



HUMBER ETERA October 11, 2007 http://etcetera.humber

Democracy not on students' minds

Tyler Trumbull NEWS REPORTER

The turnout for the bi-annual general meeting of the HSF has some people doubting Humber students' dedication to democracy.

"I would suggest to those people that didn't vote that they can't complain," said Gaurav Manoche, 19, an accounting student.

On the agenda yesterday were motions to approve the newly elected program representatives and directors, and to approve the audit of last year's budget. The meeting began nearly half-anhour after the scheduled start time. It takes 50 students to meet quorum – the minimal number of individuals, in this case Humber students, who must be present for the meeting to take place.

"Obviously I'd definitely like to see a lot more people," said HSF president Nick Farnell. "This is what the students are here for – they're here to make their voices heard and it's kind of unfortunate that they don't come out and speak up, especially when we go out and give them the opportunity."

Many students simply ignored the pleas of HSF members to sign up and join in, with more attention geared towards laptops and card games then any sort of democratic process. Some students, however, made a point of involving themselves.

"My parents always told me if you don't vote then you don't have a right to complain," said Paul Fogolin, 20, of the business management program. "So, if I didn't vote then I wouldn't have the right to say whatever I felt."

The HSF relies heavily on word of mouth to promote the meetings, but Farnell admits it's hard to get students to take notice.

"I think there's a lot of things competing for students attention – obviously there's a little thing called 'homework', class, if they're hanging out with their friends or going out to lunch, or whatever."



HSF president Nick Farnell, Darryl Crane and HSF executive director Ercole Perrone head the HSF bi-annual general meeting

Farnell said that of the meetings he's attended, yesterday's turnout was about average.

"You should participate in the activities," said Manoche. "I'm a full-time student but still I spared my time. Everyone can do that."

Farnell agreed: "We're doing this to encourage you guys to speak up and let you know what's going on. We're as transparent as we can possibly be [so] come out and voice your opinion. Take an interest in what's going on. Get out and make your voice heard. Learn what's going on around you."

Monthly HSF meetings are open to all students and rotate between the North and Lakeshore campuses in rooms D109 and H105 respectively. Dates and times can be found on the HSF website or on flyers posted around the school.

How some of us voted

Roundtable zooms in on Ontario election

Jamie Sturgeon OP-ED EDITOR

The Ontario Liberal Party won the election by a convincing margin taking the majority of the 107 seats in its second win in as many elections.

It was the first time the Liberals won back-to-back majorities in over 70 years.

As polling stations started reporting results, *Et Cetera* invited students to a roudntable discussion.

Out of the four who agreed to participate, three voted while one did not. Of those three, two voted Liberal and one NDP.

Marc Cumbo's vote for the Liberals was more a vote against the PCs than in favour of the Liberals, he said.

"I voted primarily to keep the Conservative candidate from winning in my riding," the 26-year-old paralegal studies student and Humber Students' Federation board member said last night.

Cumbo added he expected Premier Dalton McGuinty's Liberals to "marginally improve things" this time around, "which is better than destroying things."

Mike Mitchell, an 18-year-old

business administration student also voted Liberal.

"I thought the previous years before the Conservatives came to power, [the Liberals] had done a pretty good job anyways," he said, adding in general he aligns himself more with a Liberal outlook than a Conservative one.

The New Democrat vote belonged to Mark Liotta, a 20-yearold general arts and science student. "I voted NDP because I'm sick of Dalton McGuinty and his broken promises," he said.

Garland Anthony, 21, did not vote because he said he was reluctant to participate in the current system.

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Ontario Election '07



MMP: Huh?

Juanita Horan

Lost in the middle of the Liberal's red tide last night was the second question on everyone's ballot – the referendum.

Voters showed they want to stay with the existing system where the candidate who gets the most votes wins.

The proposed system, Mixed Member Proportional (MMP) would have added more seats to the Legislature by using the popular vote as the basis.

Second-year business management student Lindsay Martins said she found referendum literature confusing.

"I read the pamphlet a couple of times and still did not understand what they had to say," said Martins, 20. School of health sciences coordinator David Ding thought MMP would have been a fairer representation of the electorate.

"I think Torontonians should vote for what they ike." Ding said.

Under the system people would have been able to vote for a candidate in their riding and also vote for a political party.

"If [the candidate] wins or does not win it does not matter, the point is to vote for the policy," said Ding.

The MMP proposal was decided by the Ontario's Citizen Assembly on Electoral Reform. They studied elections from around the world to research the proposal.

First-year business management student Salvatore Lizzi, 20, said he liked the idea of MMP.

"The change gives the smaller parties a chance to succeed," said Lizzi.

Kenneth Brown

Tory loses to Wynne

Kenneth Brown News Reporter

John Tory's flip-flop on faithbased funding for schools cost him last night as he went down in defeat to Liberal education minister Katherine Wynne in the downtown riding of Don Valley West.

"We have a message for the Liberals. I hope that we'll place first and foremost on their agenda doing whatever they can to raise the standards of integrity and accountability so that we can in turn, together, all of us restore faith in government in Ontario," Tory said in the speech he delivered last night to a packed room of his supporters at the Canadian National Institute for the Blind Centre (CNIB) building at Bayview and Eglinton Aves.

Tory spoke minutes after Premier Dalton McGuinty gave his acceptance speech in Ottawa.

Tory said he plans to continue to lead the party and will talk to his caucus soon about those plans.

"I tried to make a difference in Ontario. I'm going to find a way to do that. I'm not satisfied with just having a job and just going to work everyday," he said.

Tory also lost his seat in the Legislature.

"We're proud of the job he did during his campaign."

- Blair McCreadie, PC President

The upbeat mood inside the room was summed up by supporter John Hankinson.

"I think it was unfortunate that the school issue became the No. 1 priority," Hankinson said.

PC president Blair McCreadie showed his support for Tory in defeat.

"I was pleased with the campaign run. It's obviously a difficult night for people. John Tory for 30 days campaigned with integrity and with conviction.



Kenneth Brow

Barbara Hackett and John Tory at last night's defeat.

We're proud of the job he did during his campaign. We're hoping that we're coming back to Queen's Park with a strengthened caucus."

Tory announced his plan for faith-based funding in the first days of the provincial campaign. His \$400-million pitch to fund private schools was a controversial platform that provoked heated debate and comment. Tory held a press conference Oct. 1 when he said he would take the issue to a free vote in the Legislature if he became premier.

Roundtable discussion

continued from page 1

"I didn't vote because of my ideology," said the third-year film student. "I consider voting now a compromise. I don't agree with any of the policies the major parties have to offer, so why should I give them my vote and help them win?" Anthony said.

Anthony added he had intentions of voting in the electoral referendum also taking place last night, but found out too late that it was being held on the same date. "I would have voted in the referendum and I would have supported it."

The referendum, where voters were asked to decide between the current system called first-past-the-post and a mixed-member-proportional system, would see parties receive seats in the Legislature based on their percentage of the popular vote as well as electing winners from individual ridings.

It's a fairer system according to Cumbo, and may have persuaded him to vote for a smaller party had it been instituted now.

"If we had the extra [option] on

the ballot this time, I may have voted NDP or even Green," Cumbo said. "But voting for either of those parties currently would have been futile."

Yet he added that voting in any system was an important thing to do. "You have to vote," Cumbo said. "Elections affect you. Even if you vote against somebody and not for someone else like I did, you're still affecting the way the province will be run."

Corrections

A story on page 4 of last week's Et Cetera should have included the following information:

Students interested in joining or starting a club should contact the HSF Events office in Room A102 at North Campus or H106 at Lakeshore Campus.

Also in last week's issue, a story misspelled photographer professor Anne Zbitnew's name incorrectly.

We apologize for the errors.



Raymond Andrew de Sousa

Liberal supporters turn out at Etobicoke-North campaign office of incumbent Shafiq Qaadri.

North stays red hot

Genevieve DeBellis

NEWS REPORTER

Humber north campus is still Liberal territory after incumbent Shafiq Qaadri won the Etobicoke-North seat.

Qaadri celebrated the win with about 100 campaign workers and supporters at his Kipling Ave. constituency office.

Qaadri was feeling a mix of emotions after finding out about his win.

"I'm exhausted, I'm delighted, I'm honoured, I'm thrilled, I'm blitzed. I'm all of the above all rolled into one as you imagine," Qaadri said.

After the announcement of Qaadri's win, he danced and celebrated with his supporters.

"I've had the honour and privilege of being a member of provincial parliament for the last four years and of course I want to thank the great people of Etobicoke-North," he said.

Etobicoke-North MP Suzan Hall was also

in attendance to support Qaadri.

"We work very well together. It's positive to have a good working relationship with your counterpart," Hall said.

Nazeer Bishay, a supporter of Qaadri's sees him as not only a politician, but someone he can count on as well.

"He listens to the public," said Bishay.

"He's a good speaker, he has charisma, so we can always rely and depend on him to get the message to the big boss," Bishay said.



Eric LoMaglio

Sylvia Jones gives a short speech about "bittersweet" victory in John Tory's former riding of Dufferin-Caledon.

Former Tory patch stays blue

Eric LoMaglio NEWS REPORTER

Sylvia Jones has taken over the Conservative reigns in Dufferin-Caledon.

John Tory may have lost his Don-Valley West riding to the Liberals but Jones has taken over in his former political home base.

"I now understand the meaning of bittersweet victory, which feels great. Your support, your encouragement your enthusiasm, has made such a difference in last ten months," She said in a short speech she made at her victory party held at the Progressive Conservative campaign headquarters in Orangeville.

Jones said her duties would begin with finding an office headquarters in Orangeville. After that she plans to get down to work regarding the most important issues in the area.

The local hospital and social services are chronically under funded in this area compared to other parts of the province," said Jones, while also stressing the need to add improvements to the highways around the

Jones has lived in Dufferin County for over 20 years and her campaign assistants said this makes her an ideal MPP for the riding.

"I think she is dedicated to the riding, she knows the issues she knows the people here, she knows the political process," said co-campaign chair Kathy Boynton. "She knows how things work and how we get the job done and I feel that she'll be a good

Doug Harkness said Jones vision for Ontario and her loyalty and intelligence made it an easy decision for him to jump on board as the other campaign chair.

"She understands issues better than any of us. None of us can hold a candle to how well she knows the issues here in Dufferin-Caledon," said Harkness.

Jones summed up the win as a team effort with her election staff sacrificing their free time to pull towards winning the riding for

"We've had a great team here, it's been a wonderful experience for all of us. We all had different jobs, different responsibilities, and I think we very much gelled as a team so it feels good to be to the end."

Grits sweep Lake

Sarah Pawson

Liberal candidate Laurel Broten will continue her tenure as MPP of Etobicoke-Lakeshore where she will push forward with an environmental agenda.

'We asked for change four years ago and tonight Ontario said change is working," said Broten.

"More students are learning and graduating. That change is working on our hospitals and also the environment."

Her victory party, which was held at the Brick Yard Barbeque, was an intimate celebration with her family and friends.

Broten said she couldn't have done it without the support of her family.

"I couldn't go into to politics without the loving support of my friends and family and a fantastic team," Broten said.

The change that got her elected four years ago will continue to bring positive things to the Etobicoke-Lakeshore riding, she said.

Jeremy Cadger, who worked on Broten's campaign said he couldn't be happier.

"With a long, hard campaign, it is good the people of Etobicoke-Lashore have re-elected Broten once again," Cadger said.

A friend of Broten said she could foresee her win from the beginning.

"It was in our hearts from day one and we are blessed to be here tonight. It is a long road ahead but I'm sure Broten will come out as strong as ever," said Elaine Canny.

As environment minister, Broten stepped up her green agenda, focusing her time on bringing forward incentives for a greener neighbourhood.

Although her party supported canceling the tuition freeze that has already increased tuition costs up by 20-36% over the past four years, Broten supports the government in investing \$6.2 billion in postsecondary education by 2010.



Laurel Broten celebrates with her twins Zachary and Ryan.

Seniors who receive flu shots are 27 per cent less likely to be hospitalized and 48 per cent less likely to die of the flu, according to a new study. - thestar.com

He said she said keeps residents in the dark

Jennifer Conley NEWS REPORT

There is controversy over the fate of Humber Regional Hospital.

On Aug. 31, MPP Mario Sergio announced the new Humber River Regional Hospital (HRRH) would be built at Keele and Wilson, as opposed to Highway 400 and Finch.

"There will be no overnight stays for patients. People gave millions and millions of dollars to that hospital," said Rennie Terbogt from the Humber River Health Coalition. "About two years ago, there were signs outside reading 'help build your new hospital.' Ten to 11 million dollars was raised, but yet, Keele and Wilson gets a new hospital."

Sergio denies such allegations, and claims nothing was ever said about the new location.

"The hospital on Finch is not closing. It will continue to provide the same services it does now," said Sergio. "Eight million dollars was raised by the community and it was used to upgrade the emergency."

Last Thursday, the coalition held an information meeting regarding HRRH on Highway 400 and Finch.

Terbogt told 60 individuals from the community there was enough space to build the new hospital, due to 20 acres of land that's available.

"There are 130 doctors available

within a three minute walk, whether you build the new hospital on the existing lot or whether we acquire a 20-acre piece of land that is available across the street," said Terbogt. "Finch is a better site. We don't have to tear down stuff. There are medical buildings, a police station, old age homes and hotels all in walking distance. This hospital could bring business and a positive light to Jane and Finch.

Second-year accounting student Amanda DeBartolo was one of 60 people who attended the meeting at HRRH.

DeBartolo has been living in Jane and Finch for the past 15 years and said election promises to improve the area have never been kept.

"Everyone always makes promises to make this community better, but no one ever follows through with their plans," she said.

"We were told we were getting a better hospital. We even raised money for it and in the end, Keele and Wilson gets a new hospital? It just isn't right.'

DeBartolo wasn't the only resident of the York West riding that was upset about the new hospital.

"I'm not very happy about it moving out of our community. In fact, that's why I'm here. We need a hospital," said Yvonne Goulbourne, who is a former teacher at Shoreham Public School and has lived in the area for 23 years. "Other hospitals look brand new or have had a face lift, but I haven't seen one in this area since

I've lived here."

NDP candidate Antoni Shelton of York West made an appearance at the meeting. Shelton agrees with Terbogt regarding the location of the new hospital.

"Why wasn't the new site chosen to be at Finch? I think it's a very good idea considering the services available. Keele and Wilson don't have those services that Finch can offer," Shelton said. "They're dropping \$5 billion to build at Keele and Wilson, what about the investment in this area?"

"Mario said he is excited about the new hospital, but announced it outside his riding," Shelton said.

Shelton said the Jane and Finch community has been ignored and neglected. He said Sergio doesn't have the community's interests at

"I think York West is suffering from living in an area without economic opportunities and quality education," Shelton said.

"Our area is under a tremendous amount of pressure and families need to understand that Mario is not working for their interests," he

Last Friday Ontario Health Minister, George Smitherman alongside Sergio held a press conference in front of the hospital on Finch. According to Smitherman, the NDP have been misleading the community. He said the new hospital will be built at Keele and Wilson, but the existing hospital on Finch will remain open.





Rennie Terbogt tells his side of the story about the hospital.

Sergio said he is reassuring the Finch. He claims "this is just NDP community they had no intentions of closing the hospital on tion time."

shameless fear mongering at elec-

Spots still empty for HSF student representatives

NEWS REPORTER

Low turnout in nominations for Humber Students' Federation director and program representative positions could be due to poor choice of advertising, said culinary student Garrett O'Brien.

'They have the Humber radio and people lister, to the music, I don't have time to stop and read a poster. If I'm walking I can listen to it and then maybe check it out," he said.

Of the 13 positions available on the Humber board, seven spots have been filled, whereas in the program representative positions six of the 200 positions have been filled.

HSF president Nick Farnell stresses the opportunity sitting on the board can bring.

"They want student input, but every year they have trouble getting people on it, which baffles my mind, because it's such an important role. Being engaged in a leadership role at a post-secondary is a huge thing. It gives you the opportunity to step outside the classroom and do something real," he

Students have to obtain 140 signatures from students within their school of study, not just any students in the school.

The HSF is seeking students to fill positions as HSF director and program representative.

As an HSF director, the key role is to work between the program representative and the HSF Board.

There is one representative from each school and your role would be to inform the program rep in that school, of things that are going on. The board of directors has a lot more responsibility. You take issues up to the board level and you vote on the big issues," Farnell said.

The second position available is program representative.

"You can get involved at the program rep level, which is not a lot of work. You're the student representative of your program, you take concerns of your students in your class and students in other classes," Farnell said.



Students interested in running for HSF positions can pick up a package from the HSF office.

First-year social service student program representative Melissa Agyemang said she "thinks it's a really cool position, it's a position where you can do a lot and it really builds you as a leader."

There are 13 board positions and 200 program representative positions available to students.

"There is one representative per academic school. We don't have a full board this year, so we're encouraging the people to vote and sign up for that," Farnell said.

"I noticed the posters around the school," Agyemang said. "I went to the HSF office and inquired and they gave me the information on

Farnell hopes students will sign up for the positions.

You can go to the North office or the Lakeshore office and get the board of director's package. You have to fill it out and get signatures from people."



It's estimated that over 80 per cent of women who are sexually assaulted do not report it out of fear or the prolonged process of the law. - www.gov.on.ca

Meeting held to ease shock of alleged assaults

Kenneth Brown
NEWS REPORTER

Concerned parents met at Smithfield Middle School Tuesday night to discuss the alleged sexual assaults at the school last week.

Eight 12 and 13 year-old boys were removed from the school near Finch Avenue West and Martin Grove Rd. and charged with sexual assault on Sept. 25, according to Supt. Ron Taverner of 23 Division. The boys' identities are protected under the Youth Criminal Justice Act.

Superintendent of the Toronto District School Board, Trevor Ludski said the meeting was held to answer any questions parents had. He said the meeting went very well.

"I think the main thing that I heard was that parents want to be assured their children are safe in schools tomorrow," he said. "There are programs and services in place to support both the children and victims, as well as the children who were perpetrating these acts."

Taverner said assuring parents comes down to communication.

A letter was sent home to parents following the incident and it was suggested a police media release should be attached because parents heard varying degrees of what happened from their children.

"I think that it was blown out of proportion in some ways, as far as the events," Taverner said about the media's coverage. He mentioned some of the parents were blaming the media, and one parent claimed to hear the incident referred to as rape.

The police have concluded their investigation, Ludski said, and Smithfield's principal Rupert Castello is also investigating.

Castello interviewed some of the eight students and their parents earlier on Tuesday, but his investigation is still ongoing.

He said as a result of a police condition, the eight students will not be allowed back into Smithfield, but are still receiving homework. The boys will be sent to other schools.

The important message is parents need to talk to children about the events at the school, though, parents need to talk to their chil-



Kenneth Brown

The Rexdale community hopes to resume life as usual.

dren in general, Taverner said. Good parenting practices are important, like knowing where their kids are and who their friends are.

He said young people need to know school and societal rules and they cannot break them.

Ludski said he and his staff would look into preventative programs they could add as a precautionary measure. One of the programs in Ludski's family of schools deals with gender equity issues.

"Those are the kinds of programs we're going to be looking at for sure, not only in this school but across my schools," he said.

He said a school of 850 students is bound to have problems and he's concerned about its reputation because it's an excellent institution. The students helped raise money last year to build a school in Sierra Leone and are doing the same this year for Ghana.

"This staff and this community are obviously reeling right now, but they'll bounce back because [it's] such a strong school," Ludski said.

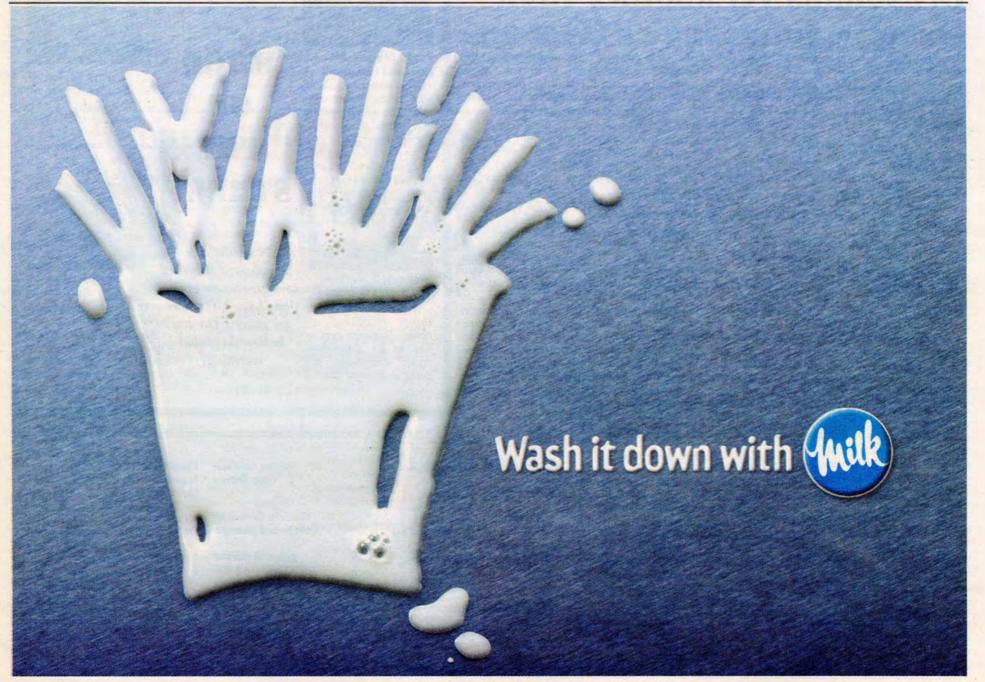
Michelle Knight, whose daughter is in her final year at Smithfield, said the incident didn't scare her and she came out to show her support for the school and the community. She said she's concerned for her child and wanted to get more details.

"I was somewhat taken back after listening to reports and speaking with my daughter, then I figured it was just rough play that went bad," Knight said. "I don't think that the boys realized what they were doing when they were playing."

Taverner said police were called to the school on Sept. 25 by a viceprincipal who informed them of the incident.

After further investigation, police discovered four assaults had taken place outside the building on school property.

The eight boys were charged with various crimes related to sexual assault and will be appearing in youth court on Nov. 8.



EDITORIAL

"We always want the best man to win an election. Unfortunately, he never runs." - Will Rogers, 20th-century American entertainer

McGuinty rides on gift horse Tory

Ontarians prove they're remarkably comfortable with the status quo

birth to a baby goat, and many

Ontarians wouldn't have

noticed.

Dalton McGuinty lead the Ontario Liberals to another majority government. Although he was blasted by his opponents for failing to make good on previous campaign promises, the premier of Ontario needn't have worried about the competition. While his opponents were out on last ditch campaign drives, McGuinty was able to put up his feet and relax. From his home in Ottawa, McGuinty and his family watched television as a red wave swept through Hampton could have given

the province. Fifty-four per cent voters cast a vote in the electoral referendum and it appears they chose not to introduce the mixed-member proportional system,

proving that Ontario's voters are uncomfortable with things they do no completely understand.

Polls taken prior to Wednesday's vote had the Liberals well out in front of the Progressive Conservatives, thanks in large part because of John Tory's promise to fund faith-based educa-

It turned out that issues like tuition costs, native land disputes, and health care reform were not as important to voters as the matter of faith-based funding. And Tory wasn't able to pull his foot out of his mouth fast enough.

A disappointed Howard Hampton rallied his

supporters after hearing the final count. Hampton had hoped for a Liberal minority, which would have left his New Democrats with the balance of power. Hampton could have given birth to a baby goat, and many Ontarians would-n't have noticed. The province was distracted by the Progressive Conservative train wreck.

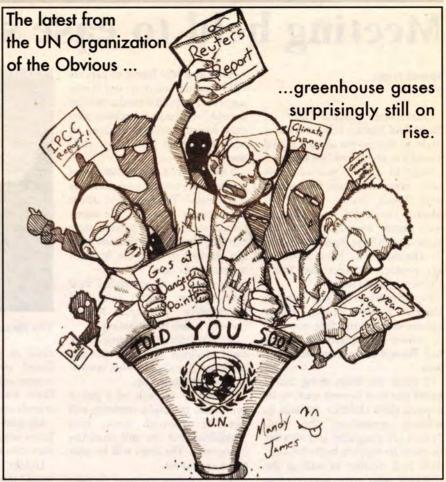
During his acceptance speech, Premier McGuinty had many people to thank. But, he

forgot to thank his gift horse, John Tory, for laying out the red carpet. Voters who painted Tory with a religiously fervent brush didn't change their minds, and his decision to put the issue to a free vote,

was viewed as treasonous by his supporters.

Although Tory did take back some ground in his old riding, Dufferin/Caledon, the PC party took a shellacking overall, losing more seats than any other party. So as voters, we have spoken. Tory might have done better if he had just stuck to his plan to fund faith-based schooling. Instead he alienated a huge part the electorate who would usually be PC supporters.

So the people of Ontario have decided they want everything to stay the same. They want their democratic system and their premier to stay exactly the same.



UN sounds yet another siren

He said simply cutting back

on emissions in not enough.

So, it's time to make those

drastic changes.

Last weekend's heat wave got many people in Ontario diving for the thermostat. On Monday the mercury reached 30.8 Celsius, the highest recorded temperature for that day since way back in 1916, when it was 28.4. So we turned on the air-conditioners and broke out the coolers. But some experts are insisting that in a short period of time, we'll have to

come up with some more drastic solutions.

Tim Flannery, an Australian change scientist, told Reuters that a UN international climate change report due in November is going to show the world's greenhouse gas emissions are about to

become a real problem. He said the global economic boom has accelerated emissions to a dangerous level, and could potentially cause

irreversible climate change.

Flannery said there are 200 gigatonnes of carbon pollutant in our atmosphere which have been hanging around since the industrial revolution. In China, there are only six car owners per hundred people, according to the BBC. In western countries like Canada or the U.S. 90 per cent of families have a vehicle. Imagine how many gigatonnes of pollution will be pumped into our atmosphere after millions of Chinese families, who are going through an economic revolution of their own, decide to hop on the automotive band wagon? The truth is our planet simply cannot handle

Flannery suggested the world could buy "climate security" by paying villages in countries like Papua New Guinea to stop logging.

He said the only way to deal with the pollutants in our atmosphere is to somehow flush the air through the tropical rain-

forests. He said simply cutting back emissions is not enough.

So it's time to make those drastic changes. It's time to turn off lights you aren't using, use fewer appliances and cut back on time your spend behind the wheel. Because the small things you can do right now to help clean up our atmosphere could have a very real impact on how long, and how comfortable the rest of your life will be.



Jason Mogus, 20, Rec. and Leisure

"Yes I do because a lot of stuff is happening right now. The winter's getting shorter and the summer's getting hotter. It's a good thing that all these [energy efficient] cars are com-



Mohamed Shareef, 19, Business Admin.

things [humans] are doing. Factories, cars, it has to go somewhere right? Eventually it's going to do some harm."

WORD

STREET

A UN report due to be released shortly says greehouse emis-Yeah. Look at all the sions have hit a 'danger mark'? Do you believe in global warming?



Caitlyn Melo, 20, Spa Management

"I do. Today is a cooler day, but just last weekend on Monday. It was the hottest day ever for for this time, so I believe that.



Sean Foster, 24, Accounting

"I believe that the hysteria is because the general population is misinformed. It's become a political agenda opposed to a reality-based

HUMBER ET CETERA

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PROPS&BURNS

"Privacy is not something that I'm merely entitled to, it's an absolute prerequisite." - Marlon Brando, Oscar Award-winning American actor

Wrongful surveillance unsettling

Video cameras in public spaces should be a comfort, not invasive



Christine Teskey

Surveillance cameras are becoming increasingly more common, appearing in more schools, businesses and on more streets. It feels almost like we are contestants on Big Brother. The proper use of this technology is for enhancing safety, security and for supervisory reasons...or so I thought.

During the summer I went to a downtown sporting wear store, where I noticed a disturbing sign inside the change room. Hung over the mirror the sign read, 'This room is under surveillance.' I didn't think much of it at first, until I realized I was getting undressed and at the same time being filmed. I looked around to see if there actually was a camera and where it was, but the room was low lit and I couldn't tell for sure.

I understand the store wants to stop theft by using surveillance cameras, but having a camera inside the change room seems to me an invasion of privacy. I couldn't use the fitting room. I kept picturing employees hovering over surveillance screens in the store's back room. Did I over

react, maybe, but there was no way I could have known for

Can surveillance methods go too far? Good news is that most cameras monitor entrances, hallways and stairways, and don't arouse much controversy.

Video surveillance in schools can help solve crimes, reduce student misconduct, strangers out and boost safety for students and staff. People are far less inclined to misbehave when the camera is rolling. In the case at the sporting wear store, employees hoped the sign on the fitting room wall would be enough to stop shoplifters.

> Under the right conditions, video surveillance can be a useful technology.

Businesses also use video surveillance for safety and security reasons, but also to keep an eye on employees. There is no more goofing off on the job.

Under the right conditions and in the proper places, video surveillance can be a useful technology. It's good to have parking lots, building hallways, stairwells, entrances and school cafeterias monitored. Commonly used classrooms and computer labs are also useful places to be

A store's fitting room is not a proper place to be monitored, it's an invasion of our privacy. Maybe the lights inside the change room were low lit for a reason, to hide a video camera. Or the store manager placed a sign up to only scare customers from stealing, and actually there is no camera. Either way, it is unsure to customers. Video cameras in stores should be placed at the entrance and in hallways.

Here at Humber, comprehensive, state of the art technology is used to enhance the quality of life on campus. The security personnel on campus monitor public areas on television screens. The purpose of this technology is to deter crime and protect the safety of students and staff on Humber property. The information obtained through the video monitoring system is only used for security or law enforcement purposes. It's comforting to know that while at Humber, we are monitored in public areas like the classroom and not in private areas such as the gym

The purpose of a surveillance camera is to make people feel comfortable going about their day. The purpose is not to get them on camera.

monitored.

NANOTECH PIONEERS ALBERT FERT AND PETER GRUENBERG FOR THE 2007 NOBEL PRIZE IN PHYSICS. LAPTOPS AND IPODS OWE THEIR EXISTENCE TO THE

AUSTRALIA FOR ATTACKING JAPANESE WHALING THROUGH A YOUTUBE CAMPAIGN AIMED AT JAPAN'S CHILDREN: WWW.YOUTUBE.COM/DEPTENVIR ONMENT.

HUMBER'S MEN'S AND WOMEN'S GOLF TEAMS, WHO WON BACK-TO-BACK PROVINCIAL TITLES LAST WEEK -- AND OCAA RECORD.

BASEBALL'S CLEVELAND INDIANS, FOR BEATING NEW YORK IN THE AL PLAYOFFS, AND BRINGING JOY TO THE HUN-DREDS OF MILLIONS OF NON-YANKEES FANS.

THE LIBERAL PARTY OF CANADA, WHERE INTERNAL STRIFE HAS LED TO A DROP IN POPULAR SUPPORT FOR THE STEPHANE DION-LED PARTY FROM 34 PER CENT TO 28.

JAPAN'S WHALING INDUSTRY FOR PLANNING TO HUNT 50 HUMPBACK WHALES AND UP TO 935 MINKE WHALES UNDER THE BOGUS PRETEXT OF 'SCIENTIFIC

NIKE, FOR ANNOUNCING IT WILL BE SELLING OFF ITS HOCKEY DIVISION 13 YEARS AFTER BUY-ING UP EQUIPMENT MAKER

ATLANTIC CITY, N.J., MAYOR ROBERT LEVY FOR INEXLICABLY DISAPPEARING TWO WEEKS AGO, AND IS IN DANGER OF LOSING THE OFFICE UNDER AN ABAN-DONMENT CLAUSE.

For Spears sake, leave her be

Public's desire to see her fall at fault for pop star's woes



Amberly McAteer

On most Friday nights (as sad as it is), you can find me glued to the weekly episode of Intervention, a dramatic reality TV show that follows the lives of addicts and their plight to get clean. In all my Friday nights, one pattern has become clear to me: in the worst cases, there is a serious enabler who just simply doesn't know the meaning of tough love.

But in the case of Britney Spears, it is the very watching that is causing the damage, like the mother who drives her son to his drug deal.

The public fascination with the once princess of pop is out of control. We no longer peek in on her personal life just out of curiosity, for a harmless glimpse of her latest party antics. Now images of her smoking while pregnant or flashing her genitalia are the norm.

At any given moment, thanks

to the tireless paparazzi, we can see Britney doing any number of terrible things: dropping babies, ramming into a parked car or embarking on a shopping spree just hours after losing custody of her two chil-

So when is it going to end? At what point do we as a responsible audience say enough is enough? What does it say about

By paying any sort of attention we're just encouraging the poor girl...

a society that is so infatuated with such personal disaster? There are those - like my dear

best friend, a hardcore Britney fan who called her latest song "an affirmation of the future of pop music" - who say the public has every right to know her intimately, that a true fan follows her everywhere.

And there are those who would argue that she's doing it to herself, and even if we're causing it, it's not our responsibility to stop her.

There was a time when the more publicity a star got, the better they became. But for Britney, the more we watch, the worse she gets.

Millions of bloggers and YouTubers labeled Brit's per-formance at the MTV Video Awards as a sorry attempt for a comeback, but for some reason, the song is the number one most downloaded song on iTunes.

By paying any sort of attention, we're just encouraging the poor girl to go deeper down the path to self-destruction and farther away from reality.

Have issue? Have your say

If you would like to comment on one of the stories from this week's Et Cetera please e-mail etcetera_op.ed@hotmail.com

Please include your full name, contact information, program or occupation.

Of snakes and scholars

The Iranian president's recent visit hissed venom



On Monday Sept. 24, New York's Columbia University hosted a lecture, but this was by far no ordinary lecture, for it had no ordinary guest speaker. environmentalist renowned David Suzuki? No. Was it famous science-fiction author Michael Crichton? No. Was it even Democratic candidate Hillary Clinton? I wish. It was none other than the beast from the Middle East and every Muslim nut bar's best buddy, President Mahmoud Ahmadinejad of Iran.

For those who are unfamiliar with Ahmadinejad's beliefs, or lack of them, allow me to summarize. He is a fervent Holocaust denier and has repeatedly demanded for the destruction of Israel. Not long ago, he held a conference of "scholars" to debate the "Holocaust myth." His country funds the Hezbollah guerrillas in Lebanon gents in Iraq, and and the insur Ahmadinejad denies the existence of homosexuals in Iran and questions al-Qaida's role in 9/11.

Now, I could go on and on about how much I hate this leader, but my beef for now is with those who brought him to Columbia in the first place. Granted, Columbia president Lee Bollinger did slap Ahmadinejad around, but my point is that Bollinger invited the Iranian president to the university under academic freedom and freedom of speech.

Citing academic freedom seems to have become this century's getout-of-jail-free card. This problem parallels the strategy used by racists who routinely hide behind this country's freedom of speech so that no one can stop them from spreading their hateful, bigoted

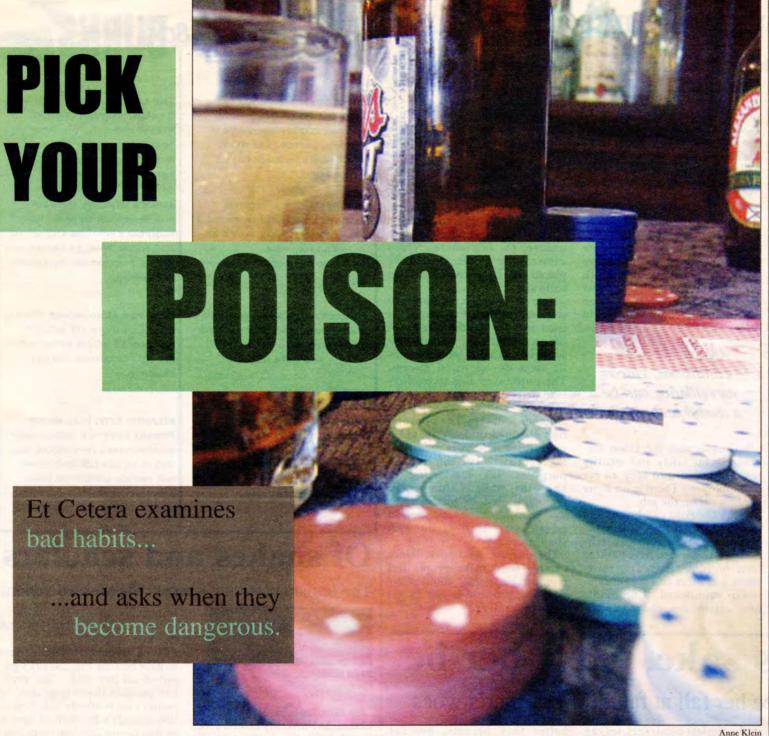
Anyone remember Dr. Shiraz Dossa, the professor from St. Francis Xavier University? Well, he chose to use his academic freedom and attended Ahmadinejad's hoedown of hate mongers, creating quite the scandal here at home. He too hid behind academic freedom when his scholastic credentials were being undermined and when people inquired about his motivations for going.

Despite my criticisms, I am actually a proponent of academic freedom and freedom of speech. I am simply infuriated when these fundamental democratic rights are abused so that bigots can continue to spit verbal poison unhindered.

When one is entrusted with academic freedom, one is expected to use said freedom to further academic causes, not to give voice to the ignorant, the heartless and the deniers of the truth.

Therefore, whenever you are unsure if you are hearing a scholar or a snake, remember this, only wisdom and truth comes from a scholar's mouth while snakes only spew venom.

More than five million kids may be addicted to playing video games according to an American Medical Association study released in June. - www.cbsnews.com



Stress from schoolwork and a new sense of freedom can drive students to harmful behaviour.

Seeking advice on your vices

Anne Klein IN FOCUS REPORTER

Everyone needs to escape from the stresses of school once in a while. Some people turn to alcohol and drugs, others to shopping, sex, gambling or working out.

The question is: where is the line between a stress-reliever and an addiction? Some students take their newfound habits too far, getting to a point where it interferes with their school work, which only adds more stress, and a vicious cycle begins.

"Only too much is enough," said psychiatrist Jim Pomeroy. "The initial problem is initially avoided or reduced and then after suffirepetitions, behaviour/addiction takes on a life of its own and it becomes a prob-

But how do these addictions begin? Being unable to cope with stress and new surroundings are probably the biggest factors. Second-year robotics student Thomas Marshall said he believes first year students living in residence are most at risk for gaining an addiction.

"People get so overloaded with the fact that they don't have teachers breathing down their necks with deadlines anymore. Suddenly, you're free to not do your homework, and there are really no immediate repercussions for that," said Marshall

"Some people haven't quite adjusted to that yet, so you get this totally unadulterated sense of freedom that comes from living in residence and being away at college for the first time," he said.

Too often, students use this freedom as an escape from doing homework. Eventually, these freedoms begin to call to them whenever they are faced with too much work. The problem begins when students give into these callings more often than not.

Paramedic Allison Knapp said it is important to identify warning signs of possible addictions.

'If a person begins to recognize that they are doing something too often, or begin to feel they need whatever it is, they should abandon it altogether, or consciously restrict themselves from it for a time," Knapp said.

This may be easier for some than for others. Students who have been overly involved in their addiction for too long may find it difficult to simply quit. They may need outside assistance to face their problem and find a solution that works for them.

Et Cetera reporter Bobbie Tubbs asks students and gaming officials about how to curb gambling addiction, and Tiffany Thompson reports on how Humber residences are addressing the problem of alcohol.

But not all problems are easily diagnosed. Whitney Stinson reports on work addiction and finds out when our drive to do it all becomes detrimental to our health and quality of life. Meagan Dodds explores the role of societal pressure in her article about body image obsession.

Senior residence assistant Kati Shaw said finding the right people to help is key.

Know your resources. There is so much help for people who get stressed. Counsellors are there to ask questions to help you think analytically. It's a lot harder for people who don't have a support network," Shaw said.

Students who wish to seek counselling can make an appointment at Room D128 or can call 416-

Knowing when the chips are down

IN FOCUS REPORTER

The nearby Woodbine Racetrack is a destination for some students who want to pick up extra cash, but the draw to gambling can have negative results.

"I've heard a story about someone betting all of their money from OSAP at a casino and won it all back and then just went and paid it off. But what if he didn't win it all? He would have to pay that and the government back, said Phil Vargas, 23, a fourth-year photography student at Guelph Humber who gambles occasional-

"I wouldn't say I have a gambling problem. I've never gone to the casino alone. When I go to the casino I have a set limit I can lose and I've never gone beyond that."

"I had a friend who had a gambling problem," Vargas said. "He kept spending so much money one night, he lost \$1,000. He was so frustrated he went to the front and banned himself for a year, because you can do that at casinos now."

The Ontario Lottery and Gaming Corporation is taking steps to encourage responsible gaming, some include: responsible gaming centres located in their facilities, brochures that lead people to help lines and counselors, public presentations to universities and colleges and stakeholder groups about the problems with associated with gambling.

Jane Homes, vice-president of corporate affairs at Woodbine racetrack, said Woodbine officials have done a lot to ensure gamblers stay responsible while having fun.

"We believe that people come here to spend their discretionary dollars. It's not in our best interest to have a costumer who has a problem with gambling, if they have a problem and lose money they can't come back again," she said.

"It's the excitement of the horse. You don't have to bet on a horse, it doesn't cost you for parking, or to get in. You can just cheer on a horse without betting on it."

However, Homes is not concerned with the amount of students that come into her facility, but the amount that gamble online.

"From what I understand there are a lot of students that go and pursue online gaming. That's a whole area that's unregulated in Canada, illegal in the criminal code. They are predominantly offshore companies," Homes said.

For more information on help centers visit www.opgh.on.ca or call 1-888-230-3505.



The average individual with a drug addiction needs \$200 per day to support his/her habit. - http://www.stopdrugaddiction.com

distorted

Seeking perfection at the cost of our health

Meagan Dodds IN FOCUS REPORTE

Many young females today strive for perfection to the point where they put their own health at risk. Sarah Ashbury, 21, a former student at Humber, has taken her need to achieve perfection to the point that she developed an eating disorder.

"I absolutely think that it has taken over my life. I started to have eating disorder patterns about three years ago. I wanted to lose weight. It developed into an eating disorder when I started to avoid social situations so I wouldn't have to eat. I started over exercising, and avoiding my friends and family," she said.

Ashbury is not afraid to admit that she took counting calories to an extreme and frequently found that she was in the never-ending circle of yo-yo dieting.

"My lowest calorie count was when I would go three days on 100 calories a day. On the third day, I couldn't even get out of bed," said Ashbury.

Excessive exercising to the point where you are physically harming your body is also another major issue when it comes to body image.

Dr. Erica Berman, senior research consultant and health promotions strategist with Pollara, said people often think over exercising is okay.

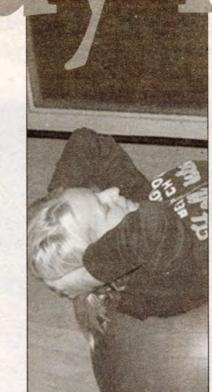
"I think that sometimes people justify it because exercise inherits the idea that it is good for you so we tend to believe that more is bet-

She said there are both physiological and psychological signs that attribute to over exercising.

"Physiological signs would be overuse injuries, stress fractures, injured ligaments and tendons. You develop a lot of physical strain along with other symptoms. Psychological signs are depression, insomnia and an increase or decrease in appetite," said Berman.

Matt Koller, a fitness and health promotions instructor at Humber, said that there are other signs that can indicate someone is exercising too much.

"When you become injured and you can't heal or you get sick all of the time, that means that you are exercising too much. From a psychological standpoint, it is a selfesteem issue. They may be trying to control their body image to compensate for something else.







Meagan Dodds

Overuse injuries, muscle tears and strains could be a sign that you are exercising too much.

For example, they may be in an abusive relationship, be the victim of bullying, or have trouble with their parents at home."

While many young females often think that if they go on extreme diets, they will lose the weight faster. Koller, however, said that's just not how it is.

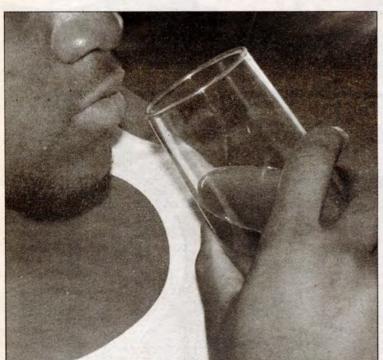
"The thing that people have to

realize when it comes to weight loss or weight gain (guys usually want to gain weight to build muscle) is that it's a numbers game calories in, calories out," said Koller. "What they don't realize is that the body will adjust. Take for example, either a male or female. They want to lose 20 pounds. They think that if they stop eating for a

week, they will lose weight. But your metabolism will become depressed, which means that ultimately, you will gain the weight back, and then some," he said.

'We're driving ourselves so hard to fit in with this kind of form where the average female model is 23 pounds lighter than the average female. We are our own worst crit-

Resident Advisers warn binge drinkers



Tiffany Thompson

Even drinking on weekend binges can be a problematic

Tiffany Thompson

October 15th kicks off Alcohol Awareness Week in residence with events like Party 101, Iron Chef Mocktail and Drink or No Drink; RAs are trying to raise caution in students about binge drinking.

"I've seen students come back very intoxicated," said resident life co-ordinator Nadia Rosemond. "Usually it happens on special occasions if they're celebrating something. If they're celebrating a birthday, or if friends are visiting them from out of town, I do notice that some students go too far." Rosemond said the aim of this week is to help students understand that they don't have to drink to have a good time.

"There's usually a bit of it the first weeks of school because students are like 'Oh we're in college, let's party.' And some of them don't know their limits," she said. Lauren Farina De Lima, firstyear general arts and science student, said she drinks about two to four times a week.

[I drink] to have fun. I like the loose feeling that you feel, you don't really care what people think of you. You can just blame it on the alcohol, even if it's not really that," said Faria De Lima.

Caroline Tauzon, another firstyear of general arts and science, said even though it's her first year she doesn't feel the pressure to drink. "Usually I make my own decisions...I drink 'cause I want," she said. "I just like feeling that feeling of tipsiness

Kicking back at CAPS, the girls believe promotions like 'Cheap Pitcher Day' encourage students to

Even after having a couple drinks during her two-hour break from classes, Farina De Lima said she'll be able to function for the rest of her day. "Yeah, maybe with a few washroom breaks."

Tauzon said even if she and her friends didn't have a break from class, they would still be hanging out at CAPS.

Counselor/intervention expert, Samuel Waldner, agrees that students are more prone to drink once they discover their newfound freedom at college.

"I think at many universities and colleges there's a real encouragement to drink, there's a real encouragement to party," she said. "The environment itself encourages out of control behavior."

Walden, who runs his own addiction and counseling practice, suggests that the key to dealing with new freedom is for students to come to college mentally ready for the experience.

"I think a lot of people aren't prepared for it," said Walden, "knowing that there's vulnerability, you need to be prepared for it and you need to be prepared to deal with your feelings."

A 2006 Stats Canada report defined a long work year as more than 2,400 hours, or 46 or more hours per week for 52 weeks - http://www.statcan.ca

All in an average day's work

IN FOCUS REPORTER

Forty-six per cent of full-time students are dealing with more than just the time pressures of school, but also the responsibility of holding a job, according to Stats Canada. Experts are beginning to question whether this is a healthy habit, or if it's the beginning of work addicting tendencies

Karen Fast, manager of the Humber career centre, oversees about 200 students a day for resumé help, job market research, and mock interviews.

Students aged 18-24 are working an average of 15.3 hours per week. This is about two hours more than averages taken in the 1990s, according to a Stats Canada report: Students in the labour market (2005).

Fast said too much work during the school year can result in stress, fatigue or compromised projects. However, if done in moderation, Fast thinks a balance of work and school can benefit a student.

"I think it enhances their time management skills, social skills, work ethic. It improves those skills that employers are looking for," said Fast.

Pamela Farber, 21, a fourth-year fine arts student at the Ontario College of Art and Design, is a fulltime student and a part-time manager of her own international jewelry business.

Óphelia Jewelry was a hobby Farber started five years ago, but a year and a half ago she opened an international jewelry website, which does business all over North America and Europe.

"I do all my own advertising, marketing, designing, buying, photography and modeling now. I set up all my own festivals. I do everything," she said.

Farber also works 32 hours a week at a bead shop called Fancy Gems and Accessories as an assistant manager.

In addition to her two jobs, Farber is working on finishing her degree. She spends 12 hours a week in class, and about another 12 a week doing homework.

"I could go to a club or something one night a month, probably more if I was crazy about that, but I value work more," she said.

Farber, although not diagnosed, would consider herself a workaholic.

Scott Schieman, assistant professor of the department of sociology at the University of Toronto, has mixed feelings about the term workaholic.

He would rather define it as "an excessive inability to control the ability to work" or "doing work when you don't really need to do it, but you're addicted to it." He said a lot of surveys you'll find on Google will have slanted stats on how many Canadians are workaholics because they ask generic questions such as, "Do you work long hours?"

To Schieman, this is not a fair assumption.

"It doesn't tell you the quality or extent that people are working.

Whether it's school, or paid work, how much of that work are they required to do?" he asks.

'Students have to think about priorities. I taught a night course a while back, and I could tell the students that had been working all day. Their psychological energy had been drained. Students need to think about how far all that will take them," said Schieman.

Farber admits she is falling behind in time-management

Farber is accustomed to her busy schedule. Although her boyfriend complains about her many roles, she is ready to keep this pace up even after she graduates.

"When I have a day off, I start freaking out. I think I could be doing more stuff, making someone of myself. I feel the need to feel accomplished. I enjoy being busy, and that's the bottom line. When I'm not, I don't feel good about myself," she said.

...work, school, grades, money, sleep, boys...



Pamela Farber, student and entrepreneur.



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FOR THE ATTENTION OF ALL HUMBER STUDENTS Election

for the

Student Representative

to the

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

Your candidates	SAMUEL ANYANWU			
	PABLO GATICA			
	TAMIKA JARRETT			
	JESSE LAFLEUR			
	CINDY LOURO			
Chief Returning Officer	Franca Giacomelli, ext. 4492			
Campaigning will take place	October 9 – 15 inclusive			
Candidates' Forums	To be confirmed.			
	North Campus, Student Centre			
	Lakeshore Cafeteria in A/B building			
Voting days and times	Tuesday, October, 16, 9.00 a.m. – 7.00 p.m.			
	Wednesday, October 17, 9.00 a.m. – 4.00 p.m.			
Location of polling booths	North Campus: outside Gourmet Express/Humber			
	Room			
THE CLUB CO. ST. CO. LANS.	Lakeshore Campus: cafeteria in A/B building			

All Humber students are eligible to vote in this election providing they can show the following identification at the polling booth

Full and part time day students	one piece of personal identification with photograph and name on Voters' List			
Continuing Education students	One piece of personal identification with photograph and current 'Admit to Class' form.			



"Why buy the cow, when you get the milk for free?" - Kid Rock to David Letterman when asked about Rock's ex-wife Pamela Anderson recent re-marriage.

Former Popular star Carly Pope has just been signed for an episode of 24. She will play the girlfriend of the president's son in the real-time drama. www.tvguide.com

While its already well-known that Conan O'Brien will replace Jay Leno on The Tonight Show when Leno leaves in 2009, it's still up in the air as to who will then replace O'Brien on his show. One name that keeps coming up is former SNLer Jimmy Fallon. While the studio won't confirm this widely held belief, they do say that he is on a short list of replacements. www.ew.com

In a weird case of art imitating art imitating life, two movies based on the life Pablo Escobar are currently in the works. Ever since TV character Vincent Chase made the fictional film Medellin on Entourage, Escobar has become a hot topic. The first film, Escobar, will be produced by Oliver Stone. The second film, Killing Pablo, will star Christian Bale. www.variety.com

Justin Timberlake, Daughtry, Linkin Park and Beyonce each received four nominations for this year's American Music Awards. The show, which will be hosted by Jimmy Kimmel for the fourth time, will air live Nov. 18. www.cbc.ca

In yet another comic book adaptation, the guys behind 300 have snapped up the rights to The Last Christmas. The somewhat unusual comic tells the story of how Santa Claus decides to turn his back on Christmas. While he's away, however, the world becomes overrun with demons and Zombies. Once he realizes the problem, it is left up to Santa to save the day. www.darkhorizons.com

While many new pilots each year struggle to find an audience, Gossip Girl fans don't have to worry. The CW show has been picked up for the remainder of the season. www.eonline.com

Former Knight Rider star David Hasselhoff has been cast as the lead in Anacondas 3 & 4. The films will be shot back to back and will probably be shown on the sci fi channel before making its way to your local Blockbuster. www.moviehole.net

Compiled by Josh Stern

No labels for this funny guy

Heather Senoran

For such a little guy, Andre Arruda sure can attract big laughs.

The 24-year-old Humber comedy grad was a huge hit with the crowd at last week's finals for the Stand Up, Throw Down comedy competition at McVeigh's Irish pub in downtown Toronto.

Although he didn't win, Arruda's top-10 finish does prove he's got talent. Not bad for a man just over three feet tall.

Event organizers Laura Prosko and Derek Forgie couldn't have been happier with the turnout.

'It's exceptionally busy in here," Prosko said, minutes before the competiton began. "Over 100 people are here so I'm feeling good. The night has got that electrical vibe that a competiton like this needs."

The proceeds from the show went to support www.straightnotnarrow.ca, a web site for HSSE -Heterosexuals for Same-Sex Equality. The prize was \$500 cash, a guest spot at Yuk Yuks, tickets to see comedian Mort Sahl and a weekend at the Marriot hotel.

Arruda, was born with a rare genetic disorder known as Morquio's syndrome, which is a form of dwarfism that affects bone development and stunts growth.

In 2001, he moved to Toronto to enter Humber's comedy writing performance program. "One of the best decisions I've ever made was to go to Humber. It opened my eyes to the comedy scene," Arruda said. "I had direction for the first time in my life. I didn't get that in high school."

A few weeks into the program, he entered CAPS' comedy competition. It was his first stand-up comedy experience and he won, beating competitors who were all in their second year.

His stand-up style is sarcastic and slapstick. He said he is a storyteller and openly talks about his lifestyle and the humorous events that occur in his everyday life.

"In my stand-up, I do talk about my experiences as a disabled person. That's what makes the audience listen to me. They usually don't know what to think. Hopefully it will educate them," he

Arruda is now a regular in the comedy scene in Toronto. He performs weekly at several different venues and has been on TV many

Though he has accomplished a lot and continues to climb the ladder of success, he still remains humble.

"I'm not so different from everyone else," he said. "I'm a human being. I eat. I sleep. I date. I breathe. When people label me, I hate it. Labels are so limiting. I feel like there's not much I can't do."



Andre Arruda during his routine at McVeigh's pub downtown.

Bands fail to battle at event



Faculty lead Marco Tremonte.

Greg Coyle A&E REPORTER

The first battle of the bands kicked off this past Tuesday to less than stellar results.

After two bands didn't show up, Humber rockers Outspoken and The Faculty both walked away with a chance to win \$750 in March.

The Battle was the first of four HSF will put on throughout the year. A winner is supposed to be announced after each one, with all the winners and one wild card competing in a finale for the prize money in March.

The show opened up with poppunkers Outspoken blasting through their set of up-tempo, high-energy tunes. The foursome, fresh off playing an opening slot for The Ataris, is going on tour in March to support their ten song LP Hear We Go.

Next on the bill was The Faculty, who toned down the speedy, skatepunk style of Outspoken, to a more easy-going, acoustic feel. The three-piece had a shorter set list, which could have gone a lot smoother had the sound been

"I don't think it was our best performance, not even close," said Adamo Calafati, 19, the guitar player for The Faculty. "We've done a lot of other stuff that was a lot better. I don't want to diss the sound guys or anything, but I couldn't hear anything at all."

Calafati, and second-year accounting student Marco end." Tramonte, were joined by former band member Anthony Miniaci to perform. Miniaci however, was not overly impressed with the turnout.

"It should definitely be bigger," said Miniaci, who is a part-time financial planning student at Humber. "There weren't enough people here at all. If there were more people it would be a lot better. This place is big enough to hold more people. There was only about a quarter of the place filled. It would create more crowd ener-

Tramonte, who is the lead singer, found out about the Battle from flyers put up around the school, but felt that the event deserved more publicity.

There wasn't enough time to advertise," said Tramonte, 19. "They should have started (advertising) right as soon as the semester started. They also could have given bands more notice, not Thursday of Thanksgiving week-

CAPS bartender and Guelph-Humber student Thomas Dowson thinks the turnout could have been a lot worse.

"The turnout wasn't bad for two bands showing up," said Dowson, "It makes the atmosphere better because there's always music playing. Sometimes Tuesday nights can be kind of slow."

The next battle will take place Nov. 7 at the Lakeshore campus.

How to sign up

Greg Coyle

Bands have to go Sonicbids.com to sign up for a free 30 days account, where they then find the listings for the Humber Battles.

- Once found, the prospective band has to pay a \$5 registration

- Once the 30 days are up, Sonic Bids will continue to charge your account, unless you cancel it.

- If you do cancel your account, the information will stay in Sonic Bids' database. However, in order for promoters to see that information you will have to renew your account for a minimum fee of \$5.95.

- The site does offer many different account options at different prices. If you sign up for the wrong account, contact Sonic Bids and they can help you either change accounts or get a refund. If you continue to have problems, go speak to HSF.



"Radiohead has taken the unusual step of telling fans that they can pay as much or as little as they like for the band's new album In Rainbows." - www.telegraph.co.uk



Alumini Big Band will play with Grusin

Jazz composer coming to set music straight

Kyle Rindinella

Seven-time Grammy award winner Dave Grusin will make a special appearance and performance next Wednesday at Lakeshore.

Grusin is widely known as a topnotch composer, musician and musical director. He has written soundtracks for films such as Ocean's Twelve, The School of Rock, and Next Friday.

Composed for over 100 movies and TV episodes, Grusin is this year's international artist in residence brought in by Humber director music Denny Christianson, to perform and spend two days with the school. Christianson said the school is very lucky. "His career is a prototype of what every student would want to do.

"Grusin will be able to lend a valuable insight into film scoring," Christianson said, especially to fourth-year music degree students who are writing and recording scores.

Humber trumpeter Challoner is one of the many music students excited to hear and learn from Grusin. "He is a living legend." Challoner said. "His projects are incredible, the artistry behind them. I am excited to hear how he has done them."

The Humber Faculty and Alumni Big Band, conducted by Denny Christianson, will back Grusin. The band consists of 21 players, 17 of whom are faculty members. The other four musicians are either previous teachers or alumni. These musicians are among the best in Toronto, said Christianson.

Head of the drum department at Humber, Mark Kelso said it is "fantastic to play with someone like Grusin. It is a great resumé

Kelso added, "I'm hip to his stuff, he is a great musician."

Grusin joins artists such as jazz artist and composer vince Mendoza and saxophonist Daniel Schnyder, among others, being invited to spend two days at Humber this month.

Grusin will perform sections from his tributes to Duke Ellington, Henry Mancini and West Side Story Wed. Oct. 17 at 8 p.m. at the Humber Lakeshore Auditorium.

Afro-Brazilian music diversifies T.O.

Jake Eddy

This year has been a major transition period for local Afro-Braziliam goup, Nunca Antes. The band released its first full-length CD, The Beat Migration, at its fifth anniversary show last Saturday. The event, held at the Centre of Gravity in Toronto's east-end drew a smiling, energetic crowd of hundreds.

"It was kind of a natural process," said Aline Morales, the band leader/co-founder. "We started getting bigger, with more people interested, so we said 'Okay, we've got something going on, we should start applying for grants, things that help us as an artistic institution."

A steady influx of folk/roots music is coming to Toronto from every corner of the globe. Local group Nunca Antes has been busy bringing raw Afro-Brazilian rhythms here.

The collective performs primarily the traditional maracatu style, which has its own particular rhythm and time signature. The sound is very bass-heavy, with accents provided by chanted, often harmonized vocals as well as a wide range of higher-pitched instruments like the berimbau.

Nunca Antes was formed in 2002 by Brazilian-born Morales and

Toronto native Alex Bordokas. Morales stumbled into maracatu alongside her sister. "My sister and I had the same path. We went through Capoeira (a Brazilian martial-art/dance style) and discovered this musicality that we enjoyed, and we all sing and compose music."

Alex traveled to many parts of the world before finally landing in Brazil. He became fascinated with Capoeira and the music associated with it. "It was physical, it had rootsy music and an African vibe. The way people there express themselves artistically is so powerful," said Bordokas. He eventually met Morales through the drum and dance scene, and the two fell

Bordokas made his way back to Toronto with a few drums and began showing the rhythms he'd learned to some friends. Morales soon followed with even more instruments, and the pair began teaching informal workshops to expose the style to a wider audi-

It's now five years later, and the group, which is now comprised of over two dozen members, has played numerous shows and festivals throughout the city. Humber music graduate Adam Hutchison remembers the first time he saw them perform: "I really enjoyed it because I got a sense of energy, that's what hit me right away. I was getting into Brazilian culture, and they just had that sound I was looking for."

The group actually has several ties to Humber. Part-time violin teacher Drew Jurecka performs with them on occasion, and they are well-known to the percussion department, who have had Nunca Antes in to teach maracatu workshops. They have also recently done a workshop with the theatre

The band leader Morales is hoping to attend Humber next year. For more information visit www.nuncaantes.ca.



Nunca Antes perform beats to a lively crowd last Saturday.

Smoking may be linked to the big screen

Karolina Walczak

A new study shows on-screen smoking has a direct effect on a young adult's decision to take up or continue smoking.

The study conducted by the University of California of 1,528 young adults between the ages of 18 and 25, found there was a 77 per cent chance of young adults having smoked in the last 30 days and 86 per cent chance of becoming a habitual smoker compared to young adults who saw less smoking on the big screen.

According to the New York Times, some Hollywood studios are changing their policy to exclude smoking from movies that are under the R-rating but none have fully committed to the idea.

Time Warner, General Electric and Sony Pictures Entertainment all have policies in place to control on-screen smoking but there are many loopholes.

Despite the studios efforts, some students think that making these changes to the rating system will actually have the adverse effect.

"Just because a movie is R-rated is not going to stop people from watching it. It might make them even more excited about it because it's taboo," said third-year film and television production student Lindsay Yerkie.

The research shows putting

smoking in only R-rated movies would reduce its exposure to youth by half.

Of the six movie classification boards in Canada, only Manitoba has smoking in its context adviso-

The chair for the Ontario Film Review Board, Janet Robinson said it's up to Hollywood to take the smoking out of films.

Most of the movies we see in Canada are from the U.S. so if the rating system changes in Hollywood, Canada will follow.

Robinson said putting an advisory on movies with smoking could raise concerns about other controversial images.

"Once we say smoking do we have to go to alcohol, child abuse? There are all of these social taboos. Our mandate is to classify the films. We are not in the business of social reform."

What some non-smokers rights groups are concerned with is the depiction of smoking in the movies. Since 1989, when tobacco advertising was banned in the movies, smoking in movies has significantly increased according to Health Canada.

Garfield Mahood, the executive director of the Non-Smokers' Rights Association, said there's an unrealistic depiction of smoking in movies, and the rating system should be held responsible.

"It never has been portrayed in

an honest way. They never show the reality of the use of the product. They never show these people dying in the back wards of the hospitals," he said.

"The tobacco industry has always tried to associate their product with sexy movie stars," he said.

As for the next generation of filmmakers, at least some Humber students are aware of this issue and won't haphazardly throw smoking into their films.

"It doesn't phase me either way," said third-year film and television production student Armenti. "We are taught to get rid of whatever doesn't advance the story, and smoking doesn't advance the story."





"He traces the use of the word through popular entertainment from minstrel shows to films to current comedy routines..." - amazon.ca, The N Word book

The N Word is historically traced in new book

Shermaine Ellis

The N word has no place in everyday conversation, Washington Post columnist Jabari Asim, best-selling author of the book, The N Word: Who Can Say It, Who Shouldn't, and Why.

Speaking to an audience of 60 people at the Betty Oliphant theatre last Thursday night, Asim provided a brief history of the N word and said there was a field of study offered in the early 1900s at Harvard University called nig-

"This study was used to rationalize the ownership of people. This study was used to try to confirm scientifically that black people weren't people and that they should be imprisoned," he said.

Asim explained the N word is no longer just a term; it has now become a feeling for black people, men especially.

"It makes black men feel inferior. This word makes you feel worthless and keeps you in bondage," Asim said.

"Some black men say they use the N word in everyday life because they want to take back the

N word and claim what is theirs. I wonder how they will take back something that never belonged to them in the first place," he said.

Asim explained the book was written out of curiosity and after a chat with his wife.

"I really didn't come into this with a preconceived notion, an argument or a premise that I wanted to defend. I wanted to just follow the language through the history of American culture and really pay attention to where it led me," Asim said.

So the question still remains, who should use the N word?

"I think there's a certain context where the term can be used effectively. For example, historians and scholars, if they're writing anything about the history of the United States or the term itself, it should be used. You can't write effectively, accurately or comprehensibly without using it," he said.

Asim said that the same fact applies to art. "If I'm writing a novel about a racist character the only way you can know he's racist is if I put racist words in his mouth. So it would be entirely justifiable," he said.

The idea also applies to journal-

according to Asim. "Journalists have an obligation to ensure the audience gets all of the information," and that includes the original language, he said. "It should not be used in casual conversations.

Editor of the Jamaican magazine The Gleaner Company, Neil Armstrong said, "It's important to hear what the author has to say about the N word. There have been so many books written about it and there is so much attached to this term. I thought it was wise to hear the discussion and what would ensue from the interview."

Aspiring journalist Felicia Carty said, "I think it's important for members of the black community to understand what's going on around them culturally and to be able to voice their opinions and to educate themselves. I'm unaware of who should use this term, that's why I came tonight."

The event began with opening remarks by Fennella Bruce, president of the Canadian Association of Black Journalists, which hosted the event.

Bruce said the CABJ board wanted to develop a series of speakers who were involved with the media, and connected to the journalism world and could provide thoughtful and provocative discussions.

According to the evening program, the CABJ was formed in 1996 by a group of writers and broadcasters who decided it was time local black journalists had an organization of their own, one that would promote mentorship, advocacy and education.

The CABJ mission is diversifying

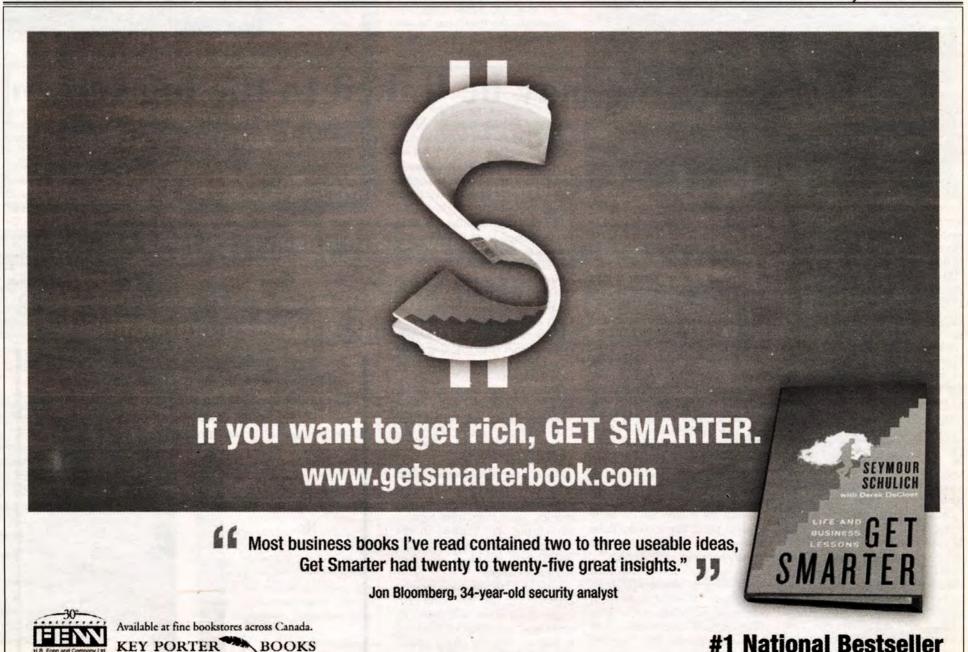
Canada's newsrooms and promoting journalism as a viable career for African-Canadian youth.

The evening ended with the audience asking questions pertaining to more of the history of the word, where black people go from this point, internal racism and how it began.

For more information about the organization please visit its website www.cabj.ca.



Jabari Asim shocked the audience with the history behind the word.





Canadian troops may soon be able to add another high-tech gadget, X-ray vision that will allow soldiers to look through concrete. - thestar.com

PayPass helps shorten lineups

A fast and easy card will soon be available for students to use

else, it's just tap

and go."

-Daniel Ramdhani,

first-year engineering

student

Navreet Dhillon

The PayPass card released by MasterCard will find its way here as early as next year said Mastercard vice-president John

According to Mason, PayPass, which is already being used at popular places like Tim Hortons and than using anything Daniel Ramdhani, Cineplex, will be primarily used at the food service places such as Java Jazz as well as the Humber Bookstore. There are even plans to use the card for daily parking.

Nagesh Devata, who is in charge of the Emerging Product's Solution and Sales department at MasterCard Canada, describes the PayPass card as "a chip with an antenna and radio frequency to scan against the reader for whatever the purchase is."

The basic concept of the PayPass is "scan and go," just hold the card to the card reader, and the transaction is made.

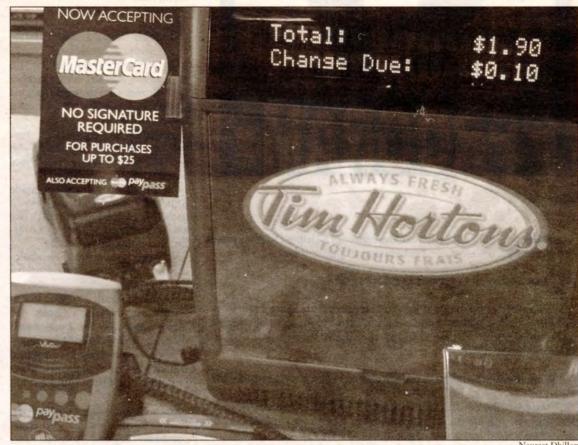
Mason said "since the PayPass doesn't require a signature for a credit card, or a PIN number for debit, or even change when paying with cash, it will very likely create

shorter wait times "It's a lot faster in lines."

a first-year electrical engineering student, uses a PayPass card primarily at the Petro-Canada gas station and said, "It's a lot faster than

using anything else, it's just tap and go. I haven't used anything else at a gas station since I got it."

Risks to using a PayPass do exist, but only with the user. Devata said "the card itself can only be used during a transaction; simply passing by a reader terminal with the card won't set it off."



No signature or PIN required when using PayPass, which will soon be an option on campus.

continued election coverage from page 2

with HSF President Nick Farnell

Et Cetera: What are your thoughts on the referendum?

Farnell: I think it's a great idea they chose to look at the system... I think everyone should take a look at their options and understand the differences.

Et Cetera: What are the issues you would like the leaders to address?

Farnell: Well, post-secondary education... no student should be turned away because of financial issues.. Cost should not deter anyone from getting an education.

Et Cetera: How do you account for lack of student

Farnell: There is a lot competing for students attention and they have a lot to do, like homework.

Et Cetera: What do you suggest students do to help push policy?

Farnell: Raise your voice. MPPs are there to answer to your... If all 18,000 students sent an e-mail it would be pretty hard to ignore.

Think twice before adding a friendly face on network sites

John Smylie

Using online social networking sites such as Facebook and MySpace could make you a victim of identity theft.

According to a report released by Sophos, an IT security company, fraudsters have been stealing the identities of users of the popular sites who post personal data.

"The best protection against online identity theft is not to put any personal information on there," said Det. Don Jorgensen of the Peel Regional Police Fraud

Sophos report states some users routinely have personal information available for the public in their profile that should be classified. This information includes their full name, date of birth, address, phone number, relationship status, e-mail address, workplace and work history. All or any of this information is extremely valuable to identity thiev

The more information criminals have about someone the easier it is to impersonate them. Fraudsters can cause major problems by gaining access to someone's banking information and obtaining credit cards and loans in their name.

"When I first started to use Facebook, I never really looked into it," said Sundeep Singh, a second-year marketing student. "But now I know and I don't have a lot of information on there."

Most people create passwords for online banking, credit cards, and other private services based on a mother's maiden name, a pet, a child's name, or other personal data.

"I don't think you should have any personal information on there," said second-year hotel and restaurant management student Jennifer Hewson. "Fraud is too

Fraudsters have been stealing the identities of users of the popular sites who post personal data.

IT security company

Even if you do not have all this information available, the report from Sophos said cybercriminals also gain information from posted oictures, comments, or people that list extended family members. They will follow any trails that a person has left to piece the necessary information together.

As part of its report, Sophos created a fake Facebook account under the name Freddi Staur. Two hundred friend requests were randomly sent out and 87 were accepted. Of the users who agreed

to be Freddi's friend, only five of them did not share personal information.

"If I don't know them, I don't let them be my friends," Singh said.

The report states that 78 per cent of the respondents had their current address or location listed, and 84 per cent disclosed their full date of birth. Sophos' findings also show that 87 per cent of respondents provided details about their education or work, while 23 per cent had their current phone number listed in their profile. Several users had complete resumés available and one person even revealed their mother's maid-

They recommended that users limit what personal data is available and be cautious of what groups they join and what friends they accept. To further protect oneself, it is highly suggested that users adjust their privacy settings on their account. Help with Facebook settings can be found at http://www.sophos.com/security/best-practice/facebook.html.

If you feel that you have become a victim of fraud or identity theft, Det. Jorgensen recommends contacting your local police, contacting your credit card carrier and bank as well as contacting Equifax, TransUnion or any other Canadian Credit Bureau.

Last year, a boy in London, England, found a two-foot long corn snake in a box of Golden Puffs cereal. He thought it was a toy prize, until it moved. - Reuters



Mandy Ross

Meet Sarah Grubb, a fourth-year University of Guelph-Humber media studies student, who just can't get enough of public relations.

Q: What made you interested in this program?

A: "I was interested in going into public relations because I like working with people and I have good communication skills. A lot of what was in the course outline appealed to me, specifically the practical work we would get in the field."

Q: What are some of your favourite classes in the program and why?

A: "My favourite courses in the program include our media relations class and writing for public relations class. The professors we had for these classes were very knowledgeable of the industry. They guided us a lot and gave us a lot of assistance in helping us become stronger in our

Q: What are the hands-on aspects of your course?

A: "We have an internship in our fourth year. We had a fundraising placement in our third year. We have to have mock press conferences on topics that we choose. We had to plan and put on an event, The Media is the Message: a Night of Discourse, in the Guelph-Humber building."

Q: Are you involved with anything else that relates to public relations?

A: "I currently work as the senior public relations assistant for the Humber Students' Federation. I also work at the Humber writing centre as a peer tutor."

Q: What do you hope to achieve with your degree and diploma?

A: "I'm hoping my degree and diploma will lead to bigger and better things, whether it's directly in the field of public relations or something else I may become interested in. Most importantly, I hope that it leads to a job that I really love."



Sarah Grubb hands out flyers for HSF, and says the ability to communicate well is necessary to succeed in public relations.

The meal of champions

Mandy Ross LIFE REPORTER

Students should think twice about skipping breakfast.

Executive chef at the Holiday Inn at Pearson Airport and Humber grad Romel Griarte said students should always make time to eat a healthy breakfast.

"Breakfast should be your first priority. Without that energy you won't be able to perform at school

Griarte said as a student he made unhealthy breakfast choices. "I usually ate some type of pastry like a bagel and cream cheese or a muffin, and drank lots of coffee."

Now he chooses healthier choices like a high-fibre cereal and a protein shake.

Dagmar Baloun, a holistic nutritionist at Garlic Grove in Mississauga said the body needs proper nutrients in the morning.

"Your whole day's performance will depend on what you eat for breakfast," he said. "You are what you eat."

Like Griarte, Baloun said her top choices for the healthiest breakfast combine organic protein and fibre-rich carbohydrates.

"A protein shake with a tablespoon of flax seed, hemp seed or salba seed is high in vitamins and minerals, and rich in fibre and fatty acids. High-fibre multi-grain bread and organic eggs are other good options."

But many students find it hard to make time to eat a healthy break-

Melesa Brown, a second-year court and tribunal agent student said she doesn't eat breakfast regularly because she doesn't have the

"I sleep in. Plus, I have to make breakfast for my son and I don't eat what he does."

Brown said her body is used to skipping breakfast.

"I'm never starving first thing in the morning."



Second-year physiotherapy assistant student Adila Yumnu says she enjoys eating a healthy breakfast including fruit.

Brown said if she did have time to eat breakfast, she would choose a healthy cereal.

"Your whole day's performance will depend on what you eat for breakfast."

> -Dagmar Baloun, nutritionist

"Cereal's the number one quick breakfast because it takes two minutes to make, and all you need is cereal, milk, a bowl and a spoon."

Adila Yumnu, a second-year physio assistant student, said her work and school schedules determine whether she eats breakfast. "I only eat breakfast three times a week."

Yumnu said eating breakfast does affect her school perform-

"The days that I eat breakfast before school, I am more alert. It affects the way I perform on tests, so it helps me to get higher grades."

Quick and Healthy Breakfast Recipes

From bellybites.com

- 1 medium size banana 1 medium size banana 1 1/4 tsp vanilla 1 tbs honey

- 2. Blend all ingredients in blender until smooth. Serve in 2 80z glasses

Breakfast Quesadillas

Preheat the broiler. Place the tortillas on the baking

seconds on each side.

Sprinkle the cheese over 1 tortilla; top with the bacon and salsa. Top with the remaining tortilla; spray with olive-oil-flavored nonstick cooking spray. Place on the baking sheet and broil until the cheese melts, about 1 minute on each side. Cut into wedges



More than 72,000 sexually explicit websites and 266 porn sites are added each day. These sites alone generate \$1 billion each year. - infidelitycheck.org

Phone number does the dirty work for you

Kaveh Khazra

Whether they want to or not, pesky mateseekers are finally getting the message.

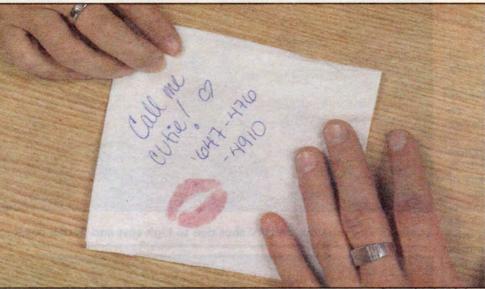
A number of new telephone services are allowing people to give the opposite sex a phony number at bars and nightclubs.

The person will hear a not-so-subtle yet humourous message explaining the person who gave you the number just isn't interested.

"Maybe you just suffer from bad breath, body odour or even both," said the recorded message on the Rejection Hotline.

"Maybe the idea of going out with you just seems as appealing as playing leapfrog with unicorns."

Third-year hospitality and tourism student Stephanie Roberti said she has given out the 'loser



Raymond Andrew de Sou

Some say telephone hotlines give women the chance to be polite, and men the opportunity to save face, rather than be rejected and humiliated.

line." "When you're a girl and you go to clubs, everyone asks for your number," she said.

"It's ridiculous. Guys just come up to you and say, 'Hey, what's going on? Can I have your number?' What the hell is that?"

Jeff Goldblatt, founder of the

Rejection Hotline said the messages on the other end is intentionally gender neutral so anyone can give the number to someone else. He said it has been more popular among women.

Third-year international economics student Dennis McHorge said he has given the hotline number to annoying promoters.

"Once I gave the number to some girl doing promotions at a club. In return for my number, I got to skip the line and got in for free," said McHorge.

Goldblatt said the sudden popularity was a "huge surprise."

He said the idea came to him when he saw a man who resembled "a cross between George Costanza from Seinfeld and Peter Griffin from Family Guy."

The woman he was hitting on "embarrassed the hell out of him infront of the whole bar," Goldblatt said.

This led to a discussion between Goldblatt and his friends about how ideal it would be for people to have the option of giving a fake telephone number to overlyaggressive guys, without having to embarrass them in the process. The O Worst Pick-up Lines

10 What's a sexy women like you doing in my dirty mind?

9 Who's your friend?

8 How would you like your eggs for breakfast: scambled, boiled or fertilized?

7 Oh, I'm sorry. I thought that was a Braille nametag.

6 Just call me milk - I'll do your body good.

5 I can't find my puppy, will you help me find him? I think he's gone to this cheap motel.

4 Here I am. What are your other two wishes?

3 You're ugly but you intrigue me.

2 I'm my buddy's wingman. What's up?

1 You'll do.





HPV is extremely contagious: 80 per cent of sexually active adults will come into contact with the virus at some point in their lives. - www.canadianliving.com

Students skipped for free vaccine

"It's a good prevention

against cervical cancer.

That's the bottom line,

contain health and

women."

Geneviève DeBellis

Female college and university students won't receive the benefits of the \$117 million given by the federal government to fund the Ontario HPV vaccination program.

According to Ontario Public Health, the vaccination that is recommended for females ages nine

to 26 will only be offered for free to eighth grade stu-

Dympna Callaghan, public Toronto health nurse said the vaccine is administered three shots, which cost somewhere

between four and five hundred dollars.

Humber's student insurance plan covers up to 80 per cent of the cost, but it still leaves students to make up the rest of the 20 per cent.

Between tuition, books and rent, this could add to a long list of expenses. First-year creative photography student Alana Casey said, "If they want us to have it and they believe it will help, they should pay for the full thing.'

Media contact for the Ministry of Health and Long-Term Care, David Jensen, doesn't see money as an issue.

"It's a good prevention against cervical cancer. That's the bottom line, contain health and safety of girls and women," Jensen said.

A public health nurse, Ameeta

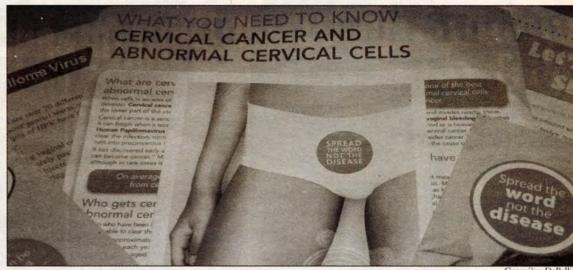
Mathur said she understands why the government has targeted this age group for the vaccine.

"It has to do safety of girls and with funding. The province only has -David Jensen, a certain amount Ministry of Health of money. They can only fund it

for a certain group right now." Each year across Canada 1,400 women are diagnosed with cervi-

cal cancer and of those, 400 die. "It's probably the vaccine of the future," said Callaghan.

"It is the only prevention cancer vaccine that has come on board. Anything to prevent cancer can become very popular."



Students may miss out on HPV shot due to high cost and partial coverage from health plans.

Student Bodies The Et Cetera Fitness Challenge

Student Bodies participants have concluded a few more sessions of personal training. Their trainer Crystal Radtke gave them some useful advice following the long weekend. 'Treat food as fuel, not just for enjoyment. If you indulge every now and then, that's OK. Keeping track of everything you're eating is the best way to avoid over-indulging'

Alyssa Winfield Current weight: 180 lbs Weight loss last week: 2 lbs This week: 0 lbs

"I'm going to do this – I know that I can. My fibromyalgia has been a lot better. I've been sleeping better and it hasn't been bugging me nearly much.

Bart Anestin Current weight: 252 lbs Weight loss last week: 8 lbs This week: 0 lbs

After Thanksgiving weekend it was hard getting myself back into the grind but it definitely feels good. I know that this is helping my body and my health. This was my first workout today and it's good to be at the gym.



College health coverage 'good deal'

Melanie Duke LIFE REPORTER

Humber's health insurance plan is considered one of the best, yet some students don't know much about it.

'When I first started here, I didn't know about it either," said Alan Desimpel, vice-president of administration at North campus.

He said Humber's health plan is one of the cheapest of Canadian colleges, costing students about \$17 each.

"I know other schools are paying about \$30 for the same coverage or not quite as comprehensive," Desimpel said.

"We have been able to work out extremely good deals so that students are paying as cheaply as possible," he said.

Payment for the student health plan comes directly from the student fees, which are built into the tuition fees of every full-time stu-

At the beginning of the school year, the HSF went to every orientation to tell new students about the plan.



But pharmacy technician student Manal Adam said she wishes the message had been sent out sooner.

When Adam began studying at Humber, she thought the plan was optional and she would have to enroll for it. "I had no idea about it," she said, "so I didn't use it."

This year Adam plans to take full advantage of the benefits and is paying an additional \$225 to have three members of her family added to the plan.

Students are not able to opt out of the health plan. But HSF does offer an opt-out on the dental plan, which reimburses students \$40 per semester.

This year's opt-out period is over. Desimpel said 2,710 students chose to get their money back. Because the opt-out is for dental only, these students are still eligible to use the health and drug plan.

First-year interior design student Lindsay Brown said she won't be using the dental plan because she is already covered under her father's plan.

"I wanted to opt out, but I didn't realize that the date was as early as it was," said Brown.

Students who have paid two consecutive semesters are also covered over the summer, Desimpel said. "Even if you are graduating in April you are covered until the end of August," he said.



Children who are abused tend to experience more social problems and perform less well in school than non-abused children. - www.phac-aspc.gc.ca

It's the colour purple for child abuse

Eric Lo Maglio News Reporter

October is Child Abuse Prevention Month and students and faculty are pitching in to help raise money for a good cause.

The Go Purple For Prevention campaign kicked off earlier this week.

Tables were set up at North campus, Guelph-Humber, and Lakeshore selling numerous items to raise money towards Children's Aid Society and Boost Child Abuse Prevention & Intervention (formerly known as the Toronto Child Abuse Centre.)

"We're selling lots of goodies. It's an enticement to get people coming to the tables so they can find out what purple is about and Go Purple For Prevention," said Julianne Matthews, a third-year family and community social services student and one of the volunteers at the University of Guelph-Humber.

"We're trying to sell bracelets, ribbons, buttons, teddy bears, T-shirts and leis. It's all for child abuse awareness."

According to Peel Children's Aid, more than 13,000 calls regarding the safety and well being of children were responded to between 2006 and 2007. About 5,000 of those calls resulted in investigations of suspected maltreatment.

"I think it's very important that we do it here at the school," Matthews said.

"We're the future. Every single person at this school is potentially a parent and a neighbour or child caregiver. So, you need to know the fact that it happens and that it's preventable."

Julie Valerio, a faculty member in



Eric Lo Maglio

Many faculty are taking part in the child abuse prevention campaign including (from left to right): Karen Wessler, Julie Valerio, Lisa Teskey, and Vidya Rampersad. (Centre): David Lockwood, standing in for his wife, Kathryn.

Humber's early childhood education program and Guelph-Humber's early childhood program took part in organizing the campaign.

She said the students make this campaign truly work.

"They volunteer their time, energy and baked goods. It's a really busy time for them,

but they go above and beyond and do a little extra to advocate for children," Valerio said.

"We decided three years ago that we would join the campaign already in place and reach out to the Humber community. With the inclusion of the nursing students and the child and youth worker students at the Lakeshore campus, we'll reach communities that we all care about."

Last year's campaign raised \$7,000. This year, the bar has been set higher according to third-year UNB Humber student, Admira Mehmetaj. "This year, we'll get more than that because all the nursing students are involved."



Want your program featured in the Life section?

Send us the reasons why your program should be chosen to humberlife@gmail.com

If chosen, your program will be featured in Get With The Program in an upcoming issue.

Teach English Overseas



- Intensive 60-Hour Program
- Classroom Management Techniques
- Detailed Lesson Planning
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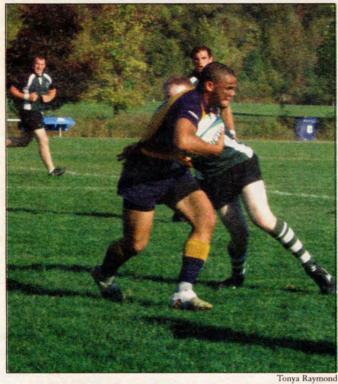
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Michael Vick has taken a hit of nearly \$20 million. The disgraced quarterback lost the first round in his financial battle with the Atlanta Falcons - www.espn.com

Hawks still scoring in bunches



Andre Rose-Green runs past a tackle on route to win.

Tonya Raymond

Once again the rugby team has come out on top over Fleming college.

The Hawks had scored more than 50 points in the last two games. They were unable to score half that total in a 22-0 win last Thursday.

"Conestoga was a good run for us. Fleming was a free-for-all. But today we came up against a team that at least challenged us," said head coach Carey French.

Pack leader and co-captain Mark Falkinson said he was not surprised by the challenge. Both teams entered the match undefeated since the season opener, but they had some bad blood between them.

"We beat these guys out

of the playoffs last year so we knew right away they were going to want us. And they did, they came out and they hit us hard and they made us work for every inch of the field. We knew it was coming," Falkinson said.

The Hawks came out strong scoring in the first few minutes of play, but had a hard time trying to gain a lead.

The Knights kept close, holding them to five points in the first half.

"Today it was a test to see who was actually going to take us and they hit us hard and we responded with only five points in the first half," Falkinson said.

The Hawks had made some mistakes and it looked like the Knights were getting the revenge they sought. "Our guys were rushing things a little..And that's frustrating because the more penalties you get the more you beat yourself up," said French.

Jake Thompson also felt the frustrations, as one of the four players injured Saturday. He said he would rather be on the field making a difference than standing on the sideline.

It's also frustrating knowing his team is struggling.

"Right now we're not playing to our strength. We're not using our backs. We have the best backs in the league and we're not utilizing them," said Thompson.

The Hawks made sure they played to their strength in the second half as they regrouped and flew into action leaving little doubt that they were the best team on the field again.

"Our guys were playing their game and by the time we got into the second half...[Fleming] had stopped playing theirs," said French.

Adam Chianello led Humber with two tries, Andre Black and Andre Rose-Green had a try each and Dale Essue scored four points with two conversion kicks

Falkinson said he was pleased with the effort the team gave, especially towards the end.

"Fitness really pays off in the last ten minutes of the game. We run every night in practice so it's really important that you keep going at them. We rallied them back and our boys just don't give up," said Falkinson.

Team swings back to win championship

Golfer Maggie Trainor named OCAA Female Athlete of the Week

James Shea SPORTS REPORTER

Despite trailing at the beginning of day two of the tournament the golf team stormed back to claim another victory.

After absorbing a three-shot deficit after day one, the Hawks stormed back in day two to capture their 12th Ontario College Athletic Association championship, hosted by Fleming College and held at the Kawartha Golf and Country Club, outside Peterborough.

Humber, who are last year's

champs and the winners of six of the past eight championships, faced some stiff competition from Niagara. Matt Hunter who shot an impressive even par 142 to claim the OCAA individual men's title.

Hawks teammates Mike Zizek and Matt Sloan finished in second place, with a respectable 144 over the two-day tournament.

Defending individual champion Ryan Willoughby was unsuccessful in his title defense as he shot rounds of 75 and 76 for a score card of 151.

"It was important to send a strong message that we are the team to heat"

> -Shauna Wilde, second-year student

On the women's side, they dominated play as four Hawks occupied the top of the leader board after completing their second and final rounds.

Leading the charge was Maggie

Trainor, who carded an impressive 153 to claim the women's individual title.

Teammates Jaime Steedman finished one shot behind with a 154, Shauna Wilde finished four shots back after scoring a 157 and rounding out the leader board was Bev Peel who shot 162. All this on route to the Hawks completing the sweep. The win for Humber marked the first time in OCAA golf history that a college had won both team titles in back-to-back years.

The two-day event that consisted of 36 holes of golf pitted the best college golfers from Ontario against one another.

"We had 71 golfers compete and the golf course was in excellent condition. The weather this year was the best it has been in the last three years where the tournament has been rained out.

The event was a huge success and enjoyed by everyone," said Fleming College athletic director, Fred Batley.

After winning a tournament at Niagara College last week, Shauna Wilde, a second-year comedy writing and performance student said, "It was important to send a strong message that we are the team to beat at next week's OCAAs and I think we did that."

The results speak for themselves. The Hawks now look to the Canadian College Athletic Association championships in British Columbia.



championships mbia. Trainor looks to take a swing out of her competition this week in the upcoming Canadian Colleges Athletic.



Hawks OCAA championship golf team head west for Nationals.

David Beckham skipped practice to rest his sprained knee. The L.A. Galaxy midfielder could play again before the end of the regular season. - www.espn.com



Jamie Griffith

Brendon Wong (9) gangs up looking for a block.

Men spike competition in four sets

Jamie Griffith

What started out as a regular exhibition match turned into a huge confidence booster for the men's volleyball team after crushing Georgian College four sets to one last Thursday night.

Humber never trailed by more than three points the entire match, winning by five, four, six, and three points respectively before losing the meaningless final frame by two.

Coach Wayne Wilkins kept the win in perspective.

"For me, it's never about the 'W," Wilkins said.
"Whether we won or lost, it's about how we played the game, and we played well. That was more important to me."

With the game clinched after the third set, Wilkins began resting some of his players in order to get the rest of his squad more action.

"I want to see who's going to be ready," he said.
"I told them, when you get your opportunity, capitalize."

The team's starters certainly did, as Steve Eichhorn, Brendan Wong, Duane Mondesir and Bobby Anderson all made key shots, serves and blocks to seal the win.

One of the most common sights in the game was Eichhorn setting up Mondesir and Anderson for kills.

Anderson was named player of the game.

Georgian head coach John Moore saw the game as an opportunity to test different situations with his team.

"We wanted to see how rookies (would) react," he said.

"Our passers needed to be a little more proactive in recognizing the serve."

Moore blamed his team's poor reactions to Humber's serving game for the loss.

Humber's coach isn't resting on this win, however. He remarked that the team will be working on its defence more this week in practice.



Dennis Gutierrez

Women pursue the ball for 90 minutes to squeeze out win.

Late game heroics keep streak alive

Dennis Gutierrez

SPORTS REPORTER

The lead almost slipped away from the women's soccer team, but a late goal kept their record undefeated.

Coming into this game Redeemer was tied for last in the west division and were facing the first place Hawks.

The Hawks had all the momentum coming in having scored the most goals in the division and had not allowed a goal in four straight games.

The Hawks got off to a great start when Holly Goddard scored the first goal 45 seconds into the game.

Momentum changed dramatically when Redeemer scored and at one point were winning the game 2-1 until Goddard scored again to tie the game.

During the final minutes of the game the Hawks kept attacking and it paid off when Connie Tamburello scored the game winning goal with seconds remaining.

"We pulled out a squeaker and

once in a while you need the soccer gods on your side and today was our turn to get a little luck and to pull out a win," said assistant coach Mauro Ongaro.

"Our girls need to realize that no matter who you're playing somebody can beat you in this league and you can't take anybody for granted," said assistant coach Vince Pileggi.

"Our girls showed a great deal of character in the last 45 minutes, they didn't give and kept going right till the whistle and we were rewarded with a fluky goal and Connie made a great finish," he added.

"It was good we pulled through," said second-year player Goddard.

"We thought they were a weaker team then what we expected. We won so it's good, but it's surprising," she said.

"Take what we learn from here. We can't break down like we did and lose focus and we got to stay positive all the time," she added on preparing to face Sheridan Oct. 11 at 4:30 p.m. in Oakville.

Royal thrashing for Redeemer

Tyler Brooks

The hot streak was preserved for the men's soccer team with a 3-0 shutout victory at home over the Redeemer Royals.

"They played the tightest defence I have seen. We just had to fight through it. We threw everything at them including the kitchen sink," said second-year player Kadian Lecky.

The win preserved first place for the Hawks in the west division.

The first half saw scoring chances at both ends but keepers David Ragno of the Hawks and Nathan Ayer of the Royals stood tall preserving the deadlock.

"We changed our formation in the second half. We played with three strikers instead of two," said co-captain Cameron Medwin. "We played a tough and tight defence that didn't allow Lecky and Aigbokie to get as many touches (possessions)," said Royals head coach Dave Mantel.

The Royals managed to shut down Humber's two top offensive players, but in the second half offence came from another source.

A terrific head ball off a crossfield feed led to Humber's first goal scored by second-year player Range Hussein.

"Once we get that first one, the flood gates open," Medwin said.

Medwin, a fourth-year veteran played in his first game of the season and made a big impact by netting two goals in the second half.

His first one was a point blank shot inside the 18-yard-box as he fired a low shot into the bottom corner.

Late in the second half, a Royals defender was called for an illegal slide tackle on Hussein.

Medwin took the penalty shot and beat Ayer low to the far corner.

"I was calm, wasn't really thinking about anything other than whether to go left or right," Medwin said.

"No matter whether it's 5-0 or 0-0 I feel the same way in that situation."

Another second half altercation saw Joseph Feijoo of Humber and Jay Slump of Redeemer receive yellow cards.

One fan reacted by throwing garbage onto the field as a way of showing disgust at the call.

Player of the game was awarded to Michael Marchese for his superb defensive play in the game



Tania Garshowitz

Sherwin Emmanuel pushes the ball against the Royals.



"Every form of addiction is bad, no matter whether the narcotic be alcohol or morphine or idealism." - Carl Jung, psychiatrist and associate of Sigmund Freud.

Jamie Griffith

The abuse of drugs and alcohol is often ignored.

There has been a lot of talk instead about steroids and human growth hormone (HGH). From San Francisco Giants left fielder Barry Bonds' controversial passing of Hank Aaron's all-time home run record to recent suspensions of NFL players like the New England Patriots' Rodney Harrison for HGH use, the issue is everywhere in the sports world.

"As a coach, we need to suspend them (but) we're not going to write off the kid as well."

> -Denise Perrier, women's basketball coach

However, substances such as alcohol and marijuana can be just as destructive, regardless of what sport the user plays and their negative effects are magnified by the fact so many athletes are regarded as role models.

In April, St. Louis Cardinals pitcher Josh Hancock was killed in a car accident. He had double the legal limit of alcohol in his system and over eight grams of marijuana were found in his car. Only a month prior, Hancock's manager, Tony La Russa, was arrested for driving under the influence of alcohol.

Clearly in a case like this, the coach or manager cannot be a positive influence on his players as far as substance abuse is concerned. But at the college level, a coach must play the roles of both disciplinarian and parent.

If someone is caught, "We have a huge role," said Denise Perrier, women's basketball head coach. "As a coach, we need to suspend them (but) we're not going to write off the kid as well.

Perrier said the coach or the school may enforce counseling on the student if the situation war-The Ontario College Athletic Association (OCAA) will also discipline the athlete, she said.

Wayne Wilkins, head coach of the men's volleyball team, said he knows his players are aware of the consequences.

"If they're doing (drugs), and they get caught, they know what happens," Wilkins said.

Student athletes also have a greater responsibility than their counterparts in class, as they represent not only themselves, but also Humber when they go on the road for games.

It is this difference that heightens the role of the coach in a student's life.

Wilkins said he wants to ensure the player's health takes priority when it comes to possible drug or alcohol abuses.

"The rule of the team is secondary," he said. "If it's an abuse of it, we need to help the person."

When all is said and done, drug or alcohol abuse can happen to anyone, regardless of his or her occupation. The important thing in these instances is to have a calming influence in one's life that can steer the abuser in the right direction.

For student athletes there are few people who can successfully achieve this other than their

Grizzlies shut down

Veteran Landis Doyle leads Hawks to victory

Brandon Geobey SPORTS REPORTER

The women's volleyball team came out on top last Thursday night earning a win over the Georgian Grizzlies in exhibition

"It's an exhibition match, so we hope to use this to work on many things to get ready for our season," said head coach Chris Wilkins before the match against the Grizzlies. "This is a team that somewhere down the road we may have to play for real, so we certainly want to send the right message that we're a tough team to beat."

The Hawks finished with a silver medal in last year's league play and are looking to bite into gold this year. With a second-place finish year at the Ryerson Invitational, the Hawks are focused on starting their season with a bang.

The team jumped out to a 1-0 lead in the first set, but the Grizzlies came back in the secondto win it 25-19.

Eager to obtain the lead, Humber set the tone with a 5-0 jump early in the third set. Midway through the set an illegal volley was called against Humber, cutting their lead to 21-20. After a quick back and forth effort from both teams, the Grizzlies took an error with a faulted serve giving the Hawks the advantage with a 25-23 win in the third.

"It's an exhibition match, so we hope to use this to work on many things to get ready for our season."

> -Chris Wilkins, head coach

"I wouldn't have guessed it was pre-season. This is a good match, Humber looks on top of their game," said Vishal Kaushal, spectator and second-year student at Humber. Completing the game with five straight service points by Jen Mota, Humber dominated the fourth and final set winning 25-13. "We looked good and were focused. This was a good preview for this year's team," said Hawks veteran Landis Doyle.

The player of the game was awarded to Doyle. With a 1-0 record in exhibition play, Humber prepares for its two upcoming games against Durham College and Seneca College to complete the exhibition play.

Landis Doyle gets high in the air as she spikes the ball.

Badminton team is looking for fresh talent to continue last year's success dent and returning player, said

SPORTS REPORTER

More players who can compete on the varsity level are needed on the women's badminton team.

Although 12 women tried out for the team last week, only two made it and they join the two returning

"Some of the (recreational) players see it as a tryout for badminton, but when they come, they see it's a little stronger than what they're used to," said coach Paul McGarr.

Rosanna U, 18, a second-year Guelph-Humber image arts stuthey go through intense training.

U said fewer people tend to try out. "I guess they don't know about it or they are afraid or shy." She has been playing since Grade

8 and was recruited while she was still in high school to play at Humber.

"The coaches train us like crazy. We get to game against other people who are very talented," U said. Jolande Amoraal will return to the team in January. She has been out with an injury since last year.

McGarr said the team has been built over the past two seasons and they are aiming for an Ontario championship and to send as many people to nationals as they can.

The team will play in one tournament a month for the next six months. The top three players will go to provincials and the top two to nationals.

"We are taking it up to a notch every year," said McGarr.

Sixty per cent of the team is new and he hopes to get a medal for Ontario.

The first tournament is at Humber College on Oct. 26 and the nationals will take place from Feb 28 to Mar. 1 in Nova Scotia.



Badminton team second-year player David Vu during practice.

"My attitude is that if you push me towards something that you think is a weakness, then I will turn that perceived weakness into a strength." - Michael Jordan

Hooker likes dance

SPORTS REPORTER

Varsity rugby player Jason Chuck is taking on extra commitment this semester by joining the Humber Hype dance team.

"I enjoy it, you get the best of both worlds," said Chuck, a firstyear fitness and health student, who plays the hooker position. "I just try to balance my time with school, dance and rugby and have fun with it.'

He said school is his number one priority, followed by rugby and

"I prefer rugby because it's my sport. It's something you do, dancing is more of a hobby," he said.

Chuck has been playing rugby since the ninth grade and was the captain of his high-school team, while he started dancing in Grade

Head coach Carey French said

when Chuck told him he was interested in joining the Humber Hype dance team he did not want him to commit to it.

French said he wanted Chuck to concentrate on rugby.

"He has played by these rules. He is a core member of the 2007 Hawks," French said.

"Rugby is more of a contact sport and dance is more finesse, like a lot of soft movement, but I like it. It's fun."

> -lason Chuck, rugby player

He said Chuck is a quick learner and there is no slack about him.

"He is great at putting the ball in the line out and pulls full games," French said.

Rugby captain Andre Rose-

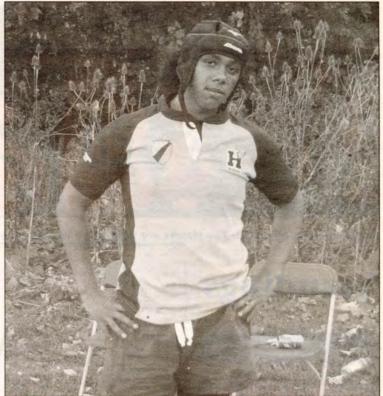
Green encourages Chuck with his commitments. "As long as he enjoys it and prioritizes rugby first, then dance and he does not transfer his dance skills on the rugby field."

Chuck said he is looking forward to the dance skill competitions, but he will wait until after the rugby season is over before participating in them.

Jessica Smith, 21, fourth-year media studies student and captain of the Humber Hype dance team, said Chuck's dance skills can help him with his rugby and vice versa.

"It's very interesting to watch him dance and then watch him play rugby. He is two completely different people," Smith said.

"Rugby is more of a contact sport and dance is more finesse, like a lot of soft movement, but I like it. It's fun," Chuck said.



Dance will help Jason Chuck with finesse on the rugby field.

Victory snatched from the jaws of defeat

Esteban Castellanos

A potential demoralizing defeat was averted when the men's varsity basketball team stole a win from Georgian College with a score of 82-77

The Hawks were down 19 points with less than 14 minutes left in the second half when head coach Darrell Glenn called a time out.

"We challenged them to be able to compete when they're not shooting well," Glenn said.

Shortly after the time out, the Hawks went on a run scoring 14 unanswered points to bring the game within six.

The rest of the game became a nail biter, with each team draining

three-point shots. Hawks, however, were able to grab a one-point lead, their first of the game, with

one minute left when Jose Araujo sank a three-point shot. Georgian tied it on a free throw, but the Hawks answered back to put themselves up by two.

"We thought that this team

should be easy, but with every

team we have to play."

When the Grizzlies tried to tie the game Araujo came up with a huge steal with only ten seconds

left. He was fouled and sank both free throws to put the game bed.

> "We didn't want to

lose, we wanted to start the season the best way we can," said Swiss forward Sebastien Hunziker, who's

forward

in his third year with the team. Hunziker played well throughout the game, leading the Hawks with 23 points and tied with Araujo with nine rebounds.

Despite the win, the first half was one to be forgotten.

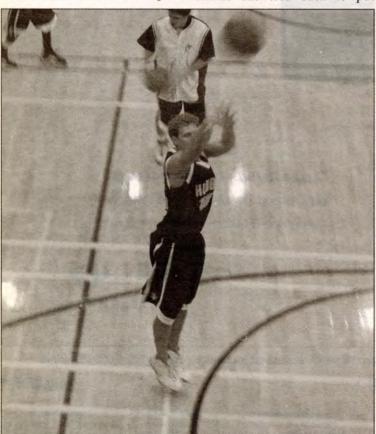
"The shots just weren't going in and that happens sometimes... [The Grizzlies] made their shots," said Glenn, who also said he was surprised his team was only down ten at half, despite their poor shooting (18.4 per cent).

"We thought that this team should be easy," said forward Chris Thompson. "But with every team we have to play we have to bring up the intensity 110 per cent. So we came out in the second half and did what we had to do."

One player the Hawks could not stop was JP Amaral. Amaral stung Glenn's squad for 29 points, including 19 in the second half.

"All we have to remember is the win, that's what's important," said Hunziker.

The team now has a big break before heading off to Montreal to participate in the Dawson tournament between Oct. 12 and 14.



Erik Schmidt takes a shot during pre-game warmup.

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Ionya Raym

Rugby team in a huddle. The Hawks are enjoying a very good season so far, being undefeated in three games, including a 58-0 blowout against Fleming.

Standings

Rugby

Team	W	L	T	BP	Pts
Mohawk	5	0	0	4	24
Humber	3	0	0	3	15
Seneca	3	0	0	3	15
Fleming P	3	1	0	3	15
Georgian	1	3	0	0	4
Conestoga	1	3	0	0	4
Loyalist	0	3	1	1	3
George B.	0	2	1	1	3
Fleming L	0	4	0	0	0

BP = Bonus Points, awarded for scoring four or more tries in a game.

Women's Soccer

WL	. 1		ots
102			De la
5	0	0	15
3	1	1	10
3	1	0	9
2	2	0	6
1	2	2	5
1	3	1	4
0	3	0	0
0	3	0	0
	3 3 2 1 1	3 1 3 1 2 2 1 2 1 3 0 3	5 0 0 3 1 1 3 1 0 2 2 0 1 2 2 1 3 1 0 3 0

Men's Soccer

Team	W	L		Pts
West		2020220		
Humber	4	0	1	13
Sheridan	4	1	0	12
Mohawk	3	2	0	9
Fanshawe	2	2	1	7
Niagara	2	3	0	6
Lambton	1	1	2	5
St.Clair	1	3	1	4
Conestoga	1	4	1	4
Redeemer	1	3	0	3

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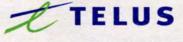


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