

Humber et cetera

Are you ready for the head-to-head issue?

Health: The ongoing battle -



vs.



Lakeshore:

VP candidates square off

NEWS

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ARTS



Woody Allen's life as an ant

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SAC race is on

Four candidates run for three spots - biz students vote October 13 - 15

By ROBERT STEEVES
News Reporter

Election time is near and the battle for the SAC School of Business representative positions is heating up.

There are four candidates vying for three positions. They are Karen Porter, Juliana Kovac, Shannon Anderson, and Anne-Michelle Derose. All four are first-year business students.

Shannon Anderson, a first-year Business Marketing student, came to Humber from William's High School in Aurora. In high school she took part in "Deca" an international business competition where students are given business problems to solve while being scored by a panel of judges. On that committee, she won the regional competition for marketing.

Anderson said she feels well suited for the position: "I'm friendly, outgoing and think that business students would feel comfortable to come up to me and discuss their affairs."

Anderson also does volunteer work in her community and is involved in AIDS awareness.

Anne-Michelle Derose is a first-year Business Administration student who graduated from Samite-Samille, a French high school in Mississauga, where she was the social convener on student council. She said this has given her valuable experience which she can bring to Humber.

She wants to be involved at Humber so that she can make a difference in any way.

"I love organizing activities, being involved and being part of the school," said Derose.

If elected she said she wants to get Humber more involved in the community. She wants to start an interracial program

allowing all the cultures at Humber to interact.

Derose said she wants to give business students a forum by holding meetings in which the students can voice their concerns.

Juliana Kovac is a first-year Business Administration student who came from Lakehead University.

She is running for SAC because she wants to make a difference in the school and get involved in school spirit.

She said she has many event ideas, but no real issues as she's a first-year student and hasn't gotten the big picture of Humber yet.

"If there is any problem, I'm there for them and any issue is my issue," said Kovac.

She has been on committees before and says that she is organized, a team player, a good listener, and does not rush the work she has to do. She has also been involved in AIDS awareness.

Karen Porter is also in the race. She is a first-year Business Administration student and has come to Humber from Burnhamthorpe Adult Training school.

She said she wants to get into SAC to make a difference and help people around Humber.

One thing she is campaigning for is to get family benefits so children are covered under Humber's health plan.

"I'm looking into the school more... I'm talking to people and hopefully I can help them with anything they need," Porter said.

Porter was a representative on her high school student council and feels that the skills that she gained will help her with the business representative position.

See VOTE page 3



PHOTO BY JOANNE ROMANOVICH

Beatin' the old men

Men's basketball team takes to the court for match against All-Star alumni team. Story on page 18.

SAC sets stage for student centre

\$22,000 to be spent attracting students to a neglected space

By TANIA CASTONGUAY
News Reporter

Humber's Council of Student Affairs has approved a \$22,000 expenditure for improvements to the Student Centre (the area located next to the cafeteria).

A portable stage and a promotional cart are SAC's new toys for drawing students to the unused space in the centre.

The cart is similar to the ice cream cart currently in the centre, and will be used as a place where students can go for general information.

The stage can be moved anywhere in the college for concerts or other events.

"We want to draw attention to the centre as college space is limited for programming (activities for students). Caps is a great place to host events but not

everyone can go there because it is a licensed area," said SAC leadership and program coordinator Lise Janssen.

SAC president Tracy Boyer said the stage and cart were pricey, but will be worth it in the long-term.

"We did spend a substantial amount but they are not temporary. The stage and cart are constructed well and are versatile and durable," Boyer said.

"Students on the Council of Student Affairs realized there was a need to increase student participation and utilize the space. They voted in favour of the purchase."

SAC is looking at breaking in the stage with possible appearances from The X-Files' Dean Haglund, who plays the character Langley, and Hockey Night in Canada's Ron MacLean.

visit us on the web at:

<http://etcetera.humberc.on.ca>

Right inside

"I'm too busy trying to get my ass home."

- the kids in the halls -

Has SAC done anything for you?



Michael Cestra 1st year Packaging and Graphic Design student
"It's my first year . . . I don't know anything about SAC . . . That's why I don't hear about them I guess . . . they don't do anything for me."



Courtney Norman 1st year Early Childhood Education student
"Yeah. It's cool because I lost my planner and they gave me a new one."



Surekha Mallidi 1st year Computer Information Systems student
"No. Because I commute . . . anything that SAC does I don't really pay attention to because I'm too busy trying to get my ass home."



Rick Santos 1st year Packaging and Graphic Design student
"Actually, I've never used SAC . . . I don't even know exactly what they do."

My buddy and me

by **NADIA BACHEU**
On Campus Reporter

Laughter, good times, secrets, and a million memories are the main ingredients to making a good buddy.

Truly good friends are hard to find. But for the developmentally disabled who aren't always readily accepted into society, finding a friend proves to be even harder.

Best Buddies is a non-profit organization that is geared to breaking down social barriers by creating friendships. These special friendships are created in various universities and colleges that have implemented the program into their schools.

"Our goal is to change attitudes and create a more tolerant society," said Diana Bumstead who is a Chapter Development Officer for the program.

This year, Katia Bailetti, campus coordinator, is introducing the program to Humber.

"It's amazing to see how much of a difference you make in people's lives," said Bailetti. Although she is only a volunteer, Bailetti assumes many positions within the organization, including organizing meetings, planning activities and basically making sure things are running smoothly. "There's a lot to do, but it is so rewarding," said Bailetti.

All activities will take place on Humber campus.

"Hopefully, this will get more people to join because we're making it easier for them to take the time out," said Bailetti. Events will include a reptile show, a demonstration on body art, latin dancing, and an awards show.

"People who would like to be students buddies must fill out an application to be considered," said Bumstead.

The use of applications helps give Best

Buddies some idea of the applicant's personality, likes and dislikes.

"We try to match buddies with similar interests," said Bumstead. Being a college student is the only absolute requirement needed to become a student buddy.

The buddy sessions last for eight months. If any applicants find that they are unable to devote that kind of time, but still wish to participate, then there is the option of being an associate member.

"If a buddy can no longer commit, we make them associate members meaning they are only expected to attend the rap sessions," said Bumstead.

Rap sessions are meetings held four times a year. Buddies have the chance to share stories, talk about how they are doing and discussing any concerns they may have.

Matches are monitored through "roster checks" which are random phone calls made to buddies to ensure there are no problems within the friendships.

"It's a very sensitive issue," Bailetti said. "Fortunately there are few cases of student buddies dropping out, but when it does happen it's a sad situation.

"It's not fair for the buddy because there is not enough time to re-establish another match," Bailetti said.

Being a best buddy could be a great experience.



Ann Marie Pickard and Jasmine Nagan are involved in the Best Buddie program at York.

COURTESY PHOTO

Friends don't happen overnight, in fact we rarely choose the people we become close to. Circumstance and situation does it for us. What we do control, are the opportunities in which to meet or interact with other people. When you miss those opportunities, you miss out on getting to know someone who could change your life. Don't miss your chance to be a great friend.

For information about the Best buddies program, there will be a meeting held on October 8 at 5 p.m. in room M323.

Coming Events

October 8-9: Arts students will be performing for the Lunchtime Revue at 12:30 p.m. in the cafeteria at Lakeshore

October 7: AIDS Awareness day in the concourse 11 a.m. - 2 p.m.

October 7: Basketball 3 Point Shootout in Athletics 2 p.m. - 4 p.m.

October 8: AIDS Awareness day, Lakeshore campus
 October 8: 2 on 2 Volleyball, \$2/person in the Lakeshore gym at 9 a.m.

October 8: Charity Event, Residence students & staff will be queeging cars at the entrances of the college to raise money for Covenant House (for homeless teens)

October 9-11: Varsity Men's Hockey, Peter Maybury Cup
 October 9 - 8 p.m.

October 10 - 8 p.m.
 October 11 - 2 p.m.

October 12: Thanksgiving Day
 October 12: Rez Nite in athletics

October 13-15: SAC By-Elections

October 13: Rez Euchre Tournament in Jo's Diner

October 14: Varsity Men's Soccer vs Redeemer at 4:30 p.m.

October 14: 21 Basketball, \$2/person in the Lakeshore gym at 1 p.m.

October 14: Oktoberfest, bus ride to Bingeman's Park in Kitchener (Bus leaves at 6:30 pm Back at 1:30 am)

October 15: Varsity Women's Soccer vs Redeemer at 4:30 p.m.

October 15: Indoor Soccer skills competition in athletics from 2-4 p.m.

News

"I can't feel my hands."

Townhouse burns near Lakeshore campus

Child, 3, dead in fire started by cigarette lighter

BY CHRISTINA KUDLIK
News Reporter

The death of a three-year-old boy has spurred police and community members to raise funds to help rebuild the lives and home of an Etobicoke family.

On September 28, a fire ravaged a townhouse in a co-operative housing project on Summerhill Road, about one kilometre from Humber's Lakeshore campus.

The co-op's manager, Debbie Tkaczuk, said three-year-old Nathaniel Oakley was found dead on the scene behind a chair in the living room of the townhouse.

Fire department officials said a two-year-old child and the mother, who was five months pregnant, were taken to hospital. Laura Oakley went in to premature labour upon her arrival at the Wellesley burn unit. Doctors were able to stop the expectant mother's contractions, despite second and third degree burns on her face, arms and feet.

Oakley suffered the burns re-entering her home in an attempt to rescue her son.

Four fire trucks and five police cars responded to the 3:30 p.m. blaze which destroyed 95 per cent of the single building.

Misuse of a cigarette lighter was found to be the cause of the blaze. The townhouse's fire



PHOTO BY CHRISTINA KUDLIK

Flowers outside the fire-ravaged residence.

alarms were found disconnected, according to firefighters at the scene. The alarm system had been inspected in July and found intact.

The Ontario Provincial Police, with the assistance of the Aurora Auxiliary Unit and the Downsview Detachment, will be

raising funds to help the Oakley family.

The OPP will station a cruiser at Metro Hall (55 John St.) on October 8 from 11 a.m. to 3 p.m. For \$2 people can have a Polaroid taken of themselves inside the car.

All proceeds will go towards small household items and infant clothing.

The police will be joined by the fire department on Saturday afternoon, October 10, at the co-op on 1 Summerhill Road (near Royal York and Lakeshore) for further fundraising.

Canada Trust has set up a trust fund. If you would like to make a donation, contact Debbie Tkaczuk at 416-255-1807.

SAC wants you

SAC is looking for a few good divisional representatives

by KEVIN MASTERMAN
News Reporter

SAC has invited students to become divisional representatives at both the North and Lakeshore campuses. Lakeshore SAC President Sonia Levy would like to see students join her team, but admits the process to do so is intimidating. Levy is referring to the co-option package, which will be available to students after the October 15 election deadline.

Students wanting to become divisional representatives will have to gather 50 signatures, write an essay, and present their case to the student council: "It is more difficult to get into SAC than before, that extra step turns people off. They should be able to join without writing an essay, they have enough school work already."

Seven spots are available at the North Campus; six at Lakeshore.

North campus openings are in Media Studies, Business and Industry services, Manufacturing/Technology and Design, Liberal Arts and Sciences, Hospitality/Recreation and Tourism, and Health Sciences.

Openings at Lakeshore are in Business, Liberal Arts and Sciences, Performing Arts, and Social/Community services.

North campus business representative Grant Armstrong sees the co-option as a good thing. Armstrong feels it is easier to become a representative with the co-option package since it bypasses the process and work that go into an election: "I think there is a lot of interest in SAC, people want to be volunteers and help out with SAC but they're not sure if they want to go through an election, so co-option is a good way [to become part of SAC]."

Levy encourages students to join since she believes SAC is a great opportunity.

"It's a growing process, part of what the world is about. It will give you recognition in the future [by employers], since it says a lot of where your interests lie," Levy said.

Elections for vice-president of Lakeshore and divisional representatives for business at North campus will be held October 13-15.

Murder trial continues

by DOUG GLAZEBROOK
News Reporter

The ex-girlfriend of a former Humber student accused of murder has told a Newmarket court that she had doubts about his innocence. Shelley Rothauer said that she visited her boyfriend, Joel Alexander Clark, on December 26, 1995, at his Thornhill apartment. The bodies of William Tweed, 86, and his 81-year-old wife, Phyllis, had been found earlier that day in their apartment, across the hall from Clark's.

As the murder investigation went on across the hall, Rothauer questioned Clark about his involvement. She said he seemed "evasive" in denial.

Clark, facing two charges of first-degree murder, allegedly ran up a \$4,000 bill on the Tweed's stolen credit card in the weeks prior to the murder. The Crown contends that this had something to do with the killings. Among the purchases was a \$2,000 diamond ring.

The superintendent of the building had discovered the Tweeds shortly after noon on Dec. 26 following a tip from Clark's grandmother, Rubby Hutton. Hutton became suspicious after receiving no answer at the Tweeds' apartment.

Clark, who was studying Hotel and Restaurant Management at the time of the murders, has pled not guilty to both charges.

Hunger striker continues WCB fight

by SHAUNA DEGAGNE
News Reporter

The Worker's Compensation Appeals Tribunal has been asked to reconsider its decision in the case of Bill Warnick, a Humber student who stopped eating three weeks ago in protest of a decision made by the tribunal.

"I don't think they (the tribunal) will seriously reconsider until I'm half dead," Warnick said.

Six years ago, Warnick fell off a six-foot scaffold while working on a construction site.

His back was badly injured in the accident and he started receiving payment from the Worker's Compensation Board (WCB) shortly thereafter.

Eleven months later, doctors decided he was fit to go back to work. Because of this decision, Warnick

was no longer eligible to receive support.

Warnick said he was not fit to go back to work and appealed the board's decision.

Warnick lost the three appeals he made to the WCB. His last option was appealing to the tribunal, a government body that can override decisions made by the WCB. Again, he lost.

"I believe the decision was wrong," said Nielsen. "We will be pursuing the reconsideration."

Warnick continues to attend classes at the Lakeshore campus.

He said he visits the campus nurse frequently and, so far, he has lost 14 pounds.

Despite the setbacks, Warnick remains hopeful. "Eventually, the action I'm taking will help them (the WCB) reconsider," he said.

Vote

BUSINESS STUDENTS CAN VOTE FOR THEIR SAC REPRESENTATIVES OCT. 13-15 IN THE CONCOURSE (NEAR TALL HATS)



Shannon Anderson



Juliana Kovac



Karen Porter



Anne-Michele Derose

Smooth sailing for new principal

by MARLEN DA SILVA
News Reporter

Pat Ferbyack has survived her first semester as principal of Humber's Lakeshore Campus. Ferbyack was appointed principal last December. At the time she was also chair of the School of Business and Performing Arts.

Needless to say, she was busy, but she always kept things in perspective. Ferbyack shared her secret to juggling all three positions.

"I leave lots of notes for myself so I don't forget and my standard joke is that if I don't write it down it is gone from my brain," she said.

"I've had the very good fortune to work with very good people who do their job very well."

Ferbyack concentrated on getting the system reorganized during her first semester.

Patricia Meek became the new chair of Business and Ian Smith became the new chair of Social and Community Services. Ferbyack remained chair of Performing Arts.

"I would say the first semester really was for me



PHOTO BY MARLEN DA SILVA

Pat Ferbyack brings multi-tasking abilities to her new job as principal at Lakeshore.

to try to get a better sense of what the job entailed," she said.

Ferbyack has a lot of plans for the future of the performing arts program. One is to arrange liaisons with various universities, giving students a chance to study at both institutions. Another goal is to have many more international students studying music and arts administration.

Currently, they have five international students studying music. Last year, two students from Singapore were in the arts administration program.

"We should really try to be more responsive to that international market because the arts have no boundaries or language barriers," she said.

Ferbyack also has a fun side.

When she isn't making big decisions about Humber College she loves to go sailing. Her sailboat is about a five-minute walk from the campus.

She said, "For me that's my sanity. I have no interest in racing. I'm a cruiser. Put the sails up and head whatever direction the winds are going."

Cell phone fever

Safety concerns and accessibility entice

by JASON ENGEL
Technology Reporter

They're small, light, and easy to use.

Cellular phones have become one of the fastest growing consumer products in recent history.

In a survey done earlier this year, the Canadian Wireless Telecommunications Association (CWTA) found that over one-third of people in Canada have access to a wireless or cellular phone - a 29 per cent increase since 1997.

The Humber Computer store sold over 40 Clearnet phones in the last couple of days of September.

Luke Reeves, an employee, said sales have been very good. "Clearnet is really affordable, that's why people are buying them. The unlimited weekends is a great deal, along with 100 minutes a month."

Roger Poirier, president and CEO of the CWTA said they expect even more growth in coming years. "From the survey results, we estimate the number of wireless phones in

Canada will likely increase between 20 and 30 per cent over the next 12 months."

Liz Campbell, a national manager for Mobility Canada said, "I believe the primary reason for increase of cellular usage among university students is safety."

Campbell added that cellular phones can be very useful in emergency situations.

"A cellular phone is a safety tool that can give students a bit of reassurance knowing that they can call for help in an emergency, whether they are walking on campus, or driving to and from school," she said.

Campbell said another reason is price. "... price points have dropped over the years for basic service." With many companies offering different pay packages for evenings and weekends, cellular phones have become very affordable, especially for students.

"This is a huge advantage for a young person who is just developing a credit rating, and may not have the finances to afford a security deposit."

Volunteers have future

by MARLEN DA SILVA
News Reporter

Volunteers Etobicoke wants you to spice up your resume.

The charitable organization began serving the Etobicoke population in 1987.

Its sole function is to provide volunteer placements for other non-profit organizations in the community. In 1992, Volunteers Etobicoke decided to set up an office at Lakeshore Campus so students would have easier access to the volunteer positions available.

Co-ordinator Beverley Burke has high hopes for the upcoming months. Last year they had 77 potential volunteers who were recruited through the Lakeshore Campus.

"We would like to have way more Humber students involved," Burke said.

Students who volunteer are not only helping out not-for-profit agencies but also preparing themselves for the real world.

Students receive the benefit of experience in a field which they may be interested in pursuing, and increase their references for prospective employers.

Subajini Arul, a Business Management graduate, was an

active volunteer while attending Humber.

"I love to help people," she said. "The experience I gained helped me improve my resume but it also gave good references that helped me get my current job."

Burke said the greatest need is for one-on-one visitations with children, the elderly, and with families who have developmentally delayed children.

"It's being able to commit to these positions that's often a problem with the student population," Burke said.

A commitment is required when volunteering. For instance, Tele-care, a distress hotline, is starting this month and volunteers are needed to help man the phones. A commitment of a year is required to prepare the volunteer to deal with very serious situations. There are also short-term projects like the Terry Fox run.

Heather McKenzie is the volunteer co-ordinator at the Lakeshore Lodge, one of the many agencies that this volunteer program works with. She said volunteer positions range from a half an hour a week to 40 hours. "It all depends on what the volunteer can contribute."

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On "The-Edge"

by ROBERT STEEVES
Technology Reporter

Four Humber computer students want to keep you in the loop.

They have set up a new server and kept two others up and running.

Alessandro Leo, third-year CIS, Chris Ripley, third-year Computer Engineering, Derec Davies, second-year CIS and Bryan Nasim, third-year Computer Engineering, are working on the servers this year.

Even though the servers cater to different programs, they were created for basically the same reason - to give Humber's computer students a helping hand.

The servers provide students with general information for their course, different resources they can access to help them in their field, an e-mail address and some web space.

They also provide links to helpful web sites and mailing lists for the students to ask and answer each other's questions.

Chris Ripley said, "Eventually what we're working towards is sort of like a course resource site where students can go to get old tests maybe, what's going if we're having events, guest speakers."

When students sign up they get an e-mail address which will not be erased when they graduate so they can stay in touch.

The three servers are Olympas, The-Edge, and Europa.

Olympas has been up and running at Humber since 1998, The-Edge has been in operation since 1996 and Europa was created this year.

The four students created the systems with resources offered through the college.

They get computers from various departments, Internet access, a room and some funding.

Humber College administration and staff have been very supportive in the running and upkeep of the servers.

Volunteers Lousie Bardswich, Chris Shaw, Jay Wood, Rocco Vollatta, and Rick Minrow have assisted in the daily workload.

Contact them in the SACNet lab.

Media Studies holds contest: name the web site, win food

Humber will soon launch a daily-updated site devoted to journalism: how the news is reported, as the news is reported

Et Cetera editorial staff

The School of Media Studies wants to buy you lunch.

Media Studies will launch a new web site this year, and although the site content and concept are decided, it doesn't have a name. And so, they are holding a contest the winner of which will receive a lunch for four in the Humber Room.

"It's an online publication devoted to news about journalism and journalists," said Ted Stuebing, a now-retired vice president of news at CFTO who is responsible for the project's genesis.

Stuebing brought the idea to Humber and will oversee the site's production and publication. While the college was not



Ted Stuebing brings his vision of a new-driven, journalism web site to Humber.

the only institution interested in his idea, he said Humber was the

most eager to get the site up and running.

Stuebing said the Internet makes it possible for the project to focus on breaking stories. He said the site will be much more news-driven and deadline-oriented than other journalism publications such as Ryerson's Review of Journalism.

"It's occurring everyday, and that's the appeal," said Stuebing. "It will be of interest to people interested in what's going on in journalism today."

That will include people at Humber as well as professional journalists, prospective students, politicians, and public relations people, he said.

William Hanna, director of the School of Media Studies, said the web site and Stuebing will be

good for the image of Humber's Journalism Program.

"(Stuebing) really knows the business, and is a distinguished Canadian broadcaster," said Hanna. "Someone with his high stature and reputation is almost certain to raise our profile."

Entries to the name-the-site contest can be submitted to Elaine in room K107. Deadline for entries is 4 p.m. October 16. Entries are limited to one per student, and should be typed on a single sheet of paper with your name and telephone number.

If you have any stories, questions, or concerns, contact Steve or Wylie in the newsroom.

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CANADIAN

Editorial

"A rip roaring good time with a stage and a glorified ice cream cart."

Your hard earned tuition at work

This week, the Humber College council of student affairs approved a \$22,000 stage and cart. The council of student affairs is the legal entity that oversees the student government. Thus, if there is money to be spent, it must be approved through the council. And so the council approved the stage and the cart.

The idea behind this money well spent is to encourage social events for those who are not old enough to enjoy the festivities in Caps, a licensed establishment.

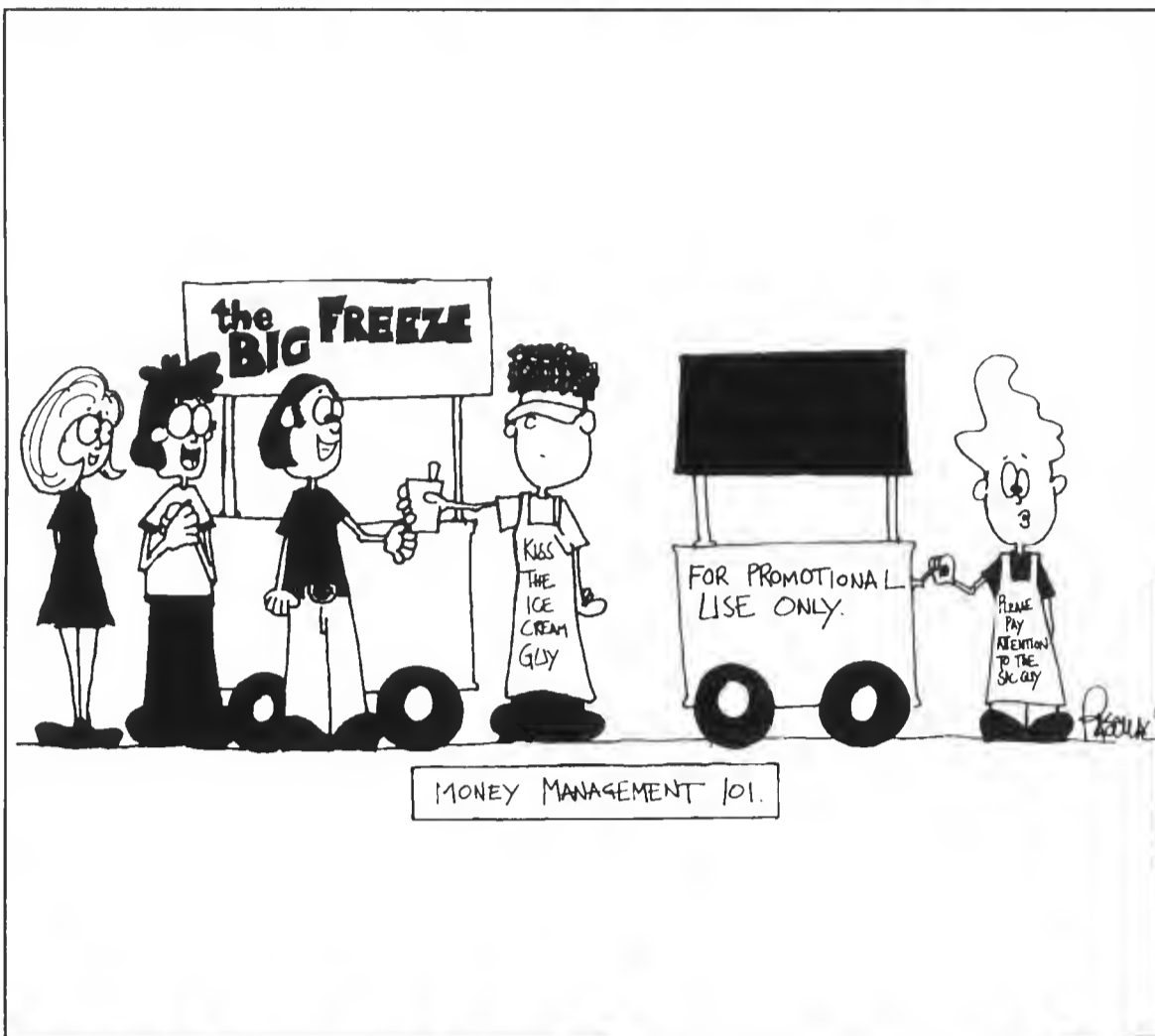
So, \$22,000 later, all those less than 19 years of age will be having a rip roaring good time with a stage and a glorified ice cream cart. SAC president Tracy Boyer felt that although the cart and stage were pricey, they were worth it in the long term.

Much like those skills that people come to college to obtain. The ones other than social skills, computer skills, technical skills, concepts that might be useful in the real world. For those who are still of the impression that life is a grand and sheltered thing, then away you go to Caps and a new stage to hone your social skills to a fine edge. But for the others who feel that college is a way to a better life, a means to a better end, then perhaps it is time you re-evaluate your student representation.

For example, the \$22,000 spent on the cart and the stage, tops SAC's budget for peer tutoring, which is slotted at \$15,000. As a matter of fact, of the \$492,189.00 that students pay in activity fees, \$287,759.00 of that is never seen again. It goes to things like salary expense (\$184,040.00), office supplies and equipment (\$26,250.00), leadership training (\$7,500), and conferences (\$20,000).

And what the students do see is misdirected. The clubs at Humber College, which would seem to be the proper form of social interaction are drastically underfunded at \$7,500. Keep in mind that clubs are ongoing events and often promote greater ideas like cultural understanding. In comparison, Orientation week, which is only a week, rolls in at \$20,000.

And, if that's not enough, SAC gets more revenue than just student's money. The miscellaneous revenue, services revenue and programming revenue adds up to a grand total of \$662,339.00. What do you, an average run of the mill student, get for that? A handbook, a health centre, health insurance, peer tutoring, clubs and an orientation week. According to SAC's budget, that makes \$263,880.



Letter to the Editor

Sports athlete snub

ECE workers and other care helpers should be heroes not big dollar jocks

Dear Editor,

I must be naive because I do not understand it. I don't understand how people can believe that athletes can be worth millions of dollars per year to play sports.

What benefit do they bring to the population? Pride in making someone feel good about his or her town or city because the team won the championship?

What about the value we place on the Early Childhood Education graduates who teach our children to keep an open mind and to be the best that they can be.

What about the stress that the doctor faces in the emergency room with accident victims, people who have trouble breathing and other life threatening illnesses.

A doctor who performs a lifesaving surgery receives \$233.50 per operation including post-operative care.

What are individuals who make artificial arms and legs for amputees worth?

To me these people are worth more than sports figures.

Perhaps someone can explain it to me.

Harvey C. Freedman
Faculty Member

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HUMBER ET CETERA

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Prostitution ends worries

by **BILLY IKOSIPENTARCHOS**
Opinion Writer

There we sat across from each other in the restaurant. A big slow clock ticked and then tocked in the background. We were halfway through the date, and had reached the after-movie conversation stage. I had come to realize that yet another date wasn't going to lead anywhere. I was hoping for so much this time. I was even wearing my good underwear. This was the usual first date. I had spent a fortune on food, the movie, cocktails before the movie, gas, parking, and of course breath mints.

Oh, did I mention that I wouldn't be able to eat for the next week, because I have spent all of my money. All for the chance to get laid. Let's face it folks, upon meeting a woman, a

guy is not interested in getting to know her or her family. Actually, the only time a guy is not thinking about having sex is right after having sex - then he's thinking about bragging to his friend.

Instead of having sex, I spent the whole night listening to her talk about her ex-boyfriend, her family, her other ex-boyfriend, her hair, and four other ex-boyfriends. I heard about the crazy sex her past lovers had. However, there would be no sex tonight, although one of her ex-boyfriends sounded pretty cute.

I guess it sucked for her too. Having to sit there while I told her of my testosterone journeys and plans to conquer the planet. Having to watch me force a tear out of my eye, during the sad part of the movie. Telling her about my drinking buddies and all of my old drunken adventures of the wild and crazy days.



Billy was last seen cruising the Isabella and Parliament area looking for love

At the time, I thought my introspection made for good conversation. The only good part of her night - despite my efforts I wouldn't be getting anything from her.

At least she wasn't paying for the date. Not financially anyway.

Wait I think I've stumbled onto a concept. Paying money to have sex. Why remain at the amateur level of dating, which like the Olympics pays nothing, when I can turn pro.

Hookers are great. I mean it is the oldest business in the world, so it must have a good track record. For them to succeed they have to be great at customer satisfaction. And according to business etiquette the customer is always right. The benefits are endless. Prostitutes are open 24 hours a day. If you have the money it doesn't matter how ugly you are, what your job status is, or how cool you are. There are no head games or guesswork, just a menu of items that you can select. I think some even take Interac and perform any fetish without guilt. I think she provides the complimentary cigarette when you're done.

As for the ladies, you could pay to be with men you really want to be with, instead of settling. You want Brad Pitt, Denzel Washington, LL Cool J or Mel Gibson - buy them. There is now no need to feel guilty when you discard them for younger, stronger, more intellectually stimulating men. Really, it is a much more honest system than dating. The means to the end are different, but the end results are better. Goals are achieved quickly without the rituals and formalities of dating.

And for the women and men, who are getting paid, they benefit by being with someone who wants to be with them. Every party is satisfied, and all wishes are fulfilled. And before you call my system and me offensive, perverted, or sexually deprived - how many times did you watch the movie *Pretty Woman*?

OSAP is a joke for us all

Why is it \$10 to fill out a form and free in cyber space?

by **STEVEN PROCEVIAT**
Opinion Writer

You know, I thought I had it all figured out. I was gonna whip through this post-secondary education thing like nobody's business.

I was gonna do it the smart way, so I wouldn't be like the multitudes of other whining grads, crying how they're in debt, how they can't find a job, oh boo hoo hoo.

I invested money throughout high school. I stayed at home during university. I entered college debt-free, with my investments intact. It was only then that I applied for OSAP. Having certain living expenses, I needed money, and my plan was to use OSAP for school and then have my investment nest-egg available as a means of finding a job and starting the OSAP repayment process. So I applied for this OSAP.

It was only then I found out OSAP stands for Ontario Sodomizes Anguished Pupils. First, I found out that it would cost me \$10 just to apply. Well, I suppose I could have used my computer, logged onto the internet, and applied for free. However, there was a small problem: I didn't have a computer! Damn it, if I had enough disposable money to buy one of



Another OSAP victim gets it from the government

those expensive, glorified CD players, why would I need any more from the government? I'm so sorry that there wasn't a silver spoon sticking out of my mouth at birth. I guess the government, in its push to "better" our province, is setting up an elitist regime. Only those who can afford to benefit actually do (Oh yeah, before I forget, it also cost me two dollars to call and find out if I got any money. Just peachy, huh?).

Then came the real kick to the teeth. I received a really small #%\$&*! amount of money. Why, I wondered, did I get screwed this way?

Well, upon inquiry, I found out that those investments I

mentioned earlier were more of a hindrance than anything else. They were factored into the equation, and thus, my loan was a pittance.

I pleaded with the loan officer. Wouldn't it make more sense to exclude any investments a student may have? That way, upon graduation, even if that student has not procured employment, at least he/she will have something with which to commence repayment of their loan.

That's not a concern anymore, came the reply. With our new push to treat you, the student in debt, like public enemy number one, we have no fear at recouping our money. Garnishing income tax returns, turning down other loan requests, and yes, OH YES, even collection agencies will ensure that we get it back.

Wonderful, I thought. So let's see where I stand. I saved money in order to stay afloat, now that money is gone. I didn't squander money on a computer, so I had to pay more money for the opportunity to go into debt. Unless I get a job after graduation, I'm looking at getting my fingers broken by government-hired collection goons.

Multitudes of crying grads, get ready. You're about to have another person enter your ranks.

Moron of the Week



Mayor Spice Mel Lastman wants to bury the Gardiner, make it a toll road and effectively shut off a major avenue into Toronto.

For this, Lastman is our moron of the week.

NHL starts Friday at a rink near you

The 1998/99 hocey season opens Friday as thoughts of a new season brings up predictions of who will do what.

Now, many people think that just because the Leafs signed Cujo, they are going to take the league by storm - not so. Unless they get a good deal for ex-goalie Felix Potvin, they're not going to do anything. The Leaf's track record points out that they will not get a good deal (see Russ Courtнал for John Kordic).

Once again, the Stanley Cup

Champions will come out of the Western Conference and it should be a good battle among the Detroit Red Wings, Dallas Stars, and the Colorado Avalanche.

Jaromir Jagr is without a front line centre and probably will not defend his scoring title. Watch for Paul Kariya to begin his reign as the king of the NHL.

Sit back, grab a beer and watch the Leafs mathematically eliminate themselves by Saturday night.

On campus

"It's an oasis tucked away."

Arboretum hosts celebration



PHOTO BY LAURA URMONEIT

A group of people take advantage and enjoy all that the Arboretum has to offer. Everyone is welcome to come to the arboretum on October 18 for a community celebration.

By LAURA URMONEIT
On Campus Reporter

Come out to Humber's backyard for the first annual Humber Community Celebration.

The event is being hosted by the Humber Arboretum on October 18, it's free and the whole community is welcome. There will be singing, puppet shows for the kids, a wagon ride, and a professional photographer for those wishing to capture the moment.

"It's an oasis tucked away. Go for a walk and you'll realize what a treasure it is," said Christine Fraser, program coordinator for the arboretum.

"The arboretum is a diverse mix of habitat. We used to call it the best kept secret of

Etobicoke," said Fraser.

The land that the arboretum is on was originally conserved as a protected flood plain after Hurricane Hazel blew through Toronto in 1954.

The arboretum is located behind the North Campus, beside the residence building. It's open to the public, but students are encouraged to walk with a buddy for extra safety.

There are many things to do in the arboretum: students can relax during a break, rollerblade, bike, or hike down one of the many trails.

Students interested volunteering at the Community Celebration should contact the Humber Arboretum at 675-5009.

Find comfort in Humber counselling

by ANDREA STONEHOUSE
On Campus Reporter

Students looking for a guiding light need look no farther than room D128. Humber's Counselling Services are available to help steer students in the right direction.

With counsellors like Craig Barrett on hand, students can get the guidance they need no matter what the problem.

"The counselling function is one that addresses... academic, career and personal concerns," Barrett said.

Barrett said the service is good because it offers students a chance to talk quietly and confidentially.

Although there are only six counsellors in the office - three full-time, two part-time and one half-time - Barrett said they see an estimated 30 to 40 people a day. These numbers vary from month to month, especially after exams.

In addition to counselling services, the office also provides peer services.

"We started off peer tutoring... must have been 15 years ago now, a tiny little operation, handling a dozen students in a

semester," Barrett said. "And now it's spread throughout the college that we have peers involved in labs (and) now, mentors."

First-year Industrial Design student Luciano Lorenzatti said he has never used the counselling services before but may consider using them in the future.

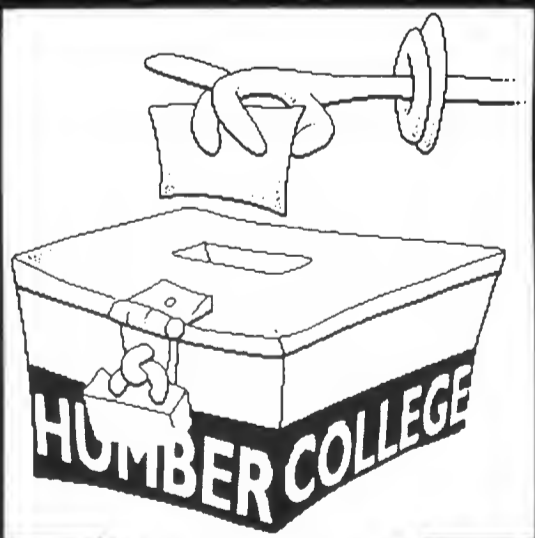
"I think it's a good way for students to get help with their problems instead of keeping them all bottled up inside," Lorenzatti said.

Another major part of the counselling services provided at Humber is a team of people called the Tragic Events Response Team.

This team helps students deal with on-campus tragedies or events that affect a number of Humber students. The staff at the office also deals with the community, as a way to help people who are looking for higher education but aren't sure where to go.

Barrett also said that students need to remember that the counsellors are not "fixers" but are there to help people: "see their own strengths and capacities and go on and cope".

Notice of By-Elections



Students' Association Council
Reps Needed!

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JOIN SAC

Be Part of the Team that:

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- ◆ become leaders in the student body

Information & Nomination Pkgs are Available at the SAC Offices at North and Lakeshore Campus.

Lakeshore

"An unexamined life is not worth living." -Socrates

Face to face with the SAC VP candidates

The heat is on at SAC. Two students are vying for the vice-president position. Humber Et Cetera interviewed the candidates to talk about their concerns and what they can do for the students. Voting will take place on October 13-15 at the cafeteria in the main building and at the cottages.

Toby Warnell Business Administration Second year

ETC: What made you decide that you would like to be a SAC representative/executive?

TW: I was a business representative last year. I feel I can help contribute more to the needs of the students in a higher position (on SAC). I want people to enjoy going to Lakeshore (campus). I don't want them to come only for the books. I want them to have a good time. I am here for the students!

ETC: If elected, what experience would you bring to the position?

TW: I have been a council

member so I have seen past mistakes and I can help solve those for the future.

ETC: If elected, what are your plans for SAC?

TW: I want to have more events (especially at the cottages) and create a better awareness of SAC events through advertising. I want to reinstate pub night or arrange bus trips for pub nights.

I will have an open-door policy for students to express their concerns whether they want to come to my office and say, "Hey, here's an issue" or through a suggestion box in the cafeteria.

ETC: Why should students vote for you?

TW: Students should vote for me because SAC does play a role in their lives whether they like it or not. Their money goes to SAC.



PHOTO BY JANE TAGUICANA

Toby Warnell: I am not here for a free ride for SAC.



PHOTO BY JANE TAGUICANA

Chris Elliott: I have a history on SAC.

It is alive and it is there for them. I want to work for the students and contribute to school especially Lakeshore. I am not there for a free ride for SAC.

Chris Elliott Micro-computer Management First year

ETC: What made you decide that you would like to be a SAC representative/executive?

CE: I used to be a student in

North Campus. I felt the student council wasn't working for me. So, when I came back to school, I wanted to make sure it won't happen again.

I am very interested in the vice-president position because I like making a difference and getting people involved in SAC events.

I have already started a website for SAC. We want to have a representation. It should be up by the end of the month. I am also looking into having a regular pub. I'll work on increasing ventilation at the cottages and work on more communication between SAC North and Lakeshore.

When Rusty played at Caps, a lot of people didn't know. What we want is for them (SAC North)

to tell us when they will put up an event. The same people pay for SAC. We were not aware Rusty was playing. This is a lack of recognition for Lakeshore. I know a lot of people who would want to see that.

People should also vote for me because I have a history on SAC.

ETC: If elected, what are your plans for SAC?

CE: I believe SAC is on the right track, but I plan to get the Lakeshore more recognized.

I want more SAC events running, and to draw students into the event where I can present issues.

ETC: What do you think is the biggest concern of students?

CE: I think the biggest concern is the facilities in the classrooms especially the poor ventilation at the cottages. Another one is that the students feel they don't get any recognition. They're waiting to be acknowledged as Lakeshore students. They feel they get shafted by North Campus. Lakeshore exists.

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Health

"One in every nine Canadian women will have breast cancer"

Boxers vs. briefs – the comfort debate

Letting the boys hang low is healthier, as briefs may lower sperm count

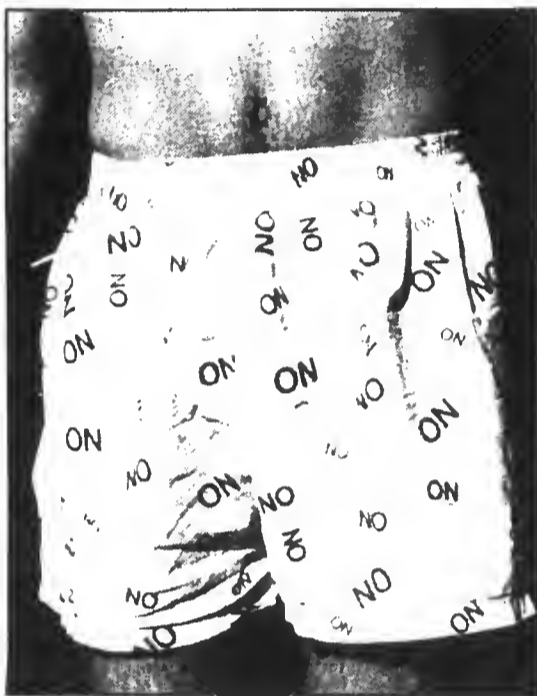
by NATALIE DAYE
Health Reporter

Hey men, feeling squeezed? Your choice of underwear could be killing your healthy sperm.

"Studies have shown that when wearing tight underwear, the scrotum is held too close to the body," said Debra McNevin of the Infertility Awareness Association of Canada.

The scrotum is part of the male's external genitals. It is a thin-walled, soft, muscular pouch underneath the penis, which contains two compartments to hold the testicles.

The scrotum's purpose is to maintain the testes at a temperature of approximately three degrees less than the rest of the body at about 34.2 degrees Celsius (93.6F).



Some men prefer boxers . . .

The process of sperm production is heat sensitive. In hot temperatures the muscles in the scrotum relax, which allows the testes to move away from the heat of the body.

However, in cold temperatures, the muscles in the scrotum contract.

This allows the testes to maintain their five-degree temperature difference.

"Brief style underwear, and even tight jeans, pull the scrotum and testicles closer

to the body," this, "increases the temperature (of the scrotum) and lowers sperm count," said McNevin.

Other contributing factors of low sperm count include smoking (cigarettes

and marijuana), alcohol and stress.

Some men may even find it difficult to create enough sperm for reproduction.

"While some men do have a style preference (boxers or briefs), most demand comfort," says Ben Lambert of the customer support center at Undyworld in Winnipeg.

Lambert's recommendation to men: "Take care of your body and all of its working parts. Wear the underwear that you feel is comfortable. After you pull on your pants, the style of your underwear no longer matters. Comfort is what you feel all day long, style only reflects in the mirror."

David King, an underwear salesman at TopDrawers in Vancouver said that men prefer boxers to briefs.

"Why? They've been around longer. Since the arrival of boxer brief (a boxer that fits close to the body providing more

support), about 15 years ago, many men who once preferred briefs, switched," he said.

The boxer brief provides support without binding, they don't feel as tight and they provide more coverage while still looking pretty good, said King.

When asked if he felt style was more important than comfort, Kevin Teves, a second-year Design Foundation student who prefers boxers to briefs said, "No."

Teves said, "no one can see the style but me, so it's all about being comfortable."

The experts at Columbia University's Health Education Program in



... Others prefer briefs.

New York add, "if briefs have been roasting your chestnuts for a while, letting them cool off in the breeze allowed by boxer shorts, should restore your natural sperm production."

New drug reduces risk of breast cancer

by NIKOLINA MENALO
Health Reporter

Breast cancer can happen to anyone. Many women who have had breast cancer in their family background tend to be more alert and aware when it comes to breast exams.

"One in every nine Canadian women will have breast cancer, and 70 per cent of

these women have no family history," said Heather Turner, R.N. and president of Therapeutic Connexions, a company that teaches breast self-exams.

More women, young and old, should be conscious of breast cancer and self-examinations.

"Even though breast cancer is riskier at an older age," said Sally Hapke, cancer information specialist at the Canadian

Cancer Society, "it can strike at any age," and few young women are doing self-exams.

The good news is that with treatments that are available today, women have over an 80 per cent survival rate.

Researchers are particularly excited about a new development in breast cancer treatment.

The drug

tamoxifen may work as a preventative measure.

"Research has shown that when tamoxifen is used as a therapy for early breast cancer, it not only prevents the recurrence of the original cancer but also prevents the development of new cancers in the opposite breast," said Bill Rees, Cancer information specialist at the American Cancer Society.

Estrogen promotes the growth of breast cancer cells, while tamoxifen works against the effects of estrogen on these cells.

"As a treatment for breast cancer," said Rees, "the drug slows or stops the growth of cancer cells that are already present in the body."

"We all view it as a major advance," said Dr. Pamela Goodwin, director of the Marvella Koffler Breast Centre at Toronto's Mount Sinai Hospital, in a recent article in Images Magazine.

"It's not a magic bullet, but if your breast cancer risk is high enough, you'll want to explore every available option."

Tamoxifen, however, has its side effects. These side effects are similar to those experienced with menopause.

"Some women will experience hot flashes, irregular menstrual periods, vaginal discharge or bleeding, and irritation of the skin around the vagina," said Hapke.

Some women taking tamoxifen may be at a slightly increased risk of developing cataracts, and even depression.

"Depression was reported by about one per cent of the postmenopausal women using tamoxifen," said Rees. "No other trials have reported this side effect."

"The benefits of tamoxifen as a treatment for breast cancer are firmly established and far outweigh the potential risk of other cancers," said Rees.

Early next spring there will be a kit produced by Therapeutic Connexions, aimed at breast cancer prevention.

This \$40 kit will include an interactive CD, a humorous video, and charts that will be used with the woman and her doctor, so that there is interaction and communication. This vinyl chart of the breast and surrounding area, adheres to the mirror.

"There is a strong demand for them," said Turner. "We are starting a program in the high schools to promote awareness."

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Let your fingers do all the talking

Are the phone sex operators seen nightly on television the ones answering the calls?



PHOTO BY MARLON CLARKE

Late night commercials promise a seductive bombshell. Is it really a sexy someone answering those late night phone calls or could it be the neighbour next door?

by **MARLON CLARKE**
Lifestyles Reporter

Phone sex ads have aired nightly on television for years. The ads depict women acting seductively, luring men, or in some cases even women, to pick up the phone and call the number on the screen.

Who are these women? Are they the voices, who answer the phones, or is it someone else?

In fact, many of them are just high school, college, or university students, cashiers, or even the next door neighbor. They're all just people you see everyday who need a way to pay the bills.

Gayle Martin, 21, is a former phone sex operator. Martin began her phone sex job two years ago to make ends meet, after moving out of her parents' home. She had been searching through the classifieds and came across an ad for phone sex operating. At first she was a little hesitant to respond to the ad, but later decided to give it a try. Initially she wasn't too comfortable at her new job.

"When I first walked in there to work . . . I was so nervous, but after a while I was all right," said Martin.

Phone sex operators can make about \$12 per hour and up.

When Martin walked into the office for the first time, she was surprised to see the variety of women working the phones. She said that there were some in wheelchairs, some were thin, and

others were obese. There were also women in their forties, who were mothers.

"They're so different to the girls you see in those commercials," said Martin.

"We had to keep the person on the line as long as we could because they're paying by the minute," Martin said.

Many of the men, Martin said, were very strange and kinky. She said that they said they would perform very mutilating acts to their private parts. This went beyond masturbation. One caller claimed he pushed a needle up his penis during a call, Martin said.

According to Martin, if the caller had an orgasm, the operator had to fake one even if she wasn't really turned on.

Martin said that sometimes during calls they would make faces to the other operators, mocking the person on the phone. Sometimes the women even gathered around and swapped stories about the calls they received.

Martin said she looks back now and can't believe she actually did that as a part-time job. She hasn't told her mother about it because she's very religious and would be disappointed.

"She would kill me if she ever found out I did that," Martin said.

She also admitted that she didn't feel right about working as a sex operator in the first place.

Martin now works as a waitress and plans to attend college next September.

Campus cooking 101

Upon observation, we lifestyle editors have noticed that many students eat like crap. We sent reporter Tanya Coulombe out to search for a recipe for fine dining

by **TANYA COULOMBE**
Lifestyles Reporter

Tired of macaroni and cheese, hot dogs, and Hamburger Helper? Missing mom's cooking? This recipe is easy, inexpensive and healthy enough that even mom would approve.

One of the first things to remember is that if what you cook does not turn out it's okay. If it is really bad, your neighbour's dog, or one of your friends from res will eat it.

Meat and Vegetable Pie:

What you need:

- Pie crust. Don't panic, just buy one or two from the store. Making pie crust is something only really brave people do.

- Ground beef in half pound packages. One package if you plan to use tons of vegetables or two packages if you plan to make it meaty. For a variation, a half package of ground pork can be used. It gives the pie extra flavour. Vegetarians can use ground beef substitute. Most of them work well in this recipe.

- One large, or two small onions. Cut the onion into bite size pieces.

- Assorted vegetables. Carrots, corn, peas, mushrooms, broccoli, zucchini, use any vegetable you like. If you are going to use carrots or potatoes cook them first and then cut them into bite size pieces.

- Salt, pepper and your favorite spices. Savory, thyme and sage are all good spices for enhancing the taste of your pie.

- Boiling water.

Pre-heat the oven on to 400F, but first make sure the rack is in the middle of the oven. Use a little bit of oil in the bottom of a large pot, make sure to use the largest burner on the stove top.

Add onions, ground beef, spices and mushrooms if you are using them. Cook this at medium heat, stirring often, until meat is no longer pink.

Add the boiling water until it just covers the beef. If you want to add more flavour stir in one to two teaspoons of soup base or soya sauce.

Add the vegetables. One to two cups per package of beef. Stir until vegetables are at least warmed through.

Follow the directions on the pie crust package. The filling can be piled to about four inches high in the crust. Do not forget to cut the steam vents in the pie.

Put the pie on another pan, one that is bigger than the crust. Also, bought pie crusts come in tin foil containers. These are notoriously difficult to pick up when the contents are boiling hot. Besides, all that hard work ending up on the kitchen floor does not make for good cooking.

Put the pan in the middle of the oven and wait till it turns golden brown. In other words, watch the mess closely. It should probably take between 20 and 40 minutes to cook. If it takes longer do not worry.

When the pie is cooked, carefully take it out of the oven and let it sit for about 10 minutes. If you are feeling really adventurous try taking a piece of pie right after it comes out of the oven. It makes a really big mess.

Practice a couple of times and you should be able to impress your friends and family.

Note: Recipe adapted from Joy Spearman, former restaurant owner. Test kitchen did not blow up and test victim, uhh, I mean test taster did not die.



PHOTO BY NESREEN SARRAS

Humber student Mark Stadnyk takes a look under his hood.

Winterize your auto

by SHERRY LANGEN
Lifestyles Reporter

Jack Frost is on his way. Don't be caught without your mittens and don't forget about your car. Be an informed driver and winterize your vehicle.

"I recommend that every driver has his or her car winterized," said Daryl Bolton, a GMC maintenance worker. "Breaking down in the summer on a warm sunny day is nothing compared to being stuck in a blizzard."

Bolton said each vehicle should be equipped with an emergency kit.

This kit should contain a blanket, flashlight, batteries, flares, candles, matches, non-perishable food (crackers, granola bars), 'Call Police' sign, first aid supplies, portable shovel, kitty litter or sand (for traction in snow or ice), extra bottle of antifreeze, windshield washer fluid and booster cables.

You can pick up pre-assembled kits at for \$9.99 and up.

It's also a good idea before the cold weather hits to have your vehicle checked.

This process includes an oil change and filter, topping up of all fluids, air pressure in the tires checked, and a brake and exhaust system overview for any problems. Most service stations offer this procedure for about \$29.99 on most vehicles.

Bolton said it is also a good idea to check the levels of your fluids regularly. Bolton reminds drivers to change the summer washer fluid to winter fluid to prevent it from freezing. On warm sunny days, Bolton said it's also a good idea to wash your vehicle. This will keep the road salt off and slow down corrosion.

"Winter is the hardest season on your vehicle," said Bolton, "with regular maintenance your car should survive it just fine."

Money pyramids a scam

If you think you're getting rich quick, think again. All you're gambling with is the law.

by MARLEN DA SILVA
Lifestyles Reporter

Has someone been trying to get you to dish out a pocket full of cash in the hopes of turning an enormous profit?

If so, they might be talking about a pyramid scam that some people think is a way of getting rich. But before you think of getting involved keep in mind that it is illegal.

"There is a section in the criminal code that says gambling is illegal and it's (pyramid scam) is a form of gambling," said Sgt. Mark Alphonso of 14 division of Metro Toronto.

A Toronto resident who didn't want to be identified said that she is part of a pyramid and made \$30,000 in six months.

"There is no way that I would make that kind of money working at McDonald's or something. The only reason it's illegal is because the money we make isn't taxed. But it's not like I'm stealing from anyone and I don't force people to join. They join because they want to make money," she said.

A few weeks ago, 36 women in the Durham region were arrested. The women-only pyramids have names like Women Helping Women, the Cookie Club, the Muffin Club and the Business Women's Investment Group.

Pyramids work on a hierarchy. It takes eight women to start a pyramid with a "Queen" sitting on the top. When the eight "peasants" have paid, the pyramid splits into two and the "Queen" walks away with all the money. This process goes on as long as they keep recruiting people.

People are generally caught when

someone within the group losses money and alerts the police of the situation. Everyone who's involved is equally responsible criminally.

According to Gary Jeynes, director of ancillary services and public safety at Humber, "you're getting ripped off with dreams of getting rich quickly."

Jeynes added that the pyramid scam resembles a cult. People are lured into joining the scam because of all the money. If they are asking for \$5,000 the possible return is \$40,000.

But if the pyramid freezes and nobody is moving up the ladder, it is possible that you could lose all your money.



PHOTO BY MARLEN DA SILVA
Dishing out big money to scammers is not a sure fire way to duplicate it.

Bust butt to beat stress

by JUANITA LOSCH
Lifestyles Reporter

Midterms are sneaking up and so are students' stress levels. Building up your immune system and beating stress are keys to warding off cold viruses and staying healthy.

Lidia Huzar, a salesperson at Supplements Plus on Bloor St. West, understands the stress that students face, and the health complications that can come along with it.

"Students eat like crap - too much dairy, and meat," Huzar said. "These things make you sleepy. Students need mental clarity."

Todd Smith teaches Shiatsu, which is a form of alternative medicine, in his home near Cabbagetown. It is Japanese bodywork that Smith describes as "a balance of the energy of the body."

Smith encourages natural ways of reducing stress, and said you need to begin with a proper diet, and lots of exercise. He said students are likely to load up on carbohydrates and sweets.

"This is the worst thing that you can do," he said.

Instead of reaching for a cookie, Smith suggests eating a big salad, with spinach or dandelion, or a piece of fruit

Smith said there are lots of free activities that are excellent stress fighters including meditation, and yoga.

According to Smith, "deep breathing, a lot of exercise - walking, swimming, biking - expending your energy," are only a few great

"It's a staying trend because people are getting results."

Todd Smith

ways. Smith said sitting down and breathing through your diaphragm in a place where you're comfortable helps conquer stress.

Smith charges a student rate of \$40 for an hour and a half for the first session - a savings of \$15 from the normal rate. Each session after that is only an hour.

Huzar said taking vitamin B as a supplement is effective for calming the nervous system. Pantothenic-acid, and GABA are part of the B family and are excellent for stress. A good B complex is \$15 for a month's supply.

"They help us cope (with) stress," said Huzar.

Being stressed out can cause the immune system to weaken, making you more susceptible to getting sick. Huzar said that once this happens there are a variety of things that help boost your immunity such as vitamin C, zinc, Echinacea, and Goldenseal.

Rescue Remedy Flower Essentials, are a brand of tinctures that are specifically designed for a certain ailment. A wheel-shaped chart in Supplements Plus outlines each illness and explains which flower remedy is the best suited. Pine for instance, is recommended to those who feel guilty, or are constantly blaming themselves for others' mistakes.

Huzar said placing a few drops of the alcohol-based remedy under your tongue will eventually help to balance your sensibility. A 20 ml bottle is \$13.99.

The book, *Prescription For Nutritional Healing*, by James F. Balch, is a helpful step-by-step guide to various illnesses and natural remedies that can help solve the problems.

Smith said a positive lifestyle and attitude are the best ways to beat stress.

"Attitude is half your battle."

According to Smith, Shiatsu is a staying trend because people are seeing results.

He said Shiatsu is not a fad. "It's a staying trend because people are getting results."



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Arts

"What the hell is wrong with you people."

Bright lights, big egos

Et Cetera reporter gets a minnow's eye view of the media circus behind the Geminis

by MAREK KOCHMAN
Arts Reporter

The bright lights and the big stars were all stylin' and profilin' at last Sunday's 13th annual Gemini Awards.

It all looked strange in the eyes of a relative nobody. The award ceremony, which is essentially the Canadian version of the Oscars and Emmys combined, had the ingredients of a hard core upper class, social affair.

The ceremony was held in the basement of the Metro Toronto Convention Center and sitting in behind the scene was the ultimate mass of people you only dream of meeting—all gathering to the mecca event of the Canadian television and film scene.

The entire situation was surreal—all the expensive dresses, tuxedos, long limousines, people smoking cigars, and sipping Grand Marnier while pompous-

ly greeting each other with kisses to the cheek.

One of the more interesting people I met was the drunk publicist who was downright sloshed three hours before the

There I was, note-pad in hand, a veritable minnow surrounded by the big time media sharks

event even started.

The amazing thing was, drunk publicists aside, the media was just as glamorous as the stars.

After celebrities finished their speeches to the media they were mobbed by the press. Everyone

was fighting each other off in an attempt to get one-on-one interviews with the stars. There I was, note-pad in hand, a veritable minnow surrounded by the big time media sharks.

Liisa Repo-Martel, who had won an award for her performance in, "Nights Below Station Street," said she didn't even know she was meeting with the press until she had cameras in front of her.

"Is this the evil no one tells you about?" she asked.

By around 9:30 pm the room was crowded with stars, as the winners of the evening began to pile in to discuss their moments of victory.

One of the highlights of the night was when Dave Foley (Kids in the Hall, News Radio) entered the room after presenting an award. No one from the media had any questions to ask, so Foley had a question of his own.



Actress Cynthia Dale and journalist Peter Mansbridge: caught in the media feeding frenzy at the Geminis.

"What I want to know is, what the hell is wrong with you people?"

As the evening wound down, and the rich and famous began to pile into their stretch limos, I

couldn't help but shake my head in disbelief. The Gemini Awards had come and gone and as I climbed aboard the TTC, I considered myself no richer for having attended.

Antz just another forum for Woody's angst

by MARK SUBRYAN
Film Critic

It's a typical case of boy meets girl, boy falls in love with girl, and boy causes major social shift in the colony.

If you've seen Annie Hall or

any of Woody Allen's other movies, then you've seen Antz.

Allen plays Zee, a worker ant in the computer animated film from DreamWorks.

Zee sees himself as a small cog in the giant scheme of life.

One day, while he's at a bar, he meets Princess Bala (Sharon Stone), heir apparent of the ant colony who decides to go incognito to check out the night life.

After Zee falls in love with Bala, he tries to switch places with his friend, Weaver (Sylvester Stallone) who is a soldier ant.

Through a wild set of circumstances, not only does Zee get to see the princess again, but he is thrown into a war against the termites.

Zee goes from being a war hero to a kidnapper to a hero as he goes through the film trying to figure out who he is while trying to get the princess to love him.

The animation may be appealing to children, but the humour is more adult-oriented in its satirical turns.

Don't be surprised to see many young kids at the theatre, but it will be the adults who are



Weaver (Sylvester Stallone) consoles Zee (Woody Allen).

rolling in the aisles with Allen's dry wit.

The all-star cast includes notables like Danny Glover, Dan Akyroyd, Jane Curtin, and

Christopher Walken

The film does have its predictable moments and the story is not new. The saving grace is that the animation is well done.



The Antz go out for a night on the town.

The Zine Queen

by MICHELE STEFANIC
Arts Reporter

Age, and lack of experience, have stood in the way of Christine Tsao's dream of becoming a published journalist. Frustrated, she decided to start her own zine.

Tsao, an 18-year-old student at Cardinal Carter Academy for the Arts, in North York came up with the idea of devoting the zine to the development and promotion of Canadian music.

"I think it's really underrated in this country, and that's ironic because I think Canada should support its own artists," said Tsao. "For some reason, unless Canadian bands haven't established themselves in the States they're not officially good artists, people like Celine Dion."

POPCan is a relatively new indie mag. It made its debut last June. The issue featured interviews, reviews, and pictures all on Canadian recording artists.

Being able to identify with local unknown talent was something Tsao could relate to when starting out. She had difficulties in arranging interviews with

artists, as she was unknown. Her determination forced her to go out to any live show and meet the artists.

"Right now I'm at a level where I kind of know people," said Tsao. "I've established some contacts with the artists featured in POPCan. Basically I just go to shows, and meet people."

Using the Internet has helped Tsao a great deal. Surfing the net she came across an independent media web site which offers writers with very little experience the opportunity to share stories.

"The guy who runs Me Ink, once in a while comes across major label bands to interview," said Tsao. "For example, I didn't interview Moist but I took the interview with his permission from the site and put it in the latest edition, and gave him credit. So we all share stories like that."

Relying heavily on word of mouth, POPCan is fairly unknown at the moment, but Tsao has taken steps to promote her zine. Tsao and her small staff made up of six friends, have also established a web version

of POPCan (www.popcan.8m.com).

"The web version is more open, the topics are more open. It's more fun I think. Where as the print version is more right to the point, cause you don't have pages to waste," said Tsao.

Making POPCan's print version available is something Tsao has worked on. POPCan's second edition containing 20 black and white pages of interviews, reviews, and pictures, was available for purchase at this year's annual Canzine Festival.

"It's really just a promotion tool, it's the promotion of an underground culture," said Tsao. "We experienced success at Canzine, we we're able to generate some radio and television interviews which was unexpected."

Along with running and maintaining the independent zine, Tsao faces the challenge of raising funds. Tsao has saved her earnings to cover the costs of printing 100 issues of POPCan's second edition.

"I'm prepared to lose money at first. But I'm serious about doing this, so I have to save

money in order to do it. I also try to find the best deals in printing to save some money here and there," said Tsao.

Proving age, and lack of experience mean very little, Tsao has

provided her friends with inspiration. Citing word of mouth, and setting aside fear, have provided a young student a chance to live out her dream of being a published journalist.



PHOTO BY MICHELE STEFANIC

Christine Tsao (center) at CanZine in support of POPCan.

"A BONE-CHILLING TALE!"

-Dennis Dermody, THE PAPER

from the director of
THE USUAL SUSPECTS

from the author of
MISERY and THE SHINING

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AT THEATRES THIS OCTOBER

Tucci's Imposters are the real thing

by LIZ TRICKETT
Arts Reporter

A masturbating communist, a gay sex fiend, a man who cannot kill himself, and a Nazi all together on a ship. The Imposters is all of that and more.

Stanley Tucci, who wrote, directed and starred in The Imposters, put a colourful cast of characters on a cruise ship.

Set in the 1930s, Oliver Platt and Stanley Tucci play two out of work actors who find themselves on the run from the police after being wrongly accused of assault. They hide from the cops in a crate aboard a cruise ship and the fun begins.

This lively movie, full of slapstick humour, had the audience in hysterics. Tucci does a good job writing the smart dialogue and directing imaginative scenes.

Tucci and Platt make a great comic team as their characters twist and turn from one obstacle to the next.

The movie's cast is outstanding and hilarious. Lili Taylor (I Shot Andy Warhol) plays Lily, the head stewardess who helps

Maurice and Arthur hide from the ship authorities.

Tony Shalhoub (Tucci's co-star from The Big Night) plays the first mate who has a hidden agenda for the ship and its passengers, while Billy Connolly (Mrs. Brown) plays Sparks, a frisky gay tennis pro who is looking for love in all the wrong places.

Steve Buscemi (Reservoir Dogs, Armageddon) plays Happy Franks, a singer who is so unhappy that he attempts to kill himself many times but can never get the deed done. Buscemi's performance is definitely a highlight of this movie. His state of depression is so over done that it just makes the movie even funnier.

These wonderful people make up the passengers on the ship. The combination of their personalities sends the characters into total upheaval.

The music in the film is all from the 1930's and fits very well into the crazy chase scenes. This movie is very entertaining and uniquely written.

This film is a very different comedy for people who like lots of sexual innuendoes.

RAVING AND DROOLING

Proving rock n' roll is still alive for over three issues



Bad Azz
Word On Tha Streets

Bad Azz's release can be looked at using his name. You'd have to be an azz to buy a CD this bad. Although he tries to show off that he knows famous rappers by having them sing on this CD, it still does nothing to impress. What Bad Azz should do is realize that gangsta rap is not the in-thing anymore.



Lindy
(self-titled)

Lindy's self-titled album has a celtic/poppy kind of feel, but shouldn't be filed away as either. His songs are well thought out and catchy. His whiney vocals rest comfortably on the line between Dylan and Liam Gallagher. Songs like Pencil Threats and Florence Street leave you with a non-offensive taste in your mouth after the all important first listen.

pays..." slurs Grand Puba on the opening track The Return on the brand new, grand groove Brand Nubian back together again album The Foundation. The results are nice, nice, nice. Where other groups from back in the day are supposed to be good just 'cause they came back, Brand Nubian continue where they left off with the whole package.

Mos Def & Talib Kweli
Are Black Star Rawkus

I bought this. And I like this. A return to family values: lyrics, beats - acknowledging some of the leaders and not just paying lip service. On Black Star Mos Def and Talib Kweli allow their feelings to manifest themselves in quality product. Children's



Story has no chorus, but a nice message. Brown Skin Lady bounces nice with sentiments. Not a Master P release, positivity is the order of the day. You know what? "B Boys Will B Boys". True.

DJ Spooky
Riddim Warfare

DJ Spooky's latest is a post modern mess of noise, samples and beats, and I love it.

Spooky lives up to his reputation as a schooled musician.

What DJ Spooky really does is carry on in the tradition of 20th century composers like Stockhausen, taking from the environment around him and manipulating it into a reflection on that environment. He even manages to catch a funky groove now and then to ease your over-



worked brain.

Guests Thurston Moore, Ghostface Killah, and Arto Lindsay reflect the varied styles and influences engulfed in the Riddim Warfare experience.



Whale
All Disco Dance Must End In Broken Bones

Innovative new album from Whale is very mellow, and surprisingly good. On the strength of tunes like Puma Gym and Roadkill, Whale rolls through 11 solid tracks and should enjoy much success with All Disco Dance Must End In Broken Bones.



Cinerama
Va Va Voom

Since the mid-80s, The Wedding Present has been England's most underrated and overlooked band. Now it's been put on hold. Front-man David Gedge has put aside his usual mastery of melodic, guitar-heavy pop in favour of the lush and velvety sounds of his super side-project, Cinerama. Strings and brass add to the soft texture of the album, but don't think it's all sugar here. The lyrics are dark, calling to mind The Smiths rather than those brothers from Manchester.



Melanie Doane
Adam's Rib

Adam's Rib comes and goes pretty quickly without really getting your attention. Doane has a sweetly pleasant voice, and her music is not at all offensive. Sadly though there is nothing on the CD that will make you say Wow, with the exception of her violin playing. An interesting innovation on an otherwise bland album.



Brand Nubian
The Foundation

"Make more chips than Frito Lays when I spit the rhyme that

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WRITERS' SUPPLEMENT

Last week Et Cetera reported Shauna DeGagné and Louis Tsiktsiris had won honourable mention for their respective entries in an international writing competition. We printed Tsiktsiris's personal essay *I don't know*, October 1. Now Et Cetera is pleased to print DeGagné's short story.

Wife, mother, employee.

With three full-time jobs, the narrator takes the day off and is content to sit, think, couch the burden, and watch the world...

Just Passing By

A short story by Shauna DeGagné

It's a quiet day. I doubt it's quiet anywhere else, but it's quiet in my head. I'm sitting on the big, brown chesterfield near the picture window. I'm not doing much of anything, simply watching the world move. It amazes me that the world keeps moving, even when I decide to take a day off. Not just from work, but off from everything. Okay, maybe it doesn't amaze me. It's depressing really. I didn't shower today. I wasn't even up in time to see the kids off to school. I imagine they got there fine without me, which is also depressing in a

way. I haven't cleaned anything or done any laundry. Maybe I'll do some later. I'm just not in that mood right now.

I love this couch. It was given to me by my grandpa when I moved out. It still smells like him, Old Spice and Irish Spring. You know, that green and white kind that smells really strong, almost like old lady perfume. The last time I used that soap was when I was eighteen. It's weird that the couch doesn't smell like cigarette smoke because my grandpa smokes quite a bit. He fell asleep with a

smoke one time and ended up burning a hole in the back of the couch. My cat likes to sleep in the hole. Sometimes the kids hide stuff back there.

I wonder if anyone has noticed my staring out the window. Probably not. I wonder if any of the people who are driving by in their cars are wishing they had stayed home. Probably. I know that I shouldn't have lied to my boss, but I don't regret it. I almost want her to find out. Maybe she'll fire me. Lately, I've had no conscience whatsoever. I've been doing things that I normally wouldn't do. Yesterday, I went out and got my hair cut and my nails done for no particular reason. Maybe this is some kind of mid-life thing. Not a crisis, though. I feel selfish. I feel like I should have spent the money on groceries or on that new pair of basketball shoes that Devon



PHOTO BY PHILIP HAIN

Lately I've had no conscience whatsoever

wants for his birthday. I keep telling him they are too expensive. Or even on getting the carpets cleaned. Oh well, I enjoyed myself at the time.

Devon is the oldest of my two kids. He's thirteen. Girls have started calling him lately and I don't think he likes it very much. He gets all quiet and barely talks if a girl is on the other end of the phone. He's even more embarrassed when Ginette answers and yells 'Devvvn, it's a girrrl,' while holding the phone directly in front of her mouth.

Ginette is eleven and she makes me laugh. She's sarcastic as hell which is fine by me, but she's also really moody. Thankfully, I don't think she likes boys yet. I haven't even given her the sex talk yet. My husband gave the talk to Devon when he was eleven, so I figure I should talk to Ginette soon. I know that she's probably not clueless on the subject, but I'd like to fill her in on a few things. Hopefully she won't ask too many questions. I remember David, my husband, telling me about how Devon reacted to the whole thing. He was embarrassed, which didn't surprise me, but he asked questions.

I took today off because it's

my birthday. I told my boss that Ginette had the flu. I'm thirty-three but right now I feel much older. Usually, I feel younger than I should. Like when Ginette has sleep-overs, I sit around and talk with them. We do each others' hair and watch movies - girl stuff. I don't feel like I'm 'the mom' when I do stuff like that. I think that's why I do it. I do love being a mother but sometimes I like to ease myself back into my childhood.

My grandpa, as I said before, spent a lot of time smoking. I lived with him because my mother, his daughter, died when I was two. My father doesn't know I exist. My grandpa was, and still is really good to me. He used to take me on long walks through the woods behind his house. He would hold my hand and sometimes he would give me a piggy-back ride. We would make small talk about things on TV, sometimes we wouldn't talk at all. I remember trying to sound like an adult because I wanted him to think I was smart. Back then, becoming an adult was just a dream. It was my dream. My grandpa told me I reminded him of my mother. He made me feel important.

Soon I will see the school bus drive around the corner and that is when I will have to let the dog

out. Then I will sit back down in this big, brown couch and pretend I'm reading but really I'll be watching my kids get off the bus. I won't see the dog doing frantic laps around the house, but I will know he's doing it. Then I will watch as the dog jumps all over them, too excited to wait for the kids to play with him. The kids will run and the dog will chase them. He will hurry past them, his ears pressed against the side of his face from the wind and his own speed, strings of slobber flying on his best friends. Then I will hear the door open and slam shut, probably twice if Ginette has beaten Devon in their race again. This is when I get up off the couch and make my way over to the entrance way. Ginette will be smiling the winning smile and Devon will be pretending not to care. Then I will ask how their days were and they will say 'fine.' And I will ask what they did at school all day long and they will say 'nothing.' Then I will watch as Devon makes his way to his room and I will watch Ginette make her way to the kitchen and then to her room. This is when I sit back down on the big, brown couch and actually start to read my book.

Here comes the school bus now. The kids can let the dog out when they get in.

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Sports



"In great company it is glorious even to fail" - Vince Lombardi

Men's soccer remains unbeaten

by MIKE GENTILE
Sports Reporter

It wasn't pretty but the men's soccer team was able to remain undefeated after a nailbiting 2-1 victory over the Mohawk Mountaineers at Valley Field last Wednesday.

The first portion of the game was played primarily in mid-field as neither team was able to penetrate the other's defence, but the Hawks scored at the 15 minute mark to take the early lead.

After what started off as a corner kick, captain Walter Martins directed a brilliant pass to Marco Frasca, who put away his first goal of the season.

Humber took control of the half but the Mountaineers scored a shocker with five minutes remaining in the half.

A Humber pass took a funny bounce and made its way past Hawks goalie Peter Libicz. Many players have been complaining that the condition of this year's

field is simply not up to par.

Defender John Mustica said. "It's not good out there at all. The field's just too bumpy."

The Mountaineers did not manage one single shot on net in the second half but were still in a position to tie.

However, with under 10 minutes to play Jesse Calabro broke through the defenders and drilled a shot past the keeper to put the Hawks up for good.

The Hawks' main problem was having key players out of action.

The Hawks had six regulars on the sidelines including Terrence Cambell who was serving a suspension after being red carded against Redeemer on September 25.

"It was hard without Terrence here," Mustica said. Mustica played his best game of the season and helped carry the defence. Mustica's coaches didn't hesitate to compliment the defender.

"He was my player of the

game," assistant coach Vito Colangelo said.

Head coach Germain Sanchez said that Mustica played a smart defensive game.

"I thought he was the player on the field," he said.

Despite the win, Sanchez said the Hawks were very fortunate.

"It was quite a relief. We weren't playing well," he said.

The Hawks hope to get healthier as the season winds down.

Nathaniel Singleton said he hopes to be in action against Mohawk after suffering an ankle injury.

Singleton suffered the injury in the Hawks tournament win earlier this year in London, earning the MVP award along the way.

However, Singleton is growing weary of watching from the sidelines.

"I busted my butt in that game and I want a chance to get out there again," he said.

The Hawks now go on the



PHOTO BY MIKE GENTILE

Walter Martins (right) fights for loose ball against Mohawk.

road for a rematch against the Mountaineers on October 6, and conclude their road trip with a game against George Brown on October 8.

Not time to panic...yet Hawks get stung

by ANDREW BISSON
Sports Reporter

Last week was a rollercoaster for the Humber women's soccer team.

The Hawks suffered their first defeat of the season on September 29, but bounced back with a victory on the road two days later, giving the team a win-loss record of 2-1 for the season.

The Hawks opened the week with a home game against the Mohawk College Mountaineers. Co-coach Mauro Ongaro figured that Mohawk, perennially a strong, competitive club, would provide a true test for the Hawks. They provided that and then some.

The Hawks opened up the scoring 15 minutes into the first half. Adriana Cataldo, a stand-out rookie for the team, sent a long ball up and over the Mohawk keeper for her first goal of the season. It proved to be the lone goal for the Hawks in the match.

The Mountaineers evened the score on another long shot that also went up and over the keeper, this time Humber's goalie Kim Thompson.

Mohawk eventually took the lead early in the second half, and never looked back, winning 2-1 over Humber.

"They're the team to beat in this division," coach Vince Pileggi said, referring to the Mountaineers.

Mohawk finished third in Ontario and eighth in Canada last year.

"We played well," Pileggi



PHOTO BY ANDREW BISSON

Hawk mid-fielder, Sandra Trodiani (left) fights for ball against a Mountaineer at Valley Field.

said. "A goal here, a goal there, and we could have won. Our goal is to get the team to peak at

the right time."

Thompson said the team had a few problems at the beginning of the game, including marking.

"Some players didn't know who they were covering early in the game," Thompson said.

For the team to achieve better results, they "need to shoot more often, play together as a team, and talk a bit more," she said.

Two days later the Hawks travelled to Hamilton to play the Redeemer Royals. Thompson had the day off as backup keeper. Jen de Miranda got the start in net.

Humber scored three times in the first half. Cataldo scored her second and third goals of the season, with Dyan Layne notching her first of the year.

The Hawks scored two more goals in the second half: Layne with her second, and Stephanie Wardell with her first. Humber seemed to relax with their lead and let Redeemer creep back into the game. Redeemer made it interesting, but Humber came away with a 5-3 victory.

The Hawks have a chance for redemption on October 6, when they get a rematch with Mohawk in Hamilton.

by BRIAN R. SYLVESTER
Sports Reporter

In their first varsity exhibition game in eight years the Humber Hawks lost to the Seneca Sting 7-4.

The game hinted of a brewing rivalry between two hockey powers. The Sting with their OCAA championship trophy and Humber in pursuit of their glory.

Before the game Sting center Ryan Bassett delivered a message that was clearly meant to stoke the fire.

"We've got to welcome these Hawks back to varsity hockey. Show them they can't get away with what they did in the exhibition games last year," said Bassett.

The game was played without incident until the middle of the second period when Humber defenceman Blake Mitchell attacked Sting captain Chris Coburn after Coburn had beaten him cleanly in front of the net for a scoring chance.

Mitchell received two minutes for instigating, five for fighting and a game misconduct. Mitchell will also likely be suspended for an additional game.

Seneca head coach Francesco

Bazzocchi called the incident "more of a mugging than a fight."

Humber head coach Paul Masotti, said he is not against fighting but at no point did he see a "need" for the fight. He explained it was poor judgment on Mitchell's part and that Mitchell "lost his head."

Humber's first goal of the season was scored by winger Curtis Hamilton on a rebound from a shot by center Richard Wand.

Humber decided to rest some of their better players. They had 10 rookies in the line-up and at times it showed. The Hawks managed only 20 shots but their power-play scored two goals.

"We had to get the jitters out. Having so many rookies, it's going to take a few games to gel," Wand, who had two assists, said.

After the game Bassett admitted the Sting didn't send the message he had hoped, so he sent one for the next game instead.

"We didn't like some guy grabbing our captain, but we got his (number)," said Bassett.

The Hawks play Seneca next on Friday November 13.

Varsity Hawks score rare win

Former stars Beckford, McNeil and St. Louis come home but can't relive past glories

by JOANNE ROMANOVICH
Sports Reporter

The oldtimers were easy pickings for the varsity Hawks basketball team.

The men's team destroyed the alumni squad by a 95-76 score.

Players such as Everton



PHOTO BY JOANNE ROMANOVICH

Keffrin Dunson goes up for a dunk during alumni game.

Webb, George McNeil, Rowan Beckford, and Al St. Louis were just some of the alumni greats who came out and lost at this weekend's tournament.

"This is the first time we've beaten the alumni in my four years here," said David DeAveiro, the assistant coach. "There are players on that team who have won four national championships."

For a lot of the returning players on the varsity squad, this game was just the first win of what they hope is many.

"I feel good when we can start off winning," veteran Hawk forward Keffrin Dunson said. "I want to make it a routine."

For rookies such as Leslie Prince, the alumni game was one that would prepare the team for the season's first official game on October 6 at George Brown.

"I felt kind of nervous at first," Prince said. "Then after awhile, I felt comfortable because I started to feel more familiar with the plays."

Returning player Adrian Clarke, game MVP, believed that this game would be the one that would bring the team together.

"We have to know the plays and have the confidence in ourselves to execute them," Clarke said.

George McNeil, a player on the alumni team and assistant

coach of the varsity team, believes that the Hawks have a lot of promise and are going to have a great year.

"I feel good when we can start off winning. I want to make it routine."

—Hawk forward Keffrin Dunson

I'm really excited about this year," McNeil said. "The 1998-99 season is going to be nice."

For returning graduates, this game was one that got them into shape and for some, reacquainted them to this round and bouncy object called a basketball.

"We lacked defensive intensity. On offense, we were okay moving the ball, but on defense, no intensity," McNeil said.

"I was surprised when they called me for MVP," Everton Webb said. "I haven't been playing a lot of ball."

The alumni team will be back next October to try to regain their title.

As for the varsity squad, they will continue to prepare for this season.

Homecoming '98

by BRIAN R. SYLVESTER
Sports Reporter

They had joy. They had fun. They had everything but sun.

The second annual Varsity Alumni Homecoming weekend celebrated the tradition of college athletics on the first cloudy Saturday in October. The weekend was a success according to athletic director Doug Fox. "We're bringing alumni back, that's key. If the alumni doesn't come out then it's not successful, but they have (returned) and that's what makes it a success for us," Fox said. "We want people to recognize tradition, make people realize what being a Humber Hawk is. A homecoming makes people have pride in athletics."

The weekend was patterned after university homecomings and allows former Humber varsity athletes to hang out and compete against current varsity athletes in a fun but competitive atmosphere.

Athletes can see the pride and tradition that makes the athletic experience at Humber something special.

"I love alumni. It was really fun getting back to what you did when you were here," said Jennifer Morris, Journalism graduate and former varsity soccer player.

The weekend started with a golf tournament Friday morning, which was won by the varsity hockey foursome of Jeff Bain, Chris McFadyen, Rich McKenzie, and Jeff Weicker.

The Saturday's events included varsity versus alumni matches in men's and women's soccer, volleyball, and basketball.

Varsity clearly had the edge, winning the volleyball and bas-

ketball games but Alumni easily took the men's and women's soccer matches. However, in both cases the alumni soccer team was made up of ringers.

The women's alumni soccer team had the help of several coaches including Doug Fox, as well as varsity athletes from other sports. In men's soccer, the alumni team was made up of many highly skilled players who had never played for Humber, including three from the Toronto Lynx, an A league team.

But the weekend was not only about winning and competition.

"It's important for people on [varsity] teams to meet the players who played before," said assistant basketball coach David De Aveiro. "It builds tradition and team spirit."

The weekend also raised about \$1000 for the athletic scholarship fund and was chance for people to volunteer their time to something that has given them a lot.

"It's a large undertaking but Humber athletics gave me a lot in preparing me for a career. It's my way of giving something back," said volunteer Christine Connelly, chair of the Varsity Alumni Association and graduate of the recreation and leadership program.

Other events included a silent auction, a 50/50 draw, and Pizza Trivia which all helped pay for the event and raise money for the scholarship fund.

When all was said and all was done, Jennifer Morris clearly summed up the mood of alumni athletes at the Varsity Alumni Homecoming.

"It was worth coming back for," said Morris.

Men's volleyball survives alumni scare

by JACK TYNAN
Sports Reporter

The Humber men's volleyball team who came out on top after some tough competition against the alumni.

Enough alumni showed up that they were able to hold a mini-tournament before they took on the varsity team.

Once the game began the alumni team was warmed-up compared to the varsity guys who started a little weakly.

"The guys were a little bit nervous at the beginning," varsity player Tim Pennefather said after the game.

Humber's varsity team won three matches to one.

The game started with the varsity team knocking a few balls out the side, missing a number of serves and letting a few fall in untouched enabling the alumni to creep up to a 5-0 lead.

A powerful hit by Pennefather gave a little spark to the team and they went on to send the ball over a few times during

the first of many great rallies. But the alumni didn't give much ground and went on to win the first match by a score of 15-7.

The second match began much the same way with the alumni quickly pulling to a 3-0 lead. Unfortunately for the alumni, the varsity men then found their confidence.

The rest of the game spectators were treated to some great volleyball as the men fought to the finish. The varsity team came from behind to tie and then pass the alumni.

With some strong hits by Pennefather and Joe Fortnum and some well placed blocks the varsity men came away winning the second match 15-10.

During the third match the varsity men showed that they are going to be a great team to watch this year.

They started with a 5-0 lead, sending the alumni diving after the ball. Their lead grew to a score of 12-2 when Brad



PHOTO BY JACK TYNAN

Pennefather spikes ball at alumni.

Boudreau finally sent one down for the alumni.

What came next was a number of great smashes and digs by both teams as the alumni came close but were held to a 15-12 loss.

The last match was just as intense as the alumni started with a 5-0 lead. A couple of strong kills by varsity players Denny Moser and Bobby Schmitt and they caught up to start a point for point battle. Coming down to the end some sharp kills by rookie Dan Salomons sealed a win for the varsity Hawks.

Salomons was named MVP of the game.

Varsity coach Wayne Wilkins said that besides the initial jitters shown by his players the game went well.

Alumni team member Brad Boudreau thought the varsity men played quite a game.

"The guys are really good, they'll have a great season," Boudreau said.

Perfection for volleyball Hawks

Powell and Layne lead varsity women to victory during alumni weekend

by JACK TYNAN
Sports Reporter

After a slow start the women's varsity volleyball team fought the alumni to a solid win this past weekend at the Humber gymnasium.

Humber varsity won the game 3-1.

It took awhile to get over first-game nerves and the varsity women quickly found themselves down by five in the opening match during Saturday's game against the alumni. It took a good kill by rookie Perfection Powell to really get the game underway. Moments later Christine Rudics showed her power with a kill down the middle for the Varsity team's first point of the match.

From there they fought back to win the first match 15-10.

To begin the second match the varsity women came out with confidence. They put down the first five points sending the alumni scrambling to get back into the game.

Down by seven, the alumni women called a time out to regroup. They came back fighting but to no avail as Humber won the second match again 15 to 10.

The varsity team started the third set

with another confident five nothing run only to fall apart halfway through. The alumni rallied and put together some nice



PHOTO BY JACK TYNAN
Caroline Fletcher serves up an ace.

blocks to turn the match around

Alumni player Nicole Nightingale, a player with the Ontario Volleyball Association, sent down a couple of good smashes to bring the alumni to a 15 to 10

"We played pretty well. You've got to remember it's the first game we've played this year."

- Hawks coach Dave Hood

win.

For the fourth and last match, the varsity women came out strong and showed promise of being a great team this year. With some great blocks by returning player Dyan Layne and a number of good kills the alumni were held to one point for the entire match.

Layne was the game's MVP for Humber and former journalism student Nightingale was the alumni team's MVP.

Humber's team impressed Nightingale.

"They're pretty strong for sure," Nightingale said, "they're big and tall."

Coach Dave Hood was happy with his team's play.

"We played pretty well," Hood said "You've got to remember, it's the first game we've played this year"

The women have only been practicing for two weeks but even after a summer off it's not taking them long to get back into the game.

"It's like riding a bike, you never forget," Powell said.



PHOTO BY JACK TYNAN
Perfection Powell attempts a volley.

Women's b-ball ready

by GARY D. MELO
Sports Reporter

The women's basketball team showed signs of great things to come this season after they defeated some of Humber's former stars during alumni weekend in the gym.

The varsity Hawks started off strong and never looked back as they overpowered the alumni in an 87-43 victory led by top scorer Aman Hasebenebi.

Hasebenebi, who finished with 21 points, felt the alumni team played an impressive game despite the deceiving score.

"You've got to give them credit because they haven't

played in a while," Hasebenebi said. "They did pretty good. I didn't think they were going to get that many points."

The Hawks set the pace for the game early with great perimeter shooting and tight defense to go on a 16-0 run.

Although both teams considered the game a friendly match-up, Hawks coach Jim Henderson saw it as a great opportunity to test their skills in a real game situation.

"It's the first time the kids get to play with their uniforms on and with a crowd in the stands," Henderson said. "It's nice to do all that without a lot of pressure. It will prepare us for the next

time when it's a real game."

Audrey Kaersenhout, starting forward for the varsity Hawks, saw this weekend as a great opportunity for the team to work on certain aspects of their game.

"This game was more of a practice for us," Kaersenhout said. "We were just trying out the plays, seeing how we all work together, and seeing the intensity we have."

Coach Henderson added that he enjoys reacquainting with the former Hawks and watching them perform some of their old magic.

"I know all of the alumni so I enjoy seeing them back," Henderson said. "Every once in a while they show that old form. It doesn't happen that often, but they show flashes of it."


One of the top scorers for the alumni team was Denise Perrier, a Humber Hawk player from 1990-93, now assistant coach of the team.

Former Hawk Tina Jones was awarded MVP honours for the game despite being held point-less. Jones, who played with the Hawks in 1995-96, travelled from Calgary to participate in the alumni game.

"I come back whenever I can for the alumni weekend," Jones said. "It's a lot of fun seeing old friends. I also like to see the up and coming athletes."



PHOTO BY GARY D. MELO
Aman Hasebenebi shoots a 3-pointer against alumni team.




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