

Beefing up for United Way

Michael Harper, Dean of Planning/International, and Rod Rork, vice-president of Administration, flip out over raising \$400 at Humber's BBQ in support of United Way on Monday, October 4.

Students signing off SAC

by Derek Malcolm

A 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 improv-

ing 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 representation means the absence of student feedback.

-see SAC page 8

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

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, vice-president 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



Paul Michaud, Vice-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 vice-presidents and three associate vice-presidents. Gordon said Humber's numbers are still comparable to Seneca College. He

stressed the Technology 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 no fooling 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 departments.

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-

Bender ready for new post

by Jason Ritchie

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

Bender, Dean of Health 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 position.

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 process and must first realize what 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 vice-president 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 done properly, 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 at Humber—ensuring her at least some short-term job 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 said Humber also has a quality commitment to employers

that every graduate from Humber is properly skilled to enter the work force.

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

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

Final fall trim



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

SAC reps retreat to learn leadership

by Pamela Goldfricht

Humber's SAC went on a retreat last weekend to let old 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 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 well.



“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 lines between SAC and

the students by figuring out what they want and expect from us.”

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

“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 endless.

“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 better.

“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 Othen.

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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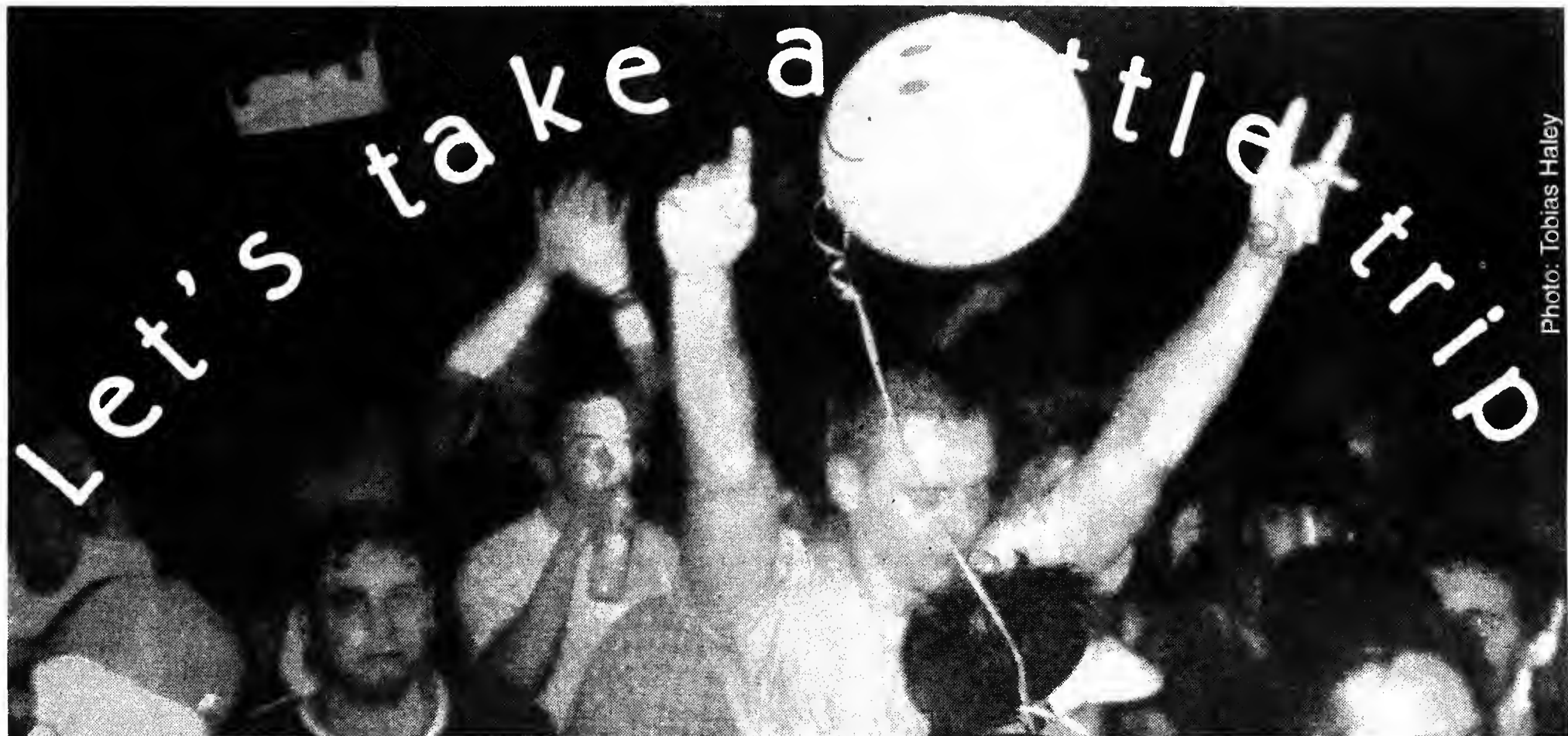


Photo: Tobias Haley

From *Pleasure Force* to *Lifeforce*

THE BUSINESS OF RAVES

by Nick Jones

Music 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 practice, said.

Ecstasy, chemically known as MDMA (methylenedioxy-methamphetamine) is a member of the phenylethylamine family of drugs, related to both mescaline and amphetamine. It releases chemicals in the brain stem that alters the user's mood.

"Ecstasy is related to the chemical adrenaline. Everything that's affected by adrenaline is increased by Ecstasy," Rubenzahl 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," Rubenzahl 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 said.

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

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," Rubenzahl 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 Arden, 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-

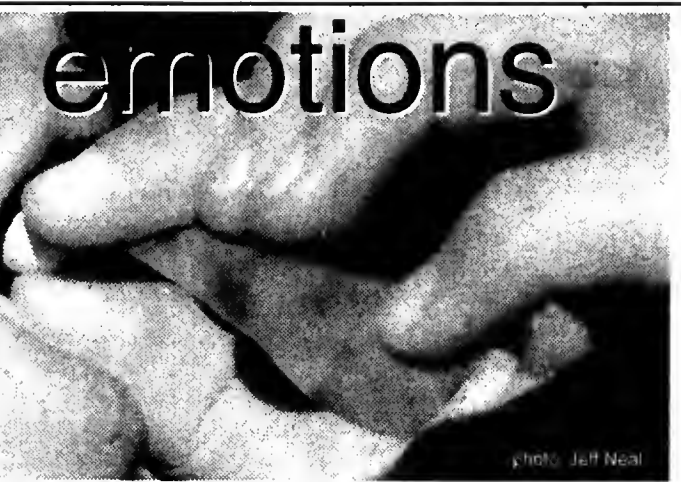


photo: Jeff Neal

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, Rubenzahl 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 bedroom.

"The next thing I remembered was my shirt being open, my fly unzipped and the girl from before, the one I thought was good-looking, was going down on me. And I couldn't do anything to stop her because I 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 girl 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 I 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—

-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 recreational drug in the '80s.

•Made illegal: Canada; 1976, U.S.; 1985

•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, depression

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

This party was nuts

by Natalie Daye

Steve* had faced his worst 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 upstairs flooded the two-storey 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 Steve.

As the night progressed, Steve had taken a soda from

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."



photo: Natalie Daye

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

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

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

Welcome
to the DJ
Domain



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 hardcore. 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.



Trance DJ Sean Miller in his environment at Synthetic's Play rave

Trial/Error

BY SAUL DUFF

Doug Johnson has just begun his trip.

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 to do it.

"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. I 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 D

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 Jay'ing you are creating a sound and a mood," said Berns.

"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.

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Playing to the crowd

KEVIN MASTERMAN

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".

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.



Coming down

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 Simpsons" 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, asking 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 Viagas. Ecstasy sells for about \$20 to \$25 a hit. Most of these ecstasies differ in affect. Some people rush, and some are mellow. 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

A 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 Blagoev'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 said.

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 maddening.

"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 designers 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.

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October 7, 1999

Cooking delights this Thanksgiving weekend

by Jenn Mossey

Thanksgiving 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-ons 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. Bevan 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 thermometer. "That way you can catch it when it's cooked properly," he said.

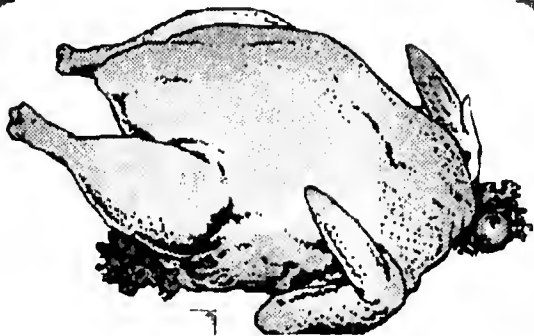
To compliment your Thanksgiving dinner, Bevan suggests wine. "There are some great Canadian wines out there."

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".

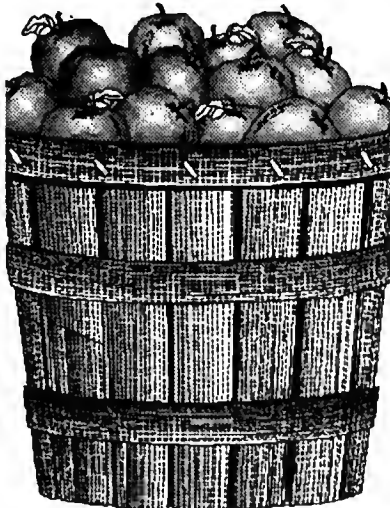


You'll be thankful for these recipes, they're quick and easy

Baked Apples

6 apples
1 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 cinnamon 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
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, egg, ground cinnamon 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.

Thanksgiving around the world

by Lara Rizzo

With Thanksgiving approaching, most Canadians anticipate digging into a mouth-watering turkey and the delightful trimmings. 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 gratitude.

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 altar.

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.
9. 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 listening 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

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by Michele Ho Sue

Trying to find a bra that fits 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 fit.

"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

bra, with regular buy two for \$60 promotion specials. They sell popular bras such as luxury bras 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

Tips for finding a bra that fits

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-size.

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 person.

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

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

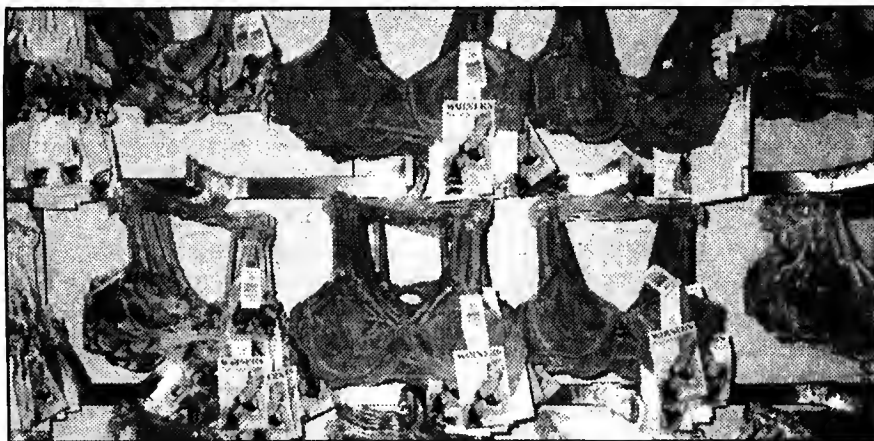
"Most women have never been fitted properly," said Panagakos, who believes fitting a bra is like an art.

"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 your 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

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Hawks chances look good for championship in men's hockey league preview

by Scott Van Slyke

With 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 mistakes to a minimum. If we do 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 - 4,
 •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 Paris.

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 champs but with more than two-thirds of last year's roster gone they will be hard pressed to repeat last 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 - 6.

•Coach: Ken Galemo, 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 talent gap.

•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

Cambrian 6 - 3.

•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 championship.



SIR SANFORD FLEMING KNIGHTS

•Record last year: 9-8-1, Fifth in the OCAA; Playoffs: Did not qualify

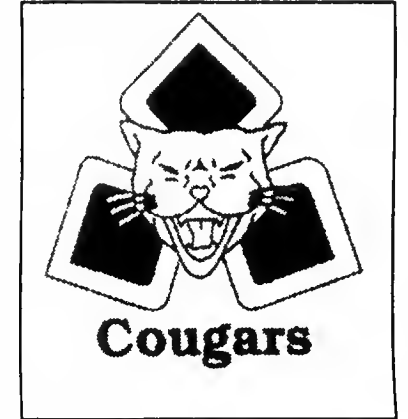
•Coach: Don Dunford, 4th year coaching in the OCAA.

•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

their big ice surface.

•What the coach said: " Our schedule starts off rough but it starts looking good from there. We're looking at least third place or higher," Dunford said.

•Predicted finish: Will be fighting it out for fourth with Conestoga.



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 season.

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.

Upcoming Events

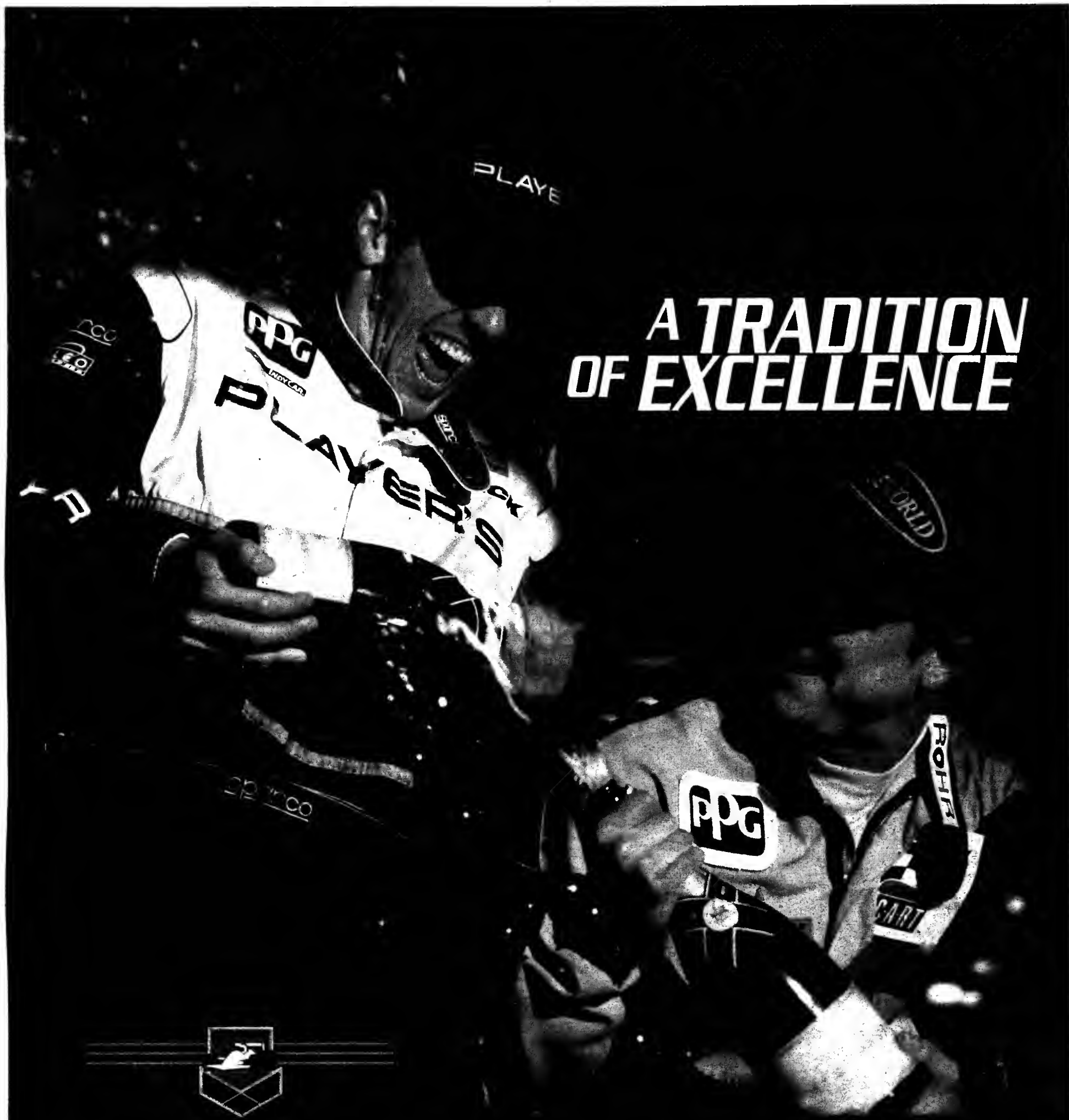
by Jeffrey Anderson

Thursday Oct. 7 Women's Soccer	vs	Conestoga	4:30 p.m.
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Fri. Oct. 8 Men's Hockey	vs	Seneca	3:30 p.m.
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Sun. Oct. 10 Men's Hockey	at	Laurentian	2:00 p.m.
Men's Basketball	vs	Grant McEwan	3:00 p.m.

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