

HUMBER

ET CETERA

Thursday, September 25, 2008

www.humberetc.com

Vol. 40 No.1

Family mourns slain student

David Lipson SENIOR REPORTER

Paramprit Dhinsa's family said he could brighten a room with his smile.

"I've never seen him with a frown," said his uncle Inderpal Dhinsa. "He could light up the room."

The Humber business administration student, known as Parma, was murdered on Reindeer Road near his Malton home on Tuesday, Sept. 16 around 4 p.m.

Dhinsa was shot. He was rushed to

Etobicoke General Hospital, the same building he was born in 23 years earlier.

He was known to give hugs to strangers.

"He was very joyful," said his uncle.

"He was excited when he met you, he hugged you when he met you, and he smiled when he met you."

Police arrested a 17-year-old male on Sept. 20. His identity cannot be

revealed under the Youth Criminal Justice Act.

The youth is charged with first-degree murder. He is also charged in connection with an armed robbery that occurred shortly before Dhinsa's murder.

Police are trying to determine the identity of a second suspect who is considered armed and dangerous. There is no

known motive in the homicide.

"I've seen hundreds of friends come by," said another uncle Bhopinder Singh, standing outside Dhinsa's home. "I don't see why someone would want to hurt him."

Inderpal added: "There are a lot of speculations on what happened and there are a lot of rumours about his character in the media."

Baljeet Kandola, 18, looked up to Dhinsa and started a Facebook group in his memory.

When asked by the Et Cetera if Dhinsa was into drugs, Kandola replied: "I don't think he was into that shit."

"Youth have been getting into this violence, there's no use man," he said. "You hear it on the news that someone got shot and this and that. But you never realize until someone you know drops."

Relatives said he was attending Humber to get a degree to help out with the family business.

"He was just getting his life on track," said Kandola. "He was just really serious about school."

Dhinsa was a natural athlete who once dreamt of playing in the NHL.

He excelled at Bhangra, a traditional Punjabi dance, said Kandola.

Dhinsa's friend Jasmine Bassi posted a tribute on YouTube that uses the song Koi Mor-Billa Bakshi, a favourite of Dhinsa's, with a chorus that translates to "my friend has left me."

"He always thought of others before he thought of himself, and was only happy when those around him were happy," she said in an e-mail.

Humber College expressed its condolences to Dhinsa's family.

"Everybody feels very badly about such an incident occurring and the waste and loss of life," said John Mason, vice-president of student services at the college.

He said the tragic events team in the college's counseling department will work with the Business School to provide support to students affected by the murder.

This is the second time in the last few years a Humber student has been killed in gun violence.

Jermaine Brown, a culinary arts student, was murdered in March 2006.

Dhinsa's family is urging anyone with information on the murder to contact Peel homicide bureau at (905) 453-2121 ext. 3205, or to leave an anonymous tip with Peel Crime Stoppers at 1-800-222-TIPS (8477).

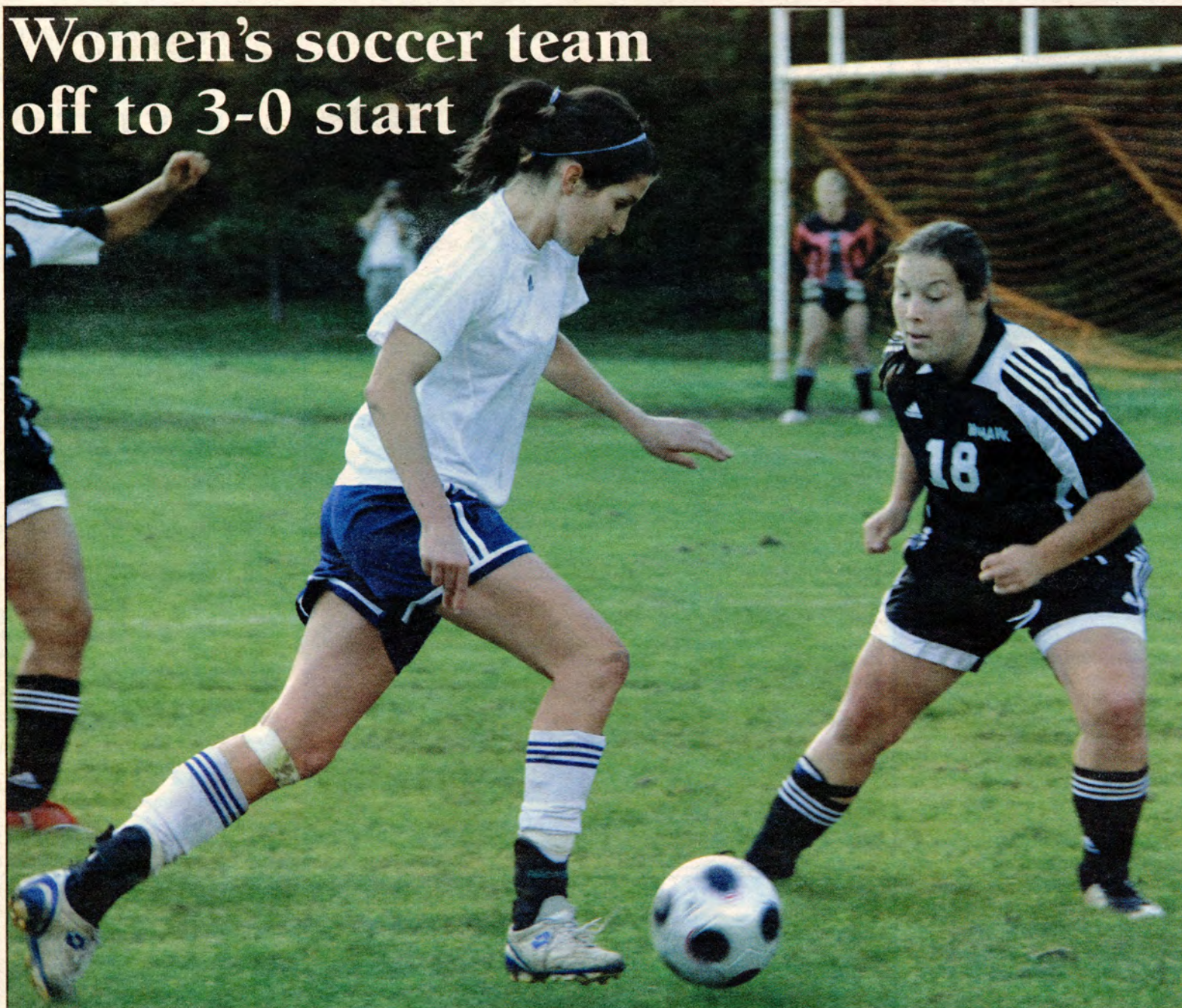
With files from Alex Cooper



Courtesy Jasmine Bassi

Paramprit Dhinsa

Women's soccer team off to 3-0 start



Amy Shields

Hawk's forward Holly Goddard swoops into Mohawk's territory - see pages 18 and 19 for more soccer coverage.

PETA is petitioning Ben and Jerry's ice cream to use breast milk instead of cow's milk because it is a natural alternative. — wptz.com

A school away from school

Applied tech moves off grounds to Carrier Drive

Ken Brown
SPECIAL TO THE ET CETERA

A \$7-million grant to re-locate the School of Applied Technology to a new off-campus facility has prompted the formation of a committee to address concerns faculty, staff and students have about the move off North Campus.

Ontario's minister of training, colleges and universities John Milloy announced the grant Aug. 28 at Humber's North Campus. The money will renovate 110 Carrier Dr., about five blocks from North

Campus.

"With the new facility, we're going to see changes which are going to allow 1,500 new students to come in," he said, adding 500 will be apprenticeship students.

Electrical apprentices professor Sandy Gerolimon said while the acknowledgment of the school's rapid growth is "a bonus," the concern is his department wasn't told about the move until the school year began.

"We don't even have enough parking for the instructors," he said about the Carrier location. "I don't know if anybody actually worked out or calculated what type of square footage we'd need — they just saw a building."

Gerolimon said the building is a great opportunity from an educational standpoint because it has roughly 85,000 square feet, but it's been calculated the labs and classrooms will eat up about 75,000 square feet.

He said he's concerned about how students will get services offered at other campuses, and how they will be incorporated into the building.

"This move creates that same type of feeling or animosity, and then we're not part of that Humber environment," he said.

Gerolimon said he supports the move because the new labs will allow students to have more flexibility when learning, but added the faculty just moved into newly renovated offices in LX building.

"Last year we got \$400,000 to renovate our offices," he said, noting the department has "never been granted that much money to renovate, and we haven't even been here a year and

had been announced by the province.

She said Humber had plans to build a smaller building on campus, but the college made a wise decision because the Carrier facility meant more space for less money.

"We've got a committee," Devlin-Li said about how the needs of faculty, staff and students will be discussed and satisfied.

She said the committee is run through the offices of Humber's vice president and director of facilities management, and is just getting started.

"We're very much in the draft design stage," she said, adding faculty and staff are being asked about the services they want. "It's not even a line on a piece of paper yet, so we just have to figure out what suits the college and the program's needs."

Devlin-Li said programs moving to the new facility will include electrical, plumbing, cabinet and carpentry trades, along with students in a new program called renovations technician, and the facility should be completed next August.

Charles Lea, 26, an electrical

apprentice in his first of three terms, said he's mostly concerned about getting the best education possible.

"I don't know what people would have to complain about if it's an upgrade," he said. "You move a few blocks and the experience is better, what more do you want?"

Humber's president John Davies said everyone's needs were discussed from the beginning, and the decision to buy the Carrier facility was based on balancing the building's potential with moving the programs off campus.

"There will be issues about moving off campus," he said, adding he thinks the move will be popular. "Of course that will be seen differently by different faculty, and that's understandable."

The Carrier facility will cost \$11 million, which means the college is adding \$4 million to help cover costs. He also said the project could lead to further expansion.

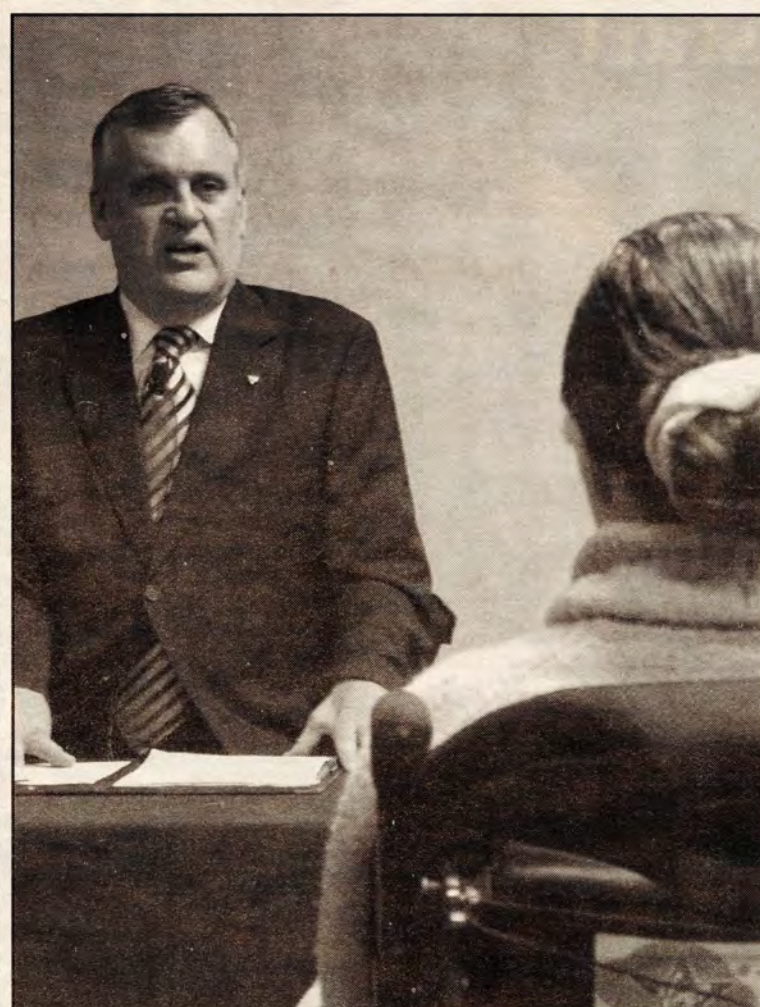
"We've got to get used to the fact that we're going to have a larger footprint in this area," Davies said. "This is perhaps one of those first measures, but it won't be the last."

"We've got to get used to the fact that we're going to have a larger footprint in this area."

- John Davies, Humber president

were getting kicked out."

Denise Devlin-Li, dean of the School of Applied Technology, said they weren't "blindsided" by the announcement because they knew funding increases for skilled trades



David Lipson

Onley backs accessibility on campus

David Lipson
SENIOR REPORTER

The Lieutenant Governor of Ontario, David Onley, spoke at Humber North Campus on Sept. 15 about his goals to improve Aboriginal literacy and make Ontario more accessible for people living with disabilities.

"Accessibility is that which enables people to achieve their full potential," he said.

He added that people with disabilities make up 14.3 per cent of Canada's population, the largest minority group in the country.

Humber passed Onley's accessibility checklist.

"Is there easily marked wheelchair parking spots?" he asked. "Yes. Is it easy to open doors? Yes. Are there convenient ramps adjacent to stairs? Yes. Is there more than ample space in the washrooms for wheelchairs? The answer to that is yes again."



The 411

Local

A Toronto man who killed his wife and two children with a meat cleaver has been declared not guilty by reason of mental illness. The man had a history of schizophrenia and depression and believed his family to be evil.

-thestar.com

National

Former American soldier Jeremy Hinzman was set to be sent back to the U.S. this week but was granted a reprieve. He is being sought in the U.S. to face charges of desertion. Hinzman was one of the first American soldiers to seek refuge in Canada from the Iraq war.

- theglobeandmail.com

International

Sixty-three former employees of the firm Graziano Transmissioni in Italy are being held on murder charges after they allegedly beat to death the CEO of their plant on India. The dispute was sparked because more than 100 employees were laid off within recent months.

- thestar.com

Up coming 2008 Robert Gordon lectures...

Dr. Andrew Potter

Organic living: consumerism, counterculture and the rise of conspicuous authenticity.

North Campus

Seventh Semester

Tuesday, Oct. 7 from 12 - 1:30 p.m.

Diane Dupuy

Dare to dream: The story of the famous people players.

Lakeshore Campus

B304

Wednesday, Nov. 5 from 12 - 1:30 p.m.

Dr. Michael Geist

Why copyright? The fight for Canada's Digital future.

North Campus

Seventh Semester

Thursday, Nov. 13 from 12 - 1:30 p.m.

Queen's University in Belfast, Ireland is now offering a course to students called How to Train in the Jedi Way. — shortnews.com



Jessie Coletti - Greco

Humber's cafeteria serves students using environmentally friendly plates, cups and cutlery.

Doing the earth a favour

Jessie Coletti - Greco
NEWS REPORTER

Humber's cafeterias have done the earth a small favour by replacing all Styrofoam with biodegradable packaging.

"The response from students has been overwhelmingly in favor of it," said Jamie Burdon, food service manager and Chartwells representative.

"The trick is you don't want to just go to paper goods because they aren't much better than Styrofoam, so we went to biodegradable."

"China is always our first choice," said Burdon. "But when that can't be an option we have the biodegradable plates now."

Manufactured from petroleum, Styrofoam is not easily recycled and takes up space in landfills.

"It's a one-time-use packaging, so it's thrown away within minutes or hours of using it and it doesn't

break down very well in the environment," said Heather Marshall, of the Toronto Environmental Alliance. "It goes into landfills and can take centuries to break down and even when it does break down it just breaks down into smaller pieces."

"Some of the things you don't think about like forks, knives and spoons are now all environmentally friendly too."

-Jamie Burdon, food services

Marshall explains unlike Styrofoam, biodegradable products will break down naturally within weeks or months.

All three of Humber's campuses

support the environmentally friendly decision.

"It is important to embrace and support the environment," said Joe Andrews, director at Orangeville campus.

Orangeville also switched to Styrofoam despite using a different supplier than the North and Lakeshore campuses.

Burdon said the college has other sustainability initiatives in the works, such as providing local produce and compost bins.

"People are starting to really take interest in making the environment better," remarks Burdon.

Students can be included in that sentiment. Tricia Crabb, second-year photography student, said last year she was asked if she liked the idea of replacing Styrofoam.

"I guess enough people said that they did. It's really so much better for the environment."

Listeriosis not a threat to students

Food services manager says school's meat supply is safe

Keith Roberts
NEWS REPORTER

The food here is safe — despite 18 deaths across Canada, a nationwide recall on Maple Leaf meats and an Ontario-wide recall on some mushrooms, said college officials.

Chartwells, which operates most of the food outlets at Humber and whose distributor is Summit Foods, does not use Maple Leaf products and none of the recalls affect food at Humber, says Food Service Manager John Thompson.

"Layers upon layers of health and safety measures to ensure our customers receive a top-quality and safe product," said Thompson.

The recalls stemmed from food infected with listeria bacteria commonly found in decaying vegetation, water, soil and feces, according to a Canadian Medical Association release.

Director of Campus Services, Terry Kyritsis, said he approached Thompson just days after the listeria outbreak was confirmed and it had already been looked into and decided that Humber was in the clear from any listeria concerns.

"Chartwells quality assurance is top-of-the-line," said Kyritsis.

Jacqui Challis and Greg McKenzie, second-year film and television students, both say they were unconcerned coming into the school year

about the safety of the food at Humber. While McKenzie said the news about Maple Leaf has caused him to stay away from meats Challis says she doesn't worry at all.

"I knew the school would take care of it," she said.

"Layers upon layers of health and safety measures to ensure our customers receive a top-quality and safe product."

-John Thompson,
food services manager

Chris van Doorn, a first year photography student, said he rarely eats at Humber because it's too expensive but isn't worried about catching listeria from any of the food.

Maple Leaf has blamed the outbreak on improperly cleaned meat slicing machines. The company estimates the product recalls and plant closures will cost them more than \$20 million.

Listeria causes a flu-like illness that can be fatal to pregnant women, newborns and the elderly.

The Canadian Medical Association has identified the main symptoms as nausea, vomiting, diarrhea and fever.

Future nurses pair up with TDSB

Both are bringing their knowledge of mental health to high school students

Jen Korson
NEWS REPORTER

Nursing students will visit area high schools to help promote Grade 9 mental health as part of the Student Health Initiative.

The University of New Brunswick (UNB) and Humber College collaborative bachelor of nursing program has visited four area Toronto District School Board (TDSB) high schools since the beginning of the

year. Kathleen White-Williams, third year program coordinator of the UNB nursing program said the initiative has given her students placement opportunities that take place outside of a hospital setting.

"It's providing a clinical placement for our students to experience a community health placement in a school. Plus, we are giving back to the community," said White-Williams.

Soo Wong, TDSB trustee and UNB nursing program instructor said the initiative spun from the realization that high schools in the area lack

mental health resources. The initiative is set to fit both curriculums of the UNB nursing program and the TDSB.

Wong wants to address both respect and self-esteem within the high schools, focusing on girls.

"Respect ties into the grade 9s curriculum. One of the schools is an art school, so we'll use art for respect," said Wong. "It's a transition year for grade nines and there is greater emphasis on girls for self-esteem."

White-Williams agrees with Wong. "Mental health is the umbrella and concepts of respect and young girls are under that umbrella," said

White-Williams. "It's mental health promotion."

Shraadha Patel, third year, UNB nursing student said she looks forward to working outside of a hospital setting.

"It's interesting in the sense that it's something new that we haven't been doing so far," Patel said.

Patel also said the nursing students will work to help train the Grade 10 and 11 students to carry on the Mental Health initiative in years to come.

"It's a student-driven project building self-esteem," Patel said. "The students have potential."



Jen Korson

Soo Wong (left) and Kathleen White-Williams (right) help nursing students bring mental health to the forefront.

NEWS

A Riviera Beach, Florida rule outlawing pants that don't cover the wearer's underwear was decided to be unconstitutional by a Palm Beach judge. — news.com.au

HSF makeover all the buzz at the Lake

Buildings I and K wrap up a \$12.5M reno

Miguel Agawin
LAKESHORE REPORTER

The noise of tractors and drilling is the current buzz around Lakeshore Campus with the renovation of two campus buildings.

Buildings I and K are the last of 10 buildings, located on the East side of the campus, being renovated. It's an operation that started in 1992, said Scott Skrinar, project co-ordinator of capital development at Humber College.

These preserved buildings were leased by Humber in 1995. They belonged to the Lakeshore Psychiatric Hospital, established in the 1890s, and have remained unoccupied since then.

Skrinar said the I Building will become an instructional building with computer labs and tiered classrooms. The K Building will be the new home of the Humber Student Federation at Lakeshore.

The new HSF building will have offices and studios and students can enjoy new facilities such as a game room and an events room for shows and parties, Skrinar said.

Shugufa Kaker, HSF vice-president of campus life, made clear the cur-

rent HSF office at Lakeshore is functional, but said HSF wants to do more for students.

"We want to give students at Lakeshore every kind of service that is offered at the North campus," said Mike Berg, HSF president. "They'll have a real student centre, a large one, that'll give them the ability to conjugate like they do here."

The K Building will also introduce a prayer room with ablution stations in its washrooms for students of pertaining faiths, a first for the campus, said Skrinar.

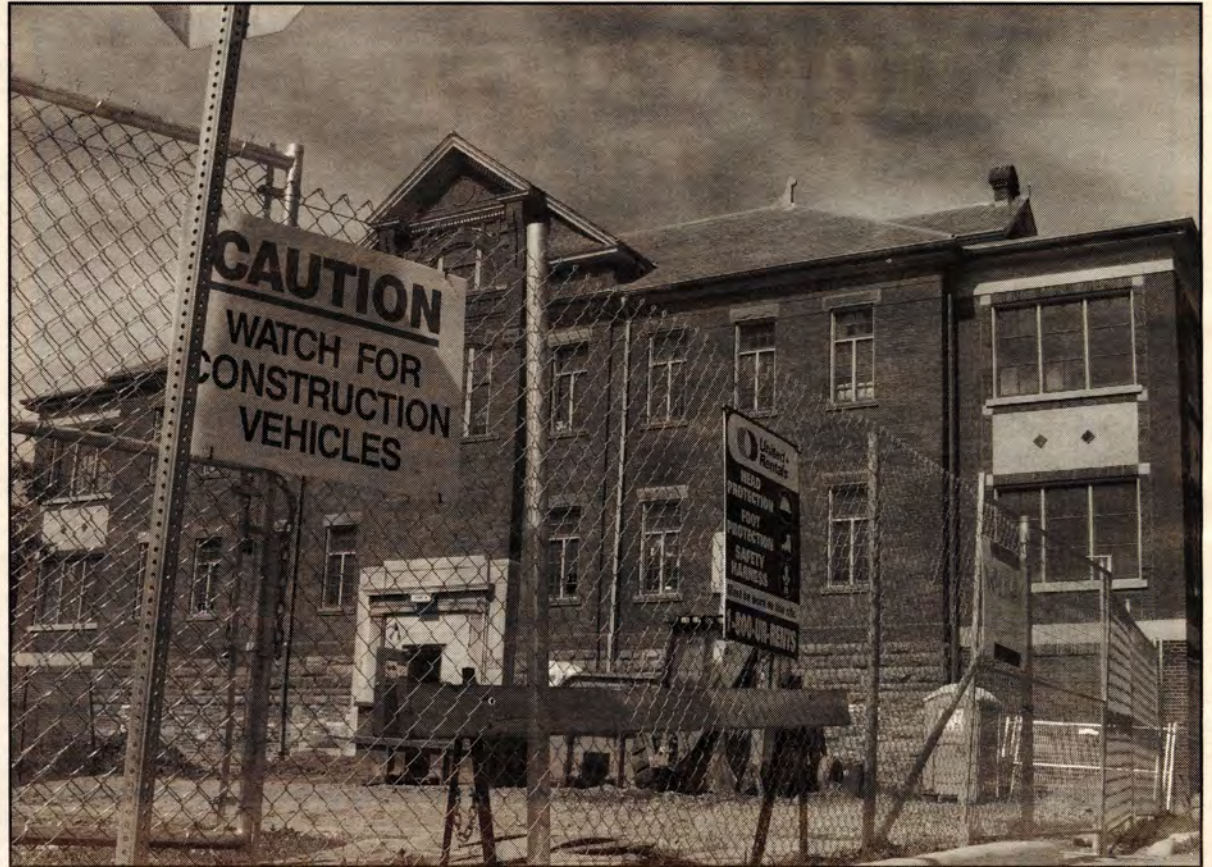
"We want to give students at Lakeshore every kind of service that is offered at the North campus."

HSF President Mike Berg

Both buildings will be wheelchair accessible with touch-free washrooms. They will also have some environmental features such as low-energy windows to help with insulation and high-efficiency items like occupancy sensors for all the lights.

"Everything's hooked up into the building automation system," said Skrinar. For example, at night time, ventilation will shut off automatically and start again the next day.

The project, started earlier this month, is worth approximately \$12.7 million, including miscellaneous repairs, excavation and water-



Miguel Agawin

Building I on the east side of Lakeshore campus is expected to be complete in July 2009.

proofing of the C and E buildings as well as the F building's courtyard, Skrinar said. An underground service tunnel connecting all the East buildings will also be waterproofed.

Construction is due to continue throughout the winter. Skrinar said they will be aiming for completion in a year-and-a-half.

But doing work so close to active buildings can sometimes be tight. "At the end of the day, we need to have it done. So through good coordinative efforts with department heads, instructors and coordinators, it's a real team effort to make it happen," he said.

Excluding the K Building, funding was provided by the Ontario Ministry of Training, Colleges and Universities, Humber College and the HSF, said Rani Dhaliwal, vice-president of finance and administration at Humber College.

Berg said the funding for the K Building is a collaborative effort by both HSF and Humber College, with HSF's part coming from the student development fee that's included in our tuition.

The I Building is set to be finished by July 15, 2009 while the K building isn't expected done until November 2009.

Sexual assault turns out to be false

Rose Ditaranto
CRIME REPORTER

An assault on a Humber student has turned out to be false.

"As (the) investigation concludes, this did not happen," said Toronto Police Detective Rob Gallant of 23 Division in regards to the report of a sexual assault at Humber on Sept. 11. "It was a miscommunication; police are not looking for an unknown assailant."

Both the police and Gary Jaynes, Humber's head of public safety, say Humber has nothing to worry about. However, they remind students to be aware of their surroundings at all times.

"We would like to remind people and students and staff to remain vigilant. It doesn't matter where you are, whether it be downtown, Humber, or Wonderland," Jaynes said.

Jaynes is encouraging students to participate in making Humber safer by reporting any suspicious activity or persons to the department of public safety.

Students can visit Humber's official public safety website at www.publicsafety.humber.ca for security alert updates and on-campus safety methods.

Students share thoughts on election

Fiona Collie
Op/Ed EDITOR

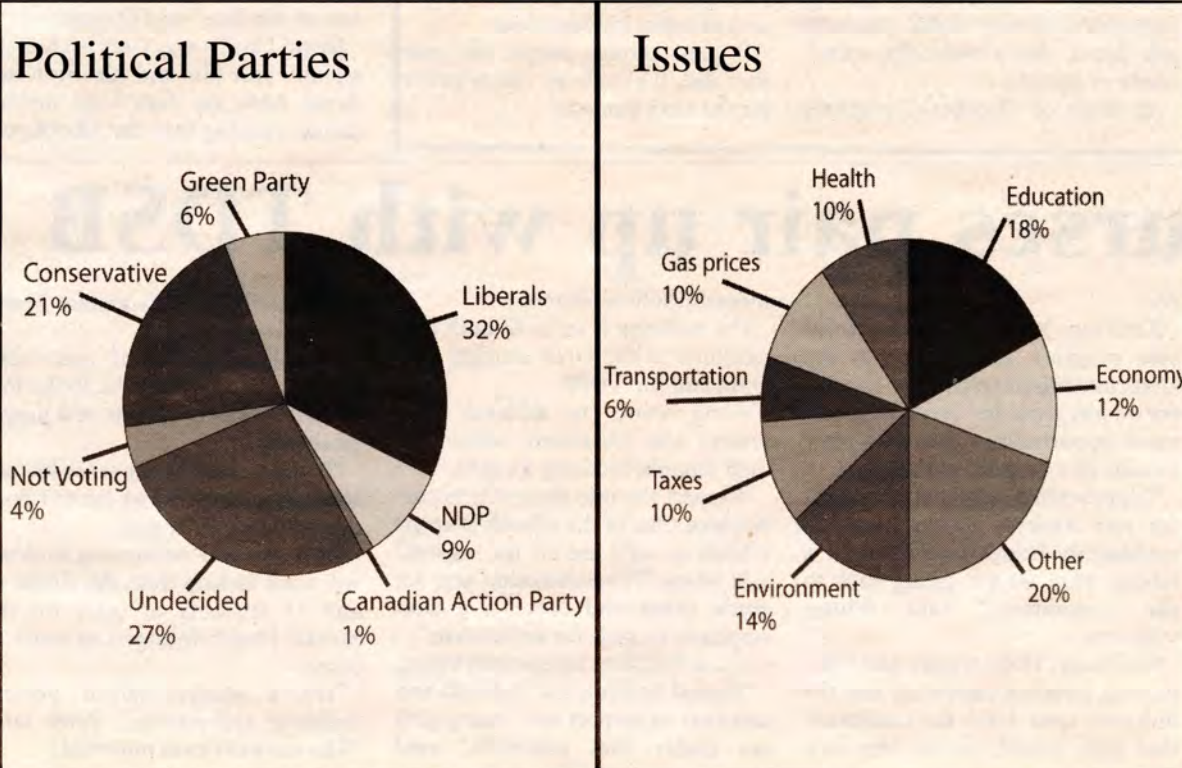
The Humber Et Cetera asked students questions about the Oct. 14 Canadian federal election. One hundred students were asked what their three biggest issues of concern were.

Students mentioned a variety of concerns; the top three being education at 25 per cent, the economy at 14 per cent, and taxes with 12 per cent.

Students were also asked who they are voting for in the election. Most students remain undecided.

Don Torizuka, a first-year industrial design student, said "sometimes I find I might like the candidate but I don't like the party."

With 19 days left before election day students still have time to decide which party will best represent the issues they mention in the poll.



All graphics by Mike Bulko

Police seized 40,000 marijuana plants in the biggest pot bust in Canadian history on a 100-acre farm just outside Pembroke, Ontario on Thursday. —allheadlinenews.com

Magazine teacher dies of rare brain disease

Stone known for her unique brand of teaching

David Lipson
SENIOR REPORTER

Kyle Stone, a 47-year-old Humber magazine instructor, freelance journalist, and filmmaker, died on June 8 from Creutzfeldt-Jakob disease, a rare brain disorder.

Stone was known among students for her approachability and stream of consciousness lectures.

"It was a bit all over the place, and I mean that in a nice way," said former student Ryan Glassman. "She would teach everything she could."

Tony Esteves, Stone's partner of 24 years, said she was an "old-school" investigative journalist who "believed that if you told the truth about something, you could change things."

Stone encouraged her students to go out, explore, and uncover issues.

Esteves described her teaching style as "hardcore"; she demanded full attention from her students.

Glassman remembers her kicking a

student out of class for being on Facebook. She was also known to lock the door on late stragglers.

"She was really something," said Mike Karapita, accelerated journalism program coordinator. "She had a unique perspective on life in Canada because she wasn't born here."

Stone humourously explored her affluent Westchester, NY childhood in Neighbours, a 2002 article published in GRANTA magazine.

"Bedord Hills," she wrote. "A town of golf courses so green they looked fertilized by dollar bills is where my dotting father used to take me so I could get on horses and fall off."

But for the remainder of her life, she grinded it out as freelance journalist, contributing to *Harper's Magazine*, *Toronto Life*, and *Eye Weekly*.

"What she got, she did herself," said Esteves, who met Stone while they attended the University of Toronto in the early '80s. "She knew what life was like from the bottom up, she knew how difficult life was for people, and she always tried to stick up for the underdog."

Stone focused on filmmaking for the last years of her life. She was



Courtesy

College professor Kyle Stone was a well known teacher and an accomplished journalist

completing a documentary on Ethiopian music when she passed away.

She called her CJD diagnosis a "bad script."

"She was funny to the last," said Esteves. "Even if it was just one word when people were visiting, it would be the right word. And sometime she would be too hip for the room."

New fashion program has students excited

Alina Sotula
LAKESHORE REPORTER

The college has launched a new fashion management program this year to meet industry demands.

Fashion management is one of the four new Bachelor of Applied Business Degree (BABD) programs and is in high demand, according to Patricia Meek, the associate dean of the business school.

"It's been quite a successful start. Fashion management is the most popular of the five degrees started in the fall," Meek said. "It is a blend of theoretical and applied."

The first two years are a common platform shared by all new business degrees, followed by specialization in the last two years. Program coordinator Dr. Pierre-Pascal Gendron said it allows for more flexibility if the students change their minds and want to specialize in one of the other four courses.

"Flexibility is an important marketing feature," Gendron said. He added that students will have solid business training and they'll be familiar with the nuts and bolts of the business.

With a class size of about 70 students, the focus is on academics rather than the creative side of fash-

ion, Gendron said.

Jobs students can look forward to after graduation include: merchandiser, stylist, wardrobe consultant, beauty and health category manager, showroom assistant, and event producer, just to name a few.

First-year Fashion management student, Bianca Khomasurya, 19, said she would like to see more emphasis on the hands on component of the program. Having come from a university science course, Khomasurya is more interested in the business angle of the program rather than the fashion and hopes to one day pass on her acquired knowledge and teach business.

"Everything is still new with the courses because I've never taken them before but so far they're interesting," she said.

The Lakeshore Campus was chosen because it is traditionally the home to Humber's degree programs, according to Gendron.

Students have to complete a paid work internship between semesters six and seven. The cost is about \$5,500 for domestic students and \$11,221 for international students per year, according to Humber post-secondary 2008-2009 Full-Time Calendar.

Caps pub plans move to LX building next year

Darcie Springall
RESIDENCE REPORTER

By first pub night next September, Caps pub will have a new location.

Humber College administrators are in talks to move the popular North campus pub from its A building location to the LX building.

"The location where Caps is now is targeted as an expansion of the athletic centre and wellness centre," said Terry Krytsis, director of campus services. "The idea of LX building came from the college having purchased 110 Carrier Dr, just north of Finch, for the applied technology programs to move there, leaving the space in LX available."

"The plan is, if all goes well, construction will happen in the new location between May and the end of August so we can be up and running again in time for first pub in September of next year," said Krytsis.

Once Caps is moved, the college plans to make the A building a 'wellness wing.' Plans include instruction space for the new massage therapy program and a permanent location for the spa management program and its services.

Caps' potential new neighbour, the

School of Media Studies, is preparing for the possible move.

"Anywhere you have people consuming alcoholic beverages you will have an increase in rowdy behaviour, and an increase in volume," said William Hanna, dean of media studies and information technology. "Knowing that, we'll have appropriate controls in place."

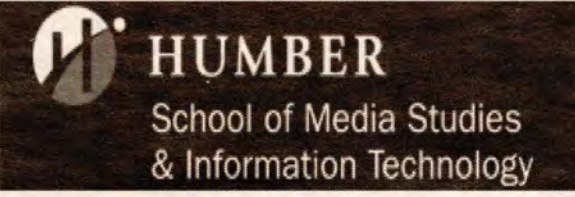

Doug Fox, director of athletics at Humber, is very involved in the new project in the A building and admitted Caps will be missed.



"The upside of having Caps so close by is that it's a popular place for our athletes. It's been great being so close and we have a great relationship with the managers," Fox said.

Though plans are going through to uproot the pub, Fox is happy Caps will continue to be a part of student life on campus.

"Caps is a great thing to have on campus," Fox said. "I've always thought Caps was important to the college."

According to second year business marketing student Katie Billingsley, the plan will also help maintain student safety. "Moving Caps closer to residence would make walking there a lot safer, and a lot easier in the winter."

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EDITORIAL

"Think for yourselves and let others enjoy the privilege to do so, too" – Voltaire, French philosopher and writer

Tories miss the mark

According to an Royal Bank poll on student finances released earlier this month, 60 per cent of students surveyed said money was tight at some point during the past school year. 35 per cent of them said it was tight year-round. The current federal election gives our politicians the opportunity to address these issues.

In Canada, education is a provincial mandate. However, the federal government, with its power of taxation, still has a substantial role to play in helping post-secondary students.

The governing Conservatives have been mostly silent on post-secondary education, generally deferring it to the provinces. Last winter's budget contained little for students aside from a small textbook grant, and it is not among the key issues listed on the party's website.

The Liberal platform contains several programs that, if implemented, will improve access to post-secondary education and decrease the financial burden on students.

There is a plan for 300,000 grants worth \$1

billion to students in either financial need or from groups under-represented in Canada's colleges and universities. The Grits also plan on replacing the current system of education tax credits with a \$1,000 per year grant and guaranteeing \$5,000 in student loans to all full-time post-secondary students, regardless of their parents' incomes.

In addition, they want to extend the \$400 per month tax credit for full-time students to apprentices and make them eligible for the guaranteed student loan. These will be welcome by any Humber student learning a skilled trade, and to anyone concerned about the looming shortage of skilled workers across the country.

The Conservatives are poised to win the election, possibly with a majority government. It remains to be seen what proposals they have in store to help students. Hopefully Mr. Harper will take a page from the Liberal platform and make it easier for Canadians to attend college or university – not only to reduce the financial burden on students but also to strengthen the Canadian economy as a whole.



Gun ban no quick fix

A slew of shootings in Toronto last week, including the murder of a Humber student, has stirred up the long-standing gun-control debate with renewed fervour. Politicians across the country are calling for an outlaw of handguns. Opponents to such a ban are quick to point out, and rightly so, that the societal factors contributing to gun violence – such as poverty, social inequality, or poor family support – would not be affected by a gun ban. But an effective strategy to deal with the gun problem should include a ban as one part of a multi-faceted approach that also addresses social concerns.

Gun advocates frequently note that the majority of handguns used in street crime have been smuggled into the country. They are right – a report from the Coalition for Gun Control says that in large cities, over 50 per cent of guns recovered in crime were smuggled.

The same report also says, however, that 3,000 guns are reported stolen in Canada every year, and that a substantial amount of guns used in street crime are stolen. This suggests that an outlaw on handguns could

remove a significant amount guns from the equation. Surely, any lives saved as a result would be worth the loss in personal freedom to shoot at a gun range. The social issues driving people to violence are complex and they are being grappled with by leaders good and bad across the globe. The imposition of a gun ban, as compared to eradicating economic impoverishment, is a much less demanding task.

Those who say that people kill, not guns, are also misinformed. According to a City of Toronto report, more emergency room visits are attributed to unintentional use of firearms than intentional use, which indicates that the mere presence of guns is inherently dangerous.

A ban on it's own will not provide a quick fix, but it couldn't hurt, especially at a time when violence is hitting so close to home. The *Et Cetera* was shocked this week when two of the four students featured in "Word on the Street" had experienced violence recently. Those who think that city violence is a problem for gangs and thugs should think again.

Collider a near-miss

The Large Hadron Collider experiment has gotten off to a rocky start. Purportedly the biggest science experiment in history experienced a glitch last week that has caused a two-month delay before any particle collisions can occur. Scientists hope the collider will answer unsolved mysteries about the universe.

The experiment does have its critics, not only for its \$9-billion cost, but also because some people fear it may create a black hole that will devour the earth. Most scientists dismiss these concerns – however, if the world does have to end, a man-made black hole would be a pretty good way to go.

WORD ON THE STREET

How do you feel about a province-wide handgun ban?



Dameion McFarlane, 21,
First-year marketing

"I don't think anyone should own a handgun."



Nicole Zorzi, 23,
First-year spa management

"I don't think the ban will stop people from buying illegal guns."

Fawad Shah, 21,
First-year business administration



"They should definitely be banned. My friend last week, he was waiting for his girlfriend, and he got shot."

Matt Labau, 19,
First-year culinary arts



"Actually just this weekend I got jumped. The less dangerous, the better."

The Et Cetera wants to know what you think.

We greatly appreciate letters or emails expressing your opinion on issues covered in the paper. Reporting the news is not a one-way street. Hearing from our readers is important to us and debate will bring more depth to the news we report. Think we're missing out on the real issues at Humber? Have we not told the whole story?

Let us know!

Send us an email at humberetc2008@gmail.com.

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Humber Et Cetera is a publication of the Humber College School of Media Studies:
205 Humber College Blvd., Etobicoke, ON, M9W 5L7
Phone: 416.675.6622 ext. 4514
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"If we don't believe in freedom of expression for people we despise, we don't believe in it at all." – author and media scholar Noam Chomsky

Flashy campaigns too distracting

Canadian politicians govern while their U.S counterparts fundraise for lengthy election races



Canadians will go to the polls on Oct. 14, and what amazes me is how quick and painless the campaign here is compared to our friends south of the border.

Democratic nominee Barack Obama and his Republican counterpart John McCain have been so busy criss-crossing the United States – and the world – for over a year in their bids for the presidency that they've been almost completely

absent from the U.S. Congress in which they were elected to serve.

Therein lies one of my great appreciations for Canada's political climate. In just over five weeks from the drop of the writ on Sept. 7, an entire campaign will have been run by the five major parties and a new government will be formed. It's so nice and tidy, and so brief that it's easy to blink and miss it if you're not paying close attention.

What this means is that rather than spending years on the campaign trail, our politicians are either at Parliament Hill in Ottawa or serving

their constituents. There are members of Parliament who neglect

"In comparison, McCain and Obama have missed 64.1 and 45.0 per cent of the Senate votes..."

their duties and miss votes but we can generally be assured that the party leaders in the house will be in attendance and present for important debates.

In comparison, McCain and Obama have missed 64.1 and 45.9 per cent of the Senate votes respectively, according to the *Washington Post*. While they campaign for the White House they're neglecting their duties as representatives of their states.

There's a lot to be said about this year's American election. The Democratic primary between Hillary Clinton and Barack Obama galvanized millions of people. The battle between Obama and McCain and his female running mate Sarah Palin is equally compelling.

Canadian election campaigns are comparatively lifeless. Controversies that have emerged have been fairly mild aside from the decision by the broadcasting consortium to exclude and then include The Green Party from the debate.

However, the brevity and civility of Canadian elections is a nice change from the endless tumult down south. It means our elected officials will actually spend their time governing and serving their constituents rather than constantly campaigning for votes and fundraising for money.

Celebrities exaggerating to reclaim fame

The Muscles from Brussels and Dr. Doogie Howser now have something else in common besides being famous in the early '90s. Jean-Claude Van Damme and Neil Patrick Harris first became household names by portraying characters, but lately they have played themselves and people are taking notice.

As former Hollywood stars turn to reality television in search of the limelight these two actors have found a way to recapture our attention without making us feel



dirty. Harris was the first to do this brilliantly in 2004's *Harold and Kumar Go To White Castle*. He played Neil Patrick Harris, the womanizing former child actor that wreaks havoc in Harold and Kumar's life. Up to that point Harris had not had a leading role on television or in movies since Doogie Howser M.D. In 2005 he got the role of Barney Stinson, the womanizing

bachelor on *How I Met Your Mother*, because of his part in *White Castle*.

"They initially wanted a John Belushi, Jack Black — a big, portly cigar-smoking kind of guy," Harris said on *Good Morning America*. "And I had just done this movie where I play this extraordinarily extreme version of myself, and the creators had seen it and thought it would be funny."

For his role as Barney, he was nominated multiple times for Emmys, Golden Globes and People's Choice awards.

J.C.V.D is the latest movie from

"They have managed to tap into our nostalgia..."

Van Damme, in which he plays himself as an aging action hero who battles drug addictions, divorces and fading fame. It has received critical acclaim, both at Cannes and the Toronto International Film Festival and although the film is not a documentary, the story is close to

the truth.

Acting is defined as pretending to be a character, but both Harris and Van Damme have found a way to get recognition by playing themselves. That's what's so smart about it. They have managed to tap into our nostalgia without demeaning themselves. The trend continues in the new comedy *Hamlet 2*, where Elizabeth Shue, better known as the prostitute with the heart of gold in *Leaving Las Vegas*, plays herself. Only time will tell if she too will parlay this role into bigger things.

Props & Burns

To the physicists working on the Hadron Collider for not creating an Earth-destroying black hole.

To Elizabeth May for bringing back the tradition of campaigning by train and helping out the environment.

To Steven Spielberg and Brad Pitt for each donating \$100,000 to fight a law that would ban gay marriage in California.

To Facebook for creating more hours of distraction with their new pirate language option.

To the physicists working on the Hadron Collider for making us wait a little longer to find out the meaning of life

To Agricultural Minister Gerry Ritz for his untimely jab about the listeriosis crisis.

To China for putting more effort into its PR campaign for the Olympics than into their food safety board.

To Facebook for creating a new layout that so many people don't like.

Leafs aim to build team not win Stanley Cup this year



What do Toronto Maple Leaf fans have to look forward to for the upcoming NHL season? Well, according to Leaf General Manager Cliff Fletcher, not a whole lot.

Fletcher has spoken candidly about how fans should expect tough stretches and growing pains as the team will treat this season as a dreaded rebuilding year.

Although Fletcher's statements paint a bleak picture, unfortunately they are accurate. The reality is the Leafs do not have the talent to compete for the Stanley Cup in 2008/09. The team is in the process of a major roster overhaul which has the potential to help the franchise down the road, but certainly not in the immediate future.

In the offseason the Leafs either bought out, traded or failed to re-sign the majority of their core players from last year. That has left them with a new-look roster that

will be younger, but not necessarily better than last year.

Their lineup is incredibly thin up front (Fletcher candidly said his team has only one top six forward, Nik Antropov). The defence shows flashes of competence, but has been

"Management finally seems to recognize short-term, Band-Aid solutions are not the answer."

very inconsistent in the past and underwent only minor changes over the summer. Goaltending is the one position the team can expect solid play from. Vesa Toskala established himself as one of the top tier goalies in the NHL last year, despite a lack of support from his teammates.

So with this season being essentially written off by the man who knows the team best, what if anything should give Leaf fans hope? Well, for one, Leaf management finally seems to recognize short-term, Band-Aid solutions are not the

answer. They have said they are committed to rebuilding and will take the necessary steps to ensure the process is carried out.

Thus far the results are encouraging. This offseason Fletcher refused to overpay for veteran free agents and instead focused on signing younger players with bigger upsides. His drafting of defenceman Luke Schenn gave the Leafs their first bona fide star prospect since Wendel Clark in 1985. And the spots vacated by the veteran players Fletcher bought out, traded or did not resign will be competed for by younger players with greater potential.

These steps should be met with optimism and give Leaf fans a glimmer of hope going forward. Although this season will in all likelihood mark the fourth consecutive season the team has missed the postseason, the long term future of the club inally appears to be headed in the right direction. It is now up to the current management to ensure the process is carried out and not abandoned as has happened many times in the past.

2008 marks the 90th anniversary of the Spanish Flu. The epidemic killed between 50 and 100 million people in the fall of 1918 and spring of 1919. — *Healthzone.ca*

How to battle excess bulge

Maggie Cameron

LIFE REPORTER

The notion of the freshman 15 looms over first-year students like a frosh week hangover, but a bigger pant size should not be among the many transitions freshmen make during their first year of college.

"Oh God, more like the freshman 30," said international project management post grad, Amy Bilodeau. "Unlimited access to liquor and no parents equals trouble. I drank all the time and just ate crap."

Though Bilodeau wasn't able to beat the freshman 15, Humber's food service manager, Jamie Burdon said those extra freshman pounds can be avoided by making the right choices when eating on campus.

"You can really plan out what you're going to eat," Burdon said. "The key is to investigate and do a bit of your own work and you'll find that there really are a lot of nutritious options. We're doing something new, serving Ontario fresh produce and we've just increased our options."

Freshmen, take note. Peaches, plums and nectarines are now available on campus.

"You go away to school for the first

time and you don't feel comfortable building your own pasta or making something more complicated, so you keep going for the poutine, and all of a sudden you wonder why your jeans don't fit," said Burdon. "There are a lot of healthy options. It's just a matter of making the right choices."

Students often struggle with making smart choices — often without much guidance.

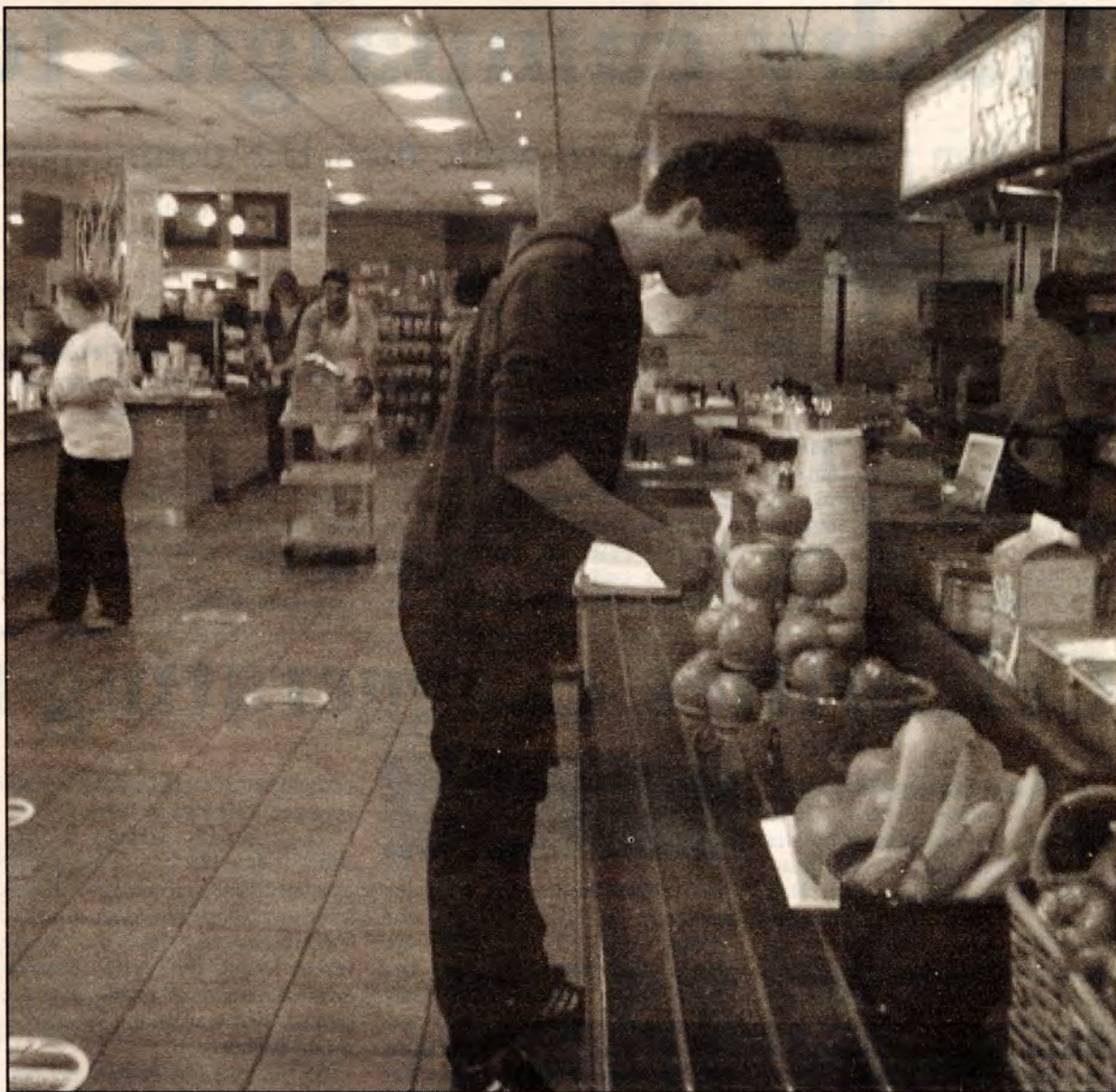
"I had no one to tell me to eat healthy," Bilodeau said of her freshman year. "My parents were really strict, so when I came to school, I went wild. Everyone else was eating poorly, so it just kind of influenced me to do the same."

Making healthy choices means more than just being able to do up your jeans for class. It also means doing well when you get there.

"Good nutrition is the single most important thing you can do to ensure effective learning," said elementary school teacher Leslie Dempsey.

"Nutrition is essential for ensuring that your brain is working to its optimal capacity."

In other words, experts recommend healthy eating to ensure concentration and learning.



Maggie Cameron

Making healthy choices may be a challenge for some students with worries about the freshman 15.

Students' bad spending

Angelica Samad

LIFE REPORTER

With school in full swing, students may find their pockets a little lighter due to bad spending habits on food, gas money and credit cards, warn financial advisors.

Tuition, books and additional material costs are the main focus for the beginning of the school year.

After those purchases are taken care of, the smaller but still costly things come into play. Rising gas prices present challenges for students on a budget.

"I spend about \$20 a week driving to school, work and the gym," said second-year police foundations student, Adam Michelec. "My car's a '91 Jetta so it's pretty good with gas."

Jessie Antonio, 18, also a second-year police foundations student, said he usually spends \$40 a week on food.

Making lunch instead of buying it is not an option because of his busy schedule. He said he regrets spending the amount of money on food that he does.

"Even though it's cheap and saves time, it's still unhealthy especially if you get caught up eating too much of it," said Antonio.



Angelica Samad

Rising gas prices won't relieve students' financial troubles.

The use of credit cards is also an issue among students.

Emily Wang, of TD Canada Trust, said a big problem students have with credit cards is overspending.

"When the bill arrives, either pay it off or pay a small amount," she said. "If you leave the balance, it will build up and then it will be hard to pay."

Wang said that students fail to realize that with Visa cards available at TD, a 21-day grace period is given where interest isn't accounted for in the amount due.

"Students go over this date and

then the interest builds up," she said.

Wang suggested having both a savings and chequing account.

Holsee Sahid, Humber's financial aid manager, said students should be discouraged from owning credit cards.

"I don't think it's a good idea. Having one gives the student a feeling of wanting to spend," she said.

Sahid suggested budgeting carefully during school.

"If you see a pair of \$100 jeans, don't buy it," she said. "That's giving into temptation."

International graduates not covered by OHIP

Erica Cassar

LIFE REPORTER

Kristina Mathias, a student advisor at the international office, said she will do what can to help international Humber graduates receive health insurance.

"There are a few different names of companies you can go to where we know they do have plans in place that students can look at," she said.

OHIP is only offered to international graduates who are working under a closed work permit. According to the Ontario Ministry of Health website, the permit needs to state the graduate's employer.

Salwa Qadir, 22, an international graduate from Pakistan, was told by her employer that she could not work for them unless she had an open work permit.

"They have an OHIP replacement program but that costs \$140 a

month," she said. "This is my first job and I'm making basic salary."

Qadir, whose post-secondary insurance expired in August, said she has now opted for visitor's insurance which costs \$60 a month.

"I'm really irritated," she said. "I'm paying the same taxes as everyone else and my taxes are going towards health care."

Other than the closed work permit, the only other way Qadir said an international graduate can obtain OHIP is to apply for citizenship.

Qadir considered citizenship but said it's a long process. Still, she is staying optimistic for change.

"I think it's just a glitch and I'm sure that they'll try to sort it out," she said.

The international office at Humber offers services to past international students who are in a similar situation as Qadir.

Did you know that your liver can metabolize about one alcoholic drink per hour while extra alcohol continues to circulate throughout your body? — Healthzone.ca

Childcare subsidy takes a toll on student parents

Andi Hui
LIFE REPORTER

Many young parents are forced to put their classes on hold because financial issues take priority over education said first-year law clerk student, Chantel Pleasant.

"School is something that I always knew I wanted to finish but finding a way to actually go was a totally different story," said Pleasant.

Humber has a variety of services in place to cater to students' needs but students with children are frequently overlooked.

Pleasant said because of the costs associated with raising children, most students are forced to apply for childcare subsidy. According to the Toronto Children Services website, the amount that the government pays is based on the income and need of the student. However, there is a waiting list for the subsidy and students are sometimes left waiting for more than a year.

While Humber has campus daycare, students at the college do not have priority. Students who apply are put on a waiting list where spots can take up to a year to open up.

Chanel Branton, a third-year business administration student, said she had to wait to be approved for subsidy and a spot at the daycare before she could go to school.

"Without the subsidy, there would be no way that I could afford to send him to daycare and without daycare there would be no one to watch him while I was at school," said Branton.

To help young parents, the Humber Students Federation holds an annual Christmas party specifically for students with children. There are a lot of games and activities and children also receive a free gift from Santa.

"It was a great success," said Aaron Miller, HSF programming director. "Last year we had more than 200 students and their children come out for the event."

Miller said figuring out the needs of young parents is the hardest challenge.

"A lot of time because they are so busy with school, with family, they don't necessarily have the time to be vocal about their needs," he said "A lot of times we don't know exactly what they are looking for."

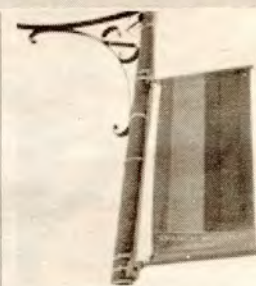
Without services at the school that cater specifically to students with children, young parents are often forced to do it all on their own. Many struggle with the decision of continuing their education.

"I want to finish," said Pleasant. "I want to be able to give my kids the best future possible. I want to set a good example."



Andi Hui

Chanel Branton takes time out to tie her son Zion's shoes.



Angel Khattrra

Pride flags line Church street.

Lack of interest in LGBTs club

Angel Khattrra
LIFE REPORTER

Due to lack of interest, the Lesbian Gay Bisexual Transgendered Straight club is not yet running this year.

"Every year what it takes is a student to step up and really put it together, to take leadership of that," said HSF program director Aaron Miller.

The lack of volunteers may be the result of a shortage of signage on campus. "In their heads, people are looking for this group," said first-year photography student Brent Bickford. "I'm walking around and looking for signs. If there were signs posted, it might go somewhere."

Jerry Lee, a representative at 519 Community Centre in Toronto, said students might have enough support without the club.

"It's how people feel because they don't want to participate in those groups," he said.

Lee said friends are the strongest and most intimate support.

Those interested and considering starting up the club this year are encouraged to stop by the HSF office at A102 for information packages.

Guelph-Humber student centre open for business



Andi Hui

Guelph-Humber has opened its new Students Association centre. Shown from left to right are members of the student association: Sunny Dhillon, Melissa Loomans and Urmilla Puran.

Walk raises money for hospital MRI unit

Katelyn McCallion
LIFE REPORTER

In an effort to raise money for a new MRI machine at Etobicoke General Hospital, students and CIBC volunteers teamed up for a community fundraiser, the CIBC Care 2 Walk.

The fundraiser allowed individuals and families to take a walk through the Humber Arboretum. Each participant gathered donations that allowed them to participate. The proceeds from pledges went towards the Etobicoke General Hospital's MRI program.

Dolly Singh, of the William Osler Health Centre said she was happy with the positive responses from the community and Humber. "We have a great relationship," he said. "We would love to have them come out again."

Among the participants in the Sept. 14 walk was Steve Brent, a pro-

fessional photographer who has had a long time partnership with the CIBC. Brent said that the Canadian government only pays for a portion of MRI costs, meaning many hospitals are forced to go without.

"It costs three and a half million dollars," he said. "The government only pays \$1.25 million dollars, leaving the community to come up with the short falls."

CIBC volunteer Lorena Coelho had a similar concern. "A few of my colleagues had to go to another hospital for lack of a MRI," she said.

According to Statistics Canada, every hospital serving at least 350,000 people needs to have an MRI unit. Etobicoke General had been serving 20,000 more than that number before they received the money for a new one. Doug Maybee, CIBC communications director said, "We had a meeting in April and it was decided right away."

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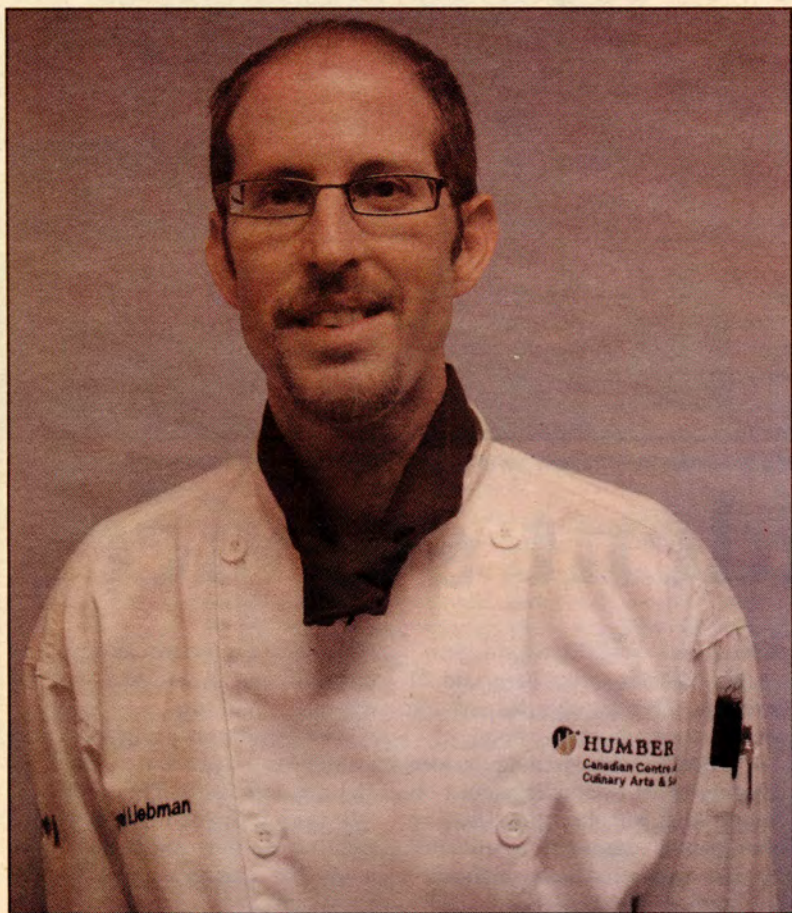


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As in an Orwellian novel, a university cafeteria in the Netherlands contains overhead cameras, with scientists watching the dietary choices of students — *Healthzone.ca*

Tastebuds

First-year culinary student Eyal Liebman shares his healthy and easy-to-make recipe.



Dila Velazquez

Eyal Liebman is in his first year of the chef training program. He is working part-time at a fine dining restaurant downtown called Didier, which serves up Parisian French cuisine. He came to Canada to express his eclectic French style mixed with middle-eastern cuisine.

Red lentils and pea soup

- 1 1/2 cups of red lentils
- 1/2 cup of yellow peas (dry)
- 6 tbsp of extra virgin olive oil
- 5 cloves of garlic-minced
- 1/2 teaspoon of curry powder
- 1 tablespoon of cumin powder
- 1 large onion – cut in 1/4' slices

Sauté the garlic in 3 spoons of oil till light brown (don't burn the garlic, it gets bitter!) Heat the oil slightly and sweat the garlic in it for a few minutes until golden.

Add the lentils and peas, stir for a minute and add 6 cups of water.

Bring to a boil, add salt, black pepper and spices and simmer for 20 minutes. Red lentils will dissolve.

Sauté the onions in the rest of the oil until golden brown. Place in the middle of a plate and cover with the soup. Serve with white bread and enjoy a warm, healthy meal for four days!



Eyal Liebman



Dila Velazquez

Do you have a healthy and cost effective recipe you'd like to share with Humber? Email us at humberetc2008@gmail.com with your name, program and year. We look forward to hearing from you.

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IN FOCUS



Tuition bursaries are given in the amounts of \$500 for post-secondary programs, \$750 for post-graduate programs and \$1000 for degree programs. – www.humber.ca

Helping students connect to careers

Leslie Wilks
In Focus

Employers are eager to set up booths outside the Humber Career Centre to recruit students for part-time work, according to Career Centre manager Karen Fast.

"We're totally booked for the month of September and half way through October," said Fast. "Employers know to come to us."

She credits some of this to what she describes as its well established program, excellent track record and prime on campus location.

The Career Centre is on the main floor across from the bookstore and Java Jazz. It is there to provide students and recent graduates with anything job-related. This can include anything from free photocopying to finding part time employment to accessing program specific career advisors.

Sari Paje, 20, a third-year Guelph-Humber media studies and public relations student, started working at the Career Centre this year to help students with resume writing.

"I love it here," said Paje. "Being able to meet all different kinds of people while helping them."

As for students who are using the career centre, "traffic is probably better than average," Fast said. However, she admits more advertising couldn't hurt.

One of the best forms of advertising is word of mouth from students who have used the Career Centre.

That's how post-grad marketing management student, Sakshi Sood, 23, heard about the career center.

"Whenever I get the time I always come here," said Sood.

She finds it helpful and enjoys the regular emails she receives from the Career Centre with job postings relevant to her field.

Fast encourages students to use the Career Centre. One of the biggest complaints she receives from students is they don't start their job search early enough. "Don't wait," she advises, as many students need some prep time to organize their job search.

The Career Centre also helps students looking for on campus work through the Ontario Work Study Program. The program helps full-time students find part-time work on campus. To qualify, students must be an Ontario resident for at least one year, be a Canadian citizen, landed immigrant or a full time student carrying a 60 per cent course load or more and show financial need. The centre is open Monday to Friday, 8:30 a.m. to 4:30 p.m.



Students can use the career centre to touch up their resumes and help find them a career within the field they are studying. Tilly Oron

A guide to student services

Tilly Oron
In Focus

Shaun Kameka is trying to get to his class on time. He wanders down the halls, past the career centre, past the library and past the dental opt out posters. Little does he know there is a long list of services that are available to students.

Student services? Ha, I knew I had the library and other things but that's a lot of stuff," said Kameka, a first-year heating and air conditioning student.

Humber students have these services to benefit and assist them during their time here and the faculty.

Students have access to over 40 databases at the library, spa facilities, financial aid, health and dental insurance and much more. Most of these services are covered by tuition costs like the athletic activity fee and

"I always used the career centre throughout first year. I loved it. They always helped me touch-up my resume."

—Mike Berg, HSF President

student activity fee but some are offered with a very low price.

"I always used the career centre

throughout first year."

HSF President Mike Berg said, "I loved it. They always helped me touch-up my resume."

Berg said he is researching the idea of bringing in a dental hygienist on campus that will allow the school to offer dental cleanings to students. He also wants to add a pharmacy but nothing is official yet.

"Humber is allowed to increase tuition up to five per cent each year up until 2011," said Rick Embree, associate vice-president of planning and development.

"For non-tuition fees, that's up to HSF. The students take it to the board and they have to approve of it.

If they don't agree, we can have a referendum and the students can vote as a whole," he said.

"The biggest challenge is to raise awareness in students," said Judy Harvey, dean of student services.

"It's not only for them to know it right before they might need it but know that it exists and feel like seeking it out."

Because the campus is so big it's hard to get students involved Harvey said.

"This year we're doing something called 'Take a bite out of Student Services'. We're doing a big fair on Sept. 30 where all the student services come together."

A spa-wesome way to spend your time



Adrienne Middlebrook

Manicures cost \$15 and pedicures cost \$23 at the spa on campus.

Adrienne Middlebrook
In Focus

A manicure isn't the first thing that comes to Tressa Booth's mind when trying to figure out ways to pass time on her break.

"I wasn't aware Humber had an operating spa on campus," said Booth, 20, a first-year early childhood education student. "It's a good idea."

The Humber Spa, located at H305 on the North Campus, opened in September of 2006 as part of the spa management diploma program. The full-year program's practical training allows students to work in the spa and practice everything from manicures to facials on clients. "We started working on clients in January of 2007," said spa technician Judy Allen.

"We try to promote the spa during special events such as Valentine's Day or Breast Cancer Awareness Month."

Regardless of promotion, not many

Humber students are aware of the spa's services or even its existence.

"I know we have a lot of staff that come in," said Andrea Millford, 18, a first-year student in the program. "Not tons of students though."

Students start working in the spa during their second and third semesters.

The facility offers everything an average spa would, including manicures, pedicures, facials and waxing.

"I think we're going to start offering a hot stone massage soon," said Allen.

"It's a great idea to have a spa on a college campus," said Julia Aversa, a second-year business student. "It's handy to have during stressful times of the year, and you can go and relax on campus."

Relaxing at the spa caters to students, manicures start at \$15 while pedicures are \$23.

"I may just have to stop by during exam time when things get stressful," said Booth.



A \$50-billion plan released to double the number of transit trips in Toronto has no recommendation for road tolls or other taxes. —*The Star.*

Gym promotes wellness amidst chaotic schedule

Nicole McIsaac
IN FOCUS

Every student pays for it, yet not everyone takes advantage of it.

Full-time students pay \$117.50 in student fees to fund the athletics department. However, Satwinder Jhaggi, a third-year business administration student, said he never knew about the fees or the gym.

"I've been here for two years and didn't know," Jhaggi said.

This is not an uncommon response, said Humber's fitness coordinator, Leanne Henwood-Adam.

"It's a shame that students attending graduation ceremonies in the gym didn't even realize we had a gym, and are finishing their career without that knowledge," she said.

Jennifer Maclam, community recreation co-ordinator, said a lot of people don't know they offer intramural and extramural activities, yet there has been an influx of almost double attendance this year from last.

"I've seen more people this year than I've personally seen before," said Maclam who has been the co-ordinator for the past two years.

Alex Giorgio, 18, a first-year fitness student, said while he uses the weight room, he didn't know about intramural sports, but would like to

get involved.

While the gym, fitness classes and weight room are open for drop-ins, intramural teams run for five weeks and are based on time, availability and experience, and the coaches assign teams. The next wave of sign-ups starts Oct. 14.

Henwood-Adam said the purpose of the services is to "Promote wellness to students who spend the majority of their day on campus. Why not take the time between classes and make good use of it?"

Finding the time can be a problem for students like Awet Tesfamichael, 31, a first-year nursing student. "I'm mostly studying and working my part-time job, plus I have a son so it's all hard to juggle."

The weight room could be used as a quick escape from the drudge of studying but for a full body workout, fitness classes are a popular and fun way to stay healthy and promote wellness.

Classes range in type to cater to different tastes and comfort levels. From popular yoga, dance classes such as Zumba, to core work-outs and spinning classes, it won't be hard for anyone to find something they like, said Henwood-Adam.

For information about class times go to www.athletics.humber.ca, and for intramurals and extramurals head down to the gym.



Nicole McIsaac

Neil Cosio lifts weights in the gym while friend Ivan Mejia spots him and Glenn Gorospe watches.



R.J. Riley

Steve Small, 20, checks out eyewear for a new set of specks at the Vision Centre in Brampton, Ont.

Tuition covers more than meets the eye

R.J. Riley
IN FOCUS

During the 2006-2007 school year, Humber students claimed a total of \$1.3 million in student insurance, an amount that could have been surpassed if every student utilized their coverage, said HSF services director, Sieu Moi Ly.

Every full-time student's tuition bill creates \$146.66 of funding for the student insurance plan. The plan pays for glasses, contacts, dental expenses, prescriptions and even reimburses students for losing a limb.

"I didn't know we were paying that," says Kamilie Serrana, 21, a second year nursing student.

Rudy Sanchez, 35, a first-year accounting student, said he was interested in using the plan but could not find information.

"The people who were doing the HSF stuff, they knew about a lot of events, but they really didn't know too much about the plan," Sanchez said.

Ly said HSF has been using all mediums to promote the plan.

"Frosh week has been very busy so we haven't been able to promote it as much," said Ly.

Ly said students tend to use vision care, "but everything else kind of gets neglected."

Students get one free examination and cleaning when it comes to dental work, with a maximum of \$500 to utilize during their policy year.

"Considering they are going to offer 80 per cent coverage in some areas, \$146 is really nothing," said Serrana.

Students who already have dental insurance can opt out and receive \$40 of the initial fee back.

For more information about specific coverage visit www.hsfweb.com.

Counselling to help through rough times

Alana Gautreau
IN FOCUS

Two services that are a lifeline to Humber students are located in the brand new B building. Peer tutoring and counselling are there to help students achieve their potential. Yet many students are reluctant to walk through the door, North Campus counsellor Liz Sokol said.

Sokol contends the biggest issue for students is the stigma associated with counselling — the idea that you need to fall apart before you get help.

"You would go to the doctor if you had a broken leg," Sokol said, "so why can't we ask for help when we have a broken heart or when our spirit is temporarily broken?"

The centre is open to every student on any Humber campus for free and deals with a variety of issues.

"Pick a topic, if a student doesn't know where to go, they should come here first," Sokol said.

The counselling centre makes referrals with the career centre, the health centre and the registrar's office. The centre is confidential and staff are trained to help students feel comfortable.

"It's like talking to your friends

except friends who aren't personally invested in the outcome," Sokol said.

Students looking for academic help require a little bit of money but a lot of dedication.

"We won't tutor a student who is not going to class," said Nicki Sarracini, peer services facilitator.

For a \$10 fee, students get eight hours of one-on-one tutoring with someone who has gone through the same class and understands what it's like.

"It's about simple language," Sarracini said. "How we talk to each other is different than what we hear in a lecture, especially in a program where the jargon can be a road-block."

Third-year accounting student Bryan Kwon, has been a tutor since January 2007. He agrees peer help can make a difference.

"It helps because most students are scared to ask professors for help," he said.

Kwon, 20, was encouraged by a professor to try tutoring.

"My COMM 200 teacher kept saying if you had 80 per cent or more you should consider it."

Free lab tutoring is available in many program specific labs such as industrial design and electronics.



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Microsoft announced it will spend \$40 billion (US) to buy-back shares from investors. It is the largest buy-back in history. – news.bbc.co.uk

Blackboard backed up

Matthew Garcia
Biz/TECH REPORTER

The new Blackboard online course system is off to a rocky start, but staff are working hard to smooth things out, said college chief information officer Scott Briggs.

He said the hardware needed to run the service was set up on the Blackboard company's recommendation, but the machines could not handle the amount of students and teachers trying to use the service.

Briggs said there has been significant speed improvements since replacing the load balancer and database.

Despite the improvement, Briggs said the system's performance is still only at a minimally acceptable level.

"We need to do a lot more work to get to a place that the entire college community and our students can actually use on a day-to-day basis," he said.

Second-year early childhood education student Qin Dai, 36, said it took multiple tries to log in during the first week of school, but it worked on the first try the following week. Dai said all of her courses use Blackboard and even with the delays it still helps with course work.

Briggs said his team is proceeding cautiously. He could not give a time for when issues would be resolved.

"Now that we're in a place where



Matthew Garcia

Chief Information Officer Scott Briggs visits the H205 lab to ask students about Blackboard.

people can use the system, we don't want to go backwards," said Briggs.

"It's going to take a little bit yet until we get to where we'd love to be, but this is our focus."

Pat Hedley, director of Centres for Learning Support, said staff know many students and faculty are frus-

trated with the new system and her team appreciates their patience.

"What we don't know is the best mechanism to communicate with all students; as we don't know the best mechanism to communicate with all teachers," said Hedley.

Hedley said her team is looking at

the best way to get important information out, which right now means putting updates on the Blackboard log-in page.

Despite the efforts to keep in touch, Hedley said some students are still not able to connect to the service.

High hopes for OCMC

Mike Nasmith
Biz/TECH REPORTER

Students from the business program will compete in the 29th annual Ontario College Marketing Competition in November.

The competition gives students a chance to show their business skills in front of industry leaders, according to the competitions website, www.ocmc08.com.

"The experience gained from the event can be invaluable to the students involved" said Peter Jurczak, faculty member at the business school.

"It gives the students an opportunity to learn how to analyze business cases," he said. "But in addition they have to do it under time pressure."

Fourth-term marketing student Rebecca de Condé was a member of last year's team, placing fourth in the retail sales presentation event. She will compete in two events in this year's competition, and sees the advantages.

"It's just a tremendous experience where you make excellent friends," she said. "You learn amazing presentation techniques and you learn to think on your feet."

Ellen Sparling, marketing program co-coordinator and one of the instructors helping with team preparation, said it really helps students hone their skills.

"The experience gained from the event can be invaluable to the students involved. But in addition they have to do it under time pressure."

Peter Jurczak
Business School professor

The competition consists of three different events, a job interview, sales presentations, and a quiz bowl. Sparling notes last year's team had their strongest showing ever, finish-

ing fourth out of more than 20 teams.

Jurczak said the finish was impressive considering it was only Humber's third year in the competition and the team was competing against schools that have been sending teams for over 20 years.

Previous Humber winners were Christian Reilly who won the sales presentation event, and Deepayan Sengupta was the top performer in the quiz bowl at last year's competition.

Reilly was offered three jobs after winning his event, according to Jurczak.

With the opportunities available there is always competition for spots on the team, said Sparling.

About 40 students applied to be one of the 19 team members.

Hopes are high this year for the team can achieve equal success.

"Top three for myself and top three for the school," said de Condé. "If we reach top three I think we've achieved our goals."

The competition takes place Nov. 13 and 14 at Niagara College.



Mike Nasmith

Rebecca de Condé hopes to add to the Humber trophy case at the 2008 OCMC.



Claude Saravia

Apple recalls faulty prongs

Apple announced a voluntary recall of the new USB power adapters for the 3 Gig iPhone.

The recall was posted Sept. 19 and includes all 3G iPhones sold in Canada, the U.S., Japan and Mexico. Original iPhones are not being included in the recall.

Users are being told to stop using the power adapters to charge their phones, as the prongs have been breaking off and getting stuck in power outlets. In the meantime, Apple suggests charging the phone by connecting it to a computer or using an older power adapter with fold-up prongs.

Replacements will be available starting Oct. 10. They can either be exchanged at an Apple retail store or replaced through an online order. Users will need to bring the recalled adapter and their iPhone to the store to make the exchange.

Author lecture

Author Tim Cork will be speaking to students about his book, *Tapping The Iceberg*, on Oct. 1.

Wanda Buote, the Business School's director of professional and continuing education is responsible for bringing in Cork. Buote said Cork is being brought in because "he is practical, and students should be able to take his advice and make it their own."

Buote added Cork's advice would benefit any students at Humber.

With a 20 year career in various industries, Cork's booksays it focuses on "Achieving straight A's in life through Attitude, Aptitude and Action."

There will be two hour and a half lectures on Oct. 1 in the North Lecture Theatre, room E135, starting at 9:55 a.m. and 6:00 p.m. Faculty and students can register in room E205 at the North Campus and H215 at Lakeshore. Everyone who attends the lecture will receive a copy of the book.



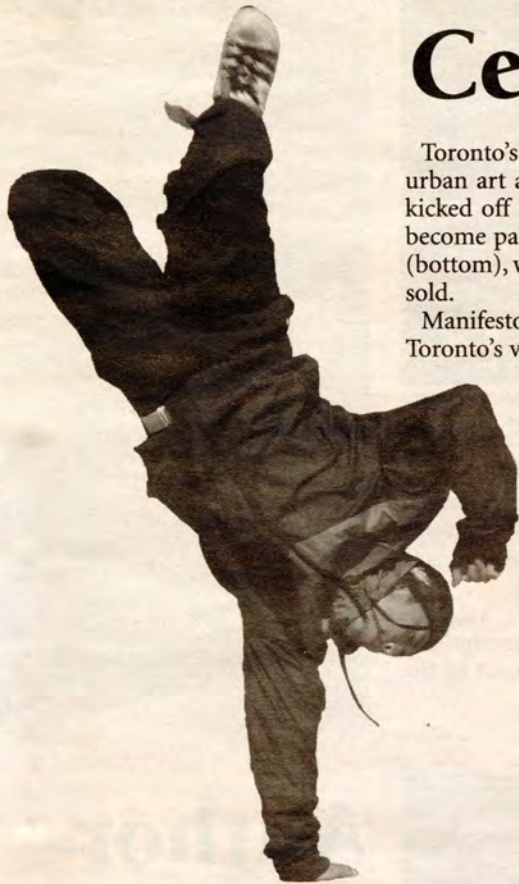
Nicolas Cage and Dominic Sena are reuniting to make *Season of the Witch*, a supernatural thriller about the journey of 14th century knights. – www.imdb.com



Celebrating urban culture

Toronto's second annual Manifesto took over Nathan Phillips Square on Sunday to wrap up its celebration of urban art and music. The festival ran from Sept. 17 to 21, culminating in a massive free outdoor event that was kicked off by Alex Dimez (top left) and featured performances by Rascalz and k-os. Young and old gathered to become part of the festival, adding their flair to a massive graffiti wall (top right), joining a drumming workshop (bottom), watching local breakdancers show off and wandering through the stalls picking over the many wares being sold.

Manifesto Community Projects is a non-profit grassroots organization working to unite, energize, and celebrate Toronto's vibrant and diverse music and arts community.



All photos by Joan Porter

The Weekend Playlist

Don't be lame, put on some pants and go out.

- ❖ Thursday, Sept. 25 to Sunday, Sept. 28: Havana Cultura, Toronto's first Cuban Culture Festival. Eat, dance, and even learn to roll a cigar!
- ❖ Opening Friday Sept. 26: *Choke*, the adaptation of the Chuck Palahniuk novel, starring Anjelica Huston and Sam Rockwell.
- ❖ Maureen Dowd's column in Sunday's *New York Times*: her insight and commentary on the state of U.S. politics are sure to make you a regular reader.
- ❖ Still running: *Jersey Boys* at Toronto Centre for the Arts – last minute rush tickets for the story of Frankie Valli and The Four Seasons won't hurt a student's wallet.



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**Attention
Shutterbugs!**

Author Joseph Byden follows up his award winning first novel *Three Day Road* with a new book entitled *Through Black Spruce*. – www.quillandquire.com

The Bard gets a modern twist

Melissa Sundardas
A&E REPORTER

Bright beach towels, white masks and people dancing the Zorba in Lakeshore's studio theatre hallways could lead anyone to believe they're in the wrong building.

Actors with the Full Tilt Theatre Company transformed the theatre hallways and stage into a Greek island holiday resort with their unique production of Shakespeare's *The Comedy of Errors*.

The Full Tilt Theatre Company, created in 2003, features theatre program graduates from Bath Spa University in the UK. It has impressed audiences across the UK, Canada and the US with its first transatlantic tour, said director Emma Gersch.

Gersch says Full Tilt specializes in Shakespeare adaptation performances that give the audience a chance to become part of the world of the play.

"We can do Shakespeare classically as it's done in the Elizabethan style, but we believe that there's so much more to be done with Shakespeare to really excite an audience," said actor Andrew Beckett, who plays Dromio. "We find that the Americans and Canadians have really enjoyed playing our games because they've not had very much experience of re-invented Shakespeare for a modern audience."

The actors, who left the audience sore-handed from applauding and red in the face from laughing, said Humber's theatre performance program is similar to their own.

"My training and the same program here is day-to-day, practical and also the subjects are very similar," said Emillie Collier who played one of the summer reps in *The Comedy of Errors*.

"Americans and Canadians have really enjoyed playing our games."

—Andrew Beckett
actor

And Humber's facilities have met the standards of the UK performers as well.

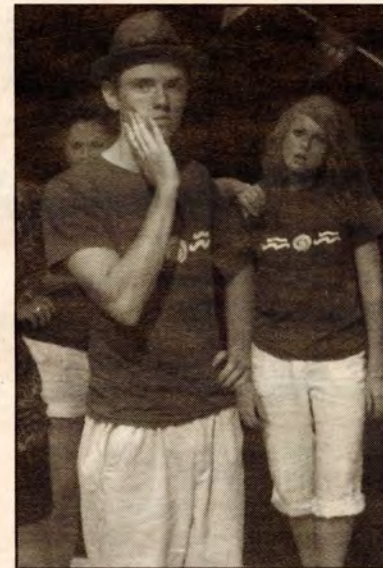
"When you're on tour you can find yourself at places that are really inadequate – one place was so bad that we ended up putting the show on outside because the stage wasn't

any good so we went outside onto the grass and did the show," said Beckett. "But Humber's theatre, it's got everything you need. It's a good, working, black-box studio theatre, so it's been really nice to be here,"

Full Tilt Theatre Company's Humber performance could unlock more doors of opportunity for themselves as well as our own theatre students said Gersch.

"We're actually thinking about staying in touch and maybe receiving some work from Humber over to the UK and setting up some exchange—we're really open to that," said Gersch. "We're trying to make the world a smaller place."

The cast will travel to Sault St. Marie, ONT, and then Montreal, QC, for its final shows before returning home to Bath, UK.



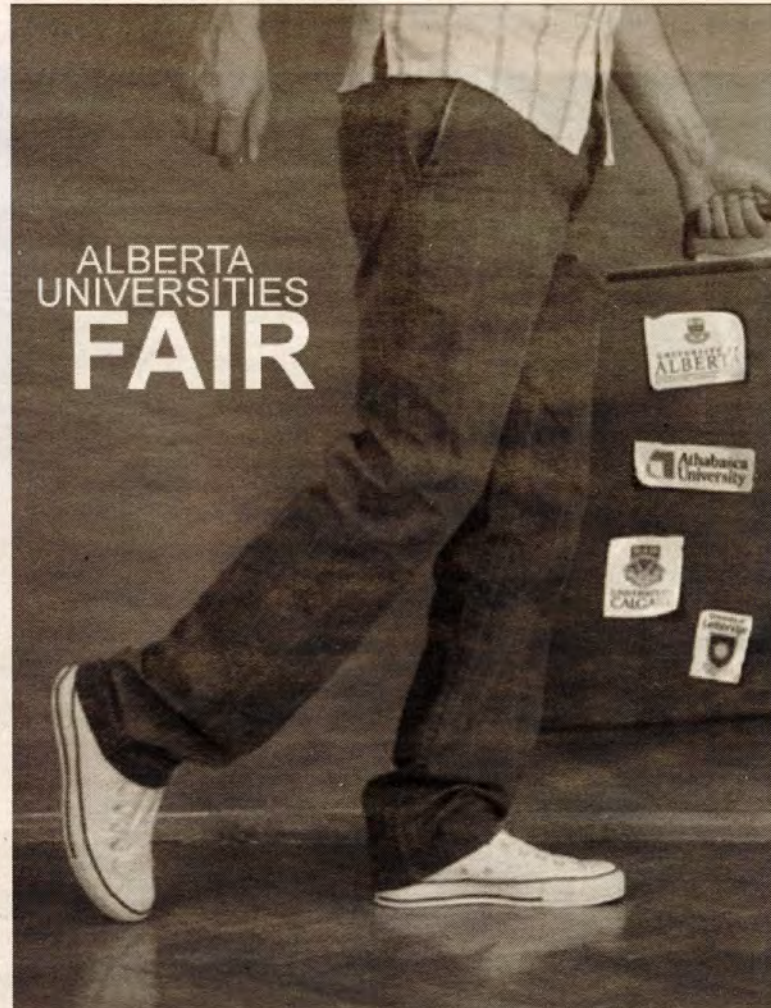
Melissa Sundardas

Bath players get laughs.



Melissa Sundardas

Actors get into character performing Shakespeare's *The Comedy of Errors* at Lakeshore campus.



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5. Long Way Home – Tom Waits
6. Dead Flowers – The Rolling Stones
7. The Fog (the hitchikers guide to hitchiking) – The Big City Nights Band
8. Cleaning Windows – Van Morrison
9. The Card Cheat – The Clash
10. Aint' too Proud to Beg – The Temptations

Kyle Rindinella, Biz/Tech Editor

SPORTS



The transfer of soccer star Zinedine Zidane is the highest transaction in football history. In 2001, Real Madrid paid Juventus £46.7 million for him. —worldsoccer.com

Men score lucky seven

Andrew da Silva nets hat-trick as soccer team soars

By Robert Coccia
SPORTS REPORTER

The men's soccer team goes into today's home game against Niagara on a high, after soaring to two wins last week.

The Hawks destroyed the Mohawk Mountaineers 7-2 at Humber's Valley Field last Friday.

Midfielder Andrew da Silva netted three goals, helping the Hawks win their third game in as many matches.

Da Silva kicked off the scoring in the seventh minute and midfielder Kevin Roscoe added his first goal of the season two minutes later to give the Hawks an early 2-0 lead.

The Mountaineers responded by scoring two goals in a span of 10 minutes to level the score before 25 minutes had even been played.

The deadlock didn't last long though, as da Silva scored his second goal before half time to give the

Hawks a 3-2 lead at the break.

Mohawk opened the second-half with a much tighter defensive strategy, and they were able to hold off Humber's offence for a good twenty minutes.

This was until da Silva completed his hat-trick in the 67th minute.

His third goal was followed by markers from Igho Egbedejo, Daniel Albert, and Aleks Janjic in the final twenty minutes to finish off the rout.

As dominant as he was, da Silva was quick to stress the importance of teamwork after the game.

"We're really playing well as a team right now," the second-year midfielder said.

Da Silva was named co-player of the game along with Mario Orestano.

"That's the important thing, that we stay together and play as a team," da Silva said.

Midfielder Ilya Orlov's ball distri-

bution was key in setting up many of the Hawks' goals.

"We had some nice chemistry on the field today," Orlov said. "We passed the ball well. We're starting to come together as a team."

Despite the win, head coach Germain Sanchez was not happy with his team's lack of discipline.

The Hawks received two yellow cards in the second half.

"Discipline is very important," Sanchez said. "If a player receives three yellow cards during the season, then he faces a suspension, so we want to avoid that."

On Tuesday, the Hawks beat Conestoga 1-0, improving their record on the season to 4-0, with Roscoe scoring the only goal.

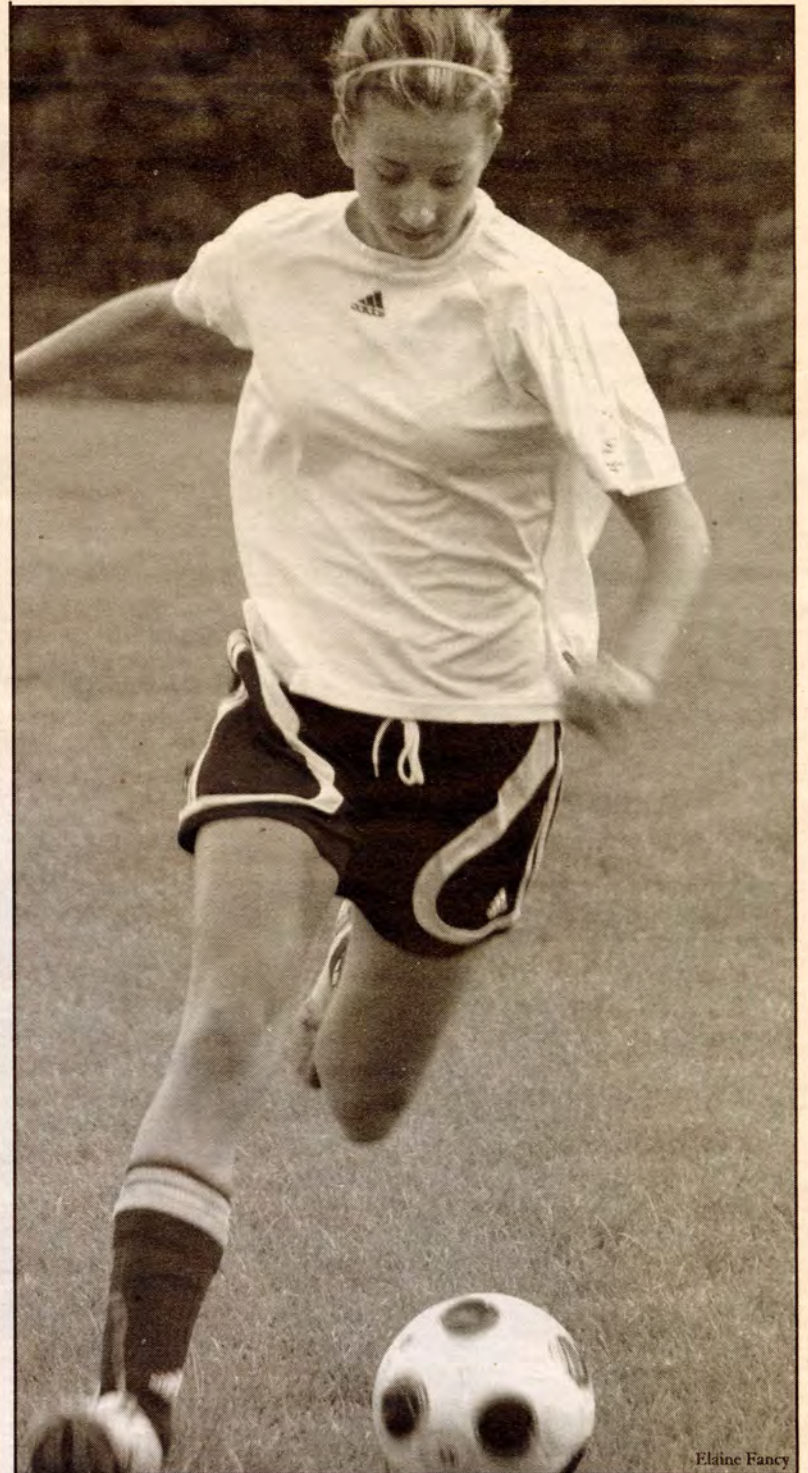
The two games marked a successful start to the season, one that has given the Hawks a sense of optimism for the year.

"If we stay together, the sky's the limit," da Silva said.



Robert Coccia

Humber midfielder Ilya Orlov delivers a cross from the corner against the Mohawk Mountaineers.



Elaine Fancy

Brittany Szcerbakow was on the ball against the Sheridan Bruins.

Bruins bruised by high-flying women

By Amy J. Shields
SPORTS REPORTER

The women's soccer team go into this week's games with a perfect record, after claiming its second win of the season by a score of 3-1 against the Sheridan Bruins last Tuesday.

From the start Humber took possession of the ball and kept play in the visitors end throughout most of the match.

Just over 36 minutes into the match, Crystal Camilleri put Humber on the scoreboard.

Connie Tamburello followed up with a second goal to put the Hawks ahead 2-0 at the half.

Sheridan was able to add a goal of its own almost 25 minutes into the second half, courtesy of midfielder Lianne Davies.

One of the Hawks' two head coach-

es, Vince Pileggi, had predicted a tough match.

"Historically, the two teams are always very close," he said. "It's going to come down to who's going to work hard, who's going to want to make the sacrifices and be able to get that goal that's going to make the difference."

That goal came late in the second half when Keyla Moreno scored on a penalty to give Humber its third and final goal of the game.

First-year Fitness and Health student Brittany Szcerbakow was one of Humber's brightest stars.

After the game, she said that she was still adjusting to her new responsibility in the midfield.

During the game, tempers flared between the two sides but this did not concern coach Mauro Ongaro.

"What happens on the field stays on the field," he said.



Baseball's shrine Yankee Stadium closed its gates last weekend, 85 years after the very first pitch was thrown. A new stadium will be ready for 2009 – TSN.ca

Women's Soccer OCAA Standings

	W	L	T	P
Central West				
Humber	3	0	0	9
Redeemer	2	1	0	6
Mohawk	1	2	1	4
Sheridan	0	4	1	1
West				
Conestoga	3	0	0	9
Fanshawe	2	1	0	6
St. Clair	1	1	0	3
Lambton	0	3	0	0

Men's Soccer OCAA Standings

	W	L	T	P
Central West				
Humber	4	0	0	12
Sheridan	4	1	0	12
Niagara	0	2	2	2
Mohawk	0	4	1	1
Redeemer	0	3	1	1
West				
Fanshawe	4	0	0	12
Conestoga	2	2	0	6
St. Clair	1	1	0	3
Lambton	0	2	0	0



Amy J. Shields

Holly Goddard fights for possession of the ball versus the Mohawk Mountaineers on Thursday.

Three's company for Hawks

Team spreads the offence in a winning effort

By Amy J. Shields
SPORTS REPORTER

The women's soccer team heads to London on Sunday riding a high.

The Hawks won their third game of the season over the Mohawk Mountaineers last Thursday, improving their record to 3-0 on the season.

According to head coach Mauro Ongaro, the mixture of veteran and younger players, who have all played at competitive levels, understand they cannot get ahead of themselves so early in the season.

As Humber and Mohawk took to the pitch there seemed to be a lack of energy from both sides.

According to Mohawk player, Kristen Magnusson, the Mountaineers came out a little bit flat. "Most of our team is made up of first year students," she said. "Everyone had a little bit of nerves and once we went down one goal everyone got a little shaken up by it."

Brittany Szczerbakow scored the first goal of the game to put Humber ahead early and Crystal Camillieri and Keyla Moreno followed with goals as the Hawks went into the second half with a commanding three-goal lead.

The Mountaineers were unable to capitalize on the opportunities they had to get on the board throughout the game, thanks to a strong Humber defence.

At the end of 90 minutes the Hawks claimed their third victory of the season with the 3-0 shutout.

"It really is enjoyable when you go out there and prepare and the girls go out and play really well," Hawks coach Vince Pileggi said. "It's fun to watch them play and it's fun to watch them move the ball around and we got an opportunity to score a few goals and we did that today."

Keyla Moreno and Nilda Correia were named players of the game after showing patience and skill throughout the match.

Asked how she felt to be named player of the game, Moreno was humble and said while it felt good, she thought the Hawks played well as a team.

A season of great expectations

Women's basketball coaching staff aims for bigger and better things

By Alex Schwalm
SPORTS REPORTER

With try-outs already complete, Humber's women's basketball team is looking to place a new banner in the gym.

"Our focus is to finish top in our division, if we can finish one or two then that's fine," head coach Denise Perrier said.

"Our goal is to make it to the 'OC's' to contend for a gold medal."

The OC's, or the Ontario College Athletics Association championships, is a provincial tournament involving the top teams in Ontario.

Assistant Coach Koren Bogle-Glenn said that last year the team was hit hard with injuries.

This made it hard to create a consistent starting five players, which played a big role in them not qualifying for the OCAA's.

"It pushed us a lot as a coaching staff to recruit heavily for this year and try to rebuild," said Bogle-

Glenn. "It was a huge part of the off season."

Bogle-Glenn said that a lot of the

"We went out last year to pound the pavement to get Humber back on the map and make us stronger"

—Denise Perrier
Head Coach

female athletes did not train to their potential this off-season, something that is very disappointing to the coaching staff. "This summer we worked on getting new players that looked like they were hard workers," she said.

Assistant athletic director Jim Bialek said that another reason for the women's sub par performance last season was poor academic performance, which left some girls ineligible to play.

Last season's 6-8 record was marred by injuries, underachieving players and inconsistency. Humber's women's basketball team was the only varsity team not to make the playoffs.

The team went out and began to recruit from some of the top basketball cities in Ontario.

"We've got at least seven to nine recruits coming in," Perrier said. "We went out last year to pound the pavement to get Humber back on the map and make us stronger."

The girls that have been recruited are coming from some of the top cities in Ontario for women's basketball, including Sudbury, Sarnia, Windsor and Hamilton.

As of press time the final roster had not been released.

As for a prediction on how the team will finish this year, Bogle-Glenn was optimistic.

"We want to go to Nationals... I'll leave it at that," she said.



Alex Schwalm

A Hawks hopeful shoots a basket at tryouts.

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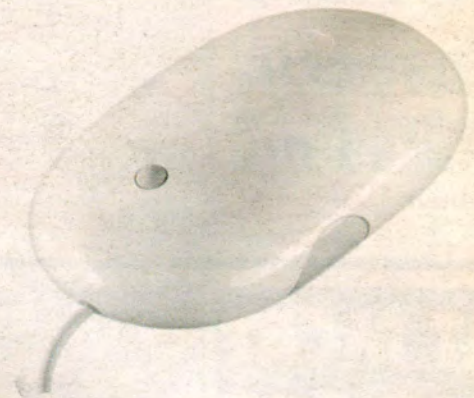
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