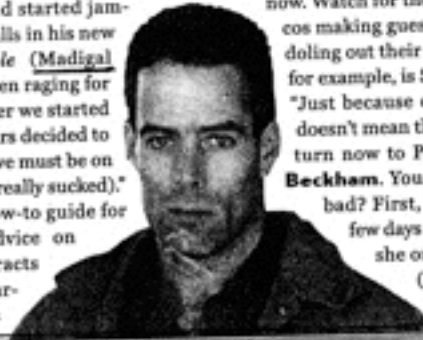


Ricky Martin, still smooth; Junger's inner sto

THE DAILY DISH

Keeping our focus on body parts, let's make an anatomical journey from wrists to armpits. Britain's *The Observer* writes that **Ricky Martin** appears to be sporting shaved armpits in his latest video. What video, it does not say. If any of you in readerland have any interesting insights into this news, please pop me an e-mail. ■ Time to get soggy: It was at a house party in 1992 that **Mark Makoway** first knew his band, Moist, was going to hit it big. "After a few tequila shooters, we grabbed

some acoustic guitars and started jamming," the guitar guy recalls in his new book, *Indie Band Bible* (Madigal Press). "The party had been raging for hours, but it was only after we started playing that the neighbours decided to call the police. We knew we must be on to something (or else we really sucked)." Mark's book, a useful how-to guide for young rockers with advice on everything from contracts and lawyers to "tour karma," is in bookstores



now. Watch for the scores of Canadian musicians making guest appearances in the book, doling out their very best Dear Abby. Here, for example, is Sony diva **Denise Donlon**: "Just because everybody can make a CD doesn't mean that everybody should." ■ We turn now to Posh Spice, a.k.a. **Victoria Beckham**. You think your week has been bad? First, the pop star went public a few days ago with the admission that she once had an eating disorder. (In her new autobiography, *Learning to Fly*, Beckham

reveals that at one time she... her appearance she practic peas.) Now, according to th still more problems with fo mance, the glitter gal was r fruits and vegetables. ■ So r Storm author **Sebastian J** isn't as bold and fearless as terrified by danger," Junger of *Book* magazine. "I'm I'm scared of all kinds of s- son." ■ Tips and tirades ca nationalpost.com *National*