

Students signing off SAC

by Derek Malcolm

shortage of SAC reps could leave hundreds of students voiceless after a recent Humber council by-election came up seven seats short.

Of the 60 applications distributed by SAC for council representative positions, only eight were returned. Of the eight, seven new reps were added to the roster, nudging the total up to 18, said SAC President Muhammad Virk.

This time last year, SAC had only 13 reps, and remained short-handed throughout the year, indicating a fading interest among students.

In an effort to counteract the low application numbers, a hot topic of discussion during the new council's retreat last weekend was improving SAC awareness throughout Humber's campuses, said Vice-President Chuck Decker.

"We need students on our council. I would encourage students to please come and join us," said Virk. "They (students) pay a good amount of money for SAC office, and for other activities. They should care."

Gurpreet Bhamra, one of SAC's new council members for the School of Manufacturing, Technology and Design, said the schools should be represented better.

"Most people don't even know who SAC is," Bhamra said.

While Virk stressed that being a SAC rep helps develop negotiation skills, and the ability to represent other people's ideas, Decker cited some more materialistic rewards.

SAC's honorarium system rewards two

'rep of the month' selections, with a cash prize of \$150 cash. The rest of the council is also rewarded up to \$75 per month, or SAC clothing prizes for completing a minimum amount of office hours, attending regular meetings and lending programming or service support.

The School for the Built Environment and the School of Health Sciences each need two more reps, and the School of Liberal Arts and Sciences needs one more to adequately serve its students said Virk.

No one from the School of Hospitality, Recreation and Tourism (HRT Alliance) applied leaving them without representation.

The absence of represention means the absence of student feedback.

-see SAC page 8



PHOTO OF THE WEEK

First-year Creative photography student, Deborah Schmidtke, snapped this photo of her daughter Sara.

Let's innovate

by Frank Monaco

Humber College hosted the League for Innovation's annual conference and added a retirement celebration for the league's President Terry O'Banion, Sept. 30.

The League for Innovation is a group of 20 colleges in North America that attempts to improve community colleges through innovation and change. The 20 CEOs from the colleges make up the board of directors.

"(The League) is pushing new frontiers and trying to always press the buttons to do the right things to prepare colleges for the future," said Humber president Dr. Robert Gordon.

Humber College is the only Canadian College that is in the League for Innovation.

"When we were looking for a Canadian college many years ago, Humber was recommended to us by all of the national leaders. Humber was the outstanding community college in Canada, so it was easy," O'Banion said.

"We made several site visits and saw the quality of leadership, we saw the quality of innovative programs and it was an easy decision to bring Humber into the League."

O'Banion said Humber has been one of the outstanding members.

"They have made great contributions, they have many excellent, outstanding programs, particularly in international education, work force development, all of their partnerships are extraordinary, and they lead many of our project activities," O'Banion said.

"I think we are well respected. This is a prestigous group of colleges. It's all over the U.S. It's not like all of Ontario or all of California. It's throughout the nation," Gordon said.

The League's sessions took place downtown while the retirement dinner was hosted by Humber students here at Humber's North Campus.

A reception area was made in the Concourse area and a view of the college was set up for the league's representatives. They could see part of the college through pictures as well as being on campus.

The hosts and servers for the evening were students getting practical experience in the Hospitality, Recreation and Tourism programs. After the reception a jazz band of Humber students entertained the guests in the lecture-theatre room.

The night ended in the Seventh Semester where Humber culinary students prepared an exquisite dinner.

It was an emotion-filled evening with many friends and members exchanging memories and "roasts" of Mr. O'Banion who was with the league for about 23 years.

Mark Milliron of North Carolina will succeed Mr. O'Banion as the League's new President.

"He's very sharp. He is also very young, (32), significantly younger than the other three finalists," Gordon said.

Ackee Tree breaks sound barrier

by David I. Wylie

To the joy of hundreds of students, music will once again flow from the speakers at the Ackee Tree restaurant.

A short while ago the Ackee Tree was told to shut off their music due to complaints from faculty across the hall. After a 25-page petition was signed by hundreds of students, the speakers were turned back on.

Gary Jeynes, director of Ancillary Services and Public Safety said a compromise has been reached.

"I spoke with Chris (the owner of the Ackee Tree) and the individual who raised the concern, and I'think we're okay now," said Jeynes. "They can play the music but not too loud."

Jeynes said the Ackee Tree had to look into acoustical soundproofing. The speakers have also been repositioned to lower the volume. Jeynes said despite the hundreds of signatures, the petition was not a factor in the decision to let the music play.

"It (the petition) is not really an issue," said Jeynes. "We have to respect the learning environment."

Chris George, the owner, said music makes people happy. "People enjoy the music. When they walk by it makes them feel good." Goerge adds, "It puts a little pep into their step."

George said that when the music wasn't playing "people looked so sad that you could see it in their face."

Shawn Deguire, first-year business and administration student said the Ackee Tree wouldn't be the same without the tunes.

"The music is a part of the Ackee Tree," said Deguire, one of the students who signed the petition. "Without the music it wouldn't be whole. There would be a big part missing."

Deguire said the music contributes to a more pleasing environment.

"You have a variety of music, so that makes people feel welcome," said the regular Ackee Tree customer.

George said he plays all kinds of music.

"I play everything. I play Hendrix, Winston Marsalis, Benny Goodman, Bob Marley, lots of reggae, lots of jungle, and lots of house," said George.

Student DJs even give him tapes they've made themselves.

Students have told George that music "gets them away from the hum drum-ness of going to school every day."

The music at the Ackee Tree will play on, just a bit more quietly



Victorious Ackee Tree owner Chris George

Big clock on campus for year 2000

The stroke of midnight on Jan. 1 will be bring a new Millenium and a new clock tower.

by Sabrina Divell

When midnight strikes on Jan. 1. 2000. Humber College's clock tower will chime its first note, said Doris Tallon, the associate to Robert Gordon.

The 30 to 40 foot tower has been on the drawing board for several years.

With nothing yet written in stone, Tallon has high hopes for the clock tower, and said plans may include a time capsule at its base.

The idea for the tower's design was originally sparked by Tony Addesi, an Interior Design student, whose hand drawing won a contest Tallon organized to get students involved in the project.

Inbal Dery, a graduate from Humber's Interior Design program, has helped re-design the clock tower using Addesi's original hand drawing.

"We didn't have any drawings, all we had was a picture," said Dery.

She said the tower, which will be built on the path in front of the library entrance, will have three clock faces with different sounding chimes for each hour.

Both the tower and clock faces will be lit up at night by spotlights surrounding the base.

Tallon, who's been the leader of the project, began collecting money for the tower 10 years ago. With help from SAC, Tallon rallied staff and some students to purchase 100 bricks.

She said the fund-raiser successfully raised over \$8,000, but the budget crunch came forcing the clock tower to be put on hold until recently when Tallon reopened the project.

The money raised by selling bricks was put into the hands of the Director of Financial Services and Planning, John Sutton, and has now grown to \$11,000 with interest over the years.

"We are really going to put the push on now," Tallon said.

She approached Interior Design students Nick Lombardo and Inbal Dery who worked with Richard Lawson, the program co-ordinator for the Built Environment, and Arthur Steeghs, part-time instructor of 3D Max, on the working drawings for the tower.

Lawson said Dery, Lombardo and Steeghs were responsible for producing a two-minute animated video two years ago that helped collect money for the tower. Lawson said the video took four months to prepare and consists of 30 slides per second.

"We used the computers from 10 (p.m). at night until 7 (a.m.) in the morning," said Lawson who helped distract security as the other three used all 30 computers in J201 to render the slides for the video.

"Every computer was just whirling like crazy."

Lawson said there were a few nights, during the 15 weeks it took to complete the slides, that the three slept in the computer rooms on air mattresses so they could watch the computers.

One of the biggest roadblocks



The clock tower's daily chimes will greet Humber students returning in January.

had to approach the former City of Etobicoke for a building permit for the tower.

The tower interferes with a major fire route for the school.

"We had to demonstrate to the (city) that we could go around the tower and that it wouldn't affect the fire route," said Lawson.

He also said they have recently run into problems with a sewer line and a water line that run under the path.

Lawson said he and Bob Moulton and himself will be on

for the project came when Lawson site the first day of digging and will decide if the foundation for the clock tower will be shaped like a 'T' or built on a pedestal to accommodate the two pipe lines.

> Tallon and Lawson both agree that building the clock tower at the entrance to the library is a good idea.

"Now when people come into the school, you can say head for the clock tower entrance," said Lawson who is looking forward to using that description instead of the Library entrance which is easily confused with the Registration entrance.

The biggest concern for the future of the clock tower is funding. Tallon has approached SAC for a helping hand to get students involved in the project again.

Muhammad Virk, SAC's president, said he is really excited about the idea of Humber having a clock

"If you need student body help we are here," Virk said.

Any students or staff who wish to take part in the clock tower project contact Doris Tallon at extension 4232 or Muhammad Virk in the SAC office.

Suspect sought in Humber car theft

by Laurel Mikolaitis

On-campus security will not be increasing after a recent car theft. A car was stolen from parking lot 7 on Thurs., Sept. 23 from Humber College at the North Campus. The four-door 1984 Toyota Tercel, owned by student Tracy Bellman, disappeared sometime between 7:30 a.m. and 1 p.m.

Bellman said her car was left unlocked in the pay by day parking

"There was nothing of value in cles. the car," she said.

lot after class and finding her car Bellman notified Humber's security and police.

Three days later police called Bellman and told her the parking lot of the utes away from the college. The car was out of gas and the battery dead.

Bellman advised students to get theft insurance on their vehi-

"I didn't have it, but I was lucky

After returning to the parking to get my car back. It doesn't matter how old your car is, especially for students who use their cars to

"Take personal precautions here and I assume that when I that her car had been found in in securing your vehicles and Security should be more aware Woodbine Racetrack, just min- lock away any valuables."

-Gary Jeynes, Director of Public Safety

get to school every day," she said. student Christine Beauchamp heard about the inci-

dent she became nervous because she parks her car in Humber's lots on a daily basis.

"I pay a lot of money to park am in class my car will be safe. of what is going on in their own parking lots," Beauchamp said.

Director of Public Safety Gary Jeynes said they patrol parking lots, but it is a large area to cover.

"Security is not going to be increased," he said.

He said he doesn't know why or

how the vehicle was taken, but added the Tercel "wasn't a highend vehicle."

Owner Bellman agreed, saying her car is a "rustbucket".

Nancy Pinson, manager of Public Safety office, said the crime is being investigated by Toronto Police Services.

"We haven't been updated on the present situation," Pinson said.

Anyone with information about this crime can call Crime Stoppers at 222-TIPS. You may qualify for a cash reward of up to \$1,000.

Union questions VP promotions

by Brian Sylvester

President Gordon said the recent promotion of three school deans to associate vice-presidents will cost Humber no more than \$70,000 or the equivalent cost of hiring one new professor.

On Sept. 16, Humber promoted Anne Bender to Associate VP of

"I'm always concerned about putting more money into an administrative layer of the college."

- Paul Michaud vice-president of Faculty Union

Quality Assurance, David Alcock to Associate VP of Technology Development, and Michael Hatton associate VP of Strategic Growth.

The moves came as a surprise to the faculty union and regardless of Gordon's promise, the promo-

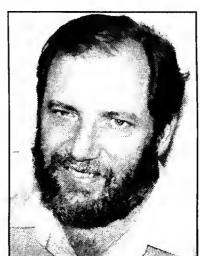
tions have raised union concerns over the increased bureaucracy new positions will create.

"I'm always concerned about putting more money into an administrative layer of the college," said Paul Michaud, vicepresident of the faculty union. "It's always a concern given what goes on in the school. They're reducing a number of full-time faculty. They're reducing a number of support staff."

"I'm worried a little bit by the implication that something's not working [at the college]. I have no evidence that those areas are a particular problem or necessarily require a lot of energy," he added.

Gordon said while the new positions include a small raise they are a necessity for the long-term health of the college. He added that the union should be "happy" they didn't create brand new jobs.

"We just added a little bell and whistle to existing staff... I need people to be accountable to the



Michaud, President Faculty Union college," he said.

Part of the reason for the promotions was to give deans power to lead and make changes.

"I've got to give them clout," Gordon added. "They have to be seen as important in the hierarchy of the college."

He used the Quality Assurance position as an example of how these positions are necessary.

"In Quality Assurance there is more pressure to be accountable to the government. Before it was hit or miss now there's no fooling around," Gordon said. "If we don't do something about quality assurance and the [key performance indicator) numbers go down the tubes wouldn't we look silly for \$70,000."

Michaud still questioned the responsibilities of the positions.

"It's not clear to me at all what the positions are doing. We're not sure if this means they are going to be over-worked because these are all people that had existing jobs," he said. "Or if it indicates they were actually under-worked in their existing jobs and they will have no problems adding these responsibilities."

Humber now has four vicepresidents and three associate vice-presidents. Gordon said Humber's numbers are still comparable to Seneca College. He Development position would only be in place for two years and added that Michael Harper, Dean of Planning, would be retiring

"In quality assurance there is more pressure to be accountable to the government. Before it was hit or miss. Now there's fooling no around."

- President Gordon

after this year leaving a void in terms of experience.

Gordon said all the deans applied to the VP positions and were willing to take on the extra work load. He also said the VPs might hire some support staff but most of the work would be delegated to people in their respective

Bender ready for new post

by Jason Ritchie

Meet Anne Bender, Humber's new Associate vice-president of Quality Assurance.

Bender, Dean of Healtth Sciences, was one of three deans promoted to associate vice-presidents in September.

She has been at the post for only two weeks, but Bender is enthusiastic about the challenges the position demands.

"Humber has quality," said Bender as she described her new

She said her job is to ensure that Humber students are getting their money's worth.

Bender added that students have to feel they are receiving a quality education that prepares them for a quality job upon graduation.

She has a solid track record and brings her own definition of success to the new post.

"Success (quality) is based on a partnership with others ... consultation and facilitation," she said. "Everyone must be engaged in the we do well and share it with other (departments)."

Bender said by using partnership, the quality of education is



Anne Bender, Dean of Health, was recently appointed Associate vicepresident of Quality Assurance

first met

While focused on the present, Bender has long-term goals in mind. She wants to remain in her new position, but admitted it is somewhat of a catch 22.

She said if the job is process and must first realize what erly, one day "...we will not need someone in charge of (quality assurance). I could do myself out of a job."

But Bender explained there was

ample room for improvement Humber-ensuring her at least some short-term security.

One area of improvement Bender will focus on is the quality of service provided to college graduates.

She said when the learning is done at Humber, the graduates should feel comfortable with their time spent here.

Bender Humber also has a quality commitment to employers that every graduate from Humber is properly skilled to enter the work

Bender's quality assurance department is responsible for the tests that students are asked to fill out each year to give feedback their education.

Bender said these key performance indicators (KPI) are important in determining "areas to do better

Final fall trim



Aboretum caretaker Rob Gray trims the grass one last time before the onset of another cold winter

University grads learning more at Humber

by Jennifer Zalitack

The black lines once separating the worlds of college and university are becoming blurred, as more students are returning to College after attending University.

Just over 17 per cent of Humber's population is made up of students who have had at least some university education.

Ignacio Irazuzta came to Humber after spending three years at Trent University. He spent one year in Design Foundations, and is now in his first year of Industrial Design at Humber.

Irazuzta chose to go to University because he said it was standard practise in his family.

"...College produces the good little workers."

> -Ignacio Irazuzta Industrial Design student

But he chose Humber over Carleton University, the only other school offering Industrial Design.

"I knew Carleton was a more theoretical approach and Humber was more of a hands-on approach, and that was a factor in my decision," said Irazuzta.

He's confident about job prospects after graduating.

"The program here is good, I'm being challenged in a way that university didn't offer for me," said

"University is more critical thinking, it expands the mind. College produces the good little workers, people that are good in the work force," he added.

Sheila Susini, co-ordinator of student development at Humber wants to tell students education can be looked at as a circle, where students finish high school, and can go to university or college.

"There are many faculty in high schools who did the traditional thing, go to university, then went into teaching, and they don't know anything about colleges to advise students about," Susini said.

She said things are really changing because many of the newer teachers have gone to college, and now know about both levels of secondary education. She said it's a good opportunity to educate the teachers about college programs because they're expected to advise students about the possible benefits of going to college.

Peter Dietsche, director of Humber research, said this year



Can you tell which one is a university grad? Michael Peterson (left) went to college before Humber and Ignacio Irazuzta attended Trent University

there is a total population of sellor at Assumption High school 11,000-12,000 students, full and part-time at Humber, including 6,000 first-year students.

A survey conducted among 4,500 first-year students, said 10.7 per cent (845 full-time students) are at Humber after completing a university education. Another 6.4 per cent (504 full-time students) took some courses at university.

Humber has 40 post-graduate programs and more are planned.

Gene Moher, a guidance coun-

in Burlington, said that Colleges are more career oriented.

"There is more of a stigma that if you go to College you aren't smart enough, but now students are breaking the cycle, going for what career path to choose, and the best place to get trained," said Moher.

Shannon Jones, took one year in General Arts and Science at Humber, and is now in her second year of our Fashion Arts program. She decided on college because of the hands-on experience.

"University is more theoretical, more books, and booksmarts, where in college you're learning to be life-smart because you're getting the hands-on experience that you need rather than learning out of a textbook," said Jones.

"I've already got a job in my field during the summer, and I've only started [year two],".he added.

"That was the more traditional view that University is theoretical and College is hands-on," said Dietsche. "There's still a distinction between the two, but that's a false dichotomy. To say there's all one here and all one there is wrong."

Other students like Denny Reis, a fourth-year Political Science student at the University of Western Ontario, have only one path for their chosen caeer.

"I've always wanted to go to (law school), and choosing university was my only avenue, it's more theoretical," said Reis. "From my experiences, I look at (a college education) as a lower standard of education.'

"I feel university provides me with more opportunities, but it's up to me to open doors and walk through them," he added.

Nobody using new LCBO cards at Caps

by Seanna Murray-Neck

The LCBO has produced more than 10,000 of its new age of majority cards but Caps-Humber's on campus bar- has yet to see one.

The BYID (bring your own identification) photo card came out in 1996 as an alternative for young adults without a drivers licence or passport for identification.

But Gord Hagon, assistant pub operations manager at Caps, said that he's never seen the BYID

He said he "might question it at first," because he is unfamiliar with the new card.

The LCBO introduced the photo BYID card to make it easier to identify whether its customers are of legal drinking age. LCBO media relations co-ordinator Chris Layton said the new card was developed to meet public demand for a new form of photo ID after the Ontario Photo Card was dis-

"The [BYID] card is essentially tamper proof," said Layton.

Layton said the old Ontario



Need ID? Get a new BYID card from the LCBO

photo card was laminated and it was easy to doctor the numbers. The new BYID card is a computer scanned, one piece plastic card with security features to allow LCBO staff to detect fakes.

Hagon said Caps is no stranger to fake IDs.

"We have a little stack in the office of fake ID," Hagon said.

Jeff a Kerr, Caps employee and second-year business administration student, said that he IDs everyone who looks under age.

"If you don't have ID at the

door you don't get in," Kerr said.

Kerr said he's heard every excuse in the book from students who can't produce ID. If he has doubts abouts an ID he will check with his boss before admitting the student. He has even asked students to sign a piece of paper to see if their signatures matched the signature on the back of the ID they presented.

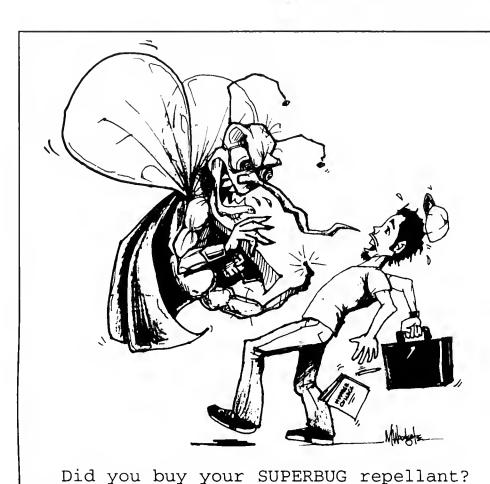
The LCBO introduced the tamper proof ID card in response to similar problems. They have also started a Check 25 program where customers who appear under the age of 25 are required to provide valid proof of age.

Layton said the BYID card was designed for the purchase of alcohol but could also be used as ID for other purposes, like a bank loan.

The card costs \$15 and application forms can be picked up at the LCBO or on their web site at www.lcbo.com. Applicants for the BYID card must have a current photograph, birth certificate, and the signature of a guarantor who can verify their identity.



EDITORIAL



This Star is not so bright

The Toronto Star is focused on making money. So focused in fact, they are even taking on the weakest of the competition.

By handing out free papers on university campuses, the Star has shown that money comes before all else. The poor student papers are platforms for learning the art and profession of journalism. Now, unfortunately, in one fatal swoop students are going to learn about the business of corporate warfare.

These student publications are the only means of informing students about what their school government and administration are up to. These papers keep everyone at colleges and universities on their toes, just as the media does on a larger scale throughout

The Star is written for the city of Toronto and has a responsibility to keep tabs on municipal, provincial and federal governments.

III/ANITA LOSCH

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Our post-secondary institutions are in effect little cities, and the Star has no business entering into that on-campus life with that I watched that movie in its entirety, their big-city marketing schemes. Campus waiting for the funny parts to begin (it papers are the one and only free paper for never happened). the students, from the students and about

campus with thousands of thick, brightly his article. coloured, professional publications with advertisers and the right to put up their own write about every two weeks. racks where they want to.

Torstar has certainly hired masters of wheeling and dealing which will help their circulation, but they are losers when it comes to considering the education of youth.

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Our native land

Thanksgiving in 1622, 377 years ago. Four centuries later we've come oh so very far.

It was a native named Squato who in 1621 taught the Pilgrims how to plant corn, and fertilize earthen mounds with fish, creating rich soil. The following fall, after unsuccessful hunting yields, the Pilgrims harvested 20 acres of corn and six acres of barley and peas all according to the manner of the Algonquin

In a show of gratitude the Pilgrims invited Chief Massasoyt, (the Wampanoag's chief who first welcomed the pilgrims to share the land) to celebrate their harvest. Chief Massasoyt accepted and brought five deer and 90 of his men to the feast.

The feast lasted five days and was celebrated as a treaty, which was supposed to benefit both Algonquins and Pilgrims.

Within a generation of that treaty, the children of the Pilgrims who were at the first Thanksgiving, children not even born at the time of the feast, beheaded King Phillip, son of Chief Massasoyt. They placed his head on a pole and left it in their fort for 25 years. These children of the

Wampanoags and other Algonquin bands of people, without whom their parents would have almost certainly starved to death, into slavery in the Mediterranean and the West Indies.

Feel the love.

After hundreds of years of blatant abuse and racism the Canadian government is, so far, backing a Supreme Court decision making it legal for natives to trap lobster off-season.

But the government can't even get this mediocre attempt at compensation right.

When non-natives went out this past Sunday and destroyed over 200 of the natives' lobster traps the RCMP sat back and took names, not willing to arrest people because tension was high and confrontation

Is this how we deal with our so-called criminals?

Strange, this same relaxed law enforcement technique wasn't always popular.

Can you say Oka? How about Ipperwash? Non-natives have been stealing from the natives for 400 years.

Why stop now?

Letters to the editors

Reading Mr. Thomas' column in the Sept. 30th issue of Et Cetera, I found many similarities between it and watching the movie A Good Man In Africa.

Chief among these would be the fact

Similarly, as 1 read Thomas' diatribe, 1 kept plowing through, figuring somewhere The Star is viewed by many as the city's I would find something of substance, left-wing paper but it has shown little social something that would leave me feeling satconscience as it floods York University's isfied that I spent three minutes reading

Alas, I was left feeling as empty as well, which papers like the York Excalibur can in say, an imagination belonging to a columnist

Not that I am pointing fingers.

Oh, and one other thing: Humber is one of the "most thrusting colleges"? Forgive me for missing the lingo train once again - perhaps Ross could clarify for us addled-brained folk what he means by that?

Maybe he could put it in next week's column; unless, of course, he has a more interesting, thought-provoking topic in mind?

Jeff Roney – 2nd year CIS

Hi, just wanted to say how much I enjoyed today's article (Surrender to the Empire/Sept. 30).

It was entertaining and I got a much needno way compete. The Excalibur will lose who can't come up with something decent to ed laugh from it. Please keep up the great

Kyle Winter



OPINION-

Stuff This!

To all concerned:

Every year, millions of my brothers and sisters are murdered, plucked, and left to roast.

Tell me, how many more must die?

Forced to live in despicable conditions, we're jailed in a barn by the thousands, and when nice and plump, we're transported by the truekload to die.

In the processing plant, you slit our throats, snap our necks, and electrocute us.

Our nakedly plucked bodies are shipped to supermarkets, where they're stacked inside the bowels of giant freezers. Frost covered, and forgotten, there they remain until hungry humans pluck them from the frigid wasteland.

Even before being cooked, the corpses are subjected to the most abhorrent of desecration. Imagine a hand inserted deep into your butt, stuffing you with seasoned breadcrumbs, tightly packed until your body is bursting at the seams.

Our bodies are then baked at 350 degrees Celsius. Several times through the cooking you baste us with our own boiling juices. How can you stomach the carnage?

After about four hours, our remains are removed from the furnace.

Stuffing is then brutally yanked from our ass and served on a separate dish.

Our fully cooked cadaver is placed in the middle of your dining room table, surrounded by potatoes, vegetables, gravy, and alas, the stuffing. All those whom partake in this savage act glare hungrily. There is no remorse. You toast our carcasses and then proceed to stick a butcher's knife deep into our backs ripping us to pieces,

the onslaught lasting for weeks.

As we all know: everyone loves leftovers; served hot or cold, in a bun, over bread smothered with gravy,

'even accompanying a cold glass of milk. Got Turkey?

Year after year, the traditional slaughter continues.

Thanksgiving is a gruesome tradition repeated in almost every North American home.

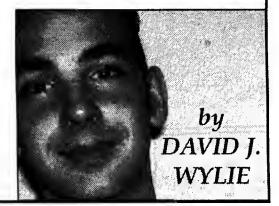
I bet that if I were cute nobody would eat me.

I've got news for you: I don't plan on being eaten anytime soon, so watch your back man.

Sincerely pissed off,



Gobble the Turkey



The battle of Thanksgiving

Customers suck.

I worked in the produce department of a grocery store for two painful years. Every day, my fellow clerks and I were required to fulfill our duties as produce clerks, such as filling displays, sweeping the floor, and attending to customers.

What's worse is that we had to do all this with a smile, as if in some perverse way, we took pride in what we did. As if only the best of the best could become a produce clerk. As if we were irreplacable store fixtures.

Truth is, no one I worked with cared about the displays, the floor, or the customers. In fact, we all hated the customers. Everyone who has ever worked in the service industry hates customers.

This hatred is, of course, completely justified.

Customers are, as any clerk could tell you, minions of Satan. They are selfish, they are rude, and they sometimes stink.

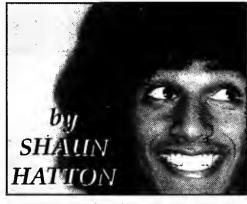
If you can bear with me, I'd like to take you back exactly one year ago this week (drum roll, please). With much confusion, I present "A Produce Clerk's Thanksgiving-Special Edition."

The produce department is the most decorated part of the store, especially near Thanksgiving. A display is set up each year featuring bundles of hay, baskets full of

squash, pumpkins, and my personal favourite, Frosty, the (life-size) scarecrow. It's really a very nice looking display before the store opens.

All the produce clerks have been here since 7 a.m. preparing for the flood of customers. I'm topping off the green peppers display.

But once 10 a.m. rolls by, all Hell breaks loose. Baskets are overturned in perpetual search of the "perfect" gourd. Hay somehow becomes dislodged from the neat blocks and



now poses a safety threat. And poor Frosty gets his ass handed to him by a hyper-active eight-year-old who didn't take his Ritalin in the morning.

That's only the tip of the iceberg lettuce, mind you. Just 15 minutes after the store

opens, it becomes nearly impossible to maneuver as absent-minded shoppers leave their groceries wherever they please.

Go ahead, sir, put that pumpkin on top of the tomato display so you can grab some bananas. I'm not smiling because I like you. I'm smiling because you're an idiot! To make matters worse, he's eating a plum.

Before I have the chance to politely ask him to move the pumpkin, my ankle gets smashed by a shopping cart as the driver says bluntly, "these green peppers aren't very healthy looking. Do you have any better ones in the back?"

Ah, yes, the back room. Known to customers as the cornucopia that sustains the store. A place that houses anything you could possibly want. Our back room had rats.

I tell the lady that the green peppers are fresh and that I just put them out. I'm a liar, of course, and am given a dirty look as punishment. The lady restates her claim that the peppers aren't fresh.

"You're right," I say. "These peppers are crap, but they're all we've got."

Somehow I navigate through the maze of twisted steel to the corn display.

Everyone seems to love corn. There's always at least four people diving into the display, in search of, (naturally) the perfect cob of corn.

I watch - half in amusement and half in horror - while they yank the husks off the corn and toss them onto the floor, completely ignoring the boxes set aside for scraps. Actually, some people are emptying the boxes onto the floor so they can use them for their groceries because they're too damn cheap to get bags.

There's more stuff on the floor than in the corn bin. A sign that instructs customers to use the boxes is completely ignored. Can't these people read?

After cleaning up the mess, and getting my uniform incredibly dirty, I'm approached by "The Boss". He wants to know why I haven't swept the floor, and more importantly, what happened to the tomato display.

Shaun has retired from being a produce clerk and is now a customer.

Are the photos of our columnists scaring you?

etcetera.humberc.on.ca

All the fun of the print version, minus the black fingers and ugly mugs.

Toronto Star's new free paper policy causing grief at York

by Jack Tynan

tudents are taking the offensive after The Toronto Star flooded a university with free papers and has targeted two others.

"I don't have a problem with giving students free papers but the way it's structured it's affected school papers," said York University Excalibur student paper editor-inchief Angela Pacienza.

The Excalibur brought the issue to the forefront when the Star signed a deal with York administration giving them the right to circulate 5,000 free copies of their paper on campus.

In an attempt to prevent the Toronto Star from damaging the oncampus market, the Canadian University Press (CUP) has joined the battle between student publications and TorStar.

"The Star is not doing this out of goodwill. There is definitely a lucra-

tive market and student papers are collateral damage at this point," said CUP President Tarif Hassan-Gordon.

Leaders of student publications are upset that the Star is working out

"We think it's reducing the voice of the student press. In a way it's silencing it,"

> -York University Excalibur student paper editor-in-chief Angela Pacienza

deals with school administrations giving them the right to the most prominent circulation areas and the most prominent racks on campuses.

Pacienza said that the deal between the Star and York University administration prevents the Excalibur from putting up their readership is food for any papers." newspaper racks in the main circulation areas. They must place their papers in a space-limited spot on the Toronto Star racks among a number of other free publications or on a separate rack 15 metres away from the Star's display.

"It's really quite an interesting program that offers free papers and hopefully promotes readership," said the Toronto Star's director of circulation Rupert Fry.

Students say the promotion is infringing on their readership.

"We think it's reducing the voice of the student press. In a way it's silencing it," said Pacienza.

The Star does not agree that there will be any harm done by their cam-

"I can't imagine that it would have any negative impact," said Fry, "Anything we can do to promote

The Star has since approached Ryerson University and the University of Toronto with the deal, prompting CUP to take this up as a

"I can't imagine that it would have any negative impact."

> -Toronto Star's Director of circulation Rupert Fry

concern at a national level.

"We're fairly confident that this is going to have a huge effect on us," said Hassan-Gordon.

One of the biggest concerns for the CUP is that advertisers will have no need to advertise in campus papers if they are sitting alongside Toronto's dailies.

For many student papers their

sole funding is through ads and CUP owns Canada Plus which supplies the advertisements for some post-secondary publications.

"The Star is going to roll this project across the greater Toronto area which will affect our advertisements. The GTA marked 40 per cent of our advertisements," said Hassan-Gordon.

A meeting for student newspapers is being organized to develop a strategy to defend post-secondary papers from the Toronto Star's decision.

"These are small democratic newspapers. They're there to provide a voice for students and keep administration and student councils accountable," said Hassan-Gordon.

Humber has not been approached by the Toronto Star. It is not known whether or not they intend to extend the free paper policy to colleges.

SAC elections sacked

cont'd from front

"How can we do something for them then?" asked Virk.

Reps are in place to represent the views and concerns of students, act as a liaison between their school and the executives, and to provide informantion about SAC events, activities, services and programs to all students, a SAC information package said.

"Only students can tell us how we are doing," said Virk. "They (SAC reps) are the spokesperson for their students from their school."

Why is there such a lack of interest?

Virk added, "they have a full-

time job, they have a part-time job, they have other stresses," explaining one of the reasons he thinks there was such a low application

According to Decker, students sometimes misjudge what their workload is.

"By the time they get the package out... they notice their work piling up. Then they decide they can't do it," Decker said.

But Bharma, who applied for the position after seeing a poster in the school, said he works 10 to 15 hours per week.

"At least for me, I'm not overloading at all," said Bharma.

Council rep candidates must

complete a package fulfilling a number of criteria. Whether they are newcomers or returning students, they must have a full-time course load, pay student fees, and maintain a grade point average of 65 per cent. They then must get 50 signatures of support from students in their school of study, and two from the faculty. Finally, each council member must pay a \$25 refundable security deposit.

SAC is still looking for candidates. For information on how to apply, Muhammad Virk can be contacted directly by email at sacpres@admin.humberc.on.ca. Or visit the SAC website at www.humberc.on.ca/~sac.

New Web site helps young parents cope

by Melanie Justason

The Learning, Earning and Parenting (LEAP) program launched its first Web site this past Monday, to help teen parents with childcare and support while continuing their education.

The province-wide project was

set up after focus group ses- "Basically it provides cation but also sions discovered that many teens assistance to teen paron social assis- ents going to school... hours of parenttance were not We want to start ing courses. graduating and proper parenting welfare." and day-care

assistance. Dan Miles, press - secretary for the Ministry

of Community and Social Services, said teens need easy access to parenting programs.

"We need to inform them instead of just telling them," he

said. "Basically it provides assistance to teen parents going to school."

The program is mandatory for 16 to 17 year-olds on social assistance and is optional for people between the ages of 18-21.

The \$25 million project requires teens to not only continue

with their eduattend a com-

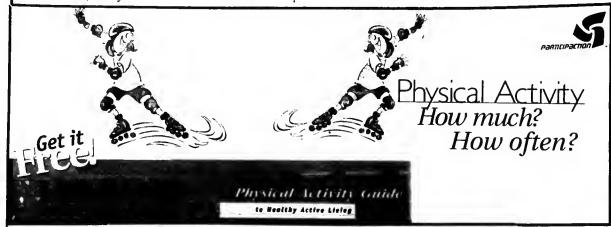
did not receive breaking the cycle of also \$500 bursaries available for furthering their education," he said.

-Press Secretary for the Ministry of Coummunity and Social Services Dan Miles

Miles said the teens must also be enrolled

in either co-on programs or apprenticeship work when in the LEAP program.

"We want to start breaking the cycle of welfare," he stressed.



ON CAMPUS

Recognized as a student anywhere

by Nikki Carswell

tudents with little money who travel by coach, train or plane can use the International Student Identification Card, ISIC, to save some cash.

The ISIC card offers full-time college and university students discounts off travel, accommodation, museums, entertainment and much more.

For example, a return flight to Calgary around Christmas with Air Canada would cost about \$579. The same flight costs \$449 with the ISIC card.

Valid for 12 months, the card costs \$16.

What an ISIC card can do for you:

- Discount student airfares and other great travel
- International recognition of your full-time student status, and access to all the associated perks and benefits.
- Access to a network of over 5,000 student travel organizations in more than 90 countries.
- * 24-hour Help Line emergency services.
- Sickness and accident travel insurance.
- Your very own copy of the ISIC student Travel Handbook, a country by country guide to ISIC benefits, travel trips, where to go, how to get there, do's, don'ts and loads more.

To purchase your ISIC card you may go to any Travel Cuts agencies or see Iris Kohler in the SAC office. To qualify you need \$16, proof you are a full-time student, a passport style photo, and the ISIC card will be issued right there.

More than 40 years ago, a group of student unions from around the world decided they wanted students to get discounts off their travels with student cards.

When approached the airlines, along with the International Student Travel Confederation, wanted to give students the discount, but said they didn't want to recognize 35,000 students with different languages. They wanted a basic card.

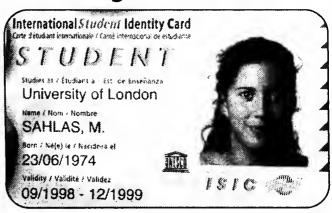
In 1968, The International Student Identity Card Association developed the ISIC card, which has helped over 30 million students with their travels. It is now accepted in more than 90 countries.

Joseph van Veen, ISIC Administrator of Canada said the card is "a uniform proof of full-time student status no matter where in the world the student comes from."

Van Veen also works with Travel Cuts, a travel agency that was one of the originators of the ISIC card. He said Travel Cuts is the only travel agency in Canada that accepts the card for student discounts on airfares.

Chuck Decker, SAC vice-president, purchased his ISIC card in 1996 when he was going to Hong Kong. He now uses it on train rides to his hometown in Kingston.

Via Rail offers a 40 per cent discount with the ISIC card.



Shawna Grant, an employee at one of the many Travel Cuts agencies said student fares are the cheapest option for travel within Canada and internationally.

Paulina Jach, a second-year Design Foundation student, is renewing her ISIC card this year.

The ISIC card "is worth it if you take the train, but you have to book (a seat) at least a week ahead," said Jach.

Jach has travelled to Italy and France, and said she didn't really find the ISIC card useful there. She said the train is the only thing she uses her card for.

Grant said using the card for the Via Rail discount "absolutely pays for itself the first time".

Carla Toteda has been working at Travel Cuts for six years. She said Europe is where the ISIC card originated, and is widely recognized, and accepted everywhere there.

Awareness and prayer focus of the MSA

by Saadia Hussain Students don't always join clubs for fun and games.

Not only do those in the Muslim Student Association (MSA) meet to further their own knowledge of Islam, but also to "increase Islamic awareness around the college," said MSA Senior Executive Abida Malik, a first-year Business student.

This can be done "by holding club fairs and (an) awareness week," she said.

Malik said that MSA is arranging a speaker for a session in November that will be open for everyone.

Vice-president Nouman Siddiqui, a third-year Computer Programming student, added that one of the topics under discussion for this session is women in Islam. He also said the MSA will have a holding on Oct. 20.

MSA President Inam Ahmed, a third-year Computer Programming student, said that of the 200 MSA members, 100 of them are new. He also said students wanting to join box is in the SAC office.

the MSA can call the club's voice mail and set up a meeting.

Ahmed said there will be another club fair in early December that the MSA will be a part of.

Ahmed said there is a "sister's circle", where women arrange their own activities and have meet-

Ahmed said he hopes there will be a sports club offered through the MSA, "with squash and badminton and stuff".

There will be a back to school dinner in January that will also mark Eid, the end of the month of

MSA has early afternoon, late afternoon, and early evening prayers in the Interfaith Room The Friday prayers are held in the Community Room.

Every day after every early afternoon prayer, except on ruesdays, the group noids speech es and a learning session.

The MSA can be contacted at (416) 675-6622 ext. 5101, voice mail box 250577#, and at humber msa@yahoo.com. The MSA mail-

Singing the praises of Humber's chaplain

by Stephanie Hess

Humber's chaplain will put students at ease with her loveable and friendly attitude.

This is Monique Roumy's second year at Humber as the interfaith chaplain for students. A chaplain is a religious person who listens and helps students with their problems.

"I'm here for the spiritual aspect, also the ethical and moral," Roumy explained. "I'm here to listen."

As chaplain, Roumy helps students with their personal problems in strict confidence.

Roumy described the challenge of finding a perspective on the topic of religion. She is Roman Catholic, but stressed "people are welcome to come regardless of what their traditional faith is."

She keeps an open mind and meetings take place in a neutral setting.

Roumy, born and raised in Toronto, went to Regis College where she completed her Master of Divinity Degree, a degree in Theology.

She was in the military for the last three summers in New Brunswick as a chaplain. It's a part-time position at the Army Cadet Summer Training Centre where she ministered to teenage cadets, staff cadets and offi-

Roumy loved the position and plans on going back to the military this summer.

"I'll be absolutely miserable if I can't go back next

Her job there included helping people with family problems, relationships, personal problems and even adjusting to camp.

Roumy first started out as an art student at the Ontario College of Art where she graduated after completing four years of experimental art.



Interfaith chaplain Monique Roumy

"We were the people who splattered paint around and did really odd things, is she said.

In her last year Roumy felt something was missing and realized her art had become more spiritual. After some investigating she signed up for her first year in theology.

Her future plans include going back to Regis College to get her Doctor of Ministry degree and the possibility of teaching theology or high school.

Roumy hopes that students will feel comfortable coming to talk.

"I am here for them. I am here to serve every student in this college."

Monique Roumy's office is located in the Counselling Department in D128. She is available on Tuesdays and Thursdays between 9:30 a.m. and 3:30 p.m. by appointment or drop in.

SAC reps retreat to learn leadership

by Pamela Goldfricht

and new council representatives get to know one another.



SAC staff and representatives attended a retreat at Grand View Lodge resort. Above- SAC North; Right- SAC Lakeshore

The weekend's events took place at the Grand View Humber's SAC went on a retreat last weekend to let old Lodge Resort north of Orillia. Chuck Decker, SAC vice-president said it gave the SAC staff a chance to participate in



leadership training that would benefit not only the members, but the students at Humber as

"With a few new faces on SAC this year came new ideas on how to reach out to the student population as a whole," he said. "A solution is to improve the communication

the students by figuring out what they want and expect from

Decker said the purpose of the retreat was to establish a good working environment among SAC members, as well as

"We did a lot of team building and icebreakers because we felt that to work together effectively as SAC we needed everybody to be comfortable with each other," he said.

In addition, Decker said the members got an overview of what the SAC and Council of Student Affairs is all about.

Some of the activities included discussing what the council is, the roles of the staff, and setting goals for the year.

"We want to make students aware of the SAC, the services that we provide, and to get more people involved in the programmed events," he said.

There were two presentations over the course of the weekend conducted by past SAC members and staff from Humber.

Decker said the presentations dealt with communications and leadership skills such as professionalism, accountability, responsibility, and identifying who the council represents.

Theatre students produce the stars

by Tanya Verrelli

It will take about six days a week for six weeks, but in the end, Humber Theatre students said it will be worth it.

Since school started, theatre students have been building sets, costumes, and rehearsing 40 hours a week for the Plough and the Stars, which opens Oct. 14.

The play by Sean O'Casey is set on an Easter weekend in 1916 during the Irish rebellion, and is the first to hit Humber's Lakeshore stage this year.

"The situation relative to peace in Ireland is totally unresolved and I think that it's really good for the soul and instructive for people to be reminded of the forces that have been in play in Ireland," said Mark Schoenberg, artistic director of the theatre department.

Schoenberg, who assigned the roles to third-year students said a lot of research goes along with rehearsing lines.

"You have to understand a whole bunch about the time, the place, the social conditions, economic conditions, and all

of the forces that are brought to bear on the world that you're creating for the play."

Along with researching the period, the third-year students have to learn to speak in accents.

"It is fabulous to do a show in dialect," said performer, Jeanette Perrin, "to actually dive into something I wasn't familiar with, and to have to re-learn my speech patterns."

Perrin said the roles are challenging, and they will help prepare the students for a professional acting career.

"Everyone was really nervous in the beginning, but once (we) totally understood the story, the play, and the plot. The characters just fell into place."

Performance students are in the studio six days a week, while first, and second-year technical students are busy getting their hands dirty.

First-year students work on costumes, painting, props, carpentry, lighting and sound crews. Second-year students will run the departments.

> "Each department is equally important. Without each one, the show doesn't go on," said second-year Technical student Kevin Hughes, who is the assistant production manager and technical director for this play.

> Hughes said there have been some late nights and weekend classes, but the atmosphere among technical students remains positive.

> "I think it's completely worth it," said Hughes. "Afterwards you get to see the show, and you feel gratified with what you've done because everyone enjoys (themselves)."

> David Othen is also used to the long hours and late nights at Humber college. He has been production manager for seven years, and his tasks are

> "I am responsible for everything on every show except for the naked walking, talking actor." Othen meets with the director and designers in order to ensure the production staff creates the set envisioned. He goes over the drawings and design concepts and fits them within budget limitations.

"We work like little dogs until everything's

done, or opening night arrives," he said.

As late nights continue and the deadline approaches, Othen said things are calm for now.

"(Students) are very busy. They've got a lot of classes and they've got a lot of other show responsibilities. Right now it's fairly relaxed, but (there is) a little bit of urgency."



First-year students work on building the set and props for the 'Plough and the Stars'. The play is scheduled to open on Oct. 14.

Although Othen is very confident of the theatre students and their abilities to get the job done well and on time, he said there is one thing that would make the performance bet-

"I'd like to see more Humber students coming to see our shows. We do six shows a year, just like a downtown theatre, to pretty much the same quality. Come out and support the other students that are working in the same school," said

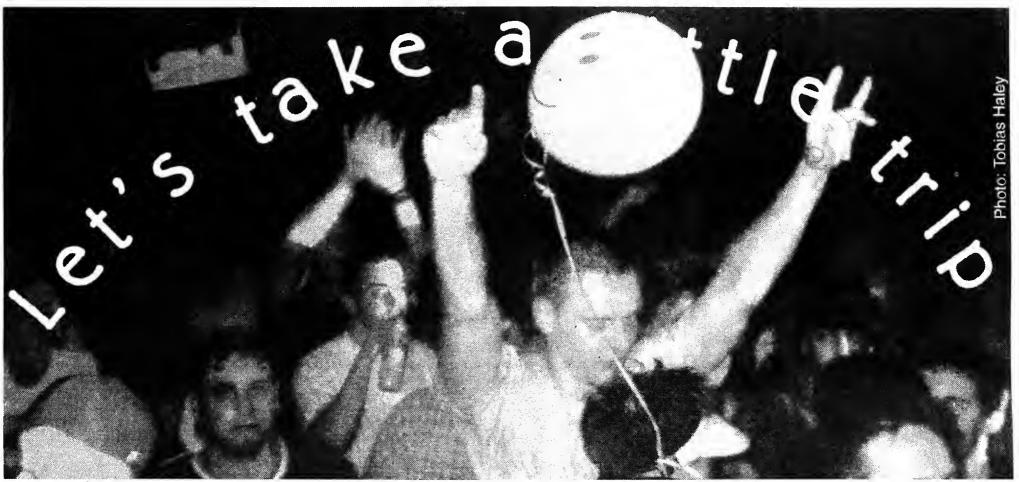
The show runs Oct. 14th to 24th. Tickets are on sale now at \$10 for adults, \$7 for students and seniors, and \$5 for a group of 10 or more. Seating is limited and must be reserved by calling Hilary at (416) 675-6622 ext. 3414. Payments must be made at the door.

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Those interested please call: **.6) 233-1212**

The Rave Scene



From Pleasure Force to Lifeforce FOR HEBUSIES OF RAVES

by Nick Jones

usic erupts from every corner, thanks to the incredibly loud sound system. An extensive amount of lighting sets the mood just right. Thousands of people dance in every available space of the massive warehouse, but very few wonder how this all came to be.

The rave scene in the last two years has seen attendance at big events go from 3,000 people to a staggering 10,000. This recent rise in popularity has caused companies that organize the events to adjust their game plan.

Rob Lisi, a 24-year-old co-owner of Lifeforce Industries has witnessed just about every change the scene has gone through. In 1991 Lisi started getting into what was then a very underground rave culture. He was going to parties and working at a record store in Toronto called Ecstatic, which was the only place at the time selling music coming out of the rave scene. This led Lisi to promoting for Pleasure Force, the biggest rave company around at the time.

"We had an advantage over other promoters because we were the promotional vehicle that was dictating what was happening, selling tapes, tickets and we had all the flyers in the store."

In 1993 Lisi and two partners started up the company Syrous. Lisi was making the transition from partygoer to party thrower. He said "I knew I loved it, I knew I wanted to take it from a different angle and start throwing parties."

His first few parties were small but successful. Over time this wasn't always the case. As he puts it "We took a beating at some points over the duration of six years, we lost a lot of money. Some friends and I worked it out, if we took our losses compared to the parties that made money and averaged that out with the number of hours put in, we were probably making five or 10 cents an hour."

So how did the rave scene go from a small, relatively cheap warehouse party, to a huge \$150,000 production at the CNE with 15,000 people dancing until the break of dawn?

It was 1995 when Syrous started hitting numbers like 3,000 in attendance, a huge attendance at the time. Companies like Pleasure Force and Atlantis that were around when Lisi got started, weren't around anymore by '96.

When Toronto's rave scene started blowing up there was only Syrous and Destiny. So Lisi got together with some promoters from the smaller companies, pooled their money and their resources to create Lifeforce Industries. The new company combined the experience of five partners coming from Syrous, Dose and Renegades, all three being recognizable names in the scene.

It wasn't until the beginning of this year that Lisi could comfortably live off Lifeforce alone. While this was still coming together, Lisi was holding down a full time job at New Ad Media, a young advertising company that had the idea to strategically place ads in public bathrooms.

About the job Lisi said, "I always liked the advertising aspect of things. I got to do similar things [to Syrous] for a more corporate company."

If there was one defining moment when Lifeforce knew how big this was going to get it was Halloween last year. "We were expecting 6,000 people for Halloween. We were doing the CNE, it was in the automotive building, it fell right on Halloween, we expected a busy night of six or seven thousand, and we ended up doing close to 13,000. We

watched ticket sales go up by a thousand a day."

With the average ticket cost at \$30, this was now becoming big business.

Two years ago, a party at the CNE with 3,000 people would mean losses of up to \$70,000.

Many of the underground phenomenons that reach the mainstream become trendy and die off like last year's surge of swing music, or the ska-punk explosion of the previous year. The rave scene seems to have skipped that step and just continued to get bigger. Micah Klassen who works for Metro productions believes that "ravers are the hippies of the '90s, it's not just a trend, it's more like a movement."

With all the negative press that the rave scene gets through the major Toronto media, you would never guess that there is some intelligent businessmen running the parties.

Lisi believes that the media is missing the point. "It's probably the only environment in which you can have 12,000 people party all night and there not being any problems. No one takes into consideration the fact that there are Metro Ambulance there, the police are there, we have bonded and insured security working very hard."

Craig Pettigrew from Metro productions adds, "We try to control everything. We frisk all the people at the front door, we have people walking around to try and bust drug dealers. We take all the necessary steps to protect ourselves and our customers."

Do these guys mind working two days straight setting up the big event? "Bigger parties equal bigger headaches, but bigger parties equal bigger satisfaction in the end."

Lisi adds, "I'm just glad I got to make a business out of something I love doing, which is something everybody deserves."

A rave drug of intense emotions

by Jeff Neal

The myster-E drug.

"Ecstasy, for a healthy adult, is a useless thing to be taking," Dr. Steven Rubenzahl who runs his own family

Ecstasy, chemically known as MDMA (methylenedioxymethamphetamine) is a member of the phenylethylamine family of drugs, related to both mescaline and amphetamine. It releases chemicals in the brain stem that alters

"Ecstasy is related to the chemical adrenaline. Everything that's affected by adrenaline is increased by Ecstasy," Rubenzhal said. "It stimulates the brain, the muscles, the heart, and blood pressure. It keeps you alert, awake."

Too much Ecstasy can cause over-stimulation leading to epileptic seizures, or a cardiovascular collapse.

"The body can't keep up with the intense emotions and shuts down," Rubenzhal said.

A user can become over-excited like they are being overrun by adrenaline. They may develop a fever or become frightened and disturbed, Dr. Harold Kalant, an Ecstasy specialist with the Addiction Research Foundation

Repeated use can cause memory loss, damage to the brain and nervous system, or lead to a particular kind of Parkinson's dis-

With Ecstasy being a fairly new drug (came into wide use in '80s) pharmacologists do not know everything about the drug.

Detective constable, Steve Watts, special

investigations drug unit, said, "the thing is now is it's (ecstasy) new on the scene, we have to educate the courts." Watts explained that there isn't any law that is specific to the drug and there isn't a lot of information on the drug.

Individual differences in sensitivity to Ecstasy create different effects in different people.

"Ecstasy has nothing like it, ingredient wise, in the pharmacies," Rubenzhal stated.

"the trouble is that the people who are making it don't always do it properly," said Det. Watts. 'There's no guarantee the chemicals are good or bad...it's a risk in any drugs."

Emergency medical services liaison to Metro ambulance, John Ardern, said, "all kinds of designer drugs are being used, cut with everything from Javex to rat poison."

Arden added that Toronto ambulance crews hate raves and it's hard to treat people at raves because, "they're all trying to protect each other."

To assist someone who has used too much, try to keep them calm and keep reassuring them until help arrives. Apart from chemical analysis, the drug is difficult to recog-

-Information from Centre for Addiction Research, www.camh.net

ECSTASY

Original production: 1914, used as an appetite suppressant. Used in the

'70s by a small group of psychotherapists. Gained popularity as a recre-

nize in mixed drinks. But, Kalant said most of these types of drugs taste bitter when taken alone, so if your drink tastes funny, probably avoid it, Kalant said.

Arden said, "people are now going around pricking people with needles." He said ambulance crews go through proper procedures but they still don't really know what it is, so treatment is difficult.

There is no medical benefit to taking Ecstasy. Related stimulant drugs (amphetamines) have been used for sleep disorders such as narcolepsy and sometimes to create a paradoxical effect in hyper-active kids, calming them down.

> The only other place stimulant drugs are being used is still experimental. Dying Cancer patients take the drug to help keep them aware and awake, Rubenzhal said. The lack of knowledge on the drugs trickles down to the young people going to raves and Arden said he'd like to see the parties stopped completely but he said "as long as they (raves) meet criteria, right now there's nothing we can do."

Intoxicated, Steve was then escorted up a darkened staircase, to a vacant bed-

"The next thing I remembered was my shirt being open, my fly unzipped and the girl from before, the one I thought was goodlooking, was going down on me. And couldn't do anything to stop her because kept drifting in and out of consciousness."

It was no longer than 20 minutes, when Mary had entered the room and came to Steve's aid.

"I was looking for him, and when I asked the guys I saw him with before, they said he went upstairs. I know Steve and I don't think he would have done something like that if he were sober, I knew something was definitely wrong."

"I wasn't sure what happened, my pants were undone, I was a mess," said Steve. "I went to the washroom cleaned myself up and splashed my face with cold water. The other girl was still in the room, she was high too.

"I didn't know what to do, so I put him on a bus and sent him home, he was way too wrecked to drive," said Mary.

"There was no way I was going home in my condition. I had blood-shot eyes, I was coherent, but I wasn't alert." Two days later Steve went to the hospital.

"My main concern was making sure I was ok, I had the blood work and the urine samples done, I was worried about STD's or even HIV."

When asked why he didn't bother pressing charges, Steve said, "under the circumstances, I hadn't met the gir before, and she was high. My only concern was making sure I was ok, health wise. Nothing would have been solved if I went to the cops."

Instead, Steve chose to confide in a close friend.

"I really wanted to tell somebody, just to tell somebody, just to make sure f did everything I should have. Having friends was helpful, because of the support-it's not something you want to tell your parents. "I think that if I were any other guy, it wouldn't even be an issue. I realized that I didn't have any control over the situation-

This party was nuts

by Natalie Daye

teve* had faced his worse fear and lived to tell of it. It was close to midnight in early June when Steve and Mary* both second-year University of Toronto students, decided to hit an after rave party.

"It was being held at a condo near Broadview Ave, in Toronto," Steve said.

"The first thing I saw when I walked in was a punch bowl, filled with condoms, I knew right then that something was wrong here."

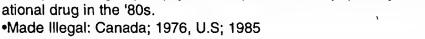
Loud electronic music from upstalrs flooded the twostorey residence as Steve and Mary made their way around the room and said their hellos.

"I was there because I had to meet a couple of my friends, I went to find my friends and Steve mingled," said Mary.

It was clear to both Steve and Mary the sex was upstairs, and the drinking and drugs were downstairs.

"I've been to raves before and people don't usually push drugs or alcohol onto you, this party was nuts! There was an insane amount of drinking and drugs going on. Everyone was drinking and everyone was doing pot," said

As the night progressed, Steve had taken a soda from



 Short-term effects: increased blood pressure and heart rate, dehydration, nausea, muscle stiffness, teeth grinding, and jaw clenching Possible long-term effects: weight loss, "flashbacks", paranoia, depres-

Possible impurities: PCP, Speed, Cocaine, Heroin

IF YOU USE

•Ask dealer about specific effect of that type of E (Some speed you up, some mash you out)

Tablets have less chance of being cut

•Start with a half dose and drink lots of water, and take breaks

the refrigerator, making certain the can hadn't been tampered with. He then met up with some guys.

Thinking of it now, I told them that this girl I had spotted earlier was good-looking," he said.

He put his drink down and caught up with Mary, but he later returned to his open soda can.

"I just remembered feeling really, really hot and dizzy." About a half-hour passed and he felt worse, "I wasn't feeling good, but I didn't think anything of it."



Steve, shown here (left), with his face obscured.

Names have been changed to protect the identities of the victim and those involved.

Welcome to the DJ Domain

The evolution of OS/2

by Shauna Duffy

OS/2's taken quite a trip in his 'raving' career.

The raver, who became a promoter, who then became a DJ as well, entered Toronto's rave scene about seven years ago and started throwing his own parties under the name of Mayhem.

Kruger said he went to parties put on by Nitrous and Chemistry in 1992 and he decided to get together with two friends, one being his current partner, Eryk S (Eryk Sands), and start throwing their own parties.

"We just thought it would be a great way to make a living. It's a great way to earn an income and in the beginning it was just meant as something to make a little extra money and then do something

sand people, and now Destiny throws parties that attract up to 12,000 ravers, with the average age being 20. The work that goes into planning a party for 12, 000 people starts a year before it happens. A smaller party is a three-month process, which involves booking DJs, designing promotional materials and then distributing those materials. The cost of throwing his parties is not discussed by Destiny but he said, "the bottom line is, it's a lot more than people think, and we certainly make a lot less than what people think. Everybody thinks we're millionaires, but we're not making much more than anybody else that's basically working nine to five."

His metamorphosis into a DJ was easier for Kruger, since he was one of the

This is not a major record label release of hundreds of thousands or millions. They want their music out there, to be heard, and the only way to do it is for DJs to play it."

Kruger said these people want it played in clubs, they want a reaction in a club, and they want to turn it into sales on CD compilations and tapes in the future.

When DJs are booked for a show, Kruger said it's because of their personal touch in playing the music.

"You're booking them because they play a particular style and they do it well. And they probably play it differently than anybody else in the world." He said that's how a DJ can call the music his own, because it's an individual playing the music in a unique way. He said most DJs



A scene from Destiny's World Electronic Music Festival held every summer near Sauble Beach. Kruger said the festival grows 30 to 40 per cent every year, and expects over 12,000 next year.

you really enjoy. And then it became a full-on career at some point."

Ryan Kruger said that being around the parties all the time, promoting and throwing parties for seven or eight years, the idea fit, since he was always on the scene. He wanted to be involved with the other side of the party, so he started facing the crowd five years ago.

"Just being around it all the time and doing the parties, that took up all my time, and then I realized that I was missing half of the experience. I wanted to be involved with that side of it."

Kruger said he and his friends were sitting around one night thinking of names he could use as a DJ, and they came up with OS/2 and it stuck.

"It doesn't mean anything at all. This one sort of had a mixture of sounding neat and a technological side to it. When you hear it, you don't confuse it with anybody else."

Kruger said he can relate to the feeling of empowerment and what it feels like to be on-stage and in front of a crowd.

"I guess I know what people in a band feel like. It definitely gives you a feeling of power, that's for sure. Looking over the crowd, it really energizes you. The fact that you're actually making people do something, you can see them dancing and smiling and they're coming up to you and shaking your hand. It really makes you feel good."

Kruger's first party drew nearly a thou-

ones throwing the party. Kruger did risk something much worse—the risk of failing at his own game. But over time he has gained enough recognition to rank himself "probably in the top ten" in Toronto and the top 20 trance DJs in the world. Kruger can now boast talent in business and spinning records.

OS/2

Check out the Web site:
destiny@passport.ca
Has releases on the Phoenix
Uprising label
(next release available in
November)

For Kruger, DJing gives him a feeling that he thinks joggers get when they run.
"It just energizes you. It's like endorphins start running through your brain. Everything feels good."

Kruger chose to play trance music because it's what he likes to listen to and he wants others to listen to it too. He said he can play anything from house to hard-core. Although Kruger has put out three of his own tracks, he mainly plays other people's music and that's to the benefit of the music maker, according to Kruger.

"The people who make it are people like me, who when they make a track, especially on vinyl, you're looking for sales of somewhere between 1 to 5,000.

have their own style, attract fans and people who like what they do, and in that sense, the style of music is the DJ's.

In order for a DJ to get started and make a name for himself, Kruger said, "put together a good demo tape." Destiny gets about 10 tapes a week with people wanting them to listen and hoping to play at one of the upcoming Destiny parties. He suggested volunteering to play at parties just to gain experience playing to crowds.

In regards to drugs found at raves, Kruger said it's up to the individual, and it's not his job to tell people what they can and can't do. He said he's not involved in it and it doesn't affect him.

He said there's both police and security and at raves, depending on what the venues want.

"I'm a DJ and a concert promoter. I have nothing to do with the drugs."

He said he does everything he can to make his events safe and he said the negative side of raves is covered in the media because "it sells papers."

"You don't see anything about how many people were smoking pot at the last Rolling Stones concert, because probably just as many were as at your average rave, but that's just the way it is. That's what sells papers".

Destiny has been doing events longer than anyone else in Canada and Kruger said he's never seen a fight at one of his events.



Doug Johnson has just begun his

Into the rave scene for years, Johnson has decided to take his expertise to the turntables as a DJ.

He said starting out as a DJ in Toronto, "is difficult, expensive, and intimidating."

A DJ faces the hurdles of getting their name out, obtaining expensive equipment, and finding information about the music, which can be intimidating.

"There's no source of knowledge for anything. The internet has certain things but it's like no one in general knows any track names or producers' names. So you hear something and unless you know a friend who's knowledgeable, you'll never know who the song's by."

It was through a friend that he got to know who songs were by and it was through experimentation that he learned how to use the turntables.

"For me, I figured it out by trial and error," said Johnson.

The difference, according to Johnson, about music in the rave scene and any other type of music, is that you can ask someone 'who was that' or find out the name of the song in another genre, but at a rave, you can't ask someone and get the right answer. Finding out the artist is difficult in itself because when a song is being spun by a DJ, a lot of times another song is 'dropped' on top of that song.

Johnson said dropping is when the DJ is spinning one record with an underlying beat, and then spins another record at the same time, in time with the first record, giving the music a thicker feel.

Johnson said even DJs won't know who the artist is half of the time and it's difficult to find the music because

it is found in speciality stores.

At present, Johnson owns about 50 records. The first record he bought was Badass, by Mickey Finn and Aphrodite. He said that, as well as, Man of Steel by Mystical Influence and Sniper are tracks that every single person (in the rave scene) knows. To him, they're anthems in the rave scene. He said these songs were popular a couple years ago.

Johnson said the reason he wanted to change over from raver to DJ was because the scene "became my life – a big part of it anyway."

He said it's the music that's important to him.

"The party scene isn't that important to me. It's about the music itself."

Although the music is integral to his motives, he said the parties are the "means to the end".

If the parties don't happen, the music isn't being played.

Johnson said he gets a feeling from the music that no other kind of music gives him.

"On a really good night, it makes you feel happy and it makes you want to dance."

Out of the many kinds of music like jungle, jump-up jungle, techno, house, breaks, and happy hard core, found at rave parties, Johnson plays only jungle and drum 'n bass.

"It takes my two favourite things and puts them together. It takes industrial music and hip hop. It's like hip hop but it's better."

He said jungle "has more like a reggae feel to and drum n' bass is drum 'n bass".

So far, Johnson has played at several house parties for about 50 people each time.

Johnson practices three to four

times a week for four to five hours in his basement.

And he said you need zero talent

"Anybody can DJ. Any idiot can put a needle on a record. Even if you've never done it before."

He said it's not a matter of finding the skill to do it, it's a matter of finding your own style.

"The first few times, I wasn't very good. I didn't have very much style."

Now, Johnson said, he's "at the point where I'm finding my own stuff."

Johnson has a formula to the music he spins.

"The intro is about a minute. The drums kick in after 30 seconds, and there's an actual visible line in the record, where the bass-line drops. You can have a record playing and it's just timing. You count in along with the snare drum because it's the loudest and easiest to pick out."

Right now, Johnson is in the process of making tapes. He plans to give them out to other DJs and promotion people. Johnson works part-time for Delirium handing out flyers and in return, he gets on the guest list for parties. He said it's a "phat hook-up. 1 haven't had to pay to go anywhere for three or four months."

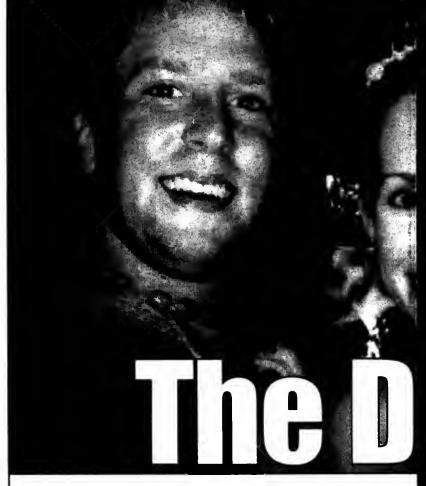
Johnson doesn't, as of yet, have a DJ name because he said it's not something you should take lightly.

"It defines who you are. You don't want some stupid name."

Johnson is going to hand out his tapes to anyone who'll listen and he'll continue to play at parties to get himself known.

"It's confirmation that what I'm doing is good. You know you're doing something right when people are dancing. In a sense, it's validation."





The days of John Travolta dancing to classic disco beats in his tight white body suit have returned with a twist.

"It's a stronger more forceful version of disco music," said Don Berns, also known by his fans as Dr. Trance, who has been in the rave scene since the early nineties.

"It's a very infectious music," said Berns describing how rave music effect it's listeners. "It gives you all the gamut of emotion. It will take you on a very serious trip and it will make you happy and giddy at the same time."

The music captured Berns' interest when he worked as a DJ for CFNY in 1985. The radio station went through several structural changes, and in the fall of 1991, Berns joined Energy 108.





He became the host of a one-hour radio show at 108 that catered to rave music. The show was a success and moved to a two-hour block. Berns continued to D.J at raves and soon incorporated his stage name "Dr. Trance", into his radio show.

"When you are Dee Jaying you are creating a sound and a mood," said

"If the crowd is (in tune) to the D.J., then they feed off of each other. The DJ controls the highs and lows and the crowd just goes right with him."

Berns has performed shows in Cleveland, Calgary, Victoria and Vancouver, but he says Toronto has the biggest rave scene.

"(Ravers in Toronto) have been lucky, we have been pretty well left alone by the authorities to do our thing because most of them realize that the (rave) scene - well it maybe riddled with drugs - is still a very passive, caring, loving, sort of thing," said Berns.

He said Toronto's rave-scene has existed as early as 1991 and is growing steadily by promoters who are hosting more parties with larger capacities.

Berns said the top DJs in the United States make anywhere between \$5,000 and \$10,000 for one show.







-PLUR-

This growing industry has prompted many people to become rave promoters over night and try to cash in on the huge money making industry that has landed in Toronto.

Berns said the rave scene is a good business for people, like himself, who create a career out of the love for the music and the parties.

He said even though the rave scene is huge, people can spot an outside promoter from a mile away.

"It's been traditional. Every time someone comes in from out of town rubbing their hands and seeing dollar signs they've failed."

Berns said most people go to parties organized by Toronto promoters because the organizers were once ravers themselves, and the shows are





guaranteed to be good.

"(Ravers) want to know who is doing the party so they are not spending their hard earned dollars on some idiot who is going to promise them something and then not deliver when the time actually comes to go to the party," said Berns.

He said everyone, the promoters, the DJs and the ravers, are like one big family and describes the event like a Grateful Dead scene for the '90s.

Berns admits that drugs have always been a part of the rave scene, but said much of the negativity is created by people who go to the parties solely for the drugs.

"Drugs were a part of the scene initially as a stimulant, as a fuelant for the music, and, the fact the music tweaks the portions of the brain that are also stimulated by the drugs."

With events like the Love Parade, that drew 2.2 million people to Germany last year, Berns said there is evidence the rave scene is growing and consequently the crowds are attracting more people who are solely there for the drugs and not the music. "(some people) don't care about the music, they don't care about the scene I feel that is totally wrong," he said.

CONTRACTE MAN

A hand reaches for the next record subconsciously.

DJ Tim Patrick says knowing his music inside and out is the key to success.

"When you know two tracks really well, even though you haven't played them together—you know what the outcome will be," Patrick said from Traxx Records on Yonge Street.

"It's repetition. It's streaming old and integrating it with current stuff, and then getting a cycle going."

Patrick, originally from Hamilton, came to Toronto eight years ago to study Radio Broadcasting at Humber. The program did not fulfill his expectations, but Toronto's rave scene did.

Toronto now receives global recognition within the rave community according to Patrick. Patrick said it took a long time to develop labels, world-class clubs, and the talent to support it all.

"We sort of had to rely on ourselves for awhile."

The stage is now set for Toronto to shine and Patrick to bask in the glow. Patrick is now moving in to producing his own music, which he sees as both a profitable outlet and a guarantee of the sounds he wants. He is set to release a remix he helped develop on the Aquarius label.

He talks of flow.

Patrick knows the DJ is there to lull the crowd at first, and then gradually mould it into a throbbing

mob of sweaty flesh. The DJ should anticipate the crowd and then build on a track by layering more and more on top of it.

"You'll see they're (the crowd) wanting more, wanting it to go a little harder."

His sound is techno and house, but he can appreciate all rave styles since they evolve and marry frequently.

"Everything is integrate-able."

Patrick said the best DJs get involved in the whole scene and network within all the various niches.

His style varies when he plays in a room with 10, 000 people. "You've obviously got to keep the energy level up. It means you're probably playing a little harder and faster."

He does not have to scramble the brain to get a response from the crowd; Patrick also can create a mellow atmosphere for a club.

"Small venues are usually nicer for 'the vibe'. A lot of people seem to know each other. It's a little more intimate."



Big venues feed on themselves.

"You're just talking about something that's pretty spectacular with the sound and lights and the raw energy."

Or is it the drugs taking effect?

"The drug aspect comes down to the police. If they're doing their job right and making the main busts with these big dealers then there's not going to be these drugs at the parties."

Patrick said the blame does not rest on the parties.

"The parties aren't the source."

He said that if the police wanted to crack down on the drugs it would have happened by now.

"The big paradox is once it becomes lucrative (business) there is money legitimately being made, I think what you get is they (police) turn the blind eye. They're working these parties, they see what goes on."

Patrick defends the rave scene , never clouding the issue with rave philosophy or artistic privilege.

"The guys throwing the parties are going down the right avenues. They're getting the proper permits and paying money and it's not cheap."

The rave scene is another business where Patrick admits "money talks".

However, Patrick is not cynical about the rave scene.

He assures me survival in the rave business depends on "an absolute love for the music".







Cang doin-

from the party he'll never forget

by John Maida

Picture over 12,000 happy people wired on ecstasy in a venue the size of three football fields. Mind-numbing laser lights flash over the crowd with a sound system so loud the music makes your clothes shake. Some of the best DJs in the world are spinning and glow sticks and plastic water bottles are everywhere. The result: One party that won't be forgotten.

I went to the rave at the Toronto Congress Centre on Labour Day weekend with my best friend and his girlfriend. We had been waiting for this night for almost three weeks, buying our tickets a month in advance, out of fear it would sell out. It was the six-year anniversary of the Labour Day celebration entitled "Hyperactive, The True Playaz Tour" and the promoter was Syrous, a very popular group in the rave scene.

After waiting in line for about an hour and a half, we finally got in at around 1 a.m. There were people dancing away, waving their glow sticks and pumping their sweaty fists in the air to the beat of the pulsating music ringing through their ears.

The beat of the music thudded in my chest and along my spine. Two guys wearing white tank tops and track pants, approached my friends and I, singing a catchy line that went like, "What the @#\$* is going on," over and over again. This got us pumped.

The large venue had black-lit corners where most of the whacked out people sat while the main stage featured two giant projection televisions showing old episodes of "The impsons" and other vivacious multi-coloured images.

There was a huge line-up at the concession stands where people were purchasing the three major rave necessities, glow-sticks, Freezies and bottled water which each sold for three bucks. If you planned to drop E that night, then bottled water was a must, because you quickly got dehydrated.

There were three separate rooms, an outdoor area to cool off, and washroom facilities. The room which was playing house and techno featured the big projection televisions and was where the majority of the crowd stayed. Picture two Humber gymnasiums, full of people dancing, chilling, and partying. This room featured all of the headliners and was the most popular room of the night.

Each room had state-of-the-art laser light shows, which combined with the music to make it an extraordinary and exhilarating atmosphere. The more the lights flashed and the faster the music got, the more ecstatic the crowd got.

The other room which was playing jungle and drum n' bass, was relatively the same size as the first room, but didn't have as many bright flashing lights or big screens.

The set-up was the same, but there weren't as many people and it was a lot darker and cooler. The beats are a lot faster and more complex with jungle and drum n' bass music, so the dancing was a little more unorthodox. The third room, which played break music, was about the size of half a gymnasium and had roughly 500 people.

There were people approaching me, sking if I wanted to buy hits of crystal meth, magic mushrooms, and weed. The crystal meth, otherwise known as methylamphetamine, was selling for \$10 a vial. I had people asking me where I could find Special K, a very popular but dangerous drug. It was going for at least \$30 a hit. I asked people I knew or met what they were on. Some of the popular choices of ecstasy were Green Butterflies, Ruffnecks, Blue Euros, White Doves, MDMA, and Orange Viagras. Edstasy sells for about \$20 to \$25 a hit. Most of these ecstasies differ in affect. Some people rush, and some are mellowt. Even though security searches you at the door, somehow, there's always a way to get it in. I've seen girls stick the drugs in their bras. Most guys put it down their socks.

The sound of house music flowed from the speakers while the DJ pumped his arm in the air, nodding his head to the beat. Seeing thousands of ravers simultaneously imitating his movement is indescribable.

I must've met about a dozen people there. That's the best thing about raves. Everyone is so happy and friendly and no one treats you badly. After exchanging handshakes or hugs, usually people will ask you if you want a massage, or they'll give you a lollypop or a throat lozenge. One girl I met there stayed by me the whole night. She gave me some of her Max Air gum and would always massage my lower back. I thought that was the coolest thing.

When it reached 7:30 a.m. we decided to leave. The party was over at 8 a.m. anyway. Some people were going to the after party at the Comfort Zone located at Spadina and College. The Comfort Zone is one of the biggest underground clubs in Toronto. It stays open till about 2 a.m. It's where all the hard-core ravers go to party, chill or mellow out. After a night of partying and getting high off ecstasy, they do the same thing again the following day: As we were walking toward the exits I was disappointed. The night had gone by so quickly. I still wanted to party but it was almost over, and I was probably never going to see the people I met again. It would be another two more months until the next rave. This was one of the best parties ever.

I left the rave with one simple thought in my mind. I told my friends, "Hey, it's Sunday morning, who's buying breakfast?"

Snuggle up to this

by Kevin Masterman

Couple Toronto ravers have found a business niche in the scene they love. In a matter of four years they've taken a dream and developed it into a clothing label with a strong following.

"We're so absorbed into it," part-owner Greg Blagoev said. He and his partner Tony Elston are the "creative directors" of SNUG clothing. Blagoev handles major designs while Elston handles T-shirt and logo design.

It is the dedication and continuing innovation, which make Biagoev's designs stand out. The clothing incorporates unconventional zippered pockets, modular parts, and a pseudo high tech look. Valerie Wilmik, manager at NOISE, 275 Queen St. W, which has carried the line since its inception said SNUG clothes are both for form and function.

"People don't want to bring a bag when they go out to a party so they like all the pockets"-pockets almost concealed in the clothing.

The SNUG focus is on new concepts.

"Every year they keep it fresh, they have new stuff all the time." Wilmik sald.

Blagoev said his ideas come from watching the different progression of styles at raves, the development of technology, architecture, and even video games. But the parties he heads to are not for research, but to see his favourite DJs.

But new concepts have a short shelf life in a field as competitive as the clothing industry. Companies see trends and adopt them. Blagoev said larger designers get their ideas from the underground and independent trends. It's both flattering and meddening.

"They look to us for direction trying to cash in on the trends. It's a piss-off when it's someone like the Gap or Le Chateau because they manufacture clothes in far-off countries very cheaply."

Blagoev did admit the copy-cat effect is a little flattering. But it is the competition he thrives on.

"It makes you work that much harder."

He said SNUG has made its way into the industry by innovative work on a small scale.

"That's what makes companies like us have longevity. We don't saturate the market and don't go in just any store."

The focus has remained on small businesses and not production at a corporate rate.

NOISE factored in their independent nature when picking up the line.

"We're a small business so we like supporting small design-

ers especially since they're from Toronto."

Their size is growing, but not enough to meet the demand.

"Snug has a really big following and is a top ten seller up there with the big American companies. We've never had to put their stuff on sale." Wilmik said the clothing appeals to many of her customers, from raver teens to 30-year-old moms.



Models wearing Snug wares. Check out other designs at www.snugind.com.

LIFESTYLES

The state of the s

Cooking delights this Thanksgiving weekend

by Jenn Mossey

hanksgiving is just around the corner and everyone is anticipating the warm smells of home, roasting turkey and the company of family and friends.

Tony Bevan, program co-ordinator of the Culinary Program

at Humber College has some suggestions for spicing up a traditional Thanksgiving dinner.

"I wouldn't suggest making any radical changes, but the trims and add – on's really make the meal,"

Bevan suggested adding dried cranberries and fruit to stuffing to add colour and flavour and to use fresh herbs rather than dried herbs.

"The quality of flavour (in the fresh herbs) is much better," he said.

To spice up a simple wild rice dish, Bevan suggests adding diced onion and fresh, chopped oregano to the drained wild rice. Then add a bit of chicken stock and simmer. Take chopped walnuts and toast them in your oven for a few minutes. Then mix in

the toasted walnuts and finish by adding a bit of maple syrup.

"This is a dish that is wholesome and high in nutrition," he said. Beven said by adding a little sweetness (like maple syrup) to your meals would make a big difference in the taste.

A simple way to spice up an ordinary corn dish is to add some colour and flavour. In a fry pan with sunflower oil, add red and green peppers, onion, and garlic. Then add the corn. With a food processor, puree hulled sunflower seeds and add to the corn mixture.

When cooking your turkey, Bevan said, "Never roast the

stuffing inside the turkey. It is impossible to achieve perfect stuffing if you roast it in the turkey. Always cook it separately. The turkey also dries out and it makes a mess."

By cooking stuffing within the turkey, there is a chance of bacteria growth. Use the pan juices from the turkey in your stuffing to get a turkey flavour.

A useful tip when cooking a turkey is to have a meat ther-

mometer. "That way you can catch it when it's cooked properly," he said.

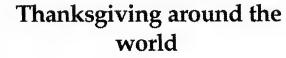
To compliment your Thanksgiving dinner, Bevan suggests wine. "There are some great Canadian wines out there."

However, if you can't make it home for the holidays this year, you can still enjoy a home cooked, traditional Thanksgiving meal at Humber.

The cafeteria at residence holds an annual dinner on Thanksgiving Day, along with other holidays, including Christmas.

"There will be roast turkey, mashed potatoes, medley vegetables, cranberries and apple crisp," said Kernel Campbell, chef at residence.

If you do make it home, make sure that you bring back some leftovers so you can try one of these great adaptations of "the turkey sandwich".



by Lara Rizzo

With Thanksgiving approaching, most Canadians anticipate digging into a mouth-watering turkey and the delightful trimings. However, for many cultures giving thanks is celebrated in different ways.

Tobago, an island in the Caribbean that retains much of its rural charm today, celebrates Thanksgiving as a day in which the entire community gathers together to attend a harvest festival and attend a church service to offer prayers of graditude.

For many centuries, countries in Asia including Japan, India, Indonesia, Thailand and Sri Lanka, perform festivals in gratitude for the rice harvest each year.

Native celebrations include expressions of gratitude and giving. In modern Brazil, a special public day of thanksgiving and prayer has been designated for the fourth Thursday of November since 1949.

In the British Isles and Europe, thanksgiving is observed in Protestant and Catholic churches with decorations pertaining to the season adorning the alter.

In Dallas, Tx a Thanksgiving Square was erected in 1976 and was "dedicated to revitalizing the ancient spirit of thanksgiving." It is referred to as "a common place of the world," where people from different cultures and religions can gather at any time of the year to give thanks.

Top ten reasons college students are looking forward to thanksgiving break

- 10. You'll know that your turkey is a Butterball rather than a Grade E yet semi-edible furball.
- Your mother will not be serving your mashed potatoes and stuffing with an ice cream scooper.
- 8. Pumpkin pie is a great alternative to green jello.
- 7. After your eighth glass of cider, your emergency dash to the bathroom will not be delayed by having to line the seat with toilet paper.
- 6. Clean underwear, comfortable bed, access to a car, bedroom larger than a 12x14 cell . . . ok, even if it is for only four days.
- 5. To eat your meals the only trek you'll have to make is from the couch to the kitchen rather than the dorm to the dining hall... in below freezing weather.
- 4. Instead of listeing to "when I first started teaching here . . ." you can be entertained with "when your mother was your age . . . " and "during the Depression we weren't lucky enough to have brussel sprouts. Hell, all we could afford was the sprout!"
- 3. You can eat your corn steamed with butter rather than popped in your microwave.
- 2. You'll know the hair in the shower drain is your own.
- 1. You won't be eating your Thanksgiving meal off a tray!

www.jokepost.com/thanksgiving.html

You'll be thankful for these recipes, they're quick and easy

Baked Apples



I cup brown sugar

1 tsp cinnamon whipped cream (optional)

1) Wash apples and core them

- 2) Take a small paring knife and make shallow slits in the apple skin on all sides
- 3) Place apples in baking dish
- 4) In a bowl, mix cinammon and sugar until combined.
- 5) Fill each apple centre with the mixture and sprinkle some brown sugar around each apple
- 6) Pour water in the dish until it is an inch deep around the apples
- 7) Bake at 350 degrees for 40 min. Baste 2 or 3 times. Serve hot with cream.



Pumpkin Nut Bread

3/4 cup canned pumpkin 1/2 cup Water

1 egg

i egg

1 tsp ground cinnamon

1/2 tsp ground mace

1 one pound, one ounce nut quick bread mix

confectioners sugar (optional)

- 1) In mixing bowl, blend canned pumpkin, water, eg, ground cinamnon and ground mace.
- 2) Add nut quick bread mix. Stir until moistened.
- 3) Pour into greased 9x5x3" pan. Bake at 350 degrees for 15 minutes or until done.
- 4) Remove from pan and cool.
- 5) Sprinkle sugar on top.

Find the right fit for a larger bust bra, with regular buy two for \$60 by Michele Ho Sue promotion specials. They sell Trying to find a bra that fits popular bras such as luxury bras

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properly can be a daunting task for women with larger breasts

Camesha Powell, a first year Nursing student at Humber, said style and colour to her are very important. She shops at La Senza, Sears and other stores. She emphasized that her bra must have an underwire and be the right shape.

"I don't like bras that have seams in the middle because they kill my nipples," Powell said.

Powell, a size 34C added that pretty bras are only available for small chested women. Powell said she will continue searching for that perfect bra.

"I want a female to design a bra that lifts (and) tucks to (enhance) my boobs," Powell said.

"I just hate bras. If I could go without one I would," said Daley, a size 36C.

Michelle Cyril, manager at La Senza, located in Yorkdale Mall said the store carries sizes 32A up to 38DD and allows women to try them on in order to find the perfect

"A lot of the employees are trained on how to measure customers. We just ask them what size they normally take, because our bras are different in sizes."

The most common sizes are 34B - DD and the prices range from as low as \$16 to \$46 for a and the seamfree hidden wire bras with matching panties for those who like to purchase a set.

Her suggestions for women in search of the right bra would be for them to find out what their needs are and determine what they want.

For bigger chested people, Cyril recommended luxury bras for support.

Malika Daley, a first - year Humber Business Management Finance student also has a hard time buying bras. She especially hates bras with an underwire and complained that if one of the wires is defective, the other one is often a struggle to take out. She wants a designer to invent a bra that doesn't make the wire stick out.

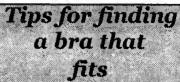
Leslie McGuffin, a second year Humber Interior Design student who shops at Silk and Satin, likes something simple and sexy.

"I don't like fancy lacy bras or those old lady bras that have no style at all," McGuffin said.

Like Powell, McGuffin noticed that bigger sizes are not as cute as A sizes, and feels sorry for the girls with big breasts. She prefers sports bras.

"I don't wear push-up bras because they push you in the middle and you look so fake."

Peter Panagakos, manager of Avec Plaisir Fine Lingerie, located



- 1. Have a professional tape measure your chest to determine your correct size.
- 2. Don't be afraid to try them on in the store. Be sure to try on a few different styles as they may vary your size.
- 3. If you are not quite satisfied with one opinion, go seek another from a different store.
- 4. Finding your right size takes time. Don't get easily discouraged, your breasts will thank you for it in the future.
- 5. If you have concerns about your health with bras, talk to a doctor about them. He/she might be able to give you some good suggestions.
- 6. Remember weight gain, loss and pregnancies affect your bra-

at Danforth and Carlaw, insists his store has the best collection and selection from around the world.

The store has been in operation for over 20 years, and specializes in fitting the right bra to the right per-

The store carries bras from sizes 32A to 40G.

Their staff members have been trained in Europe because Panagakos said North Americans mass produce

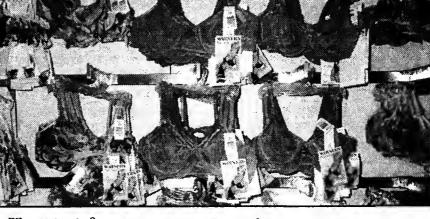
"Most women have never been fitted properly," said Panagakos, who believes fitting a bra is like an art.

"People think putting on a bra is like putting on a pair of shoes. No, it's very difficult."

Avec Plaisir prices range from \$60 - \$200, and costs less in the long run because it's cheaper than replacing a bad bra, he said.

"It's better to buy one good than 10 bad ones," Panagakos said, comparing buying four bras for \$30 that only last one year, to buying one bra for \$100 plus that can last 3-5 years.

He also pointed out that a good bra does not stretch and offers better support.



How to take you measurements:

- 1. With your most comfortable fitting non padded bra on, wrap a measuring tape around your rib cage directly under the bust. Pull the measuring tape snug. Now take the measurement and add 5 inches if the measurement is an odd number, or add 6 inches if the measurement is an even number. This will be your frame size.
- 2. Once again with the same bra on, measure over the fullest part of your bust with arms at side and standing erect. Now take the difference of your frame size and cup size measurement. If the difference is:
- * 0" to 1" Cup Size A
- * 1" to 2" Cup Size B
- * 2" to 3" Cup Size C
- * 3" to 4" Cup Size D

www.secure.silk.net/cottoncandilingerie/size%20chart.htm

HEALTH

Watch out, Superbug could sting if you're not careful enough!

by Tanya Treusli

t can give you a deadly disease, and your body has no resistance to it. It's a Lvirus, it's a bacteria, it's Superbug.

A Superbug is a drug resistant bacteria that can not be combated even with the newest and most sophisticated antibiotics.

This is because some people have a resistance to antibiotics because of the foods they eat and the overuse of antibiotics prescribed by doctors. The scary thing is that a person may even develop an immunity to antibiotics even if antibiotics have not been taken in the past.

Thelma McAdam of the Health Action Network Society said, "the fight against colds and the flu is up to the individual. Due to an overuse over the last 50 years, our bodies have built up immunity to antibiotics. As many as one in four people are resistant to some forms of penicillin and antibiotics."

MacAdam agreed this is something

people should be concerned about and aware of.

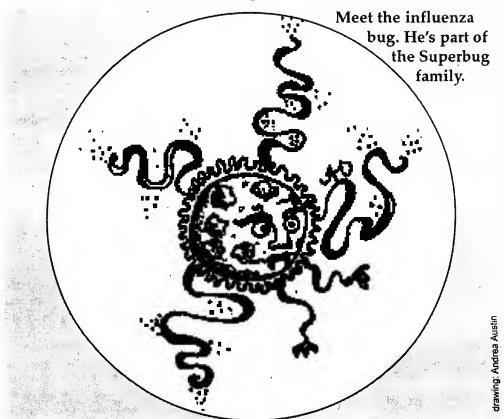
She explained that this topic needs attention because "people have turned a blind eye to it over the last 50 years, and now it is killing and limiting options to fight disease.

"This resistance to antibiotics can be traced back to the feed, which is laced with antibiotics, that the farmers give to their livestock, as well as genetically engineered foods," said MacAdam.

Over the next few weeks the Et Cetera will be taking a look at Superbugs, their effects, and how to protect yourself against the deadly bugs.

Look forward to detailed articles which will inform and educate you on all the details you need to protect yourself from these creepy invaders and to spread the word to

Until then, take your vitamins, dress warmly, keep your hands clean, and beware



Either way, wash or wipe germs away

By Erin Henderson

Your hands may look and feel clean, but are they really germ free? Experts argue the most efficient methods of keeping germs off; regular soap and water, or new products such as gels that require no water at all.

According to a poll commissioned by GOJO Industries Inc., almost 50 per cent of Canadians polled are misinformed about how viruses are contracted.

Infection control experts suggest that several hands touching the same unsanitized equipment spread germs. Germs are easily transferred from person to person through common use of ATM machines, public phones, computer keyboards and money.

Dr. Audrey Karlinsky, from the department of family and community medicine at Mt. Sinai Hospital in Toronto said, "about 80 per cent of common infections are spread directly by hands and not through the air."

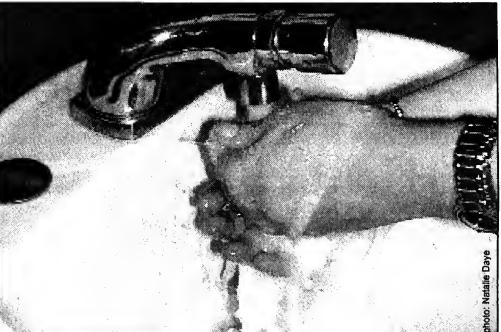
GOJO Industries Inc. has come up with a new product to help combat the transmission of disease through hand contact. PURELL Hand Sanitizer is an alcoholbased gel that claims to kill surface germs without water.

Most Canadians only wash their hands an average of 12 times a day - 40 to 60 per cent ous viruses easily.

"Some viruses are hardy and can stick around for a number of hours," said Karlinsky.

Hand sanitizers claim to kill 99.9 per cent of germs like E.Coli, Salmonella typhimurium, and streptococcus pneumoniae, in less than 15 seconds without soap and

Donna Taylor, a Registered Nurse at Thistletown



less than they should, which can transmit seri- Washing hands has been the oldest method of getting rid of nasty pinch, a sanitizer might be the best germs, but imagine the possibility of doing the same without water. alternative.

Medical Centre in Toronto, does not believe in anti-bacterial products.

"I don't think they're that effective. I think soap and water is just as effective. I haven't found that the antibacterial effects last long enough on my hands, but I do find that the frequency of washing hands is the secret to reducing transmission of viruses and bacteria from

colds," said Taylor.

In order to keep hands clean, there must be frequent washing whether with anti-bacterial agents or regular soap. Taylor also wonders about how the general public will interpret the use of hand sanitizing gels. She said that people may use the anti-bacterial cleansers once in the morning and then believe that to be sufficient protection for the

"We do not want this to replace washing one's hands with soap and water. This is a supplement to hand washing. What PURELL is all about is helping people practice proper hand hygiene," said Sandy Katz, vice-president of the consumer group GOJO Industries.

All experts agree that the easiest and best way to prevent the spread of illness is by washing hands frequently with soap and water. However, if you're in a

Be relieved, a flu remedy awaits you

by Melanie Irvine

ou've had it for a week now and you're pretty sure you got it from your friend. Now your entire family is upset because you brought it home.

According to a press release from Hoffmann-LaRoche Limited, Canadians may finally have some relief from the common cold and flu.

Tamiflu is the first drug of its kind to fight against the influenza virus, which is also known as the flu.

Tamiflu, a pill, is taken once the individual feels the symptoms.

The new drug has been put under priority review by Health Canada and hopes are high among researchers. This will be the first pill form of such a drug, and will only be available through prescription.

"We're expecting a successful approval, hopefully before the start of this year's flu season. This kind of drug has been in progress for several years," said Josey Panetta of Hoffmann-La Roche Limited.

"Up until now we have only had antibiotics which only treat illnesses caused by bacteria," said Dr. Piyush Patel, an Immunologist at the Credit Valley Hospital and medical director of Allied Clinical Research.

The difference between the two is that bacteria in your body can cause an infection-like illness such as strep throat. This is why we have antibiotics to fight bacteria. But the com-

mon cold or flu is caused by a virus and there hasn't been a drug that could light the virus.

Dr. Monica Borkar, family physician at Springdale Medical Centre said, "There are so many subtypes of the virus, and they change so rapidly that it's hard to make a treatment."

Leah Young, 23, a first-year Public Relations student said, "I think this is very impressive. This must be a breakthrough for this field."

Hoffmann-La Roche hopes that approval of Tamiflu will open a door to a future treatment for would rather just let the cold take its course

other viruses besides influenza.

"I'm very sure that within the next few years we will have something for the common cold too," Patel said. But where does this leave the future of off-the-shelf remedies?

Since there has never been a drug of this kind, name brand companies have come out with cold and flu remedies that help by eas-

ing the general symptoms experienced by sufferers such as runny nose, sneezing, and sore throats. Panetta

said that this drug shouldn't affect the markets of nonprescription drugs. Young does not like

"They tend to be very strong, and I

instead of being drugged up on off- the- shelf stuff," he said.

using off-the-shelf remedies.

Brian Viggiani, 18, a firstyear Radio Broadcasting student said he would like to try the new pills but will wait a while because it's still new on the market.

Previously, doctors have given patients what is known as the flu shot, which is a vaccination that fights the influenza virus when it enters your body. One of the problems with this remedy is after you receive the shot you can experience flu-like symptoms.

The other problem with the flu vaccine is if you received a shot last year you may have to get it again.

"Last year's flu virus shots may not work on this year's strain," said Dr. Patel, "and every year there are new strains."

The new Tamiflu drug is designed to fight all strains of the virus from the past, including this year's.

The vaccine works by jecting the dead forms of the strains into your body so your cells can then recognize them and take action if they show up later on.

Humber will be starting

their vaccination program in October, for a fifth year in a row now.

Students can receive the shot for \$10, excluding those with chronic heart, lung or kidney disease, diabetes, cancer, blood disorders, or immune system problems, or anyone working in a nursing home or other chronic care facilities, who are able to receive the shot for free.

"I'd try it but I would rather keep the 10 bucks," Viggiani said.

"I've never had one but it's probably a good idea that I get one," said Young.

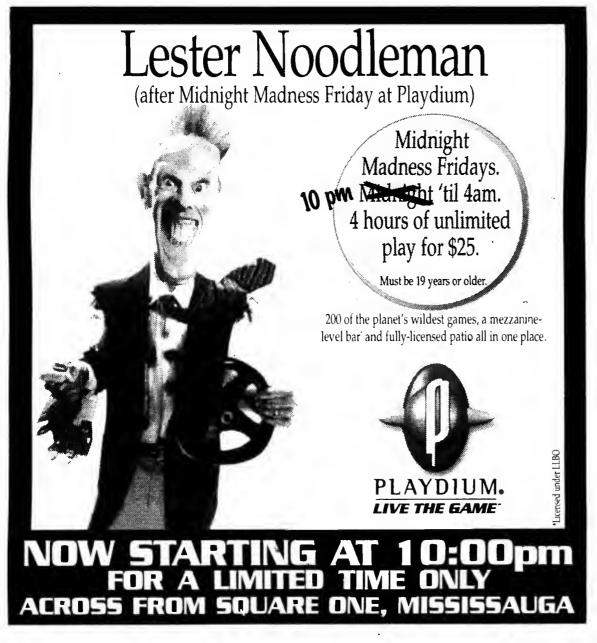
Many students don't receive flu shots and are encouraged to get one before the flu season starts. Because cold temperatures force people inside to more confined areas, the virus is able to affect more people more quickly than if they were in a more open space.

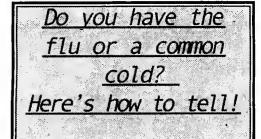
Some helpful hints for students who wish to avoid sickness this year but can't spare the money for the vaccine, are to "stick to vitamin C," said Dr. Borkar.

"Studies have shown that vitamin C is very effective, and also zinc lozenges work to shorten the course of an illness," she said.

Dr. Borkar also talked about some herbal treatments.

"Patients have told me that herbal methods such as echinacea have been effective for them but I've never prescribed them. My only advice is to never mix them both because you don't know what the interactions are."





Common symptoms include: coughing, sneezing, runny nose, sore throat.

Flu symptoms that differ: fever, body aches, pain

Once in your body, the virus seeks out your cells where it enters them and turns them against your body. The virus leaves that cell and moves on to another. This is why you feel sick, because a lot of your cells are working for the virus instead of for your body.

"You feel a little worse physically with the flu than with a -Dr. Borkarcold."

ARTS

Justin Clayton's accidental solo venture

by Michele Stefancic

It's said that nothing in life happens by accident, that everything happens for a reason.

According to Justin Clayton, who recently signed to Ultimatum Music in the U.S., his solo career as a musician and current record contract, both happened by accident. He swears he wasn't looking to be the centre of attention, nor was he really interested in becoming a solo

Clayton's new venture as a solo artist was an accident waiting to happen. Clayton's talents as a singer, songwriter and guitar player are rich on his debut release entitled Limb, 11 tracks leading listeners on a musical journey through self-penned lyrics, and guitar-pop melodies.

Clayton was credited as a cosongwriter and guitar player on school mate Julian Lennon's albums. As such, he's no stranger when it comes to performing. Clayton's also been playing the guitar since he was eight years old. However, never having to fill the shoes of a front-person, he will for the first time embark on a new tour starting this fall in support of Limb.

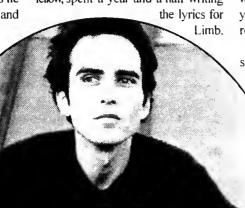
Originally a Liverpool native,

Clayton spent his childhood in London. Over the last eight years he has commuted between London and Los Angeles, calling both home.

Clayton, called from L.A. recently (where he is residing for the moment) to chat about the making of Limb. In conversation Clayton appeared uncomfortable, and at times found himself lost for words. Almost lacking confidence himself in terms of being in the limelight, Clayton explained why the "accident" word remains when attached to his name.

"I wasn't really looking for it (record deal), and it was sort of because I had a publishing deal," said a soft-spoken Clayton of the accidental signing to Ultimatum Music.

"It was more someone else's suggestion, you know, 'why don't you try and do this,' and I thought you know, 'I'll never make it,' Clayton said of the beginnings of his solo act. fellow, spent a year and a half writing



Justin Clayton goes solo

A beautiful poet, who sticks to simplicity throughout tracks such as 'Miles Away,' (Clayton's favourite on the album), and 'Sometimes Life's A accidental occurrences that started

with a look, you overwhelm me, you're like a drug, you won't release me.

Clayton said he is writing about stuff in his past.

"It's stuff that you've gone through or know about, just a mixture of feelings. Hopefully, not getting too obsessive about them. I suppose you can only write what you know."

Working with producer Marty Wilson-Piper (The Church), the duo headed to the Blue Room (studio) in Sweden last April, upon Wilson-Piper's suggestion.

"He's a very down to earth person who brought normalcy to it (recording process) in the sense of not recording it with the idea of 'oh this is the thing, or that's the thing.' It was just like 'let's try and make an album with a vibe.' Hopefully it stands on its own as an album," said Clayton of producer Wilson-Piper and his decision to work with him.

With numerous accounts of

Clayton, a thin, dark-haired lanky Drag,' where he writes 'you kill me to surround his career, Clayton said Wilson-Piper was also an accidental ingredient.

"I had a few people in mind and when I met him, I had met him through a friend and I didn't know he was a producer," said Clayton.

Wilson-Piper was also responsible for suggesting the musicians who appear on Limb, including J. Odelholm (bass), and Christer Bjorklund (drums).

"I hadn't even met them before I went in (to the recording studio). It was all sort of bizarre. It was risky but it all worked out," Clayton said of his new bandmates.

Limb is now in stores, and the first single 'Tragic,' a radio-friendly ballad, is set to hit the airwaves any day now. Clayton said in the next month or so the band will do a few shows in the west coast area of the U.S. and after Christmas he will push the record a bit harder for the following year.

Not sure what the public can expect of their live performance, Clayton only said, "I guess it will be similar to the album, cause it will be the same guys. I'm a bit nervous about it (live touring), but I love playing live."

Moist explores video making

by Elizabeth Goncalves

"Girls! We're not going to bring them out until you make some noise," said an energetic Mix 99.9 on-air personality at a recent event to end the summer.

The females responded as the crowd was asked, "who's one of your favourite Canadian bands?"

The screeching told the rest of the story as the fans belted out,

During a 20 minute interview with bassist Jeff Pearce, prior to Moist's set was proof of their popularity as female fans repeatedly attempted to get Pearce's autogrpah.

The Montreal-based bassist, and bandmates vocalist David Usher, guitarist Mark Makoway, drummer Paul Wilcox, and keyboardist Kevin Young are eager and willing to please fans.

With Moist's latest release Mercedes Five and Dime, the band seem set on following the success of their previous releases, Silver (1994) and Creature (1996).

While those albums featured

louder sounding songs, Mercedes spotlights a natural progression into mellower tunes with experimental

Pearce said generally fans and new listeners are reacting positively to the new mellower side of

"We feel really attached to this record, and we're happy that people are responding to it really well,"

Pearce is happy about the band's ability to branch out and relay those experiences as a unit to create the Moist sound.

"That's why the music still feels very important to us," said Pearce.

"The whole process of being in this band and all the life experiences that we've had because of it. have made us change a lot as people over the course of all those years. I think that showed up in the music some way," Pearce said.

Pearce confided it isn't always easy to create something that is original and experimental.

'The song, Comes and Goes,

was the song that initially sounded most like the old stuff, a bit Push-like or Tangerine-like. We got into the studio and we were sort of recording it and just kind of went 'this sounds way too much like the old things.' We stripped it down and wrote a bunch of different stuff for it," said Pearce.

Fans can stay tuned to MuchMusic for the band's second video from Mercedes Five and Dime, 'Underground.'

"For this (new) video, we wanted to do something that was different," explained Pearce, who chose not to divulge many details.

He does admit, Moist will be "featured heavily in a strange sort of way, in a way that it's not completely recognizable."

Moist knows first hand how powerful videos can be. Their first attempt at video-making for their single 'Push,' was a major success helping the band skyrocket to the top of Canadian music charts.

"We had no idea what we were



Moist from left to right are: Paul Wilcox, Kevin Young, David Usher, Mark Makoway and Jeff Pearce

getting ourselves into and that video was completely of our creation. We co-directed it, and it was just a big rush," said Pearce.

Playing live and making music is still very exciting for Pearce, who said he hopes that

when all is said and done, fans will have good memories of what the band stood for.

"I just hope that we will be remembered as a band that changed and evolved in positive ways."

Advertising is a fine piece of theatre

by Catherine Stancl

Everything in this world is one giant ad where we sell ourselves to people who try to sell us something back. If you become a bum in the process, it's "just bad personal advertising".

This is the driving theory behind Advertising, a 90-minute play, showing at the Tarragon Theatre in Toronto.

Written by Daniel Minsky, Advertising is based on three characters, Shoe, Sedge, and

Matt, who sit in a barren, litter-strewn (beautifully created by designers Eugene Slonimerov and Tamila Rostmoff) in the wake of an accident involving a close friend. Each demonstrates optimism. simism, and philosophical babble through a series of emotional ups and downs.

"lt's the circle of human things and seeing beauty and emotion," Minsky

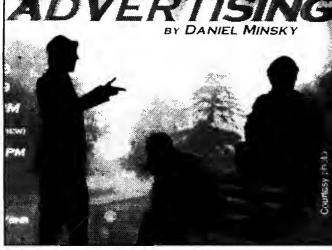
They eventually come to the realization that society is lost in ads and symbols ingrained in our culture making things, including ourselves, not as we perceive

"(We're) trying to sell ourselves somewhere in the circle,

trying to find a gap in it, to feel speaking or not." special," Minsky added.

Advertising is a play that needs to be seen, because it can't be described without sounding like a philosophical fluff-ball. The three characters, plus a short

interlude with a homeless man, keep you captivated through the entire performance. You don't even notice the lack of intermission. The intimacy of the theatre puts you right in the action, makpowerful. ing the play that much more pow-



Advertising is a fine piece of theatre

Director Steve Dazzi successfully accomplished his biggest challenge of keeping a three-person play alive.

"It's very simple when you've got a big cast because there is a lot of action going on," Dazzi said. "But with a small cast I find I have to have the actors always entertaining whether they're

The actors, who remain on stage for the whole play, do a superb job conveying their characters to the audience.

Shoe (Craig Blair) is struggling through the fact that his mother and his close friend are dying, at this point he is the world's biggest pesimist. His final piece about an incident at the hospital was riveting and

Sedge (John McLeod) is the neutral philosopher. McLeod's

> performance strong despite only two years of acting experience. He rattled off philosophical theories with ease and conviction and played off of the other characters brilliantly.

Matt (Peter J. Howcroft), the optimist who sees the beauty in an otherwise grueling period, provides comic relief with his goofy demeanor, and remains a powerful presence in the middle of the play when his lines are limited.

Overall, Minsky and Dazzi have successfully created a must-see provocative play on human emotions and societal breakdown.

Advertising is showing Oct. 3, from Oct. 6 to 9. Tickets are \$15 for adults, \$12 for students, and "pay what you can" on Sunday. For tickets and more information, call the Tarragon Theatre at 531-1827.

Karl Densen rocks the Zone

by Nick Jones

Karl Densen's Tiny Universe was moving at a very relaxed pace when it entered the Comfort Zone on Sept. 29.

The Pocket Dwellers were the opening act of the night. The group was still doing sound check as the rain soaked audience started to dribble in about 9 p.m. It wasn't until 10:30 p.m. before live music was offered to the crowd, who were by this time, dry. The band filled the stage with two sax players, one guitarist, a bass player, a drummer, a keyboard player, a DJ and a singer.

They warmed the small excited crowd with an hour-long set that consisted of jazzy beats, spiced up with some hip-hop flavour. They were the perfect appetizers for the main course.

Unfortunately some people went home hungry because they were forced to wait until one in the morning before they got another taste of

At 1:12 a.m. exactly, Karl Denson's Tiny Universe had the entire club moving more than an asteroid shower with their experienced brand of acid jazz. Denson went on to explain to those in attendance that his delay was in thanks to Canadian Customs and their probing tactics.

It was as though the band were ancient medicine men who mixed up a potion to bring the once somber crowd back to life. The six members of The Tiny Universe played like they were possessed by the demon of dance. Keyboard player David Veith started off playing the Hammond organ giving their sound a '70s overtone. Percussionist Craig Dawson got all funked up while hitting the skins with a jazz style beat then kicked into high gear, keeping the legs on the dance floor moving.

Bass player Chris Stillwell and guitarist Brian Jordan kept their music in unison giving each song a core for the other members to branch out from.

Trumpet player Carlos Washington got the crowd screaming when he produced a soulful solo that convinced the crowd he was the perfect sidekick for the main man Karl Denson.

Denson has been a leader in the groove oriented acid jazz world for a long time. He has played with Lenny Kravitz on hits like 'Mama Said,' and also headed up the Greyboy All-stars who have been setting the pace in acid jazz for the last few years.

Denson started off the night playing the tenor sax, but would go on to show his expertise on the alto sax, flute and proving himself to be a talented vocalist. When singing his style is a cross between Stevie Wonder, James Brown and Jay Kay.

The background music was fast and funky. Whether Denson was singing or playing the sax or flute, he gave the music groove, soul and direction.

A modest turn out for Sisters of Mercy

by Catherine Stancl

Fans young and old, clad in black leather and vinyl, flocked to The Docks nightclub last week to see one of the most influential bands of gothic music, Sisters of Mercy.

On Sept. 28, The Sisters of Mercy gave a strong performance and nearly filled the venue to capacity which is an impressive feat considering they have not released any new material since their greatest hits collection in 1993. It's these hits that keep the

fans wanting more.

Lead singer Andrew Eldritch is the only original member left in the band's current line-up. Since the group formed in 1980 in Leeds, England, eight people have come and gone as guitarists and back-up vocalists of this legendary Goth band.

Despite these changes, the Sisters have remained a popular group with a large cult following, especially in Britain and Germany. In 1997 the band resumed touring, much to the delight of fans.

Their dark lyrics and strong sound make their music as powerful today as it was in the '80s. After about 20 years, Eldritch still performs with passion, his deep voice growling the songs to the appreciative crowd.

Eldritch, with cigarette always in hand, tossed bottles of Evian to out-stretched hands, and lunged cat-like across the stage as he sang, saying a modest "thank you" as the crowd cheered after each song.

The show itself was a murky haze of dry ice that consistently hung over the stage and the audience. Deep shades of purple, red, and blue shone on Eldritch, Adam Pearson (guitarist, backing vocals), and Chris Sheehan (guitarist) as they performed such hits as 'Temple of Love,' 'Detonation Boulevard,' and 'Vision Thing.'

The music that was performed at the Docks was not as harsh as heavy metal, but strong enough that you could feel the Sister's heavy bass pounding in your chest. Their sound is a distinctive mix of beats and samples from Doktor

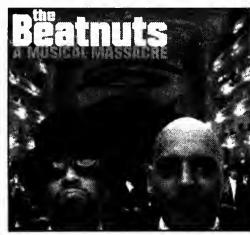
Avalanche, Sheehan and Pearson's heavy guitar, and Eldritch's unusually low and fierce vocals.

Their set lasted nearly two hours, after the crowd cheered them back on stage for two encores. They finished strongly with one of their biggest hits, 'This Corrosion.'

The Sisters of Mercy are continuing their North American tour until Oct. 21. For concert dates and the latest information on the band, check out their official website at www.thesistersofmercy.com.

Spin these latest CDs

Beatnuts - A Musical Massacre



Releasing two full-length albums and two EPs since 1993, the Beatnuts are setting a good example for those in the music business. Constantly producing beats that slide into your mind and then stick there for a while. They've achieved top underground status and have poked their heads above the mainstream surface with hooks like 'Off the Books.' It's 1999 and the Nuts are back on the scene one last time before the millennium with their latest release, A Musical Massacre. JuJu and Psycho Les, who make up the Beatnuts, have maintained a tight formula for several years and haven't stopped yet. The duo have always prided themselves on producing the roughest beats in true hip-hop form, which means digging deep into dusty music crates to find the sharpest cuts. The payoff is, tracks like 'Watch Out Now' that will have you whistling the jazzy flute sample for days on end. The Beatnuts produce a lot of fun party jams, but they have started to experiment more with an orchestrated string sound, 'Beatnuts Forever,' giving them a more serious element. Psycho Les and JuJu have always been praised for their production skills while often criticized for their lyrics. Their rhymes only orbit around three main topics - girls, smoking weed, and violent street images. These may not be the words of prophets, but at least they do it with creativity. Their specialty is in the beats and they can hold their own on the microphone. Overall A Musical Massacre contains some quality tracks that are worth checking out.

- Nick Jones

Chris Rock - Bigger & Blacker



Chris Rock is back with his new CD, Bigger & Blacker and it's time to declare him the new undisputed heavy-weight champion of the comedy world. In recent years we have seen every person who can crack a joke get handed a sitcom. Today comedians have forgotten about their roots — the comedy album. Television theatrics might induce some giggling, but nothing like the gut-busting laughter that Chris Rock provokes when he talks about his fear of crazy white kids and the trench coat Mafia.

"The world has gone crazy. The world is real crazy, you

know why the world is crazy? 'Cause I'm more scared of white kids than black kids. I got here on the elevator this morning and two high school white boys tried to get on and I dived off ... You ain't gonna kill me!" He said in his animated way.

A few years ago this might have been very controversial, but the boundaries of what is acceptable have stretched like the wallets of the people telling the jokes. Comedy albums in the past have always contained the most vulgarity, remember Eddie Murphy when he was funny? How about Richard Pryor or Andrew Dice Clay? Finally Chris Rock is bringing the lost art back to the people and he's the right man for the job. Others have tried like, Jerry Seinfeld and Adam Sandler, both men are funny but keep regurgitating the same material over and over again, while Chris Rock is keeping it real. On the CD you get an ample amount of his live stand-up and some quality skits that you've never heard before. The interview with Monica Lewinsky is worth the price of the album alone. The musical track 'No Sex' offers some food for thought like, "If a homeless person has a funny sign, he hasn't been homeless that long. A real homeless person is too hungry to be funny."

If this doesn't sound funny to you just think about the things I couldn't write about on the CD.

- Nick Jones

Iggy Pop – Avenue B



Avenue B, Iggy Pop's latest CD moves away from the punk rock sound that has influenced him in the past.

Proving he's moved into a different direction, Pop first demostrates this on three haunting spoken work pieces, 'No Shit,' 'Afraid to Get Close,' and 'She Called Me Daddy.' Pop also delves in to the world of progressive jazz on the title track, 'I Felt the Luxury' also the album's stand track, and 'Espanol.' There is even a dash of dark and creepy cabaret on 'Nazi Girlfriend.' There is no shortage of the punk and rock that has filled past releases, found on Avenue B. Look no further than tracks 'Corruption,' and a cover of Tommy Kidd and the Pirates' 'Shakin' All Over.' These songs will bring back memories of The Stooges, Pop's first band.

- Andrew Horan

Sevendust - Home

Two years ago Atlanta, Georgia, rock band Sevendust released their self-titled debut record. Since then, the five-piece band have achieved many successful moments including watching Sevendust declare gold-status.

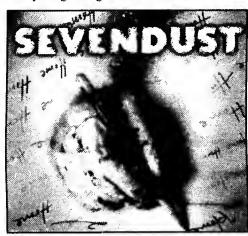
Fast-forward to 1999, and vocalist Lajon Witherspoon, drummer Morgan Rose, guitarist Clint Lowery, John Connolly, and bassist Vinnie Hornsby have released their follow-up effort, Home

Like a thick, rich cold chocolate milkshake, Home goes down smooth and slow, leaving you craving for more.

Containing 13 power-house tracks including their first North American single 'Denial,' 'Reconnect,' and soon-tobe expected second single 'Waffle,' Home has seen Sevendust reach a new level of musical maturity.

Possibly crediting 21 months of touring on the road (500 live shows), Sevendust have captured their live sound on Home.

Continuing on the same musical path as set on Sevendust, the band have remained faithful to their chunky guitar riffs, piercing bass, thumping drum beats and a combination of powerfully striking, yet melodic vocals. Not only can you headbang to Sevendust's songs including 'Headtrip,' 'Rumble Fish,' and 'Feel So,' you can actually sing along with them.



The major difference between Sevendust's two releases is the musical collaborations found on Home. A first-time attempt with the idea of calling on other rock stars and asking them into the studio to record, bassist Hornsby says, "at first we didn't want anyone on the record because it became a trendy thing to get big stars to help your own record sell. We didn't want to jump on that bandwagon."

Once the initial uneasiness was put to rest by Skunk Anansie vocalist Skin, the birth of 'Licking Cream,' found its way onto Home.

"We had the music together, but we told her (Skin) we didn't want to poison her mind with any of our ideas. She came up with something totally left of center from what we were doing. It's an incredible track," said drummer Rose.

'Licking Cream,' and 'Bender,' also a collaborative effort calling on Deftones vocalist Chino Moreno, are two of Home's standout tracks.

A piece of metal/hard rock history, Home should surpass the success of Sevendust. Stand back and watch the band's carrier explode with Home.

- Michele Stefancic



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SPORTS

Teamwork key to two more wins for women's soccer squad

espite two rain-filled matches last week, the women's soccer team showed that they are the team to beat with victories against Gearge Brown and Fanshawe.

The Hawks defeated the George Brown Huskies 5-2 last Wednesday in a match that was called in the 75th minute because of heavy rain fall. They continued their exceptional play with a 3-1 win over the Fanshawe Falcons last Saturday in another game that was marred by rain.

During last Wednesday's game against the Huskies, the Hawks started off slowly but took the lead when midfielder Adriana Cataldo opened the scoring in the 13th minute. Shortly thereafter, striker Joanna Vitale made it 2-0, and from there the Hawks never looked back. Cataldo, who was ill during the match, finished the game with three goals and Vitale had the other two

Sweeper Anna Tripodo, who had suffered an ankle sprain against St. Clair two weeks ago, was in uniform and played in the second half against George Brown.

"My. ankle felt fine and things went well, knowing that I wasn't even supposed to play. I had to get on the field. I just couldn't stand watching the game from the sidelines," Tripodo said.

Mid-fielder Annabella Lopes, who sprained her shoulder against

Lambton, did not play against George Brown, but did play against Fanshawe.

"The Humber team therapist thought that it was best for me to sit out the game against George Brown. My shoulder is still sore but it's healing quite quickly, and that is a good sign," Lopes said.

Coach Vince Pileggi didn't think that the weather played a factor in the team's performance.

"I think that fatigue was more of a factor than the weather was. We were playing our fourth game in nine days, and at times the girls looked lethargic. During the match against George Brown we came out flat, but nonetheless, we played our game and the results were positive," said Pillegi.

"This team maintains their level of play regardless of what the score is. The discipline, maturity, and experience on this team will bring us good results."

Asked about the contribution of rookie scoring sensation Vitale, Coach Mauro Ongaro said he thinks the key to success is for everyone on the team to do their job.

"Everyone is finding a role on this team, and that's why we have been successful up to this point, because everyone is contributing in every area. We score as a team, we defend as a team, we progress the play, we finish the play," Ongaro

On Saturday the Hawks main-



Adriano Catalda uses her head against Fanshawe.

tained their level of play. They came out strong scoring all of three goals in the first half. Rookie forward Kim Perras scored her first goal of the season and Vitale once again proved her worth by popping in two goals. She now has an amazing 10 goals in five games this season.

"Joanna is definitely a great player who has a good sense of the game, and gives a definite boost to our team, but what's essential to

"This team maintains their level of play regardless of what the score is. The discipline, maturity, and experience on this team will bring us good results."

Coach Vince Pileggi

our team is not so much to score goals, but to give it your all and play at 100 per cent."

"We play a touch and go style of game, which she benefits from, and if there were such a thing as assists in soccer then this team would be stacked with them," Lopes said. "I'm not taking anything away from Joanna, she is an excellent player, but the reason why we are so successful this year is because of our goalkeeping, defence, midfield, and depth on our bench."

The second half showcased a frantic and tenacious 45 minutes of soccer as both teams went back and forth, with Humber prevailing in the end, improving their flawless record to 5-0.

Defender Sandra Troiani feels that the team played exceptionally well, especially when the pressure was on from the opposition.

"As a whole the effort of this team is incredible. We did a good job at getting to the ball and at adapting to where the ball was going, considering the weather conditions. We started the second half off slow, and when Fanshawe put on the pressure, we responded well, especially our defence," Troiani said.

Mid-fielder Claudia Marmo is pleased with where the team is at, and summed it all up by saying, "we work as a team, we win as a team, we lose as a team."

Roster set for men's basketball

by Michael Stamou

The tryouts are over and the men's basketball team is ready for court.

Of the thirty players who tried out for this year's squad only eight new players made the team.

There are six returning players. Mark Daman, a foward from Chicago, Chris Aim, comes back to the post, James Ashbaugh returns to the centre position, guards Jeremy Walters, Trevor Baptiste, and Dexter Miller will also be back.

Walters has great aspirations for the upcoming season.

"Last year looking on the season, we had very high expectations for the Ontario Championships and the National Championships," said Walters. "I think we can really pull it off to become Ontario champions as well as National champions. We just have to be focused and see our goals ahead of us, and take it step by step and we'll reach them all together as a team."

There are eight new players on this year's squad. Syndney Jefferies, a forward from C.W. Jeffries, Kingsley Hudson a guard from Westwood, Cornell Brown, a half-guard who played two years at Central College, and Rupert Thomas who played last year at Durham College.

Five of the new players are from high schools all over the Greater Toronto Area.

They are, A.J. Simmonds, Jason Francis, Marcel Lawrence, David Phillips and Chris Otorro.

Simmonds said he is happy to be on the team and shares Walters' hopes for the upcoming season.

"It feels great to make the team. I am expecting a lot of new things, to play well and win. I want us to make it to the Nationals and win it all. This is the year, baby. This is the year," said Simmonds.

Assistant coach, David Deaveiro, is pleased with the players selected for this year's squad.

"We set some high standards for this group, so hopefully with some hard work we will achieve those,"



Humber's forward, Lauren Robbers, takes control of the ball in a game against the Huskies.

Hawk's run at perfect record over

Hawks dissapointed over loss of early two point lead

by Frank Monaco

the Humber Hawks' pushed their record to 4-0-1 in home games against the George Brown Huskies and Fanshawe Falcons last week.

The Hawks finally broke out of their bad habit of allowing the first goal against the 1-2-1 Huskies Sept. 28. But they gave up a twogoal lead and managed to tie. However, the Hawks stormed back to form on Oct. 2, trouncing the Falcons 4-0 on a rainy and cold

The Hawk's squad was not at full strength for Wednesday's game after an injury-plagued road trip last weekend. Head coach Germain Sanchez rested some regular play-

"(The injury situation) is bad. We had at least four players that couldn't play today and that's a lot. They're only sprains and should be back soon," said Sanchez.

Forward Jesse Calabro continued his scoring streak opening the game with a goal off a George Brown defensive miscue within minutes of the starting whistle to give Humber an unfamiliar 1-0 lead. At the 20-minute mark of the game, Calabro made it 2-0 with his second goal, compliments of a nice assist from mid-fielder, Luigi Seconds before Landauro. half- time, the Huskies pulled



Marko Milcevic tosses the ball in for Humber Hawks

within one, scoring via a corner kick, making it a 2-1 game.

After the half, Humber restored their two-goal lead when forward Nathaniel Singleton popped one in the Huskies goal.

George Brown cut the lead to one by taking advantage of a terrible Humber defensive clearing attempt. Another defensive blunder allowed the Huskies to even the score 3-3.

The Hawks were visibly upset that they had given up a two-goal lead and said they would treat the tie as a loss.

was a win and they were so happy, and you saw the guys were very very upset," Sanchez said.

Sanchez continued to utilize his entire roster and gave healthy players ample playing time. He made numerous changes including switching goalie, Mike Silva for goalie Vito Capone in the middle of the first half.

"The problem was that, including myself, (we were) overconfident because we were winning 3-1 and dominating the play. I put in a few players that were maybe a little too cold or out of the game and "For (George Brown) the tie they couldn't keep up with that

level at the time of the game. Sometimes it works, sometimes it doesn't work. Today it didn't work. I don't blame those guys, I just blame it on myself." Sanchez

Mid-fielder, Luigi Landauro agreed that the team might have been overconfident.

"We came out confident that we were going to win and (George Brown) had a great game, I believe. There were some mistakes and I think that we can do better. But we shouldn't let this get to our heads and do good next game."

The coaches, as always, remained positive in their first low point of the season.

"Now the players know that we have to work every single minute of the game and it's not going to be a gift for us." said Sanchez

Three days later Humber hosted the Fanshawe Falcons in rainy weather, Oct. 2. Despite a disappointing performance in their previous game the Hawk's attitude was positive according to veteran defender, Angelo Nero.

"We swallowed it. It looked like we put it in the back of our minds and it was like it never hap-

Assistant coach Joe Schiraldi was impressed with the Hawk's character.

"The emotional spirit of the team is fantastic, the camaraderie is there, and the morale is very high. Apparently the boys were dancing in the change room before the game, getting their spirits up and they came on the field ready to play."

The opening goal displayed the team's high spirit when John Mustica scored on an acrobatic scissor kick. Humber scored three more goals to win the match 4-0. Other scorers for Humber were mid-fielder, Marko Milicevic, defender, Angelo Nero and forward, Nathaniel Singleton. Mike Silva played a strong game in goal earning his second shut out of the year. "Yeah we knew that we weren't invincible and that we had to play well and stick together and we had to work together very hard to pull this game off. We knew we could do it," said rookie defender Brendon Harris

The Hawks's dominant play in the rain pleased the coaching staff. The Ontario championships and national championships are usually played in challenging weather conditions.

"We know that by the end, in the provincials and in the nationals you have to be prepared to play in the snow. So, we have to get the team ready for every type of weather condition and the team played very well today in a muddy, rainy, wet, slippery field. We are right at the top of our game again."

Hawks force Condors to eat crow

by Scott Van Slyke

The Hawks opened their 1999-2000 hockey preseason with a 5-3 win over the team that robbed them of a bronze medal in last year's league championship.

Humber finished the season in second place last year but lost their chance for a medal in a 8-6 shoot out against the fourth place Conestoga Condors.

Conestoga opened the scoring half-way through the first period off a tap to center from the corner.

Morgan Matthews tied it for the Hawks two minutes later.

Humber dominated the second period extending their lead to two by Eric Hobor and Jamie Visser.

in the third allowed the Condors to tie the game 3-3 just three minutes into the period.

Back-up David goalie Gilmer was stellar. He kept the Hawks in the game stopping three breakaways and several other dangerous Conestoga scoring chances.

did not panic. Lead by defencemen Marc Hobor and Brent Lamb, they were dominant at both ends of the ice all night, the Hawks slowly reestablished their control of the

Jamie Charlton scored the eventual game winner just after the midway part of the third. While Jamie

A Humber mental lapse early on Visser added his second goal of the night for the insurance marker with six minutes remaining.

> coach Ken Conestoga Galerno said, "Both teams played well, the grinders played well on both sides."

Humber coach Washkurak was cautiously opti-Despite the pressure the Hawks mistic about his first win as the Hawks' head coach.

"It's always great to win the first one," Washkurak said. "There were a lot of positives, all four lines scored, our defence played very well and we worked hard from start to finish."

"But it's still early and we can improve on some things as well."



Ryan Heicoop, No. 21, along the boards for Humber.

Alumni weekend nets cash for varsity teams

by Michael Stamou

Even the rain couldn't keep stars from Humber's past teams coming back to play against the stars of today

third annual Alumni

Tournament took place this past weekend and was a huge success according to Varsity Alumni Association chairperson, Christine

It was very nice to see old players come back to the school where most of them had great success and it is nice to build a community where people can come back "The event was a huge success," and have fun with friends in a great atmosphere," said Connelly.

The Alumni weekend raised \$1,400 for this year's varsity teams.

Last year's Alumni weekend raised \$900.

"We are very happy with the amount of money that was raised during the event and we are really happy with everyone's donations," Connelly added.

For the fans that wanted to take a break from all of the action on the court, there was



The women's varsity basketball team also lost a close game, 67-65 to the alumni.

and a Sony Play Station. It was also the first time for an Alumni hockey

The biggest event of the night was, by far, the men's basketball game between the alumni and this ping-pong, cards, year's basketball squad.

The fans started showing up around 7:30 p.m. for an 8 p.m.

The varsity team had the game in control for most of the game but then lost in the final few minutes to the alumni squad.

The men's varsity basketball team was upset by the alumni squad in the final minutes of play.

by Steve Chester The Humber Hawk's men's vollyeball head coach Wayne Wilkins wasn't just cheering for the wrong team at Humber's alumni tournament, he was playing for them.

The match was a part of alumni weekend, and put on by Humber College's athletics association. There was some great competition,

and both teams showed that they were there not just to have fun, but to play hard.

Wilkins joined in the fun to play for Humber's all-star alumni squad, and he had the chance to size up his own players.

Wilkins joked, "You kind of wonder where your loyalty is while you're playing in the thing and

you're trying to coach at the same time."

Size is not the issue at exciting Alumni volleyball tournament

Humber won in four straight sets, but the alumni team played very well. Alumni came very close in two of four games.

They haven't played in a while, but they're really into the match and they love playing it, Hawks player and all-star Matt Tim said. They were out there to win, just like we were out there to do the same thing.

The first game showed some

great competition. The crowd of about 30 people knew they were in for a good game when Humber scraped by with a 25-23 victory.

Humber dominated in

the second set, allowing the alumni only 13 points, and scoring 25. The third set was also close.

The fans and players were having a cheering competition as Humber won 26-24. Both teams had the

Some punch for that spike?

25 points and only scoring 12.

There was a huge difference in the size of the two teams. Humber has a very small, but agile team this year. The 15 alumni present were larger players.

Humber's women's volleyball team joined the fun.

away.

alumni

was much

quieter for

the fourth

game,

allowing

Humber

lead at one In the league, we're probably time, but one of the smallest teams, Matt Humber Tim said. You can't be intimidated snatched it by height, because it really means nothing. The

Definitely the largest alumni player, Ken Phillips, was a fouryear veteran on the Humber squad. Phillips doesn't play as much volleyball anymore, but his new sport, body building, is keeping him busy.

Phillips took Business Administration, and then came back to Humber to take Fitness Leadership. He is now a personal

His girlfriend is All-Canadian Colleen Gray, was also a four year veteran for Humber.

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Hawks chances look good for championship in men's hockey league preview

by Scott Van Slyke ith the dawn of a new hockey season change is part of life in the Ontario.College Athletic Association (OCAA).

Players leave community colleges much sooner than in university because their programs are much shorter in length. Every coach faces the challenge of having to replace almost half his roster every year and remain competitive. Defending champion Cambrian College will be hard-pressed to repeat as the 1999-2000 season begins. Here is an overview of all the teams in the OCAA:



HUMBER HAWKS

•Record last year: 11-5-2

 Second overall in OCAA; •Playoffs: Lost in bronze medal game to Conestoga College, 8 - 6.

•Coach: Joe Washkurak, 1st season coaching in the OCAA.

·Scouting Report: Humber's strength is its overall balance and versatility. They will be able to adapt to any style of play and with the number of returning veterans will not panic in pressure situations. Very solid in goal with both goaltenders returning from last season. Had trouble holding the lead late in games last season.

•What the coach said: Coach Washkurak's goal for his team is "to be the hardest working team in the league. We are going to play smart, aggressive hockey and keep that then the playoffs are a very realistic goal."

•Predicted finish: Second overall. The veterans along with solid goaltending should lead the way.



CAMBRIAN GOLDEN SHIELD

•Record last year: 14 - 43

•First overall in the OCAA; •Playoffs League Champions, Defeated Seneca College in the Gold medal game 6 - 3.

•Coach: Doug Bonhomme, 9th season coaching in the OCAA

•Scouting report: The defending champs have a lot of talent returning from last year's squad. OCAA

All-Canadian Pierre Legros is back as is OCAA all-star. Chris Campbell and playoff MVP Bruce

Cambrian has a big defensive unit with their players all averaging 6-1, 210lbs.

There are questions about their goaltending with two rookie goalies in camp.

·What the coach said: Coach Bonhomme said that Cambrian has a lot of speed among their forwards, which will allow them to play a finesse style of game. "Our forecheck is very important to our game plan. We have a young and feisty team so we want to come together so that we can peak at the right time for the playoffs."

•Predicted finish: Third overall, hard to pick against the defending mistakes to a minimum. If we do champs but with more than twothirds of last year's roster gone they will be hard pressed to repeat season's performance. Questions in goal with two rookie goaltenders.



CONESTOGA CONDORS

•Record last year: 9-8-1 Fourth overall in the OCAA; Playoffs: Captured the Bronze medal by defeating the Humber Hawks, 8 -

•Coach: Ken Galerno, 2nd season coaching in the OCAA

·Scouting report: Conestoga enters the season with almost an entirely new roster. The challenge facing the Condors is to make up with youth and work ethic what they lack in talent and experience. Will play a very physical style to try and take advantage of some size up front. The lack of experience on their forward unit could affect their special team units.

•What the coach said: "I like the youth on this team. Right from the outset they have displayed a great work ethic. My job is to build systems for us to be able to bridge the

•Predicted finish: Will battle for fourth. Many intangibles with this team. Players who could have been with the Condors this year had offers to play elsewhere. Conestoga plays the most extensive pre-season schedule in the OCAA, which may allow them to get a jump on most teams. Overcoming inexperience could make or break season.



SENECA STING

•Record last year: 9-6-3, Third overall in the OCAA; Playoffs: Lost in the Gold medal game to

·Coach: Francesco Bazzochi, 4th season coaching in the OCAA

•Scouting report: Seneca has two OCAA all-stars returning in Joel Julien and Colin March and a good solid core of returning veterans. While not very big, Seneca's strength will be its finesse game, which is built on its tremendous speed. They have the experience to know how to win but how they will fare against more physical teams remains to be seen.

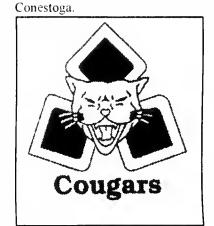
•What the coach said: "We are hosting the Nationals this year so our hope is to get in through the front door. The (OCAA) Final Four is our goal. Our aim is to win and to do what we have to do to get there," Bazzochi said.

•Predicted finish: First overall. Seneca has every ingredient needed to make a run for the champischedule starts off rough but it starts looking good from there. We're looking at least third place

their big ice surface.

or higher," Dunford said. •Predicted finish: Will be fighting it out for fourth with

•What the coach said: " Our



SAULT COUGARS

•Record last year: 3-14-1, Seventh in the OCAA.

Playoffs: Did not qualify.

•Coach: John Becanic, 2nd year coaching in the OCAA.

•Scouting report: Sault struggled at both ends of the ice last sea-

They rely mainly on their physical play to punish the opposition into making mistakes and causing turnovers.

For the Sault to have any chance of making the playoffs they will have to clean up their game, making the transition from bangers to scorers.

•What the coach said: "We will be hard pressed not to improve. We will look for our offense to carry the team. High scoring games won't be uncommon.

 Predicted finish: Last in league, not enough talent to climb up in standings.

SIR SANFORD FLEMING **KNIGHTS**

•Record last year: 9-8-1, Fifth in the OCAA; Playoffs: Did not qual-

•Coach: Don Dunford, 4th year coaching in the OCAA.

*Scouting report: The Knights are a team that has to work hard from the drop of the puck to the final buzzer to get results. Their strength starts in goal and they like beat teams with their speed on

Upcoming Events by Jeffrey Anderson Thursday Oct. 7 Women'sSoccer 4:30 p.m. Conestoga Fri. Oct. 8 Seneca 3:30 p.m. Men's Hockey Sun. Oct. 10 Men's Hockey Laurention 2:00 p.m. at Men's Basketball Grant McEwan 3:00 p.m. vs

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