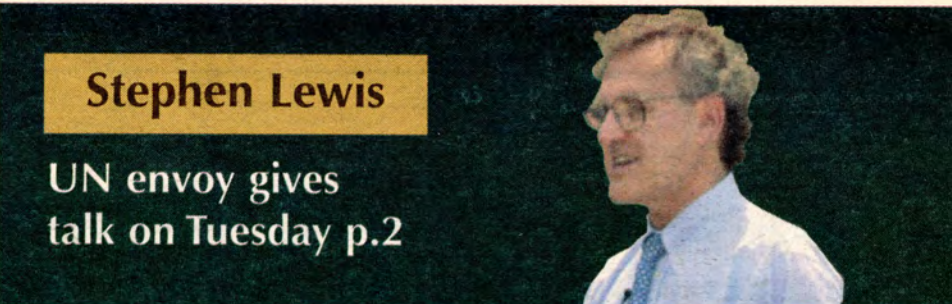




Undefeated

Rugby team wins two p.22



Stephen Lewis

UN envoy gives talk on Tuesday p.2

HUMBER ET CETERA

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Turtles waiting for their new home



Lynn Short, senior nature interpreter, has a moment with Cleo, one of three turtles waiting for the Ecology Centre to be completed. For full story, see p.5.

Lina Toyoda

Government broke tuition freeze promise: Poll

Kevin Da Rosa
NEWS REPORTER

Eighty-five per cent of Ontario voters are concerned the recent tuition hike will reduce access to post-secondary education, a poll released last week said.

The Canadian Federation of Students (CFS) and the Ontario Confederation of University Faculty Associations (OCUFA) released the poll data compiled by Feedback Research Corp. in a press conference held in the Queen's Park media studio.

Jesse Greener, Ontario CFS chairman said this year's post-secondary tuition hike has put Premier Dalton McGuinty's government "seriously out of step with Ontario voters."

"Dalton McGuinty has invested a

lot of time and public money launching an aggressive spin campaign to convince voters that cancelling the tuition fee freeze will not hurt access," Greener said.

According to Greener, the poll showed "voting Ontarians see through the McGuinty government," and 74 per cent of Ontarians feel McGuinty broke his promise to not raise tuition.

Another 52 per cent believe the quality of post-secondary education has stayed the same since the McGuinty Liberals took power in 2003, while 18 per cent say it has declined. Another 10 per cent say quality has improved, with another 20 per cent not sure.

A sample of 1,500 eligible voters was used in the findings. Of the

1,500 polled, 23 per cent were in the 35-44 age range, while 11 per cent were between the ages of 17-24.

Liberal MPP for Etobicoke-North, Dr. Shafiq Qaadri was unable to be reached for comment, but provided a press release highlighting the achievements to post-secondary education by his government. Qaadri said in the press release "the current tuition model is a regulated framework with capped tuition rates."

Tuition, in most programs, can rise by four per cent in the first year and by five per cent for each additional year of study. Post-diploma and professional programs can rise by eight per cent for first year tuition and an additional four per cent for each following year.

In 2005, the Ontario Liberals announced their "Reaching Higher" plan that would contribute \$6.2 billion toward higher education over the next five years. The plan also provides \$1.5 billion in additional funding to student aid and 73,000 more spaces in post-secondary programs.

OCUFA president Michael Doucet said, "Premier McGuinty's recognition that the post-secondary sector is vital, if Ontario is to be a player in a knowledge-based economy, is commendable." Doucet said the premier showed courage and vision by calling higher education a top priority for his government and "we appreciate the increased funding from that vision."

However, in an OCUFA press release last Tuesday, Doucet said students are still not receiving quality education.

"It's already too much money paid," said Felipe Basualto, a 22-year-old air conditioning and refrigeration engineering student. "[I] gotta work hard now, I guess." He said he will have to get a second job, which means less time for studies and friends and for his nephew, whom he takes care of.

McGuinty introduced the tuition freeze in April 2004. The freeze was lifted in September. Ontario remains the third most expensive province to obtain a post-secondary education.

Legal Advice p.19

Comedy Grads Perform p.12

Model Image Trashed p.17

NEWS

An estimated 24.5 million adults and children were living with HIV in sub-Saharan Africa at the end of 2005. — www.avert.org/worldstats.htm

Hunt for new president

David Miadovnik
STAFF REPORTER

There's a new theme at the president's office this year out with the old and in with the new.

This past June, Humber's current president, Dr. Robert A. Gordon, announced his plans for retirement at the end of the school year. With his retirement, comes the search for a replacement.

According to officials in the school's human resources department, the task of finding a new president falls on Humber's Board of Governors. The board, which is composed of nine members — with Gordon being one of them — forms a search committee with three of its members. One of the members represents college faculty, one represents support staff, and the third represents the school's administration.

The search committee is then accountable to both the chairman and the whole board for evaluating and recommending candidates for the position. The board of governors will take their recommendations and interview each candidate prior to a final vote. Whoever gets majority approval will become Humber's new president.

As of now, the process of finding a new president is still in its infancy. Gordon became Humber's president in 1982 and retires as the longest serving president of any Canadian college. He has seen the school blossom from 7,000 students to 17,000 full-time, 55,000 part-time students and 15,000 corporate learners.

The ideal replacement, according to Gordon, would be a candidate who can relate well with the government, the private sector, politi-

cians and the community, in a way that shows Humber's desire to help those who need assistance.

"I'd like to think it's (the president) someone who would build on the momentum that we have. Having said that, it's someone who needs to be academically and educationally competent and also acceptable, someone who is a good manager of money and organizational matters, but who also brings out the best in people. That isn't so difficult when you have such good people," Gordon said.

He feels the new president must do more than simply maintain Humber's current status and respected reputation, he has to continue to pursue the college's endeavours and goals.

Michael Hatton was inducted as Humber's academic vice president in January 2005 and has had over 30 years of experience working for the college. He said he has the utmost respect for Gordon and his length of service to the institution.

"I think he's a great college president," Hatton said. "(He is the) most experienced college president in Canada."

Hatton feels the new president should not be judged according to how he or she measures up to Gordon, but that a leader of Humber should be welcomed as the unique individual he or she is.

"I think the president needs to be a leader and seen as a leader. I think the president has to be able to espouse a vision. Most importantly, I think the president has to be able to build a team at the confidence of the organization. The new president will be a person who understands and knows a great deal about Humber College, about our culture, about what's

made us successful, who our people are, what values we hold in the institution," Hatton said.

The duties of a college president, according to Hatton, are to establish an atmosphere where people are united in a team effort for Humber's vision, and to stay enthusiastic, optimistic, hire the best people and continue to strive in the development of the students.

He thinks, though, having a new president will be both an opportunity and a challenge for the college. Anyone who assumes the responsibility must see that Humber is well-grounded, organized and will endure.

"We're not an institution that questions can we be successful," Hatton said. "We're an institution that focuses on being more and more successful."



David Miadovnik
Dr. Robert (Squee) Gordon is serving in his last academic year as president at Humber. He has held the position for 25 years.

\$20 million budget surplus

Students call for help with rising costs of tuition

Michelle Buckley
STAFF REPORTER

Humber College has \$20 million extra in funding from the government for this year's budget.

This isn't the first year there has been a budget surplus, but it has never been this large.

Rick Embree, the dean of Planning and Development said the surplus is "usually \$500,000 to \$800,000 within the budget, as opposed to having a deficit."

Each year, the Ontario government provides funding towards the school's budget. The money is going towards construction of a new building at North Campus, as well as being used for tuition grants towards academic schools.

The surplus in government funding for this school year is to be used towards improving the

school by constructing new buildings for future expansion, but students are quick to come up with answers for what the money should be used for now.

Sara Hassan, a pharmaceutical student, wants more money to go towards the building of new computer labs.

"They should use the money to build more computer labs! I find it really hard to do my work when there are never any computers available."

Students are also worried about the rising cost of tuition. "The school should use that money to issue more scholarships to students," said Monica Sutton, a nursing student. "I hate the fact that I have to work all summer, with all of my money going towards paying my tuition. With more scholarships being available, it will be easier for students to afford going to school."

Embree said "... the budget for each year is broken down between each school, as well as a certain amount going towards tuition grants and revenues." By dividing

the funding amongst each school, it is ensured that all schools will have adequate funding to cover expenses for the 2006/2007 academic year.

This year, the School of Applied Technology will receive the most money, followed closely by the School of Business, the School of Health Sciences, and the School of Liberal Arts.

In addition to money going towards each academic school, more funding is balanced between administration and the registrar's office.

What many students don't know is that in 2005, the Ontario government announced its plan to provide Humber with \$23 million over a ten year period towards the construction of the new B Building at North Campus.

The construction of the B Building is to allow for more classroom space, provide tutoring and counselling, as well as improvement in overall learning space.

With files from the Humber College 2006/2007 Business Plan and the Humber Et Cetera

UN special envoy to visit Humber Tuesday

Natasha Fall
SENIOR REPORTER

Stephen Lewis, UN special envoy to the Secretary-General for HIV/AIDS in Africa, is coming to Humber to share his experience and discuss the crises of AIDS in the continent.

Lewis' mission for this lecture is to explain the cultural, political and economic causes of AIDS and talk about what Canadians can do to contribute to a solution to Africa's tragedy.

The lecture will take place Tuesday, Oct. 3, from 11:30 a.m. to 12:30 p.m. in the Seventh Semester room in the North Campus student cafeteria.

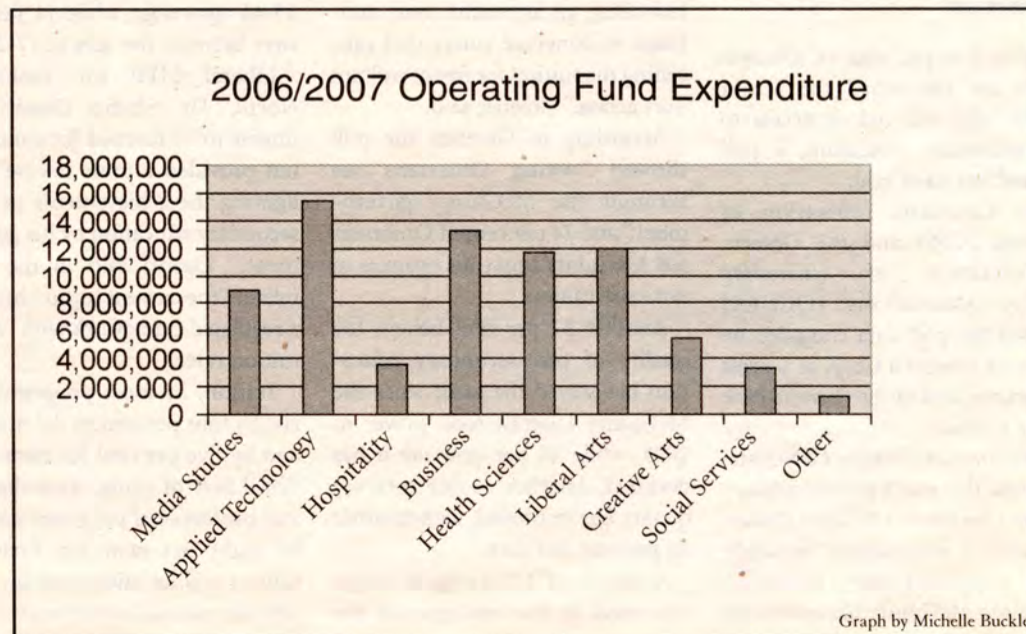
Lewis, who was one of the keynote speakers at this summer's AIDS Conference in Toronto, has served the UN as special envoy since his appointment in 2001. Previously, he also served as deputy executive director to UNICEF as well as Canada's ambassador to the UN.

Students and faculty from both Humber College and the

University of Guelph-Humber are invited to next week's lecture and are asked to confirm their attendance with Val Hewson, at ext. 4102 in the President's office, as space is limited.



Nick Wiebe
Stephen Lewis, UN Special Envoy to AIDS in Africa, will be at Humber Tues., Oct. 3.



This date in history, Sept. 28, 1992: A Pakistani Airbus A-300 crashes into a mountain at Kathmandu, 167 people died as a result. — www.ttc.ca

Student federation needs school reps

Kate Weldon
SENIOR REPORTER

Most students haven't noticed but there are a few gaps in the program representation at HSF.

The business and the liberal arts and sciences programs at both the North and Lakeshore Campuses are without HSF program representatives.

Applied technology students also don't have anyone standing up for them.

HSF president Cynthia Malagerio said the reason for this is simple they "just had no one run for those positions."

Third-year fashion business student Jaclyn Gillies, 25, said someone should be at the meetings to look out for the business students.

"I think everyone should be represented," Gillies said.

Other students, like first-year legal administration student, Baljinder Dhalilwal, 19, don't seem to care.

"I just come here for school," Dhalilwal said.

HSF has put up postings in the school and online advertising the available positions but there hasn't been any interest so far.

"Traditionally we've never really had a full board," Malagerio said. "The last time was in 2002."

Students interested in applying for any of the available positions must be enrolled full-time in the specific program.

The required signature pages and nomination package are available at the HSF office.



Laurie Wilson

HSF president Cynthia Malagerio calls students to represent.

Youth camp gets boost from HSF

Sofia Gallo
STAFF REPORTER

This past summer Humber's Student Federation (HSF) helped support a local camp for at-risk youth in Etobicoke.

Camps United is funded by 30 agencies, donors and founders, including HSF, who took part in creating the mega camp. It seemed as if "the city collectively came together," said Tracy Cato, education director for Camps United.

The camp, which had space for up to 400 kids, was held at the Elmbank Community Centre in Rexdale, an area with many families living under the poverty line. HSF helped to provide breakfast and lunch for the children attending the camp.

Adult sized portions of food were supplied for the children, youth participants and staff, and whatever was left over went to other camps, such as the Boys and Girls camps.

HSF "helped in so many ways ... they went above and beyond," Cato said. They supplied equipment, buses for day trips, and back-to-school kits. The year-end gala was held in the student centre.

"The children played bongo drums, African dancing, they did a fashion show and talent show," said Alan Desimpel, vice-president of administration at Humber's North Campus.

HSF started participating in this outreach program two years ago and plans to keep contributing for the next few years, said Desimpel.

Lakeshore students chew the fat with police

Margaret Murphy
STAFF REPORTER

Students at Humber's Lakeshore campus chowed down last Thursday at the annual United Way barbeque.

Toronto police officers from 22 Division attended the event, along with their new Superintendent Tom McIlhorne. They helped serve food and spoke to students who had questions.

Gary Jeynes, director of public safety at Humber, said the barbeque is to promote public safety and to provide information to students on security procedures and practices on campus.

"We're making a positive impact and we want to be out in the community with the students so they can see our yellow jackets and they can feel comfortable and know who to talk to," Jeynes said.

Crimestoppers and Z103.5 attended the barbeque, handing out t-shirts and key chains to students. Students could also enter a draw for an iPod after purchasing either a hamburger or hotdog.

"It's nice they support the school and the community," said Jolene Price, 23, a public relations student from the Lakeshore campus.

Jeynes said it is important for the police and Crimestoppers to attend because it helps raise

awareness. He said having the police interact with students creates a friendly connection.

"The main thing is to raise money for the United Way," Jeynes said.

Last year, Humber College raised \$70,000 for the United Way. This year's campaign officially kicks off tomorrow. Students who are interested can raise money by participating in the scheduled events such as the CN Tower Stair Climb.

Humber has come in first place the past two years in the climb. This year's stair climb takes place on Oct. 22 and all proceeds will go to the United Way. Debra Preston, an inspector from 22 Division

answered questions from students who were interested in the Rovers Program.

The program consists of 70 students from the police foundations program at Humber and creates a partnership between boy scouts and the students. Over the course of the program, students participate in community service projects, training and fundraising events.

McIlhorne said they have a lot of students asking about jobs as police officers, if for no other reason, then simply because they find it intriguing.

"We have a lot of interaction with the youth," he said.

TTC investing in long-term improvements

Susana Silva
STAFF REPORTER

The TTC is spending millions of dollars over the next few years to upgrade their subway cars and make its buses more environmentally friendly.

Over 200 subway cars are almost 30 years old and in need of replacing. The TTC is planning to buy 234 new subway cars, which will make 39 trains. The first of these trains will start passenger service in 2009 and all will be delivered before 2011.

The cars will run on the Yonge-Spadina-University line and will have many new features, which are listed in a special section on the TTC web site. They will have an exterior blue light that shows the entrances to the multi-purpose areas, which are ideal for wheelchairs, mobility devices, strollers and anything bulky.

The new cars will also have an electronic display which will show the name of the next station, as well as show which side of the train the doors will be opening. There will also be an active route map which will, in addition to showing the information on cur-

rent maps, use LED technology to highlight the location of the train, the direction the train is traveling and the location of interchange stations.

The train will also be a full-length open train, which allows passenger access to all cars through a connecting passage.

The security of the trains is also being stepped up, with a new passenger alarm intercom system, where passengers can speak with a member of the crew. There will be 36 of these on each train: 4 per car at alternating doorways and one in each multi-purpose area. There will also be a number of ceiling-mounted closed circuit security cameras positioned throughout the train.

Not all students are big fans of spending millions for upgraded trains.

"A train is a train," said Tenika Hamilton, a recent fashion arts graduate. "I really don't know the difference. As long as it gets me to my destination, it's all good."

The new buses, on the other hand, are already on the streets. The hybrid buses are both electric and diesel-powered. These low-floor, environmentally friendly

models cost 50 per cent more than regular diesel powered buses. The total for 150 buses is estimated at \$112 million, which will be paid for by the city of Toronto, the province and the federal government. They are currently being used on Route 191, the Highway 27 Express from Kipling Station to Humber College.

Orion Bus Industries, the manufacturer, claims that the buses will use 25 to 35 per cent less fuel and will release 30 per cent fewer greenhouse gases. According to BAE Systems, which builds the propulsion system, the buses will have a smaller engine, quicker acceleration and an energy-saving breaking system. The design also eliminates the transmission.

"The new buses are great for the environment," said Alain Bou-Diwan, a second-year business management student. "I'd say to make more, but that can only lead to one thing — fare hikes. If buses can protect the environment and keep money in my pocket, then go ahead and make more."

The introduction of the new buses on April 20 was to coincide with last year's Earth Day, on April 22.



Susana Silva

A passenger boards a train at Kipling station. Many older subway cars, such as this one, will be off the tracks by 2011.

Of the 330 buses that the TTC ordered, 150 have been delivered. There are still 80 more buses to be delivered before the end of 2006, and 100 more buses before the end of 2007.

NEWS

The Bank of America used to be the Bank of Italy. The Bank of Italy grew nationally and by 1930 it had become the Bank of America – www.historysanjose.org.

Recognition of religious holidays strikes a nerve among some students

Josh Stern
NEWS REPORTER

The upcoming Jewish holidays create a challenge for Humber's Jewish student population.

For three days at the end of September and four at the beginning of October, the holidays Rosh Hashanah, Yom Kippur and Sukkot will take place, during which Jews are prohibited from

doing many things, such as writing or driving in a car.

Many Jewish students are dreading this time of year because it often means rushing to finish work ahead of deadlines. Fortunately, this year the holidays mostly fall on weekends. Last year the holidays all fell on a weekday and it caused quite a headache.

"Last year, I got really screwed," said Marni Elmaleh, 25, presi-

dent of Hillel @ Humber and a second-year pharmacy technician student. "The holidays happened to land on days that I had tests and I got zeros on all of them. [For that class] the teacher wouldn't accommodate me in any way."

When Elmaleh complained to her teacher, she was told that if an exception was made for her, then exceptions would have to be made

for every religion and students would be missing school all the time.

She went to the course coordinator who told her there was nothing she could do, she should have given advance notice. Elmaleh said she did give the teacher a week's notice prior to the missed tests.

Elmaleh refused to name the teacher or course coordinator so as

not to create controversy.

It was important for Elmaleh that her teacher understood the situation. As an Orthodox Jew, coming to school on those days just wasn't an option. "I'm not going to compromise my religion for my academic career," she said.

In some schools, such as York University where the Jewish population is larger, classes for those days are cancelled. However, it's unlikely Humber will follow suit.

"We try not to have board meetings, but we're not going to close the college," said Humber President Robert Gordon. "I mean, if you want to check the number of Jews here, it's very small."

"It's been brought up every year I've been here," Gordon added. "But we just can't close classes for a very small group of people."

Fortunately for Simon Rotstein, 27, a second-year multimedia design and production student, it was a little easier. "I just told [my teachers] that I was missing classes because of the Jewish holidays and that was it. They just said get caught up." Rotstein would have preferred a bit more help from teachers when it came to explaining missed assignments or lectures, instead of making him get the information from other students.

Humber does not keep records of each religion's population in the student body.

While Elmaleh said she appreciates the fact Humber's Jewish population is much smaller than York's, she still feels "there should be policies put into place to accommodate religious observances. Humber prides itself on having a very diverse student population [and they should] ensure that every student can succeed and do the best they can," she said, even if it means making those exceptions to help them out.

While Humber doesn't have any official policy when it comes to religion, any situation where a student loses out because of their religion, regardless of what it is, is governed by Humber's Human Rights Policy.

It states, "at Humber College, it is the policy that every employee and every student can expect a work and study environment free from discrimination and harassment on any of the prohibited grounds in the Human Rights Code, including race, colour, religious creed etc."

Furthermore, it states, "the College has the right, as well as the legal and moral responsibility, to ensure that all its members are treated fairly, equally, and respectfully, in order to provide a learning and working environment that is free from discrimination and harassment, as recognized by the Ontario Human Rights Code."

Any student who finds themselves in such a situation can initiate what can become up to a five step process, without fear of retaliation, to make sure their rights are upheld.

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The first owner of the Marlboro Company died of lung cancer – www.barro.com.



Agata Waliczek

JoJo is enjoying her temporary home waiting for the Ecology Centre to open in January

Cleo, Toni and JoJo wait for new digs

Carley Ventress
NEWS REPORTER

When Humber's new Ecology Centre opens this January, Cleo, Toni and JoJo, three fully grown, Red-eared Slider turtles will get a new home.

Donated by someone who couldn't care for them anymore, the nine-year-old turtles lived in the old Nature Centre for about three months until construction meant getting new quarters in Room LX100.

Cleo and Toni share a larger tank while JoJo has her own smaller tank.

JoJo is separated from Cleo and Toni because they keep trying to drown her, which is common of female turtles.

Barb Fox, co-ordinator for the new Ecology Centre, shares the office with the turtles.

"We're hoping to put the three of them together once we get back over in the centre, we just have to get them used to each other," Fox said.

Living in a busy office, the turtles still make time to play.

"We take them out and let them run around, especially when we are cleaning the tank," Fox said. "The reason they are not free in the wild is because they are not indigenous to this area."

Red-eared Sliders naturally inhabit the southern part of the U.S. and are the most commonly sold turtles in pet stores. In captivity, Red-eared Sliders can reach the maximum size of 12 inches and

under proper care can live up to 20 years, sometimes reaching 35.

The new Ecology Centre plans to temporarily trap, house and set free various animals. However, Cleo, Toni and JoJo will be permanent residents.

"We'll have lots of different stuff over there. We'll have snakes and bugs, we may even have things that we capture for a while, have them for the kids to see and then let them go again," Fox said.

The new Ecology Centre, currently under construction in the Arboretum, will be a site for research and education of urban ecology and environmental sustainability not only for Humber but for the surrounding area.

Students have chance at 40 new awards

Adam Mc Lean
NEWS REPORTER

Humber's Awards, Orientation, and Alumni Office is offering 40 new academic awards to students this year.

Prizes for the different awards include cash, various products, plaques of recognition and also prizes of endowment or equipment to a deserving program.

Doug Fox, director of athletics and recreation, will present new awards this year to four student athletes at the Etobicoke Sports Hall of Fame banquet in October.

"Four varsity athletes receiving the award will have to have a combination of outstanding athletic ability and outstanding grades, and represent the city of Etobicoke well. These students will receive \$1,000 (each)," Fox said.

He added there will be an awards banquet this year for the intramural sports program, which has never been done before.

"We hired someone to run our rec sports program. They will be presenting incentive prizes and awards to team champions, so our intramural sports program will be greatly enhanced this year," he said.

Of the 40 new awards to be won this year, two of the awards are memorials in honour of a former student and a former teacher.

The Sarah Mann award, in mem-

ory of the former student, will be presented to the *Humber Et Cetera* reporter who best reflects a positive attitude and work ethic in the newsroom.

The Lorne Saxberg Award for Excellence in Broadcasting will be given to a third-year broadcasting student whom the faculty feels has demonstrated a strong ability on-air in a professional manner. Saxberg taught part-time while working for the CBC.

Letters notifying students of their nominations are to be sent out in early October.

"Individual students and staff at Humber, as well as friends and family, have put together money for Humber students in memory of these people," said Alice Salamon, awards, orientation and alumni coordinator, regarding the Saxberg and Mann awards.

Also through the government run Ontario Trust for Student Support, twenty new awards will be offered this year. Students must apply to obtain eligibility for these awards. The purpose of these awards is to help returning students financially.

"These are awards where organizations put money in and the government matches that money. They are then endowed and the interest on those amounts of money are the awards that are generated each year," Salamon said.

The school offers spa management program

Christine Teskey
NEWS REPORTER

Humber has introduced a new accelerated diploma program to meet the booming demand for spa managers in the GTA.

"Toronto and the GTA have the largest concentration of spas in Ontario," said Susan Weiler, program co-ordinator for the new spa management program. There were 2063 spas in Canada in 2004.

"The industry is in demand of qualified individuals to manage and work in this rapidly growing sector." Areas include day spas, hotel and resort spas and destination spas.

The spa management program consists of three consecutive semesters that explore "business management practices, as well as aesthetic skills," Weiler said. Some students have returned to school to upgrade their skills and are eager to return to the spa industry.

The skills learned from the classroom setting are applied in the new spa lab.

Eva Brozman Graham, esthetics instructor said, "this semester covers disinfection, sanitation, manicures, pedicures, little bit from nail art, and shortly before Christmas, we start with the skin care."

The lab is still being built but classes are already under way at H305. "We're getting more supplies in. If I need something, pretty quickly it's supplied."

Weiler said over the past two years, medical spa has been the fastest-growing part of the industry and will be a focus in the program.

Jobs in this segment include assisting dermatologists.

There are four faculty members this semester and more will be hired for next semester. The course is full with 39 students enrolled in the program.

Graduates work as practitioners, such as an esthetician, skin care or nail technician, cosmetologist or as a manager of a spa. Other jobs include marketing or sales consultants for cosmetic companies or starting a small business.

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NEWS

1631: London Bible printers accidentally left the word "not" out of the seventh commandment, reading, "Thou shalt commit adultery" – www.amusingfacts.com.

Honorary PhD for Professor Good

Laurie Wilson
NEWS REPORTER

Humber College professor Cynthia Good received an honorary PhD from Mount Allison University in New Brunswick University in New Brunswick after 25 years at the top of the Canadian book publishing industry.

Good, who has taught the creative book publishing program at Humber since 2004, admits the acknowledgment is a thrill.

"It's like any honour that you're given," she said.

"People respect those honours and just maybe pay a little more attention to you, so it's great."

Mount Allison English Professor Mark Blagrove, who met Good while the two attended the University of Toronto nearly 30 years ago, said a PhD was never needed for her success.

"I think it was pretty unnecessary for her to have the PhD," Blagrove said.

"She did pretty well for herself without it."

Over her 20 years with Penguin, Good made her way from publisher to editor-in-chief and lastly president of Penguin Book's publishing division.

According to Blagrove, Good's wealth of experience and her pas-

sion for seeing Canadian literature published were key factors in her receiving the award.

"What I think Mount Allison was most interested in was her commitment to Canadian authors of fiction and non-fiction," Blagrove said. "Of course the fact that she is now teaching didn't hurt either."

Good often visits the university in Sackville, New Brunswick and was caught off guard when she picked up the phone to a call from former Mount Allison President Kenneth L. Ozmon, who told her the news.

"I could hardly believe it," Good said recalling the conversation.

"I believed he was inviting me to a dinner or something for the next time I was in Sackville and when he told me I was just so thrilled. It was one of the most exciting days of my life for sure."

Good received the PhD on May 15, giving a speech at the university Convocation Hall in Sackville with her father, many friends and several hundred others in attendance.

Since retiring from the publishing business, Good admits she sometimes misses the creative aspect of her old career, but being able to see her students go out into the publishing world gives her a different sense of accomplishment.



Laurie Wilson

Cynthia Good honoured

"I recognized that for my own personal development, it was time for me to do something different. This was a wonderful opportunity for me to teach something I had spent the last 25 years learning."

In addition to teaching, Good holds workshops for aspiring writers and in November will hold workshops on self-publishing and the business of being a writer. Good also has plans to host a radio show on Haliburton's Canoe Radio this summer and hopes to get involved in volunteer work.

HSF book exchange cheap alternative to bookstore

Liz Balsom
NEWS REPORTER

There is a new alternative to selling used textbooks to the bookstore.

The HSF book exchange program was started last year, with the focus of selling used textbooks. The exchange, which is located between the HSF games room and CAPS pub, is a consignment-based service. This means students bring in their used textbooks and set their own price.

"We get 15 per cent of it and they get 85 per cent of it if we sell the book," said Temi Guoti, HSF services and facilities manager. "If we don't sell the book, we donate the books to a Third World country. We're arranging that right now."

The simple difference between the Humber bookstore and the HSF book exchange is students get most of their money when their book sells, rather than the bookstore giving them less money upfront.

"So far, it's been doing really well. We had it open last year, but it wasn't open for too long and people didn't know too much about it," Guoti said. "Now, we've got ads going on. We have posters and we've got signage, so people are coming in and they know about it."

I think we'll do better next year, when more people hear about it."

In the future, the HSF book exchange would like to expand to clothing and fiction books.

"As we get books in, we get books out, so we'll probably never have too many books in there," Guoti said. "Now we're going to sell some athletics clothing and we probably will sell fiction books. When the rush of text books is out, we'll sell used fiction books."

Students like the idea of the HSF book exchange.

"Well, I think it's actually a really

"We get 15 per cent of it and they get 85 per cent of it if we sell the book."

Temi Guoti

great idea. I think it's a great opportunity that students can actually now go somewhere with these used books and make some money back from them," said David Kelly, a second-year public relations student at the University of Guelph-Humber. "A lot of the times, people will buy these books and then they'll have nothing to do with them. They're stuck with them and they've wasted \$120 and half the time they're not even used, so this will be a great opportunity I think."

Guoti encourages students to give the exchange a try. "Bring in your used books and we'll try to help you sell them," Guoti said.

A Humber for All

Humber wants to remind you that

- ❖ All members of our community are entitled to participate fully in College life free from any barriers that contribute to a poisoned environment
- ❖ We strive to promote a culture of inclusiveness among our increasingly diverse community
- ❖ Our Human Rights/Complaint Process Policy is readily available in hard copy from the Human Resources Department or online at <http://humanresources.humber.ca/downloads/HumanRights.pdf>
- ❖ The prohibited grounds of Discrimination and Harassment are race, ancestry, place of origin, colour, ethnic origin, citizenship, religious creed, sex, age, marital status, family status, disability, sexual orientation, receipt of public assistance or pardoned federal offences or record of provincial offences as defined by the Ontario Human Rights Code.

You may seek confidential advice on matters related to harassment and discrimination from the College's Human Rights Advisors at Extensions 4948/4425 or from a Union Steward, Counsellor, Nurse or the HSF



CPR course offered at school

David Miadovnik
NEWS REPORTER

Humber College is offering CPR/First Aid training to the general public as a choice in its regular course calendar.

This semester's program features new and updated protocols from AHA (American Heart Association) and HSFO (Heart and Stroke Foundation of Ontario).

Aside from adult, child and infant oriented CPR procedures, students will be taught the use of facemasks, bag-valve-masks and AEDs (Automated External Defibrillator). Students are given training on how to evaluate personal safety before entering a danger zone, the priorities of CPR/first aid, which are airway status, breathing and circulation, and the role of the CPR/first aid provider in the emergency medical response system.

The course's length ranges from four to 28 hours with a cost of \$50 to \$150 depending on the level of training a student enrolls for. Applicants who wish to become CPR instructors for the HSFO will have to pay \$350; afterwards they will be able to provide their services to agencies and individuals for a fee.

"There is a high demand for CPR and first aid training. They are a

pre-requisite for many training programs. WSIB (Workplace Safety and Insurance Board of Ontario) requires workplaces to have trained employees in the event of a workplace emergency. As the law will soon make it mandatory for all public buildings to be equipped with AEDs, the demand for training will rise," said Sharon Nemeth, Allied Health First Aid/CPR Instructor.

The first few minutes following an emergency are critical, and public intervention is necessary. CPR/first aid training allows individuals to confidently assess and respond to the needs of a person in crisis. The actions of people in these moments can make the difference between whether someone lives or dies by the time paramedics arrive.

"A first aider can literally save someone's life by performing first aid or CPR. Most often the person who needs help is a family member or close friend. Starting first aid or CPR before the paramedics arrive will make a positive difference in the survival outcome of the casualty," Nemeth said.

The CPR/first aid guidelines have changed in recent years, so people with CPR/first aid licences from years ago would not recognize modern training methods.

Famous quote: "People all over the world recognize me as a spiritual leader" – actor Steven Seagal on his Buddhist faith.

Star PM redefines newspaper

Melissa Candelaria
STAFF REPORTER

The *Toronto Star* has a new afternoon newspaper that has changed the way Internet users get their news.

Star PM is an eight-page downloadable newspaper launched on Sept. 5, offering the day's breaking news, traffic information, weather, TV highlights, recipes and more in a Portable Document Format (PDF).

According to *the Star's* vice-president of communications, Heather Armstrong, there has been a decrease in the number of people reading the daily broadsheet newspaper over the past 10 years.

"In recent years, more and more people are using the Internet as their source for news and information," she said.

Armstrong said *Star PM* was created to provide reliable information in a format that "meets people's needs at the time of day when they crave a news hit."

The digital paper is available to readers at 3:30 p.m. every weekday and updated again at 4:15 p.m. with final business numbers. It also offers readers more pages in their topic of interests: Sports Extra, Lifestyle, Click (the latest on modern culture) and People. Each topic also has a link, so readers can click on a link and go straight to their topic of choice.

Armstrong said although the Internet is becoming more popular, the broadsheet newspaper will not become obsolete in the next few years.

"Part of what remains very important about the broadsheet newspaper is the accessibility," she said. "Whether you are eight or you're 88, it's a very easy way to consume your news." She also said readership habits are continuing to evolve and the Internet will play a larger role in the way Canadians consume their news.

Star PM, for now, is a PDF document that can be printed in colour or black and white. However, Armstrong suggests it will become more interactive over time, by having links to photo galleries, videos and other stories.

Comments made by Humber students last week suggested *Star PM* is becoming attractive to those who use computers on a regular basis. Alex Mendoza, 22, a business administration student, said more people are likely to get into *Star PM* since the majority of people use computers. "[They'll] be able to download from home, as opposed to paying, it's free."

Annie Hussey, 18, a general arts and science university transfer student, said *Star PM* will get more students and young people involved with knowing what's in the news.

"I use the Internet a lot, but I also want to know what's going on [in the world]," she said.

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EDITORIAL

A Six Flags amusement park in Illinois offered unlimited queue jumping privileges to patrons who ate a live Madagascar hissing cockroach – *Global news.*

Simple measures for stressful times

It's about this time of year when things are thrown into high gear and readings and assignments are handed out en masse. Things can and will get stressful.

The important thing to remember is a month has already gone by and the end of the semester is fast approaching.

Finishing homework and assignments on time will help limit the stress from being fatigued and feeling over-worked. Stress can manifest itself mentally and physically but maintaining a healthy mental focus is beneficial.

Homework and upcoming deadlines can drive students to the edge of insanity while causing the body to break.

Sometimes, taking a me-day is necessary to cope with the pressures. Not to suggest playing hooky, but there is a crucial balance between what is manageable and what is excessive. This is a part of growing up.

In fall, barbeques and pool parties become more infrequent. Time to spend with friends and family will be hard to find as all-night frosh parties turn into all-night-study-parties. Time management skills will help balance personal life with school obligations.

The college provides numerous counseling services to assist students in dealing with time, stress and money management. These services are paid for through tuition fees. The free resources are easy to over-look but asking for help is an indication of self-awareness.

Days get shorter and the lack of sunlight can sometimes affect people's dispositions and attitudes. Staying happy and refreshed can be challenging, but there are plenty of things to look forward to in the coming months, excluding midterms.

Thanksgiving is usually the first opportunity for a trip home since the beginning of the semester. Others will be having their first turkey dinner away from home, some having the fourth or fifth with friends and some not participating in the celebration of the autumn harvest at all.

Regardless of your turkey day preference, this is more of a time to give thanks for the many luxuries Canadians enjoy, especially food. It is also a time to think of others.

Charity drives kick-off in October with various aid organizations relying on the generosity of the public to contribute to their causes.

Struggling students need only spare what they can. Time, money or unwanted spare food are alternative ways one can lend a hand.

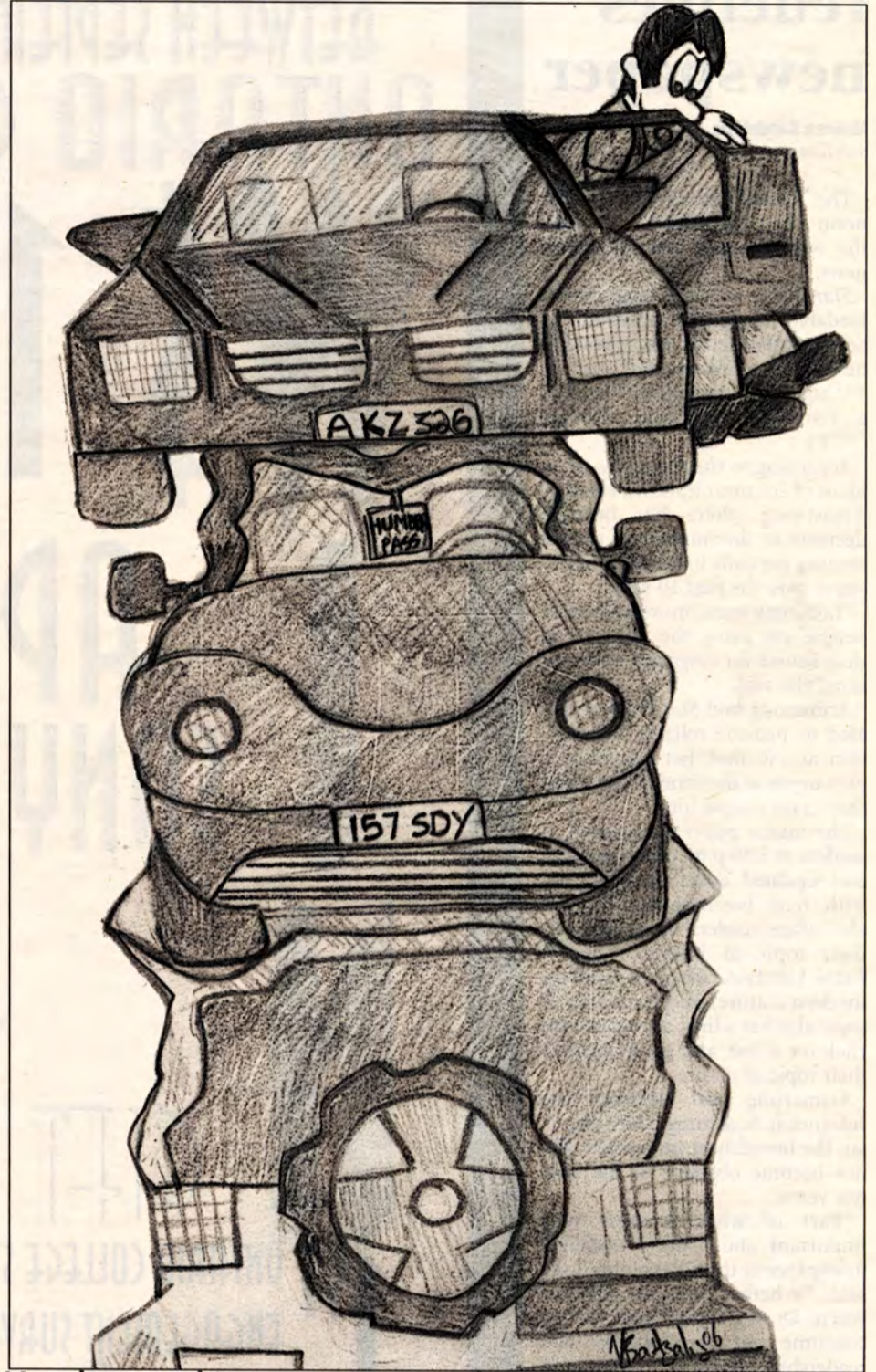
Also, check with HSF for the various events the student council hosts to raise money throughout this month.

Being a student isn't always easy at this time of year as more demands upon time and money accrue. The trick is to develop a system that balances school and work with play.

Some may never discover this balance, but it is an on-going process that will continue after graduation.

Keep up with studies and it'll happen. And remember, the resources available can help make life easier.

The college provides numerous counseling services to assist students in dealing with time, stress and money management.



Humber parking passes on sale now. Spaces available.

HUMBER ET CETERA

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Three-year-old boy in England accidentally bought Barbie-pink Nissan Figaro on Ebay for \$18,000 CAD – www.canoe.ca.

Too many passes not enough spots



Mark Guilherme
BUSINESS REPORTER

You slowly circle the parking lot, peering around corners and twisting your head to and fro like something out of *The Exorcist*. You're late and there are no parking spaces.

Even worse, you're not the only one in the lot. Other drivers are looking for that same spot that you plan to nab. It's almost as if

you've become sharks in the water, sniffing out that prey that you can almost taste.

Then it hits you.

"I paid \$500 for a parking space, why the heck can't I find one!?" You would probably have better luck grabbing a spot in downtown Toronto on Boxing Day.

When I'm pulling into lot one by the School of Media Studies, it seems reasonable for me to expect to find a spot. I paid with my hard-earned money to guarantee I would have somewhere to park my car when I arrive at school for higher education. Most of the time

though, it feels like the only thing getting higher is my blood pressure as I struggle to find a space.

It's common for the number of passes sold for each lot to be higher than the actual number of parking spaces available, and Humber admits to doing this. It wouldn't make any sense for Humber to sell passes for the exact number of 4,000 to 5,000 spots that they have available, since every Humber student who purchased a pass isn't going to be using a spot from eight in the morning until five at night. Many lots at Humber would be empty for parts of the day.

But it's as if this year, they're pushing their pennies further and sold those few extra passes just to get the few extra thousand. We're talking big money here people. From parking fees alone, the school collects close to \$1.5 million each year.

For those unlucky enough to get shut out of their respective lot, (which they paid anywhere from \$440 to \$900 to park in the first place), day passes for another lot are available at the parking kiosk. Speeding into another lot and running to class because you're already late will only give you

another headache when you return to your car to find a parking ticket on it.

What it comes down to in the end is when I'm pulling into the parking lot which I've already purchased a pass for, and I'm ten minutes late, it would be nice if I didn't have to take my place among the other parking spot predators out on the prowl. On my commute to Humber, I like to look forward to learning something new, not competing in that day's survival of the fittest.

Maybe the HSF has a new lunch hour contest on their hands.

Goodbye ink smeared hands



Kate Weldon
SENIOR REPORTER

I used to hate getting newsprint all over my hands and then chucking the filth-creating paper into the trash.

But the *Toronto Star* has changed all of that with the re-emergence of a daily afternoon edition.

The *Star PM* can be downloaded from the *Toronto Star's* site.

The edition, available from mid afternoon on, is tailored to those about to head home from work.

It's short and it's free.

With the advent of electronic-only editions of papers, newspapers, as we know them, are coming to an end.

Electronic newspapers are an inexpensive and functional way for publishers to deliver the news to the hungry masses.

Most newspapers already have online content that is updated 24 hours a day.

Not only does this help keep news readers even more up to date but it can be accessed without even leaving home.

And it saves on waste. The federal government says that about one-third of our waste is generat-

ed from paper and paperboard.

Although the *Star PM* can be printed, it is designed to be read on the computer.

It's easy to imagine how much less waste there would be if printed newspapers were eliminated and everything was read online, not to mention how many fewer people would be wandering around with ink-smeared hands.

Even the *Star* admits broadsheets are the way of the past.

There are few concerns with the new edition.

The price of printing a copy of the paper will be the reader's responsibility.

Printer ink and paper could become costly when printing the eight-page edition on a daily basis.

PDA and Blackberry users may not be able to read the *Star PM* on their devices as the text is in PDF format; some of these devices don't support programs to read PDFs.

But with the *Star PM* only taking a matter of minutes to read, it shouldn't really be a problem.

(In time the *Star PM* plans to explore other text formats that would work on these devices).

I think the *Star* is far ahead in the newspaper game.

It's time all Canadian newspapers work towards getting rid of the wasteful broadsheets and getting with the online times.

Troubled receiver casts shadow on team



Rob Titus
SPORTS EDITOR

Terrell Owens is a hard working, elite NFL talent, when physically healthy and/or emotionally motivated.

Few football fans will dispute this contention. Owens' questionable reputation stems from self-absorbed behaviour, not from doubts of his athletic ability.

The Dallas Cowboy receiver has amassed terrific individual statistics, set (or matched) a number of impressive receiving records and dominated his particular craft.

The five-time Pro Bowler possesses an unparalleled combination of speed, size and strength.

Physically unstoppable at times, he can blow up opposing game plans and/or defenders, seemingly at will.

The Associated Press reported Wednesday afternoon that Owens' emergency room visit Tuesday night was the result of a suicide attempt.

He categorically denies a Dallas police report that indicates his

publicist dialed 911 due to concern that a "depressed" Owens had ingested an excessive number of painkillers.

Both his publicist Kim Etheredge, and her star client say the hospital visit was simply the result of an "allergic" reaction to various medication.

Speculation and rumours may not ever be completely dispelled. Police say they will not likely issue any more information on the matter since a crime was not committed.

I refuse to take anything away from the receiver's intellect, physical ability or professional success.

Something, though, is clearly amiss within Owens' mindset.

His irksome history of issuing criticism-laced, headline-grabbing quotes that burden teammates with a relentless media circus is very troubling.

One recent example was Owens' handling of his brief time as a Philadelphia Eagle.

The Eagle's quarterback, Donovan McNabb, is equally talented and highly respected league-wide.

While it lasted (one season), the Donovan McNabb-Owens pairing was a classic connection.

The Eagles were a wrist snap away from a Super Bowl victory in 2005.

That Owens decided to abandon the Philly ship so quickly is one of the reasons why he's as consistently loathed as he is loved.

Critical hate-ons in professional sports are of little, practical consequence.

The tides of popularity can shift in an eye blink.

Owens' checkered history with his own management, coaches and teammates, though, is awfully telling.

This type of behaviour, of course, is not exactly unprecedented in his particular industry these days.

Calling out and/or alienating co-workers is the nature of that brand of business.

But the camera's crush on Owens is clearly mutual.

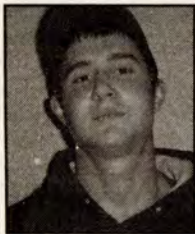
NFL fans and advertisers await his athletic feats almost as much as they anticipate his ensuing celebration.

Owens' alter ego 'T.O.' is equal parts entertaining showboat and highly-effective receiver.

This, not euphoric celebration, is the most troubling aspect of any T.O. debate.

Word on the street

We asked you – how do you deal with stress?



"Just take a break, you know. Remind myself that it's not the end of the world."

ANDREI JAWORSKYJ, 19, GENERAL ARTS



"Listen to some relaxing music."

SHAWN MCPHERSON, 19, PARAMEDIC



"I play sports. Just relieves the stress."

BRENNA ADAMSON, 23, PARAMEDICS



"Music. I listen to hard rock and metal and try to sing to it. It's like an outlet, and it's better for me than drinking or a punching bag."

CRAIG DSOUZA, 23, REGULATORY AFFAIRS



"I go to someone who will calm me down."

DAWN PATTERSON, 21, CREATIVE PHOTOGRAPHY



"I sleep and forget about it. I feel refreshed when I get up."

RAYMOND DUONG, 17, ELECTRICAL ENGINEERING

IN FOCUS

"Exercise and application produce order in our affairs, health of body, cheerfulness of mind, and these make us precious to our friends" – Thomas Jefferson.

This week...

Mental Health

Support groups give students a helping hand

Marsha Casselman
WORK AND PLAY EDITOR

Troubled students seeking help may not realize there are alternatives to a psychiatrist's chaise longue.

This week is Self-Help Awareness Week by the Ontario Self-Help Network.

"A lot of people don't know what [self help] means," said Neil Muscott, resources co-ordinator at the Self-Help Resource Centre in Toronto. "When you mention it, many people think Oprah or Dr. Phil. They think of it as pop psychology. They don't know about the idea of self-help support groups."

Popularized by Alcoholics Anonymous meetings, support groups can meet for any reason, from eating disorders to grieving

to depression, to share stories and coping strategies.

"You're coming together with a bunch of people who have a similar problem and that can be very



Marsha Casselman

beneficial in terms of emotional and practical support," Muscott said.

The self-help resource centre in Toronto keeps a database where you can search by keyword among 400 support groups.

Andrew Poulos, co-ordinator for counselling services at Humber, said former support groups for depression and body image at Humber closed due to low turnout. He said it may be because of student's schedules and putting school and work priorities over their mental health.

Poulos said people must commit to attending every week if they want to benefit from the group.

However, people need to be at a certain comfort level and functioning to benefit from support groups.

"If people are experiencing very

intense emotion around their issue, it might be best for them to start with an individual counsellor for one-on-one, and after that start a support group," Poulos said.

"You're coming together with a bunch of people who have a similar problem and that can be very beneficial."

Neil Muscott

Humber counsellors provide free and confidential one-on-one ther-

apy sessions for any psychological or life problems students might have. But once out of school, it's hard to find free services.

"The support group is usually a free thing, so it sometimes is the only option people have," Poulos said.

There are other advantages to support groups.

"Sometimes there can be waiting lists or delays to see psychiatrists or psychologists," Muscott said. "But the biggest advantage is that you're meeting with people who are sharing the same problem you are, as opposed to a professional who might have the academic knowledge, but not have ever lived through what you are going through."

This article also appears on the Daily Planet web site.

Relieving stress through exercise

Jackson Hayes
IN FOCUS REPORTER

On any given day, the more health-conscious members of the Humber student body can be found sweating on the second floor of the fitness center.

But as many studies on stress and anxiety show, those people lifting weights or jogging on the treadmills are doing more than working on their student bodies.

"I think cardio is a stress reliever," said justice and police foundations student, Lisa Pereira, 22. Pereira, who works out "three to four times a week," recommends a visit to the gym as a way to relieve stress.

Many students find a full-time course load overwhelming and balancing studies with work, family and a healthy social life can be a daunting task.

One of the best ways to relieve that pent-up stress is through exercise.

"All the research that's out there so far on stress has shown that one of the best ways of relieving stress is through exercise. It's a great way to take out your frustrations," said Leanne Henwood-Adam, Humber's fitness co-ordinator and college employee for 16 years.

Information released by the Mayo Medical Clinic explains how exercise combats depression by activating specialized neurotransmitters and, stimulating the production of endorphins which help

you relax, otherwise known as 'feelgood hormones.'

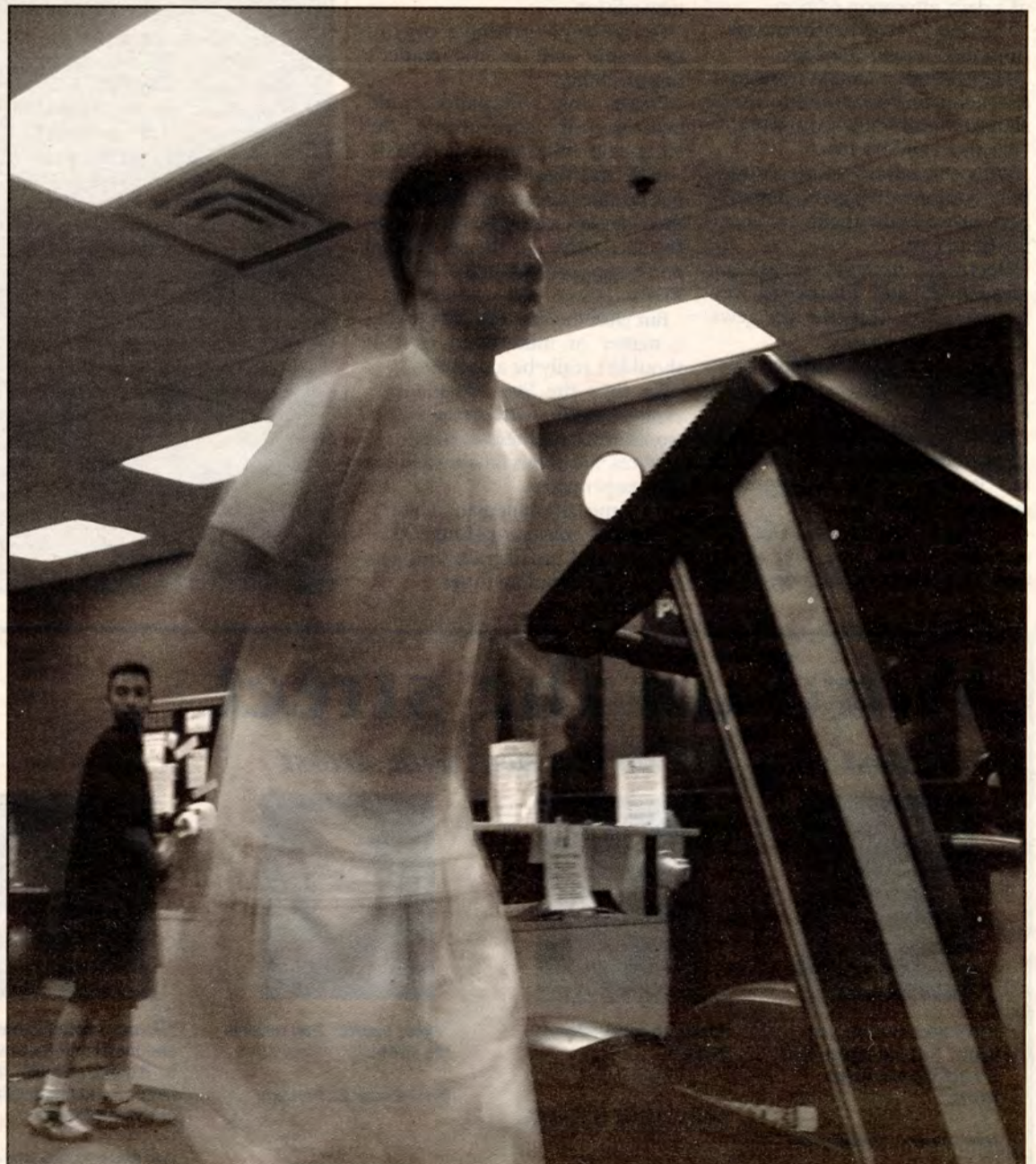
A gym membership is not required to keep fit either. Exercise is a broad term that can include anything from cardiovascular and weight training in a gym to something as simple as walking – all of which are beneficial ways of reducing stress.

Paramedic student Terry Robinson, 18, who characterizes his life as stressful, feels better following his weight training regimen saying that "it's easier to fall asleep at night."

Exercise is so beneficial to mental health that it is now being prescribed in clinical settings. A study released by the American Council on Exercise revealed that one exercise session generates 90 to 120 minutes of relaxation response through endorphin production.

It is a good idea to consult an expert, like a personal trainer, who can tailor a workout specific to an individual's abilities and goals. However, if finances are tight, and they usually are for students, anything from walking to yoga to recreational activities can help reduce stress and tension and most are free or relatively inexpensive.

Humber's Athletic Centre is across the hall from CAPS and is open Monday to Friday from 6 a.m.-10 p.m., and Saturday and Sunday from 8 a.m.-5 p.m. Using photo ID, both students and staff are permitted to use the facilities.



Jackson Hayes

Paramedic student Jon Yao works up a sweat on the treadmill at the Athletic Centre

"If the national mental illness of the United States is megalomania, that of Canada is paranoid schizophrenia" – Margaret Atwood.

Signs of eating disorders

Kenzie Broddy
IN FOCUS REPORTER

Eating disorders continue to affect young women and girls, in greater numbers than commonly believed.

The National Eating Disorder Information Centre said 90 to 95 per cent of people with eating disorders are women and the most common ages are anywhere between 14 and 25 years of age.

Eating disorders are seen in children as young as 10 years old.

"Most people think eating disorders are mainly about vanity when really they are the end result of poor coping techniques and feeling no control over one's life," said Mary Bear, director of the National Eating Disorder Centre.

Lack of control over life, feeling unloved or unlovable, or the inability to manage pressure can lead people to say, "what can I control? I can control my body, I can control my weight," Bear said.

Eating disorders are usually found in people who have lower

self-esteem and poor coping strategies, Bear said. She said it's about feeling like thinness is going to solve all the issues in one's life.

"Too much today we are listening to parents talk about their weight issue with their daughter"

Rena Borovilos

"You want to settle other issues in your life, so you can focus on that one thing; to look good. What is it to look good? To, look thin...if I can't control these other aspects of my life, here is one thing that I can control and that's my body," said Humber psychology professor Rena Borovilos.

Forty percent of 9-year-olds have dieted.

"Too much today we are listening

to parents talk about their weight issue with their daughter. 'Oh I don't want to eat that, it's going to make me fat' and the kid is listening to this," Borovilos said.

Eating disorders are now the third most common illness in adolescent girls.

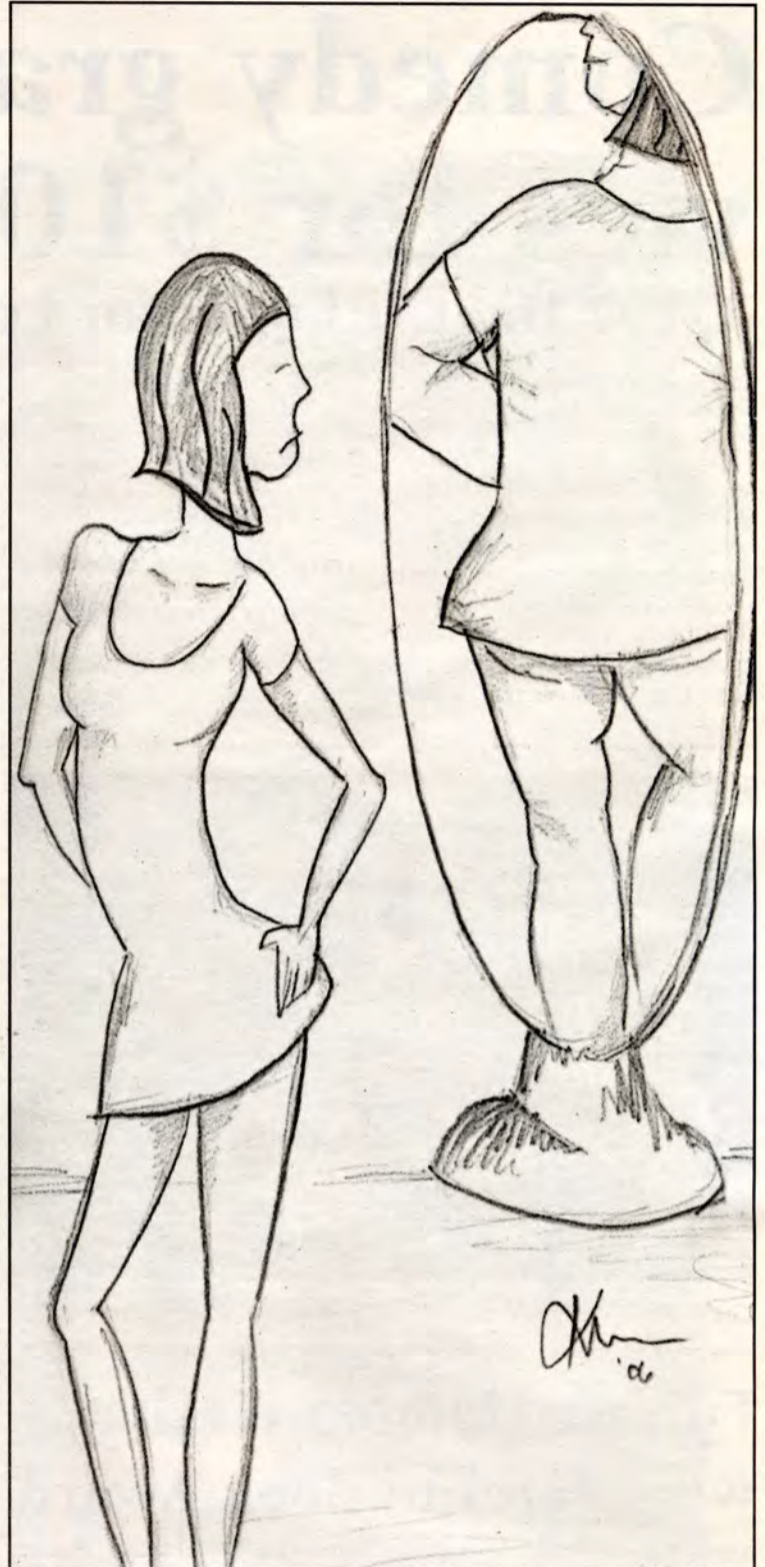
Media, showing thin women in ads and television, sells a lifestyle that many women want.

"I think the pressure to look a particular way is definitely much harder than any other generation. What it now does is affects women across their life span," Bear said.

However, Bear warns media images do not cause eating disorders.

"We have to have a particular vulnerability to food and weight preoccupation and low self esteem, before we actually get into the unhealthy coping strategies."

Warning signs such as guilt about eating, excessive concern about weight and calories and feeling fat when not "overweight" are found in most people dealing with eating disorders.



Kat Hudson

Depression medication affects sex drive

Sylvia Prout
IN FOCUS REPORTER

Students on medication for depression should be aware it can affect their sex-life.

"At least thirty to sixty per cent of males and females who take the more recent antidepressants have some degree of sexual dysfunction," said Dr. H.A. Tam, a family physician.

"Some of the current prescribed drugs are Prozac and Zoloft," Tam said.

Students using any of these medications should talk to their family physician about possible sexual side effects.

"Males are likely to suffer from erection and ejaculation difficulties,

while females can experience lack of lubrication. Both sexes can have blocked or delayed orgasms," Tam said.

Fortunately, there are things couples can do to help their partner and their relationship.

"Sometimes just choosing a code word, so you can cuddle but not have sex can help. Or even light exercise, like a walk in the forest. It's best to go with your partner, but it's ok to go alone too," Tam said.

"If your partner is having a good day while on the meds, doing silly things helps...Singing out loud to your favorite songs, watching comedy, things like that. Eating fruit helps too," Tam said.

Depression is a mental health prob-

lem that needs time for recovery. It's important to let them know you care, but for some people it may not be that simple.

Early childhood education student Jennifer Dlutek, 20, said she understands that if her boyfriend was on anti-depressants he could have a decreased sex-drive.

"I realize that you need to be supportive and so on, but sex is important, at least I think so."

Tam advises to speak to a doctor first before deciding to stop taking medication.

It's important to "have faith that you or your partner's depression will pass and the both of you will enjoy your life and each other again," Tam concluded.

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A&E

Stephen Tyler announced that he has had hepatitis C for the past three years and wants to go on Oprah to spread awareness about the disease – www.dose.ca.

Comedy grad vies for \$10,000

Q107 finalist hopes for Letterman gig

Tyler Trumbull
ENTERTAINMENT EDITOR

A Humber comedy grad is a contestant on Q107's Funniest Person with a Day Job radio contest.

Matt Hawkins, 23, is competing for the grand prize of \$10,000 and a trip to New York City to hone his skills with David Letterman's opening act, Eddie Brill.

Hawkins, a construction worker

by day, thinks his chances are "pretty good."

"Without going up at Yuk Yuk's ...and [Humber] making that a priority...I wouldn't have had the confidence."

Matt Hawkins

He already placed first in week two of the seven week-long competition. His prizes to date include a round trip for two to Chicago, admission for two to Zanies (Chicago's premier comedy club) and a \$250 cash prize – for a total retail value of \$3,200.

Hawkins said Humber's Comedy program definitely helped.

"Without going up at Yuk Yuk's



courtesy

Comedy grad Matt Hawkins performing standup at YukYuk's

... and [Humber] making that a priority ... I wouldn't have had the confidence," said Hawkins, who graduated last year.

He entered the Q107 contest by submitting a 90-second clip of his routine to the web site for voter approval. He went on to per-

form a three minute routine live on air, doing impressions of characters like Family Guy's Peter and Stewie Griffin, the Trailer Park Boy's Bubbles, as well as Alf and Batman.

Hawkins will appear live on air Oct. 27 between 5:30 and 9 p.m.



Could You Wait star Louise Pitre and writer Joe Matheson.

Rob Hergott

Mama Mia star at Orangeville theatre

Rob Hergott
STUDENT SERVICES REPORTER

Two hundred and seventy people packed Orangeville's historic Opera House to see the Sept. 22 world premiere of a musical romance, *Could You Wait*.

Mama Mia star and Humber graduate Louise Pitre stars with her husband Joe Matheson, who wrote the script.

Directed by David Nairn, the play also featured music director Diane Leah.

"We put an endless amount of time into preparing for this play, we all think it's really worth every

minute," Pitre said.

Could You Wait is set in World War II. It is the story of a sailor who meets the girl of his dreams just before shipping overseas. After weeks of letters and separation he finally decides she's the one. While on leave, he takes her for a spectacular meal and a night of entertainment, falling in love in the Imperial Room at the Royal York Hotel.

"The show actually really reflects and magnifies the innocence of the time," said theatre-goer Michele Maycock. "I really love this script. The story is so touching and beau-

tiful, it really makes us enjoy performing this play," Matheson said.

He wrote the script as well as performing musical numbers with Pitre.

"It was an excellent show. I really enjoyed the soothing and soft musical sound that was offered in this particular play," said secondary school teacher Jack Middlekoop.

"With the demand here in Orangeville the show will air until Oct. 15, then we hope to take this play worldwide," said Director David Nairn.

Former Humber teacher wins Toronto Book Award

Brenton Plourde
ENTERTAINMENT REPORTER

Former Humber School for Writers professor Dionne Brand has won the 2006 Toronto Book Award for her latest novel *What We All Long For*.

"Its wonderful, these awards give you a lovely surprise. These awards give your work a wider recognition. I am happy that my book got it. I said to myself that I was going to write this city. The city gave me inspiration," Brand said.

Her 18th book follows the lives of four characters, a lesbian avant-garde artist who is in love with her best friend, a biracial bicycle courier, a jazz loving poet who, unbeknownst to his parents, has dropped out of university and a gorgeous black woman who runs a clothing store on Queen Street West.

Born in Trinidad, Brand moved to Toronto in 1970, earning a Bachelor of Arts in English and philosophy at the University of Toronto. She later taught english literature and creative writing there, as well as at York and Guelph, where she is now a profes-

sor of English and theatre studies.

This is the second major book award for Brand, her first being *Land To Light On*, a collection of poems that cover the spectrum of courage and love in a world of violence and misunderstanding. It won the 1997 Governor's General Literary Award for fiction.

Brand has been associated with Humber College for over 15 years.

"We are delighted she has won the Toronto Book Award with her vivid depiction and compelling look of Queen Street West youth," said Antanas Sileika, artistic director for the Humber School of Writers.



Dionne Brand, winner of 2006 Toronto Book Award.

courtesy



Anthony Vasquez-Peddle

Students bet fake money at the Texas Hold'em tournament, a game at CAPS Casino Night.

Players cash in at CAPS Casino Night

Anthony Vasquez-Peddle
ENTERTAINMENT REPORTER

It was a night where students experienced the ups and downs of Las Vegas without losing a dime.

The Humber Students' Federation hosted Casino Night last Tuesday at Caps. Students learned and played major casino games such as Blackjack, Craps, Roulette and Texas Hold 'Em while getting the chance to win prizes including Leafs tickets and an iPod Nano.

"As students come in they get an envelope full of fake money... as

they play, they win more fake money, so they'll see if they can turn their \$5000 of fake money into 10 (to) \$20,000 and then they can buy ballots to win those prizes," said Aaron Miller, HSF programming director. "It's just a fun event... we're just trying to give students an opportunity to do something in the evening."

"I do want to have more nights like this. The only reason I came was for the casino event. Although I like beer, but I mean, casino event!" said Mat Noseworthy, first-

year electrical engineering student.

Casino Night has become a regular event for students to participate in over the years. Last year, however, it focused more on poker.

"The poker craze was at the height last year, so most of our Casino Nights became just poker nights," Miller said.

"I know poker is extremely popular with the student body, so we really like to put on events like this for them to enjoy," said Jeff Gulyes, HSF events co-ordinator.

Grey's Anatomy fans are outraged after CTV accidentally starts the season with the second episode instead of the premiere – *Globe & Mail*.



Courtesy

New Thursday divides fans

Ashley Hampson
ENTERTAINMENT REPORTER

Thursday fans expecting the band's new album, *A City By the Light Divided*, to be comparable to older works are in for a disappointment – and a surprise.

The first single, Counting 5-4-3-2-1, has the sound and feel of mainstream radio. It's a song that can, and possibly will, be plastered across the airwaves for some time. Singer Geoff Rickly doesn't hold back lyrically. According to the band's web site, the song is inspired by real-life events experienced by the band while growing up in New Jersey.

Thursday's social awareness has always been at the forefront of their music, never shying from controversial issues, like their song M. Shepard off their third full-length album, *War All the Time*. The song depicts the 1998 murder of 21-year-old Matthew Sheppard of Wyoming, the victim of an anti-gay hate crime.

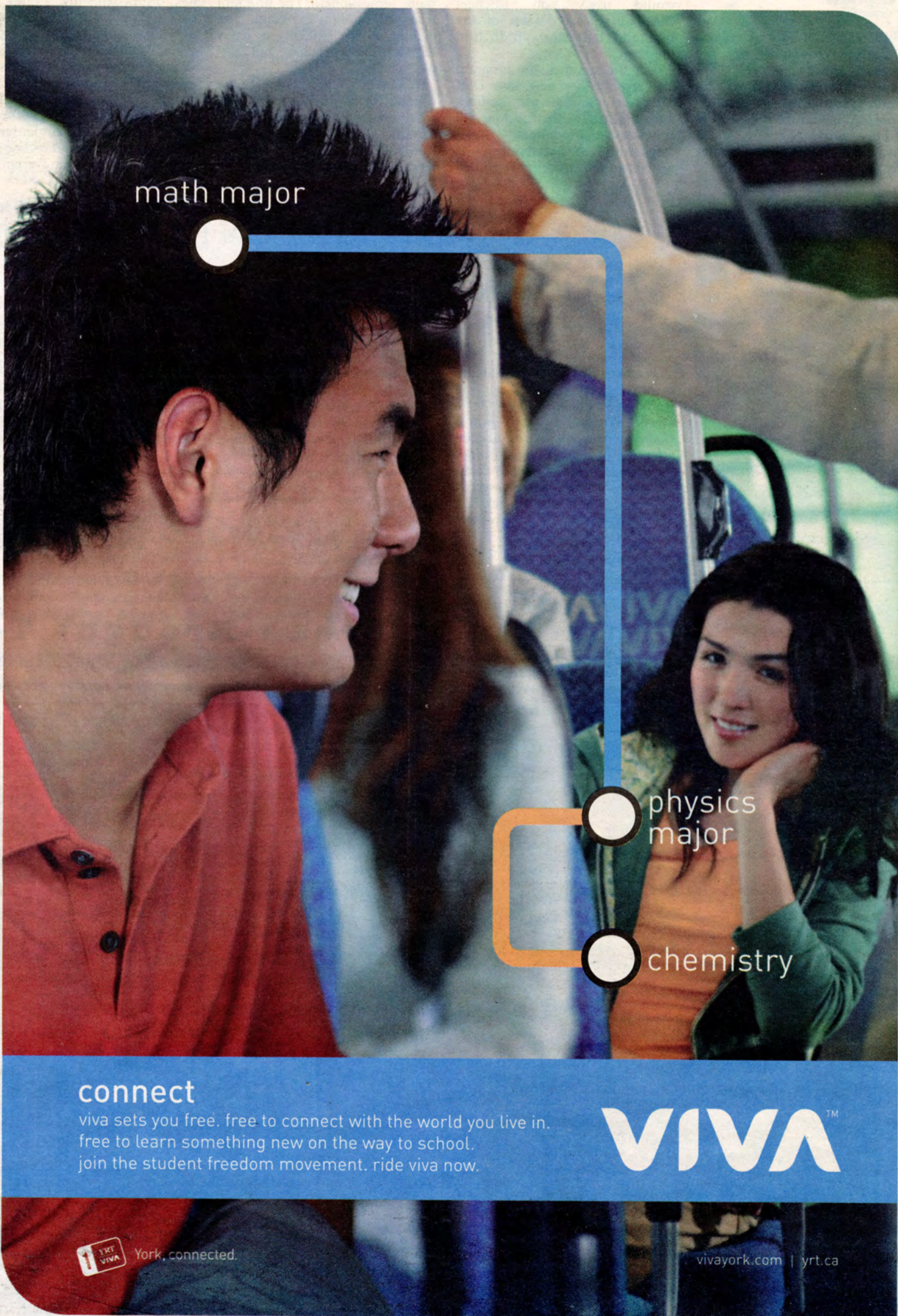
The problem this time around lies within the music itself. This album is lacking when compared to the band's previous efforts, which are filled with menacing guitars and destructive beats, combined with Rickly's melodious screaming, to create an almost harmonious output.

In keeping with typical Thursday fashion, you'd expect songs with an ample buildup and an explosive execution, but it never comes. Or so you would think.

Halfway through the disc, Arc – Lamps, Signal Flares, A Shower of White (The Light) sounds like it came straight from an Explosions in the Sky record. The two-and-a-half-minute instrumental interlude serves as a divider for the album, and the vibe following changes significantly.

Ever-approaching drums and a distant guitar riff set the tone for the emotional Running From the Rain, before building into a passionate fury of epic proportions.

Fans of the band will recognize the shift in musical content as the record winds down. Songs like The Lovesong Writer and Autumn Leaves Revisited slowly build and then decrescendo before finally bursting into a hail of maddening guitars and heavy rumbling bass lines that could easily compete with the likes of previous material, such as Signals Over the Air or War All the Time.



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Actor Russell Crowe wants to play the role of late friend and environmentalist Steve Irwin in a biopic about the Crocodile Hunter – *MSN Entertainment*.

Humber Film program receives new equipment

Carlos Dorantes
ENTERTAINMENT REPORTER

Humber's film and television production program got an expensive delivery last week. More than \$50,000 worth of sound equipment arrived Thursday, including mixers and hard disc recorders. "It's what the students, if they were on a professional shoot . . .

would use," said Michael Glassbourg, co-ordinator of the film and television production program. Over the summer, the program also received five new Sony DSR 570 cameras and the editing suites were outfitted with new Mac G5 computers and monitors. According to Glassbourg, this will make the process that much

more professional. "The program is a very vibrant program. The quality of the students is really high and their needs are not simple." He said he's very happy with the funding his program receives, "but we could always use more." Frank Dobilas, a second-year film and TV production student, feels that the new technology will

help inspire students. "I think this new equipment will at least help us with wanting to learn the programs," Dobilas said. "When I see all these new toys we can play with, it makes me want to jump at the chance to work with them." The new gear arrived in time for the students' documentaries, which go into production soon to be screened publicly in December.



Lina Toyoda

First-year film/TV student Stewart Robertson checks out a brand new Fostex mixer.



Brooks Reynolds

Sydney struts their stuff.

Trisha Esposito
ENTERTAINMENT REPORTER

Humber's Sydney is one of the most popular bands emerging from the Southern Ontario music scene. It was the band's power performances that caught the attention of Black Box recordings A&R and former Fullblast front man Ian Stanger. He discovered and signed the band to Black Box Recordings after seeing them live a couple years ago.

SPOTLIGHT ON HUMBER

Sydney to tour west coast of Canada

Since then, the band has recorded a self-titled album that was released in September 2005 and has toured with bands like Emanuel, Armor for Sleep and Funeral for a Friend. Adding to its list of achievements, the band has played huge festivals including New Jersey's Bamboozle in the summer of 2005 and Warped Tour in Barrie this past August. With over 1,293 plays a day on the band's Myspace page, giving

them a total of 529,503 plays since April 2004, it is clear that this band is worth a listen. It is easy to see that bands like Say Anything and Taking Back Sunday have inspired the band's sound. The track Jubert's Path of Destruction, off of Sydney's self-titled debut, is comparable to Taking Back Sunday's 2003 release, *Tell All Your Friends* – catchy and easy on the ears. It seems as though the band's success has come overnight, but

what most people don't know is that it has been a five-year process. Sydney will begin its west coast Canadian tour shortly, playing some local shows along the way. After that, the band is taking the winter off to write and record its new album. Go to www.myspace.com/sydney for all the tour dates and to listen to a few tracks from their debut album to see what all the hype is about.

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CASTING BY JENNIFER MANNING AND JILL R. JONES
COSTUME DESIGNER: JENNIFER MANNING
HAIR AND MAKEUP: JILL R. JONES
PRODUCTION DESIGNER: JILL R. JONES
EXECUTIVE PRODUCERS: JILL R. JONES AND PHILIP ROY
PRODUCED BY PHILIP ROY AND MICHAEL GIANE BERNARD
WRITTEN BY PHILIP ROY AND MICHAEL GIANE BERNARD
DIRECTED BY PHILIP ROY

In Theatres September 29th!

allianceatlantisfilms.com

A Montana mother who allowed her 18-month-old baby daughter to smoke marijuana from a bong was sentenced to two years in prison — Reuters.

More young women getting lung cancer

Wendy Coates
LIFE REPORTER

Young women are being diagnosed with lung cancer at a rate far higher than men.

Cancer Care Ontario, in collaboration with the Public Health Agency of Canada, composed the study on death rates in young adults, aged 20 to 44, between 1983 and 1999.

The study, released by The Canadian Cancer Society (CCS) on Sept. 12 shows young women are more likely to have cancer than men. This accounts for about two-thirds of the total number of cases, a high prevalence due to the link between sex hormones and many female cancers.

Lung cancer is the leading cause

of premature death among young women in Canada due to an increase in smoking. It's the number three cause for young men, after car accidents and suicides.

Director of Cancer Control Policy at the Canadian Cancer Society, Heather Hogan says this report is extremely relevant to young adults.

"This report highlights an important health issue for young Canadians," she said. "While the majority of cancer occurs in older people, young people are not immune to this disease."

In 1994, Statistics Canada reported the number of smoking men and women averaged over three million for each sex. By 2001, the statistics showed over 100,000 more men quit smoking than women.

"I've been a smoker for two years," said general arts and science student Connie Tamburello. "I started in grade 12 with friends just hanging out between classes. When I've tried to quit I just don't buy packs, but my friends smoke so I just end up smoking with them."

According to a June 2003 Health Canada report, about 90,000 teenagers try smoking every year

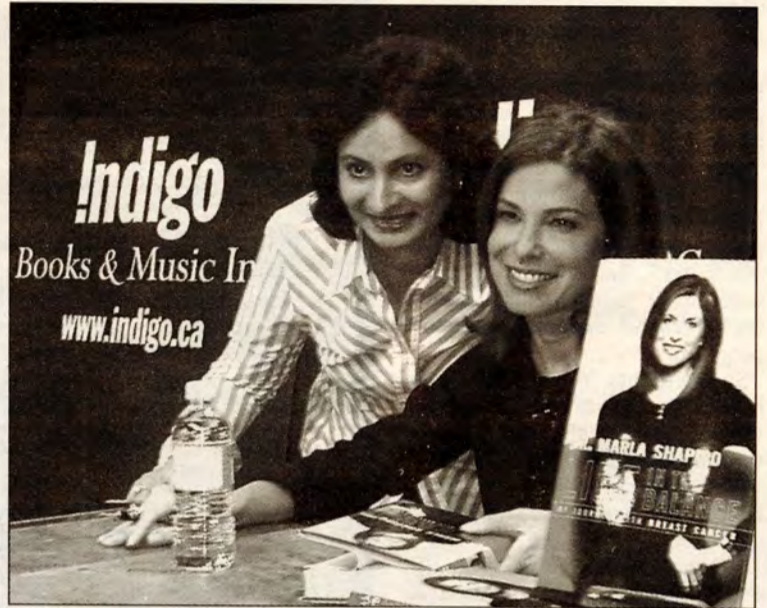
in Ontario. The smoking rate among 15 to 24 year-olds in Ontario is 22 per cent. For 15 to 17-year-olds, females had their first cigarette at an average age of 12.9 years; while for males, it was 13.3 years.

In the wake of women being diagnosed with this disease, Dr. Marla Shapiro shares her triumph over her battle with cancer in her new book *Life in the Balance: My Journey with Breast Cancer*. On Sept. 15, Shapiro shared her fears, hopes and lessons in life with an audience at Bay and Bloor Indigo bookstore.

"As a doctor, on that day I was diagnosed, I felt completely powerless," said Shapiro, who hosts CTV's *Balance for Living Well* and is a medical columnist for the *Globe and Mail*.

"I felt so guilty inside. How could I do this to my family, my children? After accepting the fact that I indeed had cancer, the next step was finding a balance," she said. "I wasn't to blame for what happened to me, I began my therapy — ready to face breast cancer head on."

While Shapiro notes that breast cancer rates in women are on the decline, lung cancer rates continue



Wendy Coates

Marla Shapiro poses for a photo at her book launch at Indigo.



Andrea Damiani

Girls aren't kicking the habit.

to climb.

"Higher lung cancer rates in young women is discouraging," Hogan said. "The information confirms for us that we must continue to educate and to encourage Canadians not to smoke."

For more information, visit the Cancer Information Service at www.cancer.ca.



BOLD RECIPES BY HUMBER'S CULINARY ARTS STUDENTS

Oven Baked Nachos

Chef: Kmar Whittingham

Ingredients:

- Bag of nachos
- Salsa
- Onion
- Green pepper
- Red pepper
- Cheese

How To:

1. Spread nachos over a tray and put tray into the oven at a low temperature until nachos are crispy.
 2. Cut up green pepper, red pepper and a small onion. Mix together.
 3. Grate the cheese.
 4. Cover nacho chips with the desired amount of grated cheese and pour the pepper and onion mix onto the cheese.
 5. Place back into the oven again at a low temperature until the cheese completely melts.
 6. When finished, serve with salsa and sour cream.
- You can also add tomatoes, olives, hot peppers or different cheeses.



Laura Finney

Kmar Whittingham

Approx Cost: \$10

Cooking Time: 15 min

Serves: 4

Canadians are forgetting to wash up

Laura Finney
LIFE REPORTER

Skipping the sink could make you sick. Colds and influenza, diarrhoea, E-coli and semolina infections are a few of the illnesses people can get by not washing their hands.

"Hand washing is essential to break the chain of infection," said fourth-year nursing student Erika Kukucska.

Registered nurse Paula Conning described how germs can be spread by improper hand washing. "Viruses can live on surfaces and then you can pick them up on

your hands." She also explained what kind of germs can be passed, "...germs that can cause food poisoning and germs that can cause illnesses that are left from other people."

While most people know that hand washing is important, a study conducted by the Hygiene Council (a group of international virology, microbiology and infectious disease experts) discovered 12 per cent of Canadians do not always wash their hands before eating or cooking; 36 per cent don't wash after making contact with pets and 36 per cent of Canadians do not wash their hands after sneezing and or coughing.

"Essentially, it is most important to wash your hands after going to the wash-room, before and after eating, after handling pets (to wash away dander and allergens), after coughing or sneezing, after being outside or after handling money," Kukucska said.

Some people wash their hands, but do it improperly.

"Use warm water and soap. Wash your hands for about 30 seconds, get between all the fingers, get under the fingernails a little bit, rinse thoroughly and dry with a clean towel," Conning said.

Try singing *Twinkle, Twinkle Little Star* before you rinse, and rub your hands to make friction.

"The act of friction when rubbing your hands is the most important aspect when washing your hands, not necessarily that you're using the most top of the line, antiseptic hand wash," Kukucska said.

Friction loosens the dirt and bacteria and opens pores so they can be cleaned.

But is there such a thing as too clean?

"Yes. I think that a lot of the anti-bacterials are really unnecessary. Bacteria is often our friend, and so you want to use soap. Get your hands clean and wash the germs off that way," Conning said.

Antibacterial soaps can kill good bacteria, bacteria that the body uses to protect against disease.

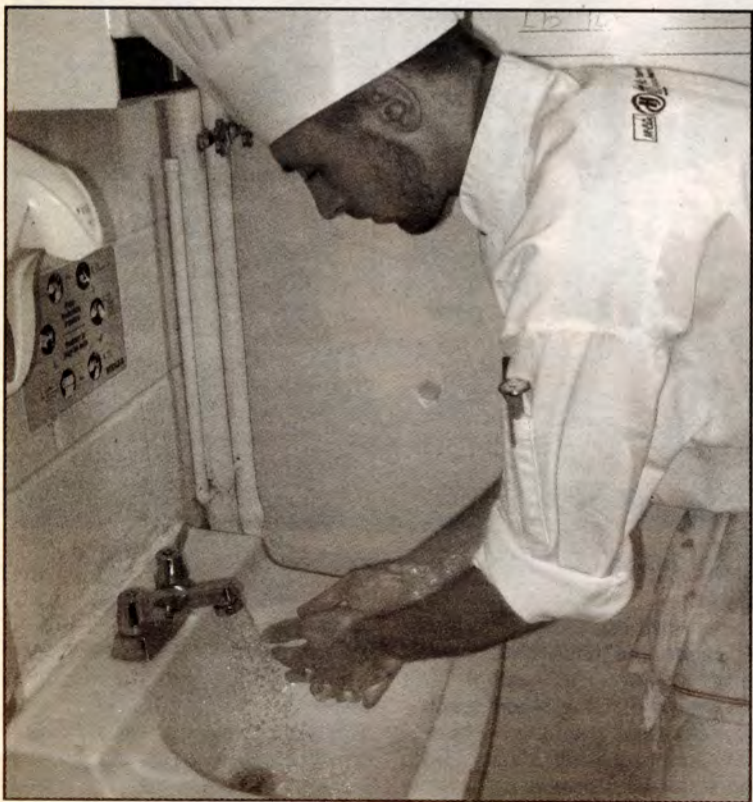
Antibacterial soap can also leave some bacteria behind, making the strains more resistant. This eventually makes it harder to combat infections.

It is important to remember not to over-wash your hands. Kukucska warned it may dry out your skin.

There are a number of hand sanitizers available, but soap and water are best.

Thirty-six per cent of Canadians do not wash their hands after sneezing.

-Hygiene Council



Laura Finney

Culinary student cleans up before getting to work in the lab.

A diner at an Applebee's restaurant in a small Kansas town gave his regular bartender quite the thank-you with a US\$10,000 tip on a \$26 bill— *Global News.*

Supplement your diet or empty your wallet?

Cristina Cesario
LIFE REPORTER

Cash-strapped students may be wasting their money on nutritional supplements when what they really need is a balanced diet.

Tim Barcelon, 26, of the health and fitness promotion program thinks "with the marketing today, people are looking to get that quick fix." Barcelon is familiar with many supplements through both personal experience and his program.

Supplements simply give our bodies "...everything you can get through eating the right foods, nothing else," Barcelon said.

However, some health experts argue supplements do give you an advantage.

"(Supplements) give you the extra nutrients to allow you to work out in the first place. Foods have different levels of protein, for example, where a bar or shake can give you a constant amount," said Nasha Dhali of Supreme Health Foods.

At her store she assesses her customers by the result they intend to achieve. Different types of athletes need different nutrients to help reach their fitness goals. Shakes, bars and powdered bases are just some of the forms that these "enhancers" come in.

"Weightlifters take a powdered form of protein. It's the essential building block for muscles and protein shakes are convenient for this," Dhali said.

Pre-made (protein) shakes range from \$6 to \$9 on average. Are they worth it?



Cristina Cesario

Are nutritional supplements worth their weight in gold or a waste of student's money?

"Only for those who couple a strict fitness regimen with the extra protein," said personal trainer Tony Picciutto of Bally Total Fitness. "Creatine is one of the most popular supplements among athletes."

According to fitness web site www.bodybuilding.com, creatine is naturally made by our bodies and is used to supply energy to our

muscles. It is produced in the liver, pancreas and kidneys, and is transported to the body's muscles through the bloodstream. This high-powered metabolite is used to regenerate the muscles' ultimate energy source. It is sold at most health stores in a mixable powder form.

Barcelon is also quite familiar with this product. "(Creatine) pro-

vides great split-second energy. It enhances your workout and I consider it pretty safe."

"Our whey protein beverages help build muscle, but you have to do the work," said Jugo Juice manager Alana Scott.

The Jugo Juice chain of drink bars is geared towards athletes who are on the run and located mainly in food courts and sub-way

stations. Beverages start at \$4, "about the same price as a meal," Scott said.

Choosing to make your own whey protein beverages may not be any cheaper.

The average retail price of a three week supply is about \$50 at health stores," Scott said.

In the past, some customers have expected her products to give them instant results for the prices she charges.

"Like diet pills—they (supplements) are not a magic formula, it (protein supplements) alone makes people feel better just drinking them."

Could supplements be a placebo effect?

The placebo effect is "psychological, due to a belief in a treatment, medicine, or to a subjective feeling of improvement," according to www.healthnotes.com. "The patient believes and expects that the treatment is going to work, therefore it does."

Barcelon agrees that the "magic" supplements promise is not essential to reaching fitness goals.

"Good nutrition and lifting weights is the answer. People are misled by advertising," Barcelon said. It appears as though healthy eating and exercising will always be seen as basic solutions to physical fitness. Fortunately, these solutions do not have to become another added expense for today's student.

"If you want to achieve and maintain your goal do it naturally. It's all in your head. It's about your work-out. It's all about the way you eat," Barcelon said.

Books, bags and back troubles

Sabine Bowerman
LIFE REPORTER

Heavy backpacks and shoulder bags worn by students can be a pain in the neck.

"With the amount of books students are carrying, a lot of stress is being put on their necks, shoulders and lower backs," said Dr. Moez Rajwani, a chiropractor at the North York Rehabilitation Centre.

Students choosing a bag for books and equipment have a challenging task with the amount of choices in style, colour and size available.

At the bookstore, which sells backpacks and shoulder bags, student interest in shoulder bags is on the rise.

"We are selling more shoulder bags than traditional backpacks," said Debbie Martin, manager of the North Campus bookstore. "I personally don't think they hold as much or are as healthy as a backpack."

Jawad Malik, 18, first-year busi-

ness administration student, is happy with his choice of a traditional backpack. "It's very comfortable and it gives my back the support I need, but it is a bit small in size."

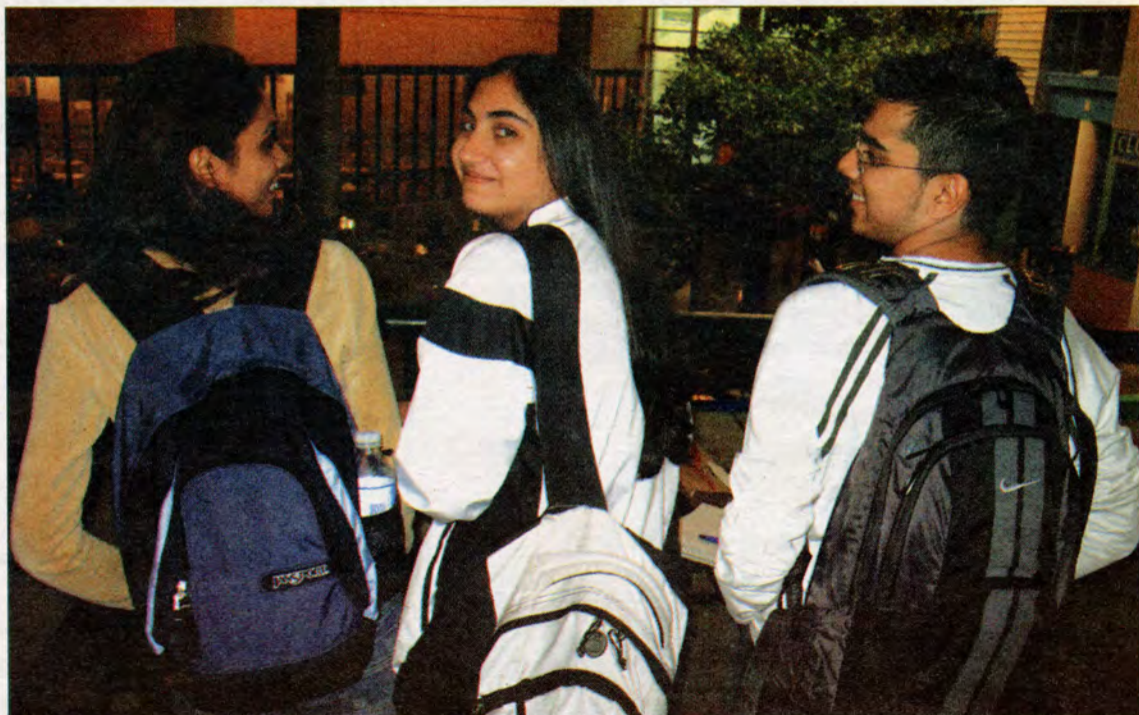
Shoulder bags may be stylish, but they can be damaging to the body.

"The use of shoulder bags and backpacks worn on one shoulder can cause the body's alignment to become displaced, which can lead to muscle stiffness and head aches," Rajwani said.

According to the Ontario Chiropractic Association (OCA), 50 per cent of students entering college have experienced lower back pain.

Students in need of chiropractic services or physiotherapy do have 80 per cent coverage, to a maximum of \$300, through the Humber Student's Federation insurance plan.

However, the OCA recommendation for fees range from \$73 to \$124 for an initial consultation and \$33 to \$44 for each individual visit, so the cost of treatments can



Sabine Bowerman

Anusha Parmar, 19, Gull Khan, 19, and Jawad Malik, 18, model their backpacks at Humber.

easily exceed a student budget.

To protect your back and spine, Rajwani suggests students choose a bag that is in proportion to their body and, when filled, does not exceed 15 per cent of their weight. A bag with multiple pockets helps to distribute the weight.

A wheeled bag used properly can be a good tool for students walking long distances to school. But Rajwani warns the wheel mechanism does add weight to the bag.

When purchasing a bag, check the warranties provided for wear and tear and the estimated lifespan

of the bag. Gull Khan, 19, business administration student, found her backpack broke from the weight of heavy books after one year.

"Some brands of bags are more reinforced, but if you can get one school season in, you are doing pretty good," Rajwani said.

LIFE

A white scarf was used to cover a mermaid's exposed breast on a poster for the 2006 Miss World contest, after officials deemed suggestive — *Global News*.

Model body gets the boot on the runway

Amanda Robichaud
LIFE REPORTER

Five models were banned from a fashion show in Spain for being too thin, but how thin is too thin?

The Pasarela Cibeles fashion show in Madrid decided earlier this month it would medically assess the models by body mass index (BMI).

BMI is measured by dividing weight, in pounds, by height, in inches squared, and multiplying that total by 703. If a person's BMI is under 18.5, they are considered underweight.

Models over 5 feet 7 inches and weighing under 121 pounds were eliminated from Spain's top fashion show.

CityTV reports that organizers of Milan's fashion week announced that next year, the plan to do the same.

"Body image is something the industry is under a great deal of scrutiny for, so obviously it is a hot topic right now," said Susan Robertson, co-ordinator of Humber's fashion arts program.

The program hires models for the fashion show from local agencies. She said they look for girls they want but added "they have to fit into the clothing samples which are always in a small size."

Robertson said the supermodel look isn't reality, neither are the special effects in movies - it only

exists to sell the product. "The reality is that the skinny models make the clothes hang better and at the end of the day, that is what we are selling are the clothes."

Problems occur when young girls don't have the confidence to be themselves and start trying to look like something they aren't, she added.

"The problem is deeper than the runway or magazines," she said.

Different sources of media also show stick-thin females on TV, which might send the wrong impression to teenage girls as well as older women.

Fans and followers of the show *Canada's Next Top Model* might remember Andrea Muizelaar, winner of the past competition. Muizelaar was criticized by the show's panel of judges for being too thin, but she still won.

Sutherland Models is the official modeling agency for CityTV's *Canada's Next Top Model*. Ann Sutherland has run the agency for 21 years. She said the girls she has encountered are very thin this year, but the ban in Madrid was coincidental.

"Madrid has been talking about it (weight issue) for years, even when models were not as skinny," she said, adding this year there happened to be girls there under the required measurements.

Sutherland mentioned though that there is a positive side.

"Each market is different. In

Toronto, they focus on finding healthy looking girls, not walking skeletons," Sutherland said.

The Toronto modeling market is based on commercial work for companies such as Sears and CoverGirl, rather than the high-fashion accounts, that have more rigid body-type criteria, she explained.

She doesn't deny the obvious that the agency looks for tall, thin and beautiful girls. "That hasn't changed in 21 years. Twiggy started that trend in the 60's."

The agency supplies what the market demands. If larger sized women are needed, then those models will be used.

"If they want models who are only 5 feet 1 inch, then we will represent the same," Sutherland said.

When asked about *Canada's Next Top Model* winner Muizelaar, Sutherland said she could not comment because she wasn't a judge for the show and the selection process was done in secret.

Mark Bradfield has a different outlook about the thin-obsessed trend of models. Bradfield, who owns and runs his own photography studio, Digital Kreations in Toronto, said he meets with about two to six models each week, all of whom are normal or above normal modeling weight.

"To me, that says the trend is that girls/women are not so fanatical as they used to be about weight issues," Bradfield said. He added



Courtesy CityTV

CityTV's *Canada's Next Top Model* winner Andrea Muizelaar.

that many publications are now featuring articles geared towards "normal" weight.

He added many agencies are still turning away girls who are considered large, which, he said, is 5 feet 8 inches and 125 pounds.

"Myself, I'm a fan of curves. I would much rather photograph a model with a bit more weight than

too little," Bradfield said.

He said the ban of the five models was a necessary step.

"Agencies have to start re-thinking their strategies. If they can't make money off skinny models, they will have no choice but to take on some larger models to make money," he said. "In the end, it's all about the dollar."



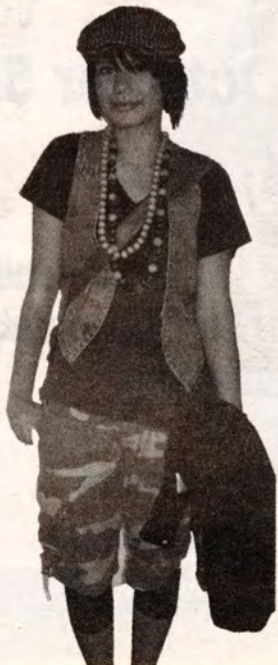
THREADS personal style on campus

◀ **Andre Joseph, second-year fashion arts and business student.**

Joseph trusts his instincts when putting together his look.

Joseph is decked out in a Lacoste jacket, Timberland shoes and jeans from 4U.

"I never leave the house without looking my best, you have to be prepared you never know who you might meet."



▶ **Kristina Mapanao, first-year early childhood education student.**

Mapanao put together her multi-layered look with inspiration from Ashlee Simpson and Gwen Stefani.

"They wear what they want and don't care what people think about it."

Mapanao's look includes an Suzy Shier vest, shorts from the CNE.

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**Board of Governors of Humber College Institute of
Technology and Advanced Learning**

An Election will be held on **Wednesday, October 18 and Thursday, October 19, 2006** for the position of Student Governor on the Board of Governors of Humber College Institute of Technology and Advanced Learning. All Humber students are eligible for nomination. The term of office for this position is October 20, 2006 through August 31, 2007. The basic requirements of this position are to:

1. Attend scheduled Board meetings (once per month, September through June).
2. Attend other Board-related events and activities as required.
3. Provide continual, responsible representation. Governors may not delegate their representation to any other person, and substitute representatives are not permitted.
4. Respect the confidences of the Board unless the information has been made public at an open session of the Board.
5. Receive no compensation, other than out-of-pocket and travel expenses.
6. Maintain communications with his/her electorate.
7. Be prepared to act as spokesperson for his/her electorate on issues and concerns as they arise.

Nomination packages can be signed out from the offices of:

Val Hewson, President's Office, Room D 167, North Campus, or
Ian Smith, Principal of Lakeshore Campus, Room A 114 Lakeshore Campus

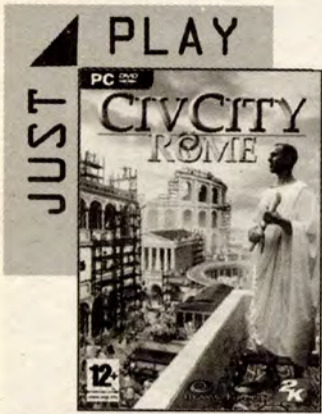
**Nominations close on Thursday, October 5, 2006, at
4.00 p.m.**

Further information about the Board of Governors of Humber College Institute of Technology and Advanced Learning, and this Election, can be obtained through the President's Office, Room D 167, North Campus, or by contacting:

Val Hewson
Executive Assistant to the Board of Governors
phone ext: 4102 or email:val.hewson@humber.ca

WORK & PLAY

Myspace launched a U.S. voter-registration drive earlier this week in partnership with the non-partisan group Declare Yourself – *Business Week*.



CivCity: Rome

Stuart Hood
BUSINESS REPORTER

Firefly Studios' city building PC game *CivCity: Rome* is advertised as a blend of the popular *Civilization* series and *SimCity* concepts. While an impressive game in its own right, it fails to meet the expectations surrounding its release. Players expecting to be taken to the next level of gaming will instead find only a rehash of older games.

Like many games of this style, it may take new users a bit of time to get started as players are guided through missions of either peaceful city management or strategic Roman warfare. The mission briefings, however, have a simplistic interface, including hints and explanations of newly introduced concepts. The "Civlopedia" can be helpful too, although more exhaustive with entries on hundreds of the game's aspects.

Starting off, missions and tasks grow more complex as you complete them. Huts, farms and shops soon expand into villas and palaces as more building options come to play in later missions. Mission difficulty levels can also be modified; the only stipulation being a higher loss if a player fails on an easier setting.

As well as building, the player's concern focuses on city happiness. Affecting factors include wages, rations, work times, employment, housing and even civilization level. As a city becomes more complex, some things can begin to go astray if buildings are too far from each other.

City wonders, like lighthouses and coliseums, are also available once a certain amount of research has been completed. While they help civilization levels and happiness increase, they also take up a lot of room and do not serve any additional functionality, making them more of an eyesore when land becomes scarce.

The research options seem just as useless. Some of them lead to being able to build wonders, while others affect city happiness and help work go faster, but they don't lead to new technologies being available.

While not a breakthrough in gaming like its predecessors, *CivCity: Rome* is still a fun play for both new and experienced players of either city-building or simulation games. If you're a die-hard gamer you might be better off waiting for the release of *Cesar IV* this fall.

Free legal advice for students

Mark Guilherme
BUSINESS REPORTER

Every Thursday in the HSF office, Humber College and Guelph Humber students can book an appointment to meet for free legal advice from local lawyer Jeff Fortinsky.

For over seven years, Fortinsky has helped Humber students with their legal matters at no cost.

"It's no different than the clinics I do elsewhere," Fortinsky said. "Landlord and tenant problems, or students who rent out property... it's no different than an ordinary society."

"Students have the same problems."

Fortinsky, who graduated from York University and primarily practices criminal law, has over 20 years of experience. He has spent a majority of that time lending a helping hand to communities like Humber by providing clinics to those in need of legal assistance.

Students can meet with Fortinsky for a five-minute session to get advice on legal matters or to provide any legal services they might need.

Although it is only a short

amount of time Fortinsky has with each student, he claims that it is usually more than enough time as students usually only have a few questions or simply need a legal document signed.

Fortinsky provides this in a no pressure, solicitation free environment. Should students need further assistance from a lawyer, Fortinsky will help them to find a lawyer other than himself.

"It's nice to know that we can go for some legal advice if we ever need it and not have to worry about paying for it."

Sarah Mazari

Although most lawyers do provide free consultations, the problem lies in searching for the right lawyer and having to find the time to sit down with them.

It's because of students' tight schedules and budget that Alan Desimpel, Humber College's North Campus VP of Administration, feels it's necessary

to provide students this service.

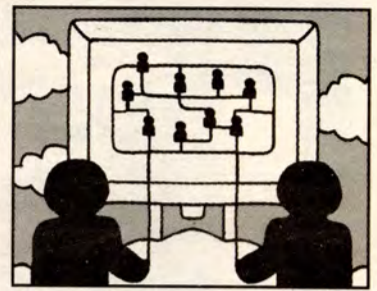
"As everybody knows, a lawyer is very expensive and since he's coming in to do it on a consulting basis, it let's you know if you need to actually take the next step and get a lawyer," Desimpel said. "So instead of paying a lawyer maybe a \$100 an hour to talk with you, he will do it for free."

Second-year business administration student Sarah Mazari sees the legal consultations as a great benefit to students.

"It's nice to know that we can go for some legal advice if we ever need it and not have to worry about paying for it," Mazari said. "Students who might get into some trouble might not be able to afford it, so this would probably really help them."

The fees for Fortinsky's services are paid for by Toronto's Legal Aid system, which leaves the HSF to bring him in free of cost to students.

Fortinsky will offer advice every Thursday this month, but he may not be at Humber when the demand for his services slows down. He will be available upon student request, which can be made through the HSF office.



Andrew Walsh

MySpace is helping bosses get to know their applicants.

Job hunters screened on Internet

Andrew Walsh
BUSINESS REPORTER

Graduates turning to social networking web sites as a way to start their careers may run into trouble as employers are using the same technology to screen applicants.

According to a survey of 100 executive recruiters conducted by Execunet.com, an executive job search and recruiting site, 77 per cent use search engines to learn more about candidates. Out of the recruiters using search engines such as Google and Yahoo to check the backgrounds of job seekers, 35 per cent have not hired a candidate as a result of material they found online.

Networking sites such as myspace.com, friendster.com and facebook.com, used primarily for socializing can also help graduates make or break connections for future careers.

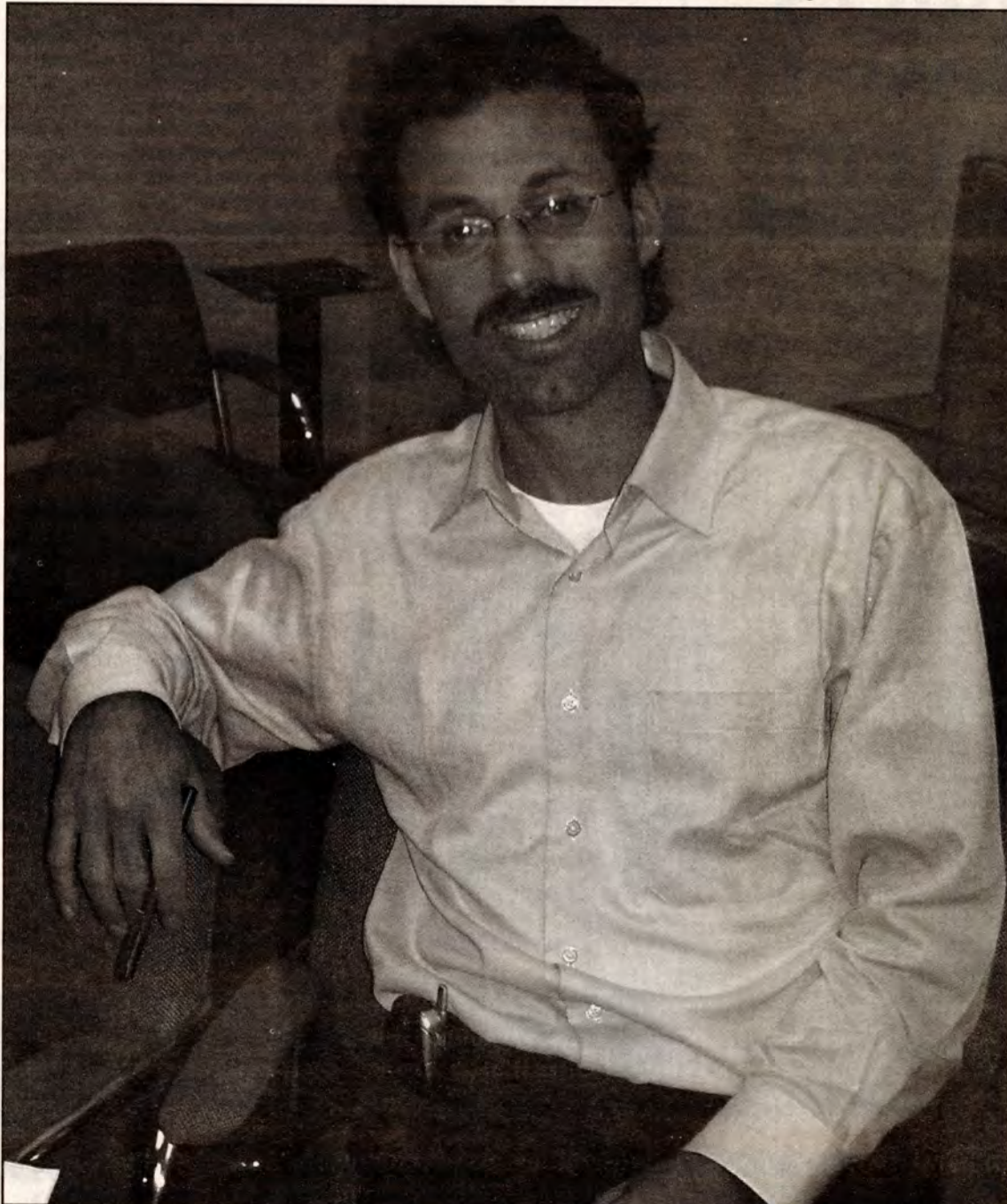
"A personal profile site can highlight your achievements," said Peter Harris, a content manager for Monster.ca for five years. "You can have an online version of your resume, you can have online portfolios and you can connect with other people in your industry," Harris said. "I just don't see them (profile web sites) being that applicable for the career world."

Harris suggests sites like LinkedIn.com, an online network of more than seven million experienced professionals from around the world. Representing 130 industries, LinkedIn users can post a profile with their current job position.

"You can (also) have people who work with you recommend you at being good at that role," Harris said. He recommends sites like these as alternatives to myspace due to employers using "whatever means necessary to find out information and that definitely means checking out your digital shadow," he said.

"I would say that they (students and graduates) should for sure Google themselves, find out what's out there so you're not confronted with information that you weren't expecting," Harris said.

"When you are looking for jobs you wouldn't want the potential employer to read your diary or flip through your photo album before making a decision."

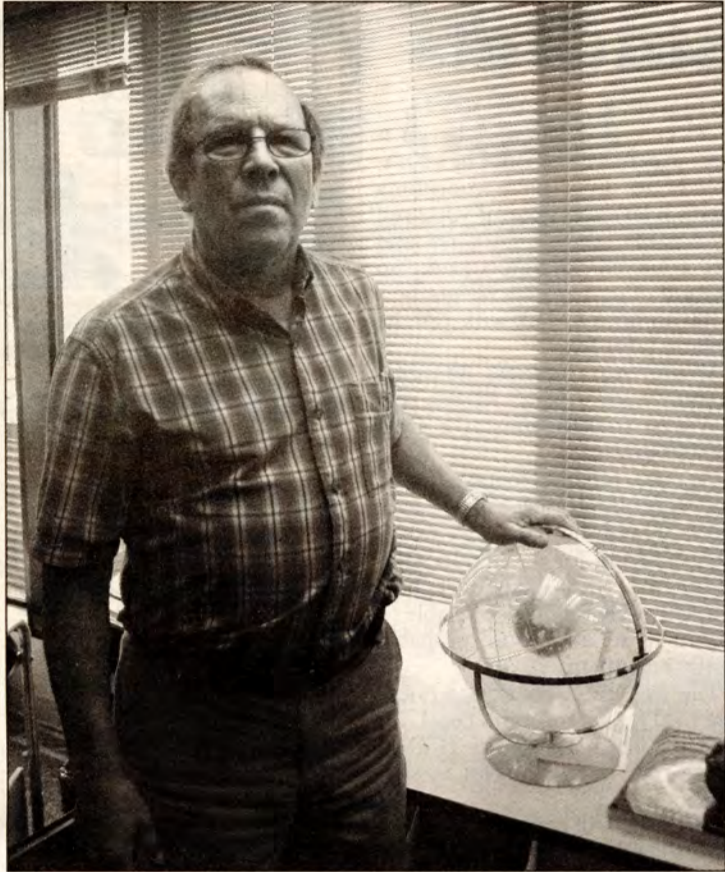


Mark Guilherme

Students needing legal advice can book an appointment with Jeff Fortinsky in the HSF office.

WORK & PLAY

The New Horizons probe is traveling at 45,000 miles per hour towards its destination: Pluto – *MSNBC.com*



Stephanie Kelsey

Astronomy teacher Tom Olien with his globe of the universe.

Astronomers mourn loss to solar system

Pluto downgraded to dwarf planet status

Stephanie Kelsey
BUSINESS REPORTER

The physics and astronomy community had some shocking news over the summer: the solar system had lost weight.

After taking two years to redefine what a planet is, a committee selected by the International Astronomical Union (IAU) decided in August that Pluto does not fit into the new rules. It is now known as a dwarf planet.

"I'm comfortable with the decision, it helps to clarify confusion," said Tom Olien, a professor of astronomy at Humber College. He said it will also help scientists distinguish between other masses while they are exploring space.

According to the IAU, a planet is now defined as being in orbit around the sun, being large enough to have a nearly round shape, and being able to clear the area around its orbit.

Since Pluto's orbit overlaps Neptune's, Pluto could no longer be classified as a planet.

Pluto was discovered in 1930 by American Clyde Tombaugh, while he was working at the Lowell Observatory in Arizona.

Olien said part of the reason Pluto remained a planet for so long was because Tombaugh was still alive. He died in 1997. If Pluto had been discovered in the 1990s, Olien said it may not have been classified as a planet.

Pluto is in a part of space called

the Kuiper Belt, an area where thousands of comets and other space objects float past Neptune. Until the 1990s, Pluto was the only known object in the belt. Discoveries of other bodies similar to Pluto caused doubt for some scientists about Pluto's status.

"I feel sorry for the lonely rock out there. I think if it's in the solar system, it should be a planet," said Jason Preet, 23, a third-year electrical engineering student.

First-year media foundation student, Arriane Fian, 22, agrees.

"It's pretty bad, it's part of the solar system." She added it is going to be a hassle to change history books and that teachers will have to start all over again while teaching their students.

Olien disagrees because he thinks children will now have an opportunity to learn more about what is in space. He said Pluto hasn't changed but since its status has, "it just changes our way of thinking of it."

NASA began the New Horizons mission to Pluto earlier this year. The mission is to learn more about Pluto, from its surface properties to its atmospheres.

Although the probe that was sent will not reach Pluto until 2015, NASA said its mission will not change now that it's no longer an official planet.

"It's an interesting object," Olien said, adding the now dwarf planet helps us better understand the solar system.

Pricey parking pass no guarantee of space

Matt Shilton
NEWS REPORTER

Students with parking passes feel they should have a spot available to them everyday no matter the time.

Parking pass costs vary on the lot. They range from \$440 at Queen's Plate, which includes shuttle fees, to \$900 at Lot 14.

"I expect a parking spot everyday," said Ben Carnovale, 18, a civil engineering student. "I heard they sell more passes than spots though."

According to Humber's Director of Public Safety, Gary Jeynes, there is "generally a slight oversell."

"Not all students are here at the same time," Jeynes said.

Each day, 4,000 to 5,000 cars come to Humber and permits have to be distributed to maintain order around the site.

If not for parking passes, parking would be available on a first-come-first-serve basis, leaving students with later classes consistent-



Matt Shilton

ly stuck with the farthest spots.

If students cannot find a spot in their lot, they can go to the parking kiosk by CAPS and get a day pass to another lot.

Students who sneak into a different lot will get a \$30 municipal by-law ticket enforced by Humber's security team, G4S (Group For Security).

Students who sneak into a different lot will get a \$30 municipal bylaw ticket.

If students have a problem with parking, they can talk to Jeynes.

"I encourage students to call me if they have an issue," he said.

Students also feel a parking spot is not worth what they pay for their pass, but are aware of why passes are so expensive.

"[Revenue] probably goes to

things like maintenance and repairs," said Steve Molinaro, a 19-year-old CNC mechanical technician student.

Jeynes said the college collects about \$1.5 million a year in parking fees, of which \$400,000 goes to snow removal.

Other costs include the emergency phones in each parking lot, which Jeynes said are worth about \$10,000 each after installation, and security cameras.

There are roughly 90 cameras at both campuses, 30 of which are outside.

They are capable of seeing every spot in the parking lots and over the past five years, the entire camera system has gone digital.

The manufacturing of the actual windshield stickers and gatecards also cost money, as did repairs to roads and gates.

At the end of the year, parking revenue surplus is handled by senior administration and divided up according to where the school needs it most.

The Smokers Pot



HUMBER
Facilities Management

KEEP YOUR CAMPUS CLEAN

On this day in 1972, Team Canada beat the USSR 6-5 in the eighth game of the Summit Series – Ottawa researchers.

Hawk's head basketball coach Darrell Glenn sits down and answers our questions

Ashley Turner
SPORTS REPORTER

Q: You and the Hawks from last season set the bar pretty high by being the OCAA champions. What are your expectations for the team this season?

A: Really, we want to improve defensively. That's our number one focus. If we do what we are supposed to do on that end of the floor we feel that the winning and losing will take care of itself. So the outcome is not the focus.

Q: Is Nolan Gooding returning as captain this year? If so, how integral is he to the team's success?

A: Nolan is one of our three captains and we rely heavily on him. He is our defensive leader and if he can bring the same effort that he brought last year we are going to be in very good shape. I have been really pleased with his efforts over the summer to improve and I think he is going to have a break-out year.

Q: Are there any new forces on the Hawks we should be looking out for?

A: Mike Swaby should add some much needed muscle and intensity on the defensive class. Paul Cade could be a key person at the point guard position.

Orlando Hall and Lamar Robinson should be exciting players off the bench.

Eric Schmidt is also a player that we feel can add experience and talent to our front line.

Q: You mentioned cutting four positions from 18 to the maximum of 14 players. What positions are the strongest? The weakest?

A: We are definitely deepest at the guard position. But we have added some much needed size to our team so cutting down to 14 is going to be extremely difficult.

Q: What do you think are going to be the challenges for the team this season?

A: Team chemistry. Last year the players got along so well and seemed to like each other right from the start. I thought that this was a major contributor to our early season success. With the amount of talent we have, people accepting their roles will be essential to our overall success.



Heather Cairns

Hawks' Jordan Messam charges towards the play Tuesday in Kitchener.

Strategic soccer road win

Heather Cairns
SPORTS REPORTER

Humber's men's soccer team blanked the Conestoga Condors in a 1-0 victory as it traveled to Kitchener on Tuesday.

Although the Hawks have gone undefeated since the beginning of pre-season, head coach Germain Sanchez said they still have some kinks to work out. "We're still a little rusty,"

Sanchez said about Tuesday's game. "We had a good first half but that was pretty much the game."

With the Hawks ahead by one after the first half, the offense couldn't catch a break.

"Our defense played well, so did our goalie," Sanchez said. "When one of our stronger players misses three open nets, we won't score. We need more out of him."

This year's men's varsity soccer has some new players, with only four returning players. Sanchez said it could be a long season.

"We lost a lot of players who were older and more experienced," Sanchez said. "Some of the younger players don't understand the game, yet."

The Hawks next game is Saturday at 3 p.m. as the Lambton Lions travel to Humber.

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SPORTS

"I'd run over my own mother to win the Super Bowl" – Offensive lineman Joe Jacoby, who played for the Washington Redskins throughout the 1980s.



Justin Dmitruk

The Humber Hawks work as one to grapple with the Loyalist Lancers on the green fields of Belleville for possession of the ball.

Hawks lance Loyalist 26-10

Justin Dmitruk
SPORTS REPORTER

The Humber men's rugby team improved to 2-0, defeating Loyalist Lancers 26-10.

Fresh off a big victory against the defending champions Seneca Sting, the Hawks arrived in Belleville after a long bus trip to a windy field which hindered all kicks from either team.

The Hawks struggled in the first half only scoring once against the

Lancers who are in their first year in the league. They just couldn't get past the Lancers blocking.

Humber's wing Harry McLean suffered a bloody nose. He missed little game time and scored two kicks for the Hawks.

Another Hawk injury came when Evan French injured his shoulder and he couldn't return to the game. The Hawks dominated the second half with players Dale Essue, Adam Chianello and Mike Cunsolo scoring to give Humber a commanding lead.

Late in the game the Lancers got on the board. Emotions ran high after a big hit on Loyalist player

"We left a lot on the field (against Seneca), but that's no excuse."

Carey French

Callum Pinkney. Pinkney left the field shortly after and could not return.

Coach Carey French said the Lancers "were an awesome team" and "took it (the game) to us, everyone was tired from the two hour bus ride." He also said, "We left a lot on the field (against Seneca), but that's no excuse."

Despite struggling early on assistant coach Rick Bot said prior to the game of Humber's success, "they're a very close knit team, which helps a lot."

The Hawks have won their last two games.



Justin Dmitruk

Hawks hype-up for game.

Sport Canada gives to college athletics

Matt Durnan
SPORTS REPORTER

The Canadian College Athletic Association (CCAA) has announced it will receive increased funding from Sport Canada.

Core funding for 2006-2007 will be \$180,000 and will increase to \$252,000 in 2007-2008 and again in 2008-2009 to \$322,900.

CCAA president and Humber College athletics director Doug Fox explained that the funding will not be divided up between colleges, but used to fund Open Championships as well as National Championships.

"The money isn't coming back into any college's pockets.

Running our athletics department is our responsibility," said Fox.

Funding will be used to expand sports that haven't had national championships in the past.

"At present we have a bursary for flights for national championship sports like basketball, soccer and volleyball, but we didn't have the same thing for our open championship sports, like golf and cross country," said Fox. "So what we're doing is putting a good chunk of our funding into flights for those sports and, in our case, that will help Humber because we send athletes to these open championships. So this will give us subsidized flights."

The CCAA is also looking into

expanding new sports, such as curling and badminton, where athletes can participate at a national level.

"We're looking to double up with universities, where we will compete with them in these sports," said Fox.

Previously, championships for sports such as golf were held on an invitational basis. If you wanted to come and could get the funding, then you were welcome.

"We at Humber got a \$25,000 grant from the RCGA (Royal Canadian Golf Association) last year," said Fox.

"This year, the golf and cross country championships are being held in Quebec and I'd bet that

only one or two schools from Alberta or British Columbia will show up.

"As we get more funding, more schools will be able to participate in these," said Fox.

Previously, only schools with adequate funding could be competitive at the national level but, with this new program, the playing field should level itself off over time.

"Right now, if you want to go to nationals, you pretty well know which schools are active in that, and Humber is one of them," said Fox. "It may level off the playing field and divide up the talent with more schools being able to participate."



CCAA president Doug Fox. courtesy

"To win, I'd run over Joe's mom too" – Oakland Raider Matt Millen responding to Joe Jacoby.

Lakeshore's highlight rookie of the year

Rosanna Araujo
SPORTS REPORTER

Kristina Harse, rookie of the year on last season's Humber women's basketball team, bounced her first basketball in Grade 6.

"When I was little, my mom used to know when I was coming home because she could hear the basketball dribble," said the six-foot, 20-year-old post/forward who is enrolled in the Developmental Service Worker Program at Lakeshore Campus.

By Grade 8, Harse was playing in rep leagues in her hometown of Hamilton. Her teams won several tournaments, and she was often named MVP.

She adds that managing school work and basketball has not been an

issue for her, "It's not hard, I made honours last year."

She grew up idolizing players like Reggie Miller, Kevin Garnett and Shaquille O'Neal. "I play kind of like Shaq, except I am a good free-throw shooter."

Harse recognizes her strengths and weaknesses. She sees herself as a good passer and free-throw shooter making 61 per cent of shots made.

"She is a skilled post player that can also be used to break a press, due to her strong dribbling skills," said assistant coach Koren Bogle-Glenn. "Kristina is a versatile post that has a consistent shot from the top of the key or can be extremely explosive down on the block."

Harse acknowledges that her weakness is lack of motivation.

"I feel I don't do as much as I

should," she said. "I work better when someone pushes me. Doing it with my team will push me."

Bogle-Glenn said she plans to hold one-on-one meetings with all the players and provide feedback. With Harse, the coach will "highlight her strengths and link them to the team by providing her with the tools to enhance her game and skill development."

"I work better when someone pushes me. Doing it with my team will push me."

Kristina Harse

Harse said she is working to get into better shape and work on some

new post moves as the season approaches, beginning with the first home exhibition game versus the Alumni Sept. 30.

Last season, the Humber women finished as O.C.A.A. bronze medalists.

"I know we'll do well this year. I think we have a lot more stars this year, its not just one or two." She said she is already looking as far as nationals. "I am definitely excited how we are coming together as a unit."

Harse plans to attend university after she graduates next spring, giving up basketball to concentrate on school before deciding whether to go to "teacher's college, or maybe travel for a year."

But her soul will always belong to the game. "I will miss it definitely. I'll ball my eyes out."



Rosanna Araujo

Kristina Harse, 20, returns with her strong work ethic.

Women's rugby pushing for OCAA membership



Heather Cairns

First-year coach Rick Bot observes rugby try-outs.

Heather Cairns
SPORTS REPORTER

Humber rugby team president Daniella Cross is looking for ways to graduate her women's club to varsity.

"Last year's team made a lot of progress," said Cross, fourth-year Guelph-Humber media studies student. "We are going to try and build on the same base."

Cross is playing her fourth year of rugby. She organizes schedules, fundraises, and recruits players.

Although the women's rugby team is a club, rather than a varsity team, Cross said it works as hard as it can.

"We have the dedication and a large turnout," she said. "We just

want to have fun and play some good rugby."

First year rugby coach Rick Bot spends much of his time on the field, as he works with both men's and women's teams.

"We had 28 players come out at one point," Bot said, of the women's team. "I'm still getting everyone's name straightened out. It's really busy coaching both teams."

This year, the women are trying to emphasize team building. With the goal to work hard and have fun on their minds, they look to progress further into this year.

The team practices every Tuesday and Thursday and works on cardio during non-practice time.

"It's nice to be strong," Bot said. "You really need the lungs to play, though."

Rugby is a sport that requires a lot of endurance. It is similar to football, but with less equipment.

"You get hit a lot," said Jessica Tweddle, first-year criminal justice student at Guelph-Humber. "We have a lot of girls returning who are runners. It's good because they are always in synch."

The team plans to take the season one game at a time, find out what needs to be fixed and improve every time they play.

"I want the team to bond together," Bot said. "They should support each other on and off the field. It doesn't end when the whistle blows."

Women's basketball big with challenge

Chris Dore
SPORTS REPORTER

Coming off a successful 15-1 season last year, Humber's women's basketball is back and fired up for the challenge ahead.

Hawks head coach Denise Perrier's goal for this season is to "finish first in the East, go to OCAA, win gold (and) get back to Nationals."

This year's team, which is comprised of ten newcomers as well as six returning players "looks to be a very quick and athletic (albeit) very young team," Perrier said.

The biggest challenge for such a young team will be finding a leader on the floor, "someone who wants (to) or will take control, someone who wants the ball," Perrier said.

Returning players, such as Humber College's basketball rookie of the year Kristina Harse, will be looked to for leadership.

Notable additions to the team

include OCAA all-star from last season, Meghan McPeak who transferred from Fanshawe College, and Toronto native Felon Harris, who played point guard for two years in the U.S. and has been described as someone to watch.

The Hawks have two major tournaments lined up for this season. They are Durham Big Ten Classic and the Seneca Classic, which take place Nov. 17 and 18 and Jan. 5 and 6.

With the season just around the corner, you can already feel the excitement buzzing around Humber. "I can't wait for the basketball season to start, both (the men's and the women's) teams are usually exciting to watch," said first-year business student Aurash Ahmed.

The women's basketball season kicks off with the Alumni game Sept. 30 at 6:00 p.m. The first regular season game is at Sheridan College against the Bruins Oct. 27 at 7:30 p.m.

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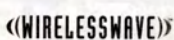
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850 The Queensway (416) 251-5511
1234 The Queensway (416) 253-6679
55 Chauncey Ave. (416) 231-5333
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Metro Square Mall (905) 513-1100
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Cellcom Group Ltd. 7780 Woodbine Ave., Unit 3 (905) 475-7101
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Erin Mills Town Centre (905) 820-4412
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260 Sheppard Ave. W. (416) 512-0012
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5815 Yonge St. (416) 250-8800
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1027 Speers Rd. (905) 842-4280
- OSHAWA**
1053 Simcoe St. N. (905) 725-5520
- PICKERING**
Pickering Town Centre (905) 420-0744
611 Kingston Rd. (905) 831-9557
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10 West Pearce St. (905) 731-7318
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5095 Sheppard Ave. E. (416) 446-2146
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1451 Dundas St. W. (416) 588-8989
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