyntk_pubs/skin.htm), which lists people with light coloured skin that freckles easily, and those who burn readily as having the greatest risk.

This is because they usually lack sufficient quantities of melanin, a pigment substance that filters out the rays of the sun.

UV radiation from the sun is the main cause of skin cancer.

Included in this category are artificial sources such as sunlamps and tanning booths.

Long periods of exposure increase chances of getting the cancer.

There are four main methods of treatment including surgery, electro desiccation (tissue destruction by heat), cryosurgery (tissue destruction by freezing) or radiation (destroying cancers with rays that produce only minimal damage to surrounding normal tissues).

Students can reduce the risk of getting skin cancer by minimizing their exposure, especially between 11 a.m. and 4 p.m. when the sun is hottest.

Applying sunscreen with at least SPF-15 or higher to all exposed areas when outdoors is also a smart precaution.

According to the Web site, <http://www.maui.net/~southsky/introto.html>, it is very important to reapply sunscreen every two hours, even when it's cloudy, and after swimming or perspiring.

Students need to understand the risk of everyday sun and take precautions to avoid any future problems with their skin.

## Know your ABCDs

**A**symmetry: one half different from the other half.

**B**order irregular: scalloped or uneven border.

**C**olor varied: shades different from one area to another.

**D**iameter larger: bigger than 6mm in diameter.

Canadian Cancer Society

# "GIRLFIGHT...IS A SENSATION."

ROGER EBERT, CHICAGO SUN-TIMES

VOGUE

"One of this fall's most anticipated films."

PREMIERE

"Impeccably written and directed... empowering... stunning."

DAVID BLUM, GEORGE

"From the moment 'Girlfight's' gifted, SEXY star appears on screen, you know you're on the first steps of a thrilling journey."

US WEEKLY

"gripping!"

INTERVIEW

"Michelle Rodriguez... delivers one of the powerhouse performances of the year."

TALK MAGAZINE

"smoldering!"

TIME OUT NY

"Michelle Rodriguez will leave you reeling..."

SOUNDTRACK INCLUDES:  
 COLE - CUBAN LINK  
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 REMY MARTIN - SANTANA  
 STEVIE J FEATURING EVE

(WINNER • SUNDANCE FILM FESTIVAL 2000)

# girlfight

PROVE THEM WRONG

SCREEN GEMS AND THE INDEPENDENT FILM CHANNEL PRODUCTIONS PRESENT A GREEN/RENZI PRODUCTION A FILM BY KARYN KUSAMA 'GIRLFIGHT' MICHELLE RODRIGUEZ JAIME TIRELLI PAUL CALDERON SANTIAGO DOUGLAS CASTING BY ORPHEUS GROUP MUSIC BY SUSAN JACOBS GARY HARRIS MUSIC BY THEODORE SHAPIRO COSTUME DESIGNER LUCA + MARCO PRODUCTION DESIGNER STEPHEN BEATRICE

Read the Pocket Book BY PLUMMY TUCKER DIRECTOR OF PHOTOGRAPHY PATRICK CADY EXECUTIVE PRODUCERS JOHN SAYLES JONATHAN SEHRING CAROLINE KAPLAN PRODUCED BY SARAH GREEN MARTHA GRIFFIN MAGGIE RENZI WRITTEN AND DIRECTED BY KARYN KUSAMA

SUBJECT TO CLASSIFICATION

[www.sony.com/girlfight](http://www.sony.com/girlfight)

America Online Keyword: Girlfight

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# SPORTS

*et cetera*

The Hawks men's soccer team crushes Lambton, but barely squeaks by St. Clair

-see "Hawks"

Humber's women's soccer team proves dominant while beating St. Clair and Lambton by identical 5-0 scores

-see "Defence"

# Humber just does it

by Luc Hebert

Nike Canada and Humber's athletic department have formed an alliance that both parties hope to carry into the future.

Humber students can expect to see Nike's trademark "swoosh" a lot this year, as the company will have a great influence in the college. Nike has agreed to sponsor Humber's men's basketball team for the season, and is currently holding their All Canada Basketball Camp at the College.

With the sponsorship, Nike is paying for the team's practice gear including basketballs, gym bags, and some team apparel. Players will also receive a few pairs of shoes for the season, according to Humber Athletic Director Doug Fox.

"We have committed to a relationship with Humber College because they are one of the top teams in Canada," said Nike's National Sports Marketing Co-ordi-

nator, Marc Eversley. "Coach Katz has proven he can run a college program and that's something we definitely look at."

Humber initially approached Nike in an attempt to obtain a sponsorship for the National championships the college will be hosting in March. Fox said the proposal was submitted to find a way to alleviate some of the cost that comes with hosting the Nationals. The tab for the tournament is about \$30,000. When Fox submitted the proposal, Nike asked Humber to present a proposal for a team sponsorship as well.

Nike did not bite on Humber's proposal for the championships, but said they were interested in sponsoring the team for the season.

"In some way it helps, because what I can spend on the team can now go to the National championships," said Fox.

The contract is estimated at \$9,000. Fox said he was satisfied, since his original proposal for the

National championships asked for about \$10,000. In return, the Nike "swoosh" will be painted on the basketball court and Nike signs will be posted in the gymnasium. The logo will not be appearing on player uniforms due to OCAA policies.

Fox also said that this sponsorship will go over well with the players.

"We had a sponsorship with another company a couple of years ago, but that didn't go over well," said Fox.

Fox would not mention the name of the company, but did say that players did not want to wear their shoes and weren't happy.

"These [Nike] are the shoes they want to wear," said Fox. "This is the only company out there to deal with quite frankly, because it's too much of a headache to go with anybody else right now."

The partnership Humber has formed with Nike has also given the college the opportunity to host Nike's All Canada Camp, which features the top 64 men and women from Canadian high schools. The men's four-day camp started last Thursday, and the women's camp is currently under way.

The All Canada Camp is in its third year but its first at Humber. Centennial College hosted the camp from 1997-1999.

"The venue is bigger here at Humber," said Eversley. "We can get to do more of what we're trying to get done here."

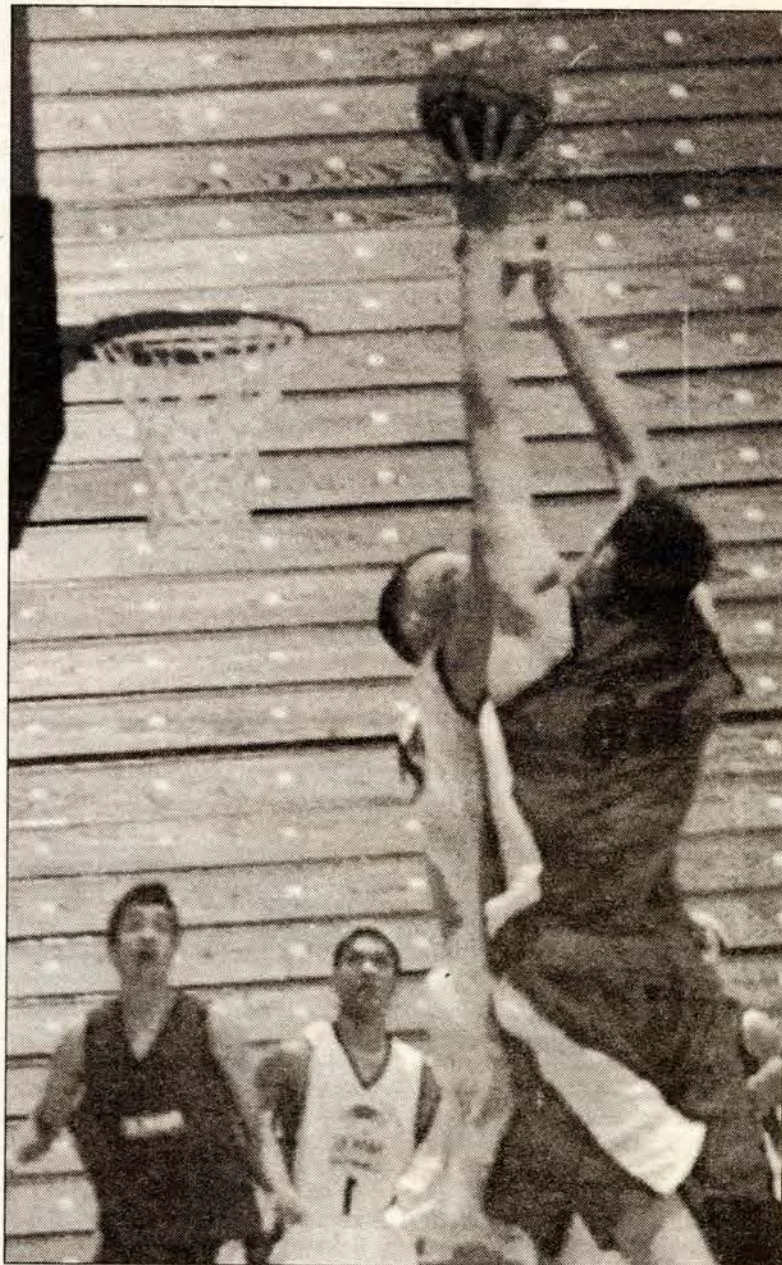
Eversley said holding the camp at Humber was also an advantage because there are three gyms, which allow coaches to spread the players out and give them more personal attention. Given its proximity to the airport and major highways, the college makes it much more convenient for players to get in and out of the city.

The camp helps the top Canadian basketball players develop their basketball skills as well as life skills. The players spend a portion of their day in the classroom where they learn about everything from stress management to dealing with the media.

"It's a very important part of the camp," said George Hunsburger, an academic facilitator with the camp. "The kids can't be in the gym all day, so we make good use of that time."

Guest speakers included broadcaster and voice of the Toronto Raptors, Chuck Swirsky, as well as, the Raptors' assistant coach, Brian James. Both offered advice to the up-and-coming players.

"I was a high school coach for 18 years and have a special love for high school athletics," James said. "I really stress not only becoming the best player you can be, but also getting on the right track and becoming the best person."



LUC HEBERT

**I GOT IT, I GOT IT**—Two players battle for the ball in the low post in the final game of the Nike All-Canada camp this past Sunday.

James said the players attending the camp are at the age where, even if they have made mistakes, they have the time to make up for them in a good way.

"If they're at that level, where they're on board, on the way they conduct themselves, it is also important that they stay there," said James.

The camp also gives scouts from American and Canadian schools the opportunity to evaluate potential recruits.

"We use this camp to show off our players," said Tim Baulk, camp director and manager of Elite Development for Basketball Ontario. "This camp gives the CIAU and NCAA coaches the opportunity to evaluate the talent in Canada."

Baulk said every player attending the camp has a chance at play-

ing for a Division One, NCAA school.

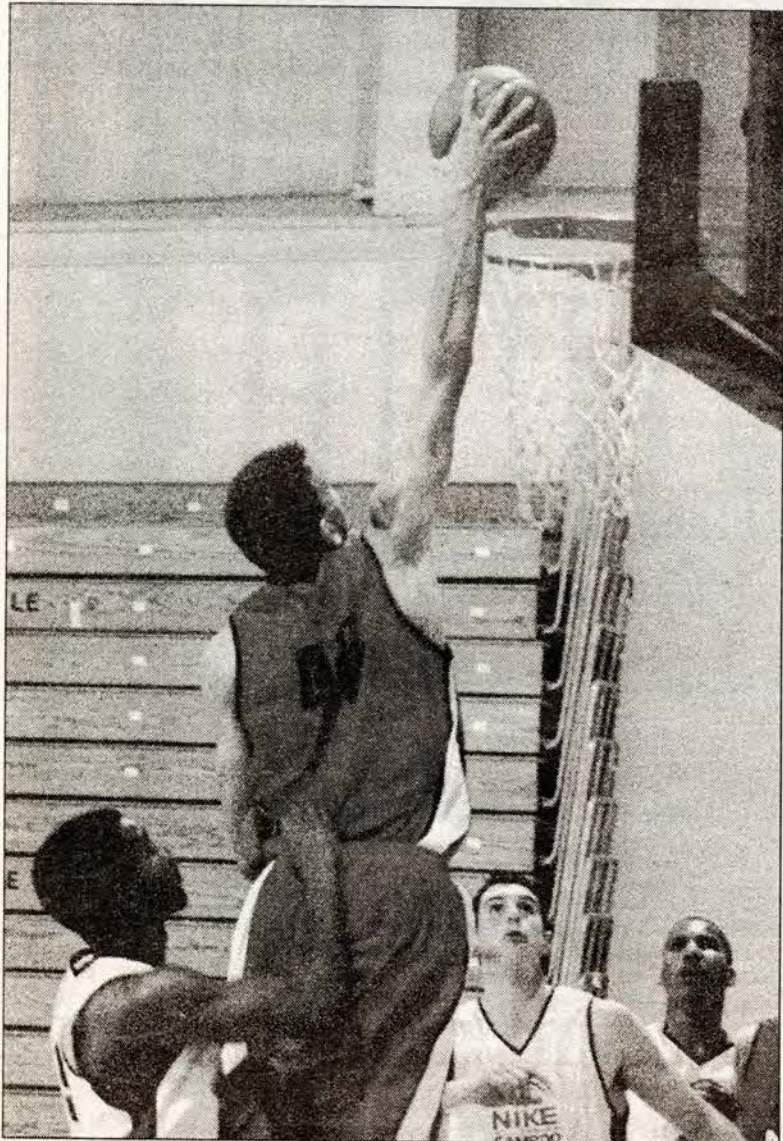
"Others will go on to have a great career in the CIAU or the CCAA," he said.

Basketball Ontario, who also used Humber's facilities for camps in the summer, has a good relationship with the college, which certainly played a factor in the selection of the venue for this year's camp.

"It's always easier to work with someone you've worked with before," said Baulk.

Nike and Humber also teamed this summer when Basketball Canada, which is sponsored by Nike, chose Humber as a practice facility for the men's and women's Olympic teams.

The company will also be sponsoring a high school basketball tournament hosted by Humber later this year.



LUC HEBERT

**JUST LIKE CARTER**—One of the top collegiate players in Canada goes over three players to dunk the ball home in an inter-squad game at Nike All-Canada Basketball Camp held at Humber College last weekend.

The Humber Hawks' men's hockey team travelled to Michigan last week for an exhibition tilt against the Michigan State Spartans.  
--see "Hawks spanked"

Humber College will be hosting the 2000 Hoop-a-thon next Tuesday to help raise funds for the United Way. Everyone is welcome to come out and try their luck by taking 20 free throws

The Toronto Raptors have opened their training camps. The first pre-season game will take place on October 10 at the ACC against the Minnesota Timberwolves.

# Hawks conquer the wild wild west

by John Edwards

The Humber Hawks men's soccer team squeaked past a tough St. Clair Saints squad and easily tamed the Lambton Lions in a twin bill at Humber this past weekend.

Hawks midfielder Luigi Landauro scored with under four minutes to play, giving the Hawks a 3-2 victory over St. Clair. Being down for most of the game Landauro said "It felt great" to put his team ahead for good.

Head coach Germain Sanchez said this match was a tough one for his squad.

"They were marking us very hard and our team was somehow able to relax early in the game," Sanchez said. "It was a very difficult game for us. They played very well, but it was a good thing we came back and were able to win this game."

*"My job is to score goals and if I can blow a team out, I will blow them out,"*

--Jesse Calabro

The Hawks were down 2-1 with less than 15 minutes to play until midfielder Joey Tomaselli deked through two defenders and passed the ball over to Danny Mantero who netted his second of the day and fifth in the last three games.

"I saw Danny open. He had a better chance and that's what we're



JOHN EDWARDS

**AGGRESSIVE BEHAVIOUR** - The game of soccer can be very physical at times, especially when Peter Curic (left) jockeys for position with this Saints defender.

here for, to win every game. So I gave him the ball and he put it in," Tomaselli said.

Mantero said his recent hot streak is surprising, simply because he's sticking to his game.

"I'm just trying to do the best I

can for the team. The net is really big for me right now, I'm just finding it," Mantero said. "I'm not doing anything extra, I'm just playing my normal game and the goals are just coming with it, so that's a bonus."

St. Clair got out to an early 2-0 lead with two goals by Ergun Kula.

Humber forward Jesse Calabro said it was persistence that gave the Hawks an opportunity to win.

"All we did was keep pressuring them and pressuring them,"

Calabro said "We said the chances would come and they came and we put them in."

The Hawks embarrassed Lambton on Friday as they came out flying and silenced the roar of the Lions with an 8-0 romp.

Calabro scored four goals in only 25 minutes of play to bring his league leading total to 10.

Calabro was happy with the win and said he loves the opportunity to score a lot of goals against the opposition.

"My job is to score goals and if I can blow a team out I will blow them out," Calabro said.

Mantero netted two more for the home side while Jeff Silva and Peter Curic each tallied one for the Hawks.

Up 7-0, Sanchez said the Hawks used the second half as a way to work on their skills.

"The whole second half we tried to work on the basics of the game," Sanchez said. "They did not have a good game, so we did not want to rub it in."

Defender Arturo Alava said it feels good being on top.

"We enjoy knowing that we are better than the opposition," Alava said.

Assistant coach Cesare Tripodo said the Hawks can't afford to get too over confident.

"Being on top of the totem pole in the sense of not losing a game yet you are always cocky. The attitude of winning is a great one, but you have to translate that on to the field," Tripodo said.

## Defence vital in recent unbeaten streak

by Lindsay Higgs

The Lady Hawks continued down their road to success last week beating St Clair and Lambton, both by a convincing 5-0 score.

On Saturday, the Hawks defeated St. Clair, who travelled from Windsor.

Midfielder Nadia Stefanutti opened the scoring early in the first half, while Allison Read netted two and co-captain Adriana Cataldo tallied as well. Defender Joanna Kontonikolas also added a goal midway through the second half to round out the scoring.

"We are playing at our own pace and own speed now," said Stefanutti.

Stefanutti also said although the team is scoring a lot of goals, the defence is key to the Hawks' fortunes.

"We have the strongest defence in Ontario. We are unstoppable. We are unbreakable," said Stefanutti.

Hawks' defender, Sonya Bukovscak, also said the Hawks defensive corps is the best in Ontario, and perhaps even in Canada.

*Hawks roll over opposition to extend unbeaten streak to six games*

"Our defence corps is really strong," said Bukovscak. "We are tough mentally and physically and we try not to let anyone past us, no matter what."

Last Friday, the Hawks walked all over the Lambton Lions.

Midfielder Filomena Aprile led the way for the Hawks with three goals. Allison Read and Joanna Vitale each notched a goal also. The unbeaten Hawks have now won four games and tied two, which has solidified first place in the OCAA Central West division.

*"We have the strongest defence in Ontario. We are unstoppable."*

--Nadia Stefanutti

"It was the same mentality as the other games we have played," said Aprile. "Yes, we were quiet at the beginning of the game, but we started to pick the game up a little bit because we were bitter about the score at half time. We turned it up

a notch, and soon after the score was 5-0"

Head coaches, Mauro Ongaro and Vince Pileggi said they were pleased with the performance of the team.

"We capitalized on our chances," said Ongaro. "We were there for the ball and it was a physical game, but we didn't back down."

Humber was slow to start, only scoring one goal in the first half, but picked up four more in the second.

"Even though the score was only 1-0 at the half, we scored four more in the second half to cap off a great game," said Pileggi. "That's credit to the girls because they never gave up."

Aprile said the team played well in both games and the key to that was moving and passing.

"We're not kicking and running," said Aprile. "If you kick and run, then it's a fifty-fifty chance. But, if you control the ball like we do, you are going to do well and frustrate the opposition."



LINDSAY HIGGS

**ANOTHER 50-50 MOMENT** - Hawks striker Joanna Vitale challenges this Saints defender for a 50-50 ball.

# Hawks spanked by Spartans

by Jason Thom

When Head Coach Joe Washkurak started to plan this year's men's hockey schedule, he wanted to give his team the best chance for a winning season.

He loaded up the first half of the year's schedule with overnight trips to play some of the best competition in North America.

You would figure that a coach would be upset about travelling more than five hours on a bus to lose 7-4 to Michigan State University (MSU), but that was not the case.

"We wanted to let the guys get it out of their system and get used to each other and try not to take too much from this game," Washkurak said.

Hawks goalie Brent DeNure liked what he saw from the team despite the loss.

"To have a road trip like this right off the bat is good for team chemistry," DeNure said. "Guys were sticking up for each other and going to the wall for each other."

The game started off with a bang, as both teams took a physical approach to the game.

Humber drew first blood, when Derek Kearns opened the scoring near the midway point of the first.

The Hawks went up by two just over a minute later when Morris Marshall connected on the power play for his third of the pre-season.

The chippy Spartans fought back with two of their own to make it 2-2 at the end of the first.

At the beginning of the second frame you could see that Humber was feeling the effects of the travel.

MSU gained control taking a one-goal lead early in the second,



JASON THOM

**FACING OFF—** Hawks used this game with the Conestoga Condors to prepare for their game against Michigan State.

only to see Eric Hobor tie it up by converting a nice centering pass from Captain Chris McFadyen.

MSU continued to beat the Hawks to loose pucks resulting in another Spartan goal putting Humber down by one.

"I think the travelling gave us some bus legs," Hawks defenceman Shane Mitchell said. "We're still not in really good shape and we definitely need to work on our skating."

But the Hawks showed some punch in the third period when they started to finish their checks and jam the front of the Spartan net with as many blue jerseys as they could.

It paid off as Marshall scored his second of the game, and fourth in two games, by banging in a loose puck to tie the game at four.

But from there on in, it was all MSU.

The Spartans scored three unanswered goals including an empty

net marker to beat Humber 7-4.

DeNure, who stopped 12 of 15 shots after replacing starting goaltender Terry Gilmer said the team had to look at the positive side of the loss.

"That's what weekends like this do, we get to know each other, getting to call each other nicknames and have a few inside jokes with the boys," DeNure said. "This weekend will definitely be a stepping stone to becoming a team."

The long ride home from Michigan could have been unpleasant considering the loss, but the crew was upbeat and speaking highly of the team's promise for the season.

"We've got too much skill and too much experience on this bus not to make it click," DeNure said. "We have everything you need, all we need is just a little more time so everyone is reading from the same page."

# Hawks beat Condors

by Lindsay Higgs

The unstoppable Lady Hawks took another step in the right direction, crushing the Conestoga Condors 10-0 at Kitchener last Wednesday.

Hawks' striker Joanna Vitale struck again scoring four goals to lead the Hawks to victory. It was Vitale's second consecutive game scoring four goals.

"The reason why I score all of these goals is because of my team mates," said Vitale. "They give me the opportunities and I need to capitalize on those opportunities."

Other goal scorers included forwards, Allison Read who netted two goals, while Kim Perras, Lucia Sinisi, Filomena Aprile, and Rosa Andriano had one apiece. This is the Hawks' fourth league game of the season, and they have gone undefeated, allowing only one goal in four games.

"Our last game put us on a high," said Perras. "We aren't cocky, but we now have the confidence and we are doing really well."

Midfielder Rosa Andriano said the key to their success is the defensive aspect of their game.

"We are passing so much more now," said Andriano. "We had the opportunities because the other team wasn't covering. The defence was pretty much left open so we took all the chances we got and scored."

Read said Humber is the best and most talented team.

"We play so well together because of our talent," said Read. "Today we were just having fun because we knew this team wasn't

anywhere near our level. We just had a lot of fun scoring goals."

Coach Vince Pileggi said the team marks their success on how many goals they score, but that is not always the way of the coaches.

"Coach Mauro and I don't do that. We are more concerned about the way they play on the field," said Pileggi. "The girls worry about the goals, and we, the coaches, worry about their performance on the field."

Humber is now first in their division and Joanna Kontonikolas said the team can only get better from here on out.

"We're working together more as a team, and now we are much better than our last two games," said Kontonikolas. "We know how the players play and how the team plays."



LINDSAY HIGGS

**MINE—**Hawks midfielder, Filomena Aprile, goes after the ball against a member of the St. Clair squad.

# Start spreading the news: Go Yankees!

So here we are. Baseball's regular season has finally, and I put much emphasis on finally, come to an abrupt but inevitable end.

It is now time for something bigger, better, and a lot more thrilling. Bring on the post-season. Bring on the fall classic. The time where baseball does in fact get exciting, and in some ways dramatic. It's a time that totally eradicates a long and tedious 162-game season, which is now a far distant memory to even the most hardcore fans and bleacher creatures across North America.

No more watching the under-achieving Toronto Blue Jays score an abundance of runs but eventually losing 15-10 to the lowly Tampa Bay Devil Rays. No more watching the bargain basement Montreal Expos battle the Pittsburgh Pirates for the rights to be baseball's worst team. No more watching the naughty Carl Everett throw a temper tantrum because someone inadvertently spilled Gatorade on his pants. Oh the horror!

Enough of the silly shenanigans and sentimental crap. Let's play ball.

Eight of baseball's best franchises will push towards an achieving Major League Baseball's ultimate prize. The World Series. Last year, the New York Yankees cap-



John Maida

Sports Columnist

tered the trophy and were tagged as the greatest team of the decade, and perhaps the century.

Well, we are in a new decade and a new century and it's time to determine who is the greatest team of the new millennium.

Perhaps the most silent, but deadly teams are the Oakland Athletics from the American League and the San Francisco Giants from the National League.

Aside from being neighbouring cities in the California bay area, they are very similar teams in

terms of their style of play.

They both feature a potent, dangerous offence with an array of young sluggers who seem to come through in the clutch on so many occasions, something that the Toronto Blue Jays failed to do at pivotal points throughout the season.

They also have young, dominating pitching, which might make them or break them in the playoffs. But more importantly, the Athletics and Giants are very well managed, which sometimes is the key to success in post-season play.

Art Howe and Dusty Baker have waved their magic wands and turned two up-and-coming teams into division champions and possible contenders to win the World Series.

Surprisingly, the Chicago White Sox and St. Louis Cardinals had stellar seasons. They are quite capable of pulling off an upset, but I don't believe either team has what it takes to win a World Series.

Which leads me to my next point. A bitter one at that. I'm hoping and praying to the baseball gods that the Atlanta Braves roll over and die. I have seen enough of this boring, extremely overrated, joke of a baseball team.

I am certain baseball purists all over the world feel my pain as well, and want nothing more to see the

Braves fail and wither away, again, in the cool, crisp October air. You'd figure after nine consecutive post-season appearances with only one World Series to show for it, they would wipe the slate clean and rebuild with a younger nucleus of players.

But no. Ted Turner, John Schuerholz, and Bobby Cox are too stupid and stubborn to realize that no matter how good their pitching staff is and how many times they make it to the post-season, they will never be a world-class champion or for that fact, a team for the ages. It figures though, they are from Georgia. The Braves are the Buffalo Bills of Major League Baseball.

On the other hand, the Yankees are a complete flip side to the Braves. I'll admit, the Yankees didn't have a dominating season like the White Sox and Giants had. However, the pinstripes know all too well what it takes to succeed in the playoffs. After all they are the two-time defending champions.

The Yankees are much too strong in every position on the field, which makes them the cut-above everyone else. I would take Bernie Williams, Derek Jeter, and Andy Pettitte over any three players out there.

Sure, they don't post up big numbers like Greg Maddux, Frank

Thomas, or Alex Rodriguez, but they get the job done. And in the end the only thing that matters is winning, not who has more home runs and the lowest ERA.

So you're probably asking yourself what other organization has what it takes to make it to the World Series? Well it sure as hell won't be the Braves.

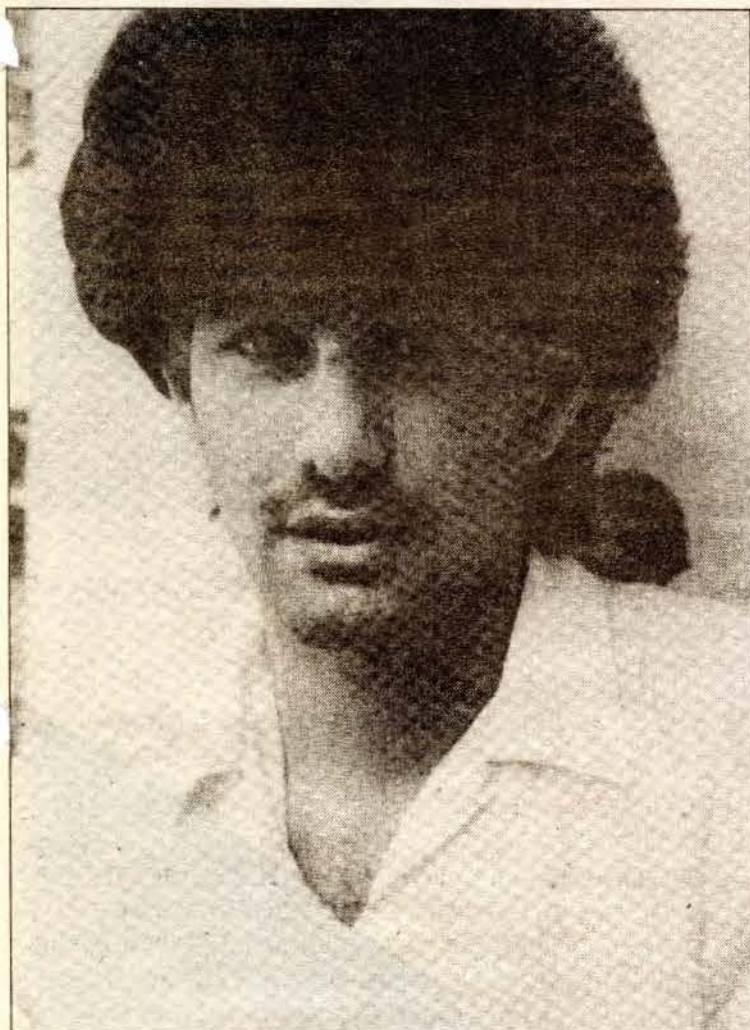
The Giants and Athletics are too inexperienced, and the White Sox and Mariners have too many holes to fill. Which only leaves the New York Mets.

Oh right, the Mets! How could anyone forget about them? They came within two games last year of completing the dream series with the Yanks, only to fall short to the big dull, dumb monster called the Braves. The Mets seem more experienced and highly determined this year to make it to the show.

The Subway Series would be a dream for Major League Baseball. It will be perhaps one of the most spectacular and overwhelming World Series' in years, something which baseball fans haven't had for a while because teams like the Braves had occupied that spot far too much.

So go Yankees and go Mets. Give the baseball world something to finally cheer about. Just please, for the sake of all mankind, no more Braves baseball...please.

# BIZZARTIFACTS *et cetera*



## Look at this guy's hair!

Taken from the Humber Coven archives circa 1979. This is Paul Marin, a public relations student just days before disco was set to die. Although Paul was featured in Coven for collecting sports paraphernalia, we felt compelled to adorn our pages with his mug simply because of the small furry creature living on top of his head. Chinchilla or poodle? You decide.

## The Sex Files

- The speed of semen during ejaculation is clocked at a velocity of 28 mph.
- 62 million sex acts are performed each day around the world.
- An average man will ejaculate 15-20 gallons of semen in his lifetime.
- 5 per cent of penis injuries occur during sexual intercourse. OUCH!
- Winter is the most popular season for sex.
- Men average approximately 11 erections a day.
- Semen is mostly made of fructose sugar and contains five calories per teaspoon.
- 15 per cent of the world's population practises male circumcision.

Source: [www.thriveonline.com/sex/misc/sheet.smarts.html](http://www.thriveonline.com/sex/misc/sheet.smarts.html)

## Say What? "1990"

"I'm so terrifical, I have my own toll-free number: 1-800-UNBELIEVABLE."

-Andrew Dice Clay,  
The Adventures of Ford Fairlane

"This is Hard Harry reminding you to eat your cereal with a fork, and do your homework in the dark."

-Christian Slater,  
Pump Up the Volume

"I'm funny? I don't get it. How am I funny? Funny like a clown? I make you laugh? Is that it? I amuse you, I'm here to fucking amuse you? What the fuck is so funny about me? Tell me."

-Joe Pesci,  
Goodfellas

"Of course this land is dangerous. All of the animals are capably murderous."

-Of Course,  
Jane's Addiction

### .....Answers to Trudeau quiz from page 7.

1. John Turner
2. Fidel Castro
3. Justin, Sacha, and the late Michel
4. Front de Liberation du Quebec

## What's your sign?

**LIBRA**  
23 September - 22 October  
The intuition you had about the pointlessness of this week's horoscope was right. Stick a feather in your cap and walk proud.

**SCORPIO**  
23 October - 21 November  
There's a reason you've been having problems falling asleep lately. The sounds coming from under your bed are actually a family of poisonous wombats. Sleep with one eye open.

**SAGITTARIUS**  
22 November - 21 December  
I am we Todd did. I am sofa king we Todd did.

**CAPRICORN**  
22 December - 20 January  
Take some time off and spoil yourself. Why not chase after you childhood dream of running naked in the Garden of Eden with Puff the magic dragon. The results will be overwhelming.

**AQUARIUS**  
21 January - 18 February  
The unseasonable weather has brought craziness to your life. If the voices in your head are louder, don't fret, the winter will send them into hibernation. But for now, just ignore them. Stop talking to me! Leave me alone! Ahhhhhhhhh!

**PISCES**  
19 February - 20 March  
You are an inspiration to many people, keep reaching for those stars. If you're having trouble, try the escalator.

For entertainment purposes only.

**ARIES**  
21 March - 19 April  
Don't feel guilty, everyone eats turkey on thanksgiving. Just don't come crying to me when that small creature comes bursting through its stomach and kills your whole family.

**TAURUS**  
20 April - 20 May  
Don't eat too much turkey this weekend. That stuff makes you sleepy, and cousin Earl's had his eye on you.

**GEMINI**  
21 May - 20 June  
Love is just around the corner this week. Unfortunately, it dresses like an ape and smells like dung.

**CANCER**  
21 June - 22 July  
Your social life is at a standstill because you lead a plain, simple, boring lifestyle. You can blame your hippie parents for that. Add some spark by watching an X-rated film, play Twister, or jaywalk if you have to.

**LEO**  
23 July - 22 August  
Feeling bored? Well, you'll find much needed pleasure by opening up you hand and studying all of the wrinkles on your fingers and in your palm. You'll be surprised by what you find on your right hand.

**VIRGO**  
23 August - 22 September  
You've been obsessing the small details and seem to have missed the bigger picture Virgo. So why don't you try reviewing it over and over again until you do.

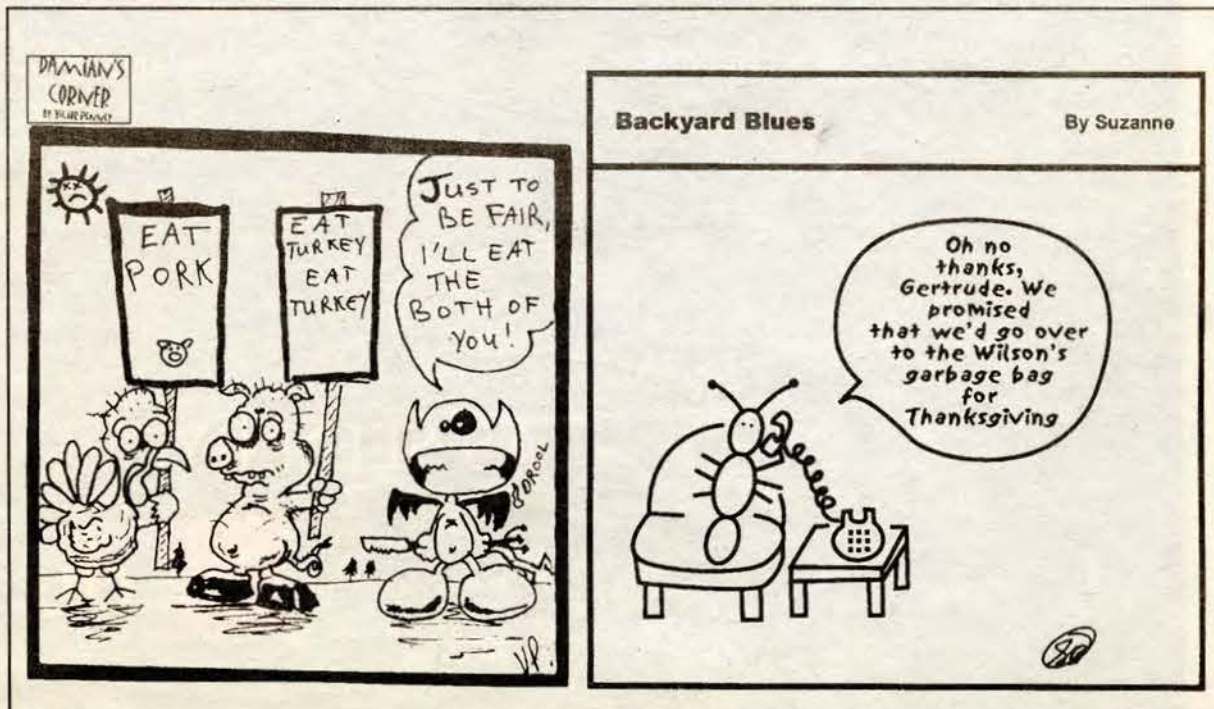




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