



Students find ways to spend their time away from the classroom. In Focus pages 14-15.

Nintendo launches new games in time for Christmas. See story page 21



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Toronto police investigate the scene of last Friday's violent home invasion in the Finch and Martin Grove area, blocks from Humber College.

Student assaulted in brutal home invasion

Police 'hopeful' new leads will help catch thugs

By Olga Kirgidis

Police are investigating leads in connection with the violent home invasion near Humber last weekend in which two women, one a Humber student, and a man were assaulted and robbed.

"We have had, I'm advised, a lot of good leads and [police] are hopeful action will take place in the next few days," Constable Barry Clarke told rez students at an information session Tuesday evening.

Police would not confirm reports that the incident was gang-related and that a suspected gang member was being questioned.

Toronto police hold-up squad Detective Shawn Getty said he couldn't disclose details of the investigation at this time.

"What evidence we have, we're not willing to discuss," Getty said.

Toronto police reported that four masked men armed with a gun, a knife and a machete entered the home near Finch Ave. and

Martin Grove Rd. through an unlocked door around 12:50 a.m. Halloween morning.

Of the 10 residents in the home, all but three were Humber students, none of whom were home when the invasion began.

The other two residents, a 22-year-old man and a 20-year-old woman, living in a basement apartment, were tied up and assaulted by the robbers.

The female victim was then dragged to the bathroom and sexually assaulted by one of the men.

During the invasion, one of the female students from Humber came home and was bound and

sexually assaulted as well.

She later managed to free herself and ran next door to get help.

"She knocked on our door. She was freaking out and hysterical and then my mom called the police," said a first-year Humber student who lives next door.

Three of the home's residents told a Humber EtCetera reporter the men took electronic equipment, several pairs of the women's underwear and other items.

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*What's Inside
This Week*

Humber teacher short-listed for literary award
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Jazz concert raises \$2,500 for scholarships
page 23

Safety Fair in North campus concourse today, 11-2

Aftershock of attack rocks students living off campus

Officer offers to personally inspect homes for safety

By Priya Ramanujam

Last week's violent home invasion involving Humber students has sparked concern among those who live in off-campus housing near the college.

"When I heard about it, my mouth dropped open," Diana Giacomuzzi said. "It was real scary and too close to home."

The first-year fashion arts student lives just minutes away from where the incident occurred.

Giacomuzzi says the area is getting worse all the time, but she doesn't see the police working to improve anything.

"I think because the police are so used to crimes happening in the area, they gave up," she said.

Just last month, three students were held at gunpoint, assaulted and robbed at Humberline Drive.

Some students in the area said they also took their safety for granted before the invasion.

A second-year Package and Graphic Design student said she and her roommates rarely locked their doors prior to last week.

"Now we lock the doors," she said. "Before, our house was pretty easy to break into."

Constable Barry Clarke, head of crime prevention at 23 Division, urged all students to be aware of safety in their own homes.

He added students tend to be lax with safety, especially when so many young people live in one house.

"Students need to use what's



Police are still investigating the brutal home invasion at a home in the Finch Ave. and Martin Grove Rd. area.

happened as a wake-up call," he said.

Clarke advised students to always lock not only the house doors and windows, but also bedroom doors.

Students should also examine houses before renting, he added.

At any student's request, he said, he would personally inspect a house and inform the student whether or not it is safe.

International student Kuniyuki Tamura says even after hearing what happened last week, Rexdale doesn't seem very dangerous to him.

"It's just a bit dangerous for girls to walk home alone after 12 a.m.," he said.

"Having female-only houses is dangerous also."

Lisa Nicholas, a second-year fashion student, agrees with

Tamura and says the college should have security walk students a certain distance home if they are leaving Humber late at night.

Even if actual security wasn't able to do this, Nicholas suggested

"Students need to use what's happened as a wake-up call."

a volunteer escort program be implemented.

According to Gary Jeynes, director of public safety, Humber presently does have an escort pro-

gram, but it only extends to the perimeter of the college's property.

Although only on-campus security has been increased at the college, Jeynes says he is working to raise awareness about public safety off-campus as well.

Both police officers and public safety experts met with students living in residence on Tuesday evening to discuss security issues.

A similar information session open to all students will be held today in the concourse at the North campus between 11 a.m. and 2 p.m.

A week from today there will be an open forum in the lecture theatre allowing students to voice their concerns and raise issues.

Representatives from the police force, the department of public safety and crime stoppers will also be on hand on both days to answer questions and listen to concerns.

Violence near the college this past year

Nov. 4, 2003

During a home invasion on Blackbrush Dr. near Kipling Ave. and Albion Rd., a 20-year-old man was shot in the groin.

Nov. 1, 2003

During a home invasion on Tanbridge Cres., two women and a baby were held at gunpoint by four men.

Oct. 4, 2003

Three Humber students were held at gunpoint, assaulted and robbed on Humberline Dr.

Sept. 5, 2003

Humber student was robbed at gunpoint near Finch Ave. and John Garland Blvd.

Feb. 13, 2003

Humber student was held up at gunpoint while walking on Humberline Dr.

Oct. 3, 2002

A man was beaten up by a dozen men armed with crow-bars, pipes and monkey wrenches in the underground parking lot of 20 Humberline Dr.

Oct. 14, 2002

Humber student and his friend were mugged while walking on Hwy. 27 north of Humber College Blvd.

Ontario police stations will offer the public advice on how to protect their family and property as part of crime prevention week.

The purpose of the week "is to unite communities all across the province to make them work together to help reduce crime," said communications officer Bruce O'Neill.

This week was a particularly violent one, with three slayings, 28 robberies and five home invasions.

"We have a clearly out-of-control underworld right now in this city, who are not only victimizing each other... but innocent people are being killed," Toronto homicide squad staff inspector, Gary Ellis had said at a news conference.

With files from Kirk Villamarin and Camille Roy

Police needed in problem areas: Ranjeet

By Christina Arico

Municipal candidates in the Etobicoke North ward say they are eager to work closely with police to find a solution to keep the community around Humber College safe.

"We need to have a dialogue between the local police, campus security and campus administration," said Michelle Munroe who is running for Councillor of Ward 1, Etobicoke North.

Munroe stressed these three parties must work together to implement strategies and techniques to improve the security around the college.

When asked about the home invasion near Humber's North campus, Munroe said, "I feel sincerely bad for what happened and my heart goes out to their families."

Ranjeet Chahal, another candidate for Councillor of Ward 1 in Etobicoke North, said police need

to focus on problem areas.

"I see police giving out tickets to people and they are not attending to where they are needed. They should be more careful where they are needed," Chahal said.

Suzan Hall, incumbent councillor for Ward 1, said she has been working closely with the 23 Division Community Response Unit.

"I work with the police on almost a daily basis. We look for ways to prevent crime in the area."



Ranjeet Chahal

Home invasion often a targeted crime: police

continued from page 1

One of the women students said the men had arrived with ropes, handcuffs and condoms.

Meanwhile, Humber College has offered accommodations to the home's residents.

The man and woman who were home at the time of the attack, are not Humber students and have been staying in a hotel.

The woman who came home during the invasion has since moved to an apartment that she had planned to move into Nov. 1.

Although police had initially said the home invasion was a random act, they now say because of the nature of the crime that the house may have been targeted in some way.

Detective John Phelps said there was a possibility the robbers had some idea prior to the home invasion that there were things inside the home worth stealing.

"We're trying to establish motive right now," Phelps said. "I can't say these particular students were targeted because they were Humber students. Other people lived in the home as well. [The suspects] are probably from the area, and there might be a tie to Humber College."

He added that the sexual assaults were probably an afterthought and not the likely reason the men went to the house.

"They picked that residence and I think the purpose was a home invasion. They just took advantage of the girls being there," he said.

Neighbourhood resident Sylvester Gill said the incident has made him and his children more cautious about living in the area.

Gill added that he often heard loud music coming from the stu-



Toronto police Constable Barry Clarke answers questions about student safety on and off campus during an information session held Tuesday in residence.

dents' home during weekend parties, and that he saw many people coming and going.

Toronto police and security at Humber are advising students to make sure they lock their doors and windows at all times and avoid opening their doors to strangers.

Although the school is not conducting any security investigation,

"[The suspects] are probably from the area."

Deborah Bourk, acting director for marketing and communication, said they are trying to comfort the victims and students at Humber, as well as answer police questions.

Police are urging any students with information about the home invasion to come forward.

Phelps said police are very concerned about the community at Humber and are trying as hard as possible to deal with the escalating crime in the area.

"We're pulling every resource in 23 division. We can't wave our magic wands and solve the problem."

- First suspect – black male in his early 20s, standing 5' 10" wearing a dark hooded sweatshirt, dark baggy pants, a bandana and armed with a hunting knife.

- Second suspect – black male in his late teens to early 20s, 5' 7", wearing a dark hooded sweatshirt, dark pants, a paisley bandana and armed with a handgun.

- Third suspect – black male, early 20s, 5' 10", medium build, wearing a dark hooded sweatshirt, a bandana, and armed with a machete.

- Fourth suspect – black male, slim build, 6' 2", wearing dark baggy clothing with a black bandana covering his face.

With files from Cait Belanger

Students fear for safety after home invasion

By Christina Bernardo

Many Humber students are worried about their safety after a violent home invasion in Rexdale on Friday morning.

"It's scary," Jenifer Cronmiller, a second-year Culinary Management student said. "I live five minutes away from where it happened. I don't really feel safe, [but] I always knew it was a bad neighbourhood."

Students aren't the only ones concerned.

"It's terrifying to know our students aren't safe," said Jen Green, HSF vice president of campus life North, "[But] there's nothing we can do to protect everyone."

HSF is organizing an information session to teach students safety measures to prevent similar crimes.

Humber will also host a security safety campaign with booths so students can talk one-on-one with counsellors from the Tragic Events Support Network.

HSF President Valerie Rothlin said the booths will help to address personal concerns.

A forum with members of the Humber administration will be held next week to discuss student safety.

"We want to make it clear that the HSF is very committed to responsible safety on campus and that we are holding Humber

accountable because if students do feel that they are unsafe on this campus, the HSF and Humber College in a partnership need to be able to address that," said Nadia Conforti, HSF vice president of administration for North campus.

"We are concerned and we are ensuring that safety is kept."

The HSF is asking for any students with concerns about their safety on or around Humber property to contact Humber security directly at 416-675-6622 ext. 4077.

"It's very easy for us to address these concerns and get them rectified if they are substantial - it's hard to know everything that goes on on campus," Rothlin said.

Unfortunately, once students leave Humber property, they are responsible for their own safety. HSF is proposing that Humber should be responsible for students outside school boundaries.

"We have to start thinking outside the campus. We have to start realizing that our campus doesn't have an invisible wall around it. HSF and Humber need to start looking beyond our boundaries," she said.

"[Does] our responsibility to student safety end the minute [students] walk off campus or are we still responsible for them until they get home?"

"It's terrifying to know that our students aren't safe."

Humber making every effort to help victims

By Darcie Kotva

Humber College staff say they will offer their services to everyone affected by Friday morning's home invasion – whether they're students or not.

"This kind of terrible home invasion makes victims of us all," said John Davies, vice president of administrative services.

Counsellors from the Tragic Events Support Network are on hand to talk to concerned citizens.

"We've [also] made sure that we have rooms in our residence," Davies said.

"If they would feel [more secure] there, we've made provisions for that."

Davies added that the college is taking an active role in responding to the incident.

"Humber College is doing its utmost to support students that are involved in this and the other victims," he said.

"We're taking the position that it doesn't matter to us whether they are Humber students or not. We are part of this community, we care about this community, and we want to be helping these people who are victimized by this particular crime

to the best of our ability."

Davies and Gary Jaynes, head of security, met with Toronto police

"We are part of this community, we care about this community..."

Superintendent Ron Taverner early last week to discuss student safety.

"[The police] are committing themselves to spending more time at Humber, dealing with issues of safety and security," Davies said.

He added that Humber has a good relationship with the police and has worked with them in the past about safety issues.

"The best that we can do ... is educate people as to how to protect themselves, how to safeguard themselves," Davies said.

Humber expects to hold more meetings on public safety in the future for staff and students. In the meantime, Humber staff and police are warning students to take pre-

cautions to ensure their safety.

Police told citizens to make sure their homes are secure, that doors are locked and that windows are properly sealed.

Davies urged students to travel in pairs or to use Humber's safety escort service to be walked to their vehicles or to the bus stops.

"Students can be assured that we take this issue extremely seriously here, and we want to do whatever we can to strengthen security of students on campus, and in the broader community we're going to be working hard with the police on that."

Prof recognized

By Vivian Song

Humber teacher Andrew Clark has been shortlisted for the Governor General's Literary Award for his work in *A Keen Soldier: The Execution of Second World War Private Harold Pringle*.

Clark, a history of comedy teacher at the Lakeshore campus, said he was haunted by his grandfather's story of a young Canadian soldier killed by his own military on suspected charges of murder during WWII.

"The story always stuck with me. And after my grandfather died, the story would not leave me alone," Clark said. "I would sometimes look at my students and think 'These are the kind of guys I'm writing about.'"

Once committed to the project, Clark quit his job at Maclean's as a senior writer and came to Humber two years ago to subsidize two years of research and writing.

Clark joins a few other iconic writers in Canadian literature who have also received some high honours for their work—and have taught at Humber.

"We have a lot of distinguished awards in the creative writing program," said Joe Kertes, dean of creative and performing arts. "Peter Carey, a teacher for seven years, won the Booker Prize twice. Timothy Findlay and Margaret Atwood also taught here."

Winners of the prestigious awards receive \$15,000 and will be announced on Wed., Nov. 12 at 9:30 a.m.

List rates 100 best employers in Canada

By Liza Wood

The list of Canada's Top 100 Employers for 2004 has been released, providing students with insight into what companies across the country have to offer.

Each year 100 employers are chosen based on factors like work environment and employee incentives. The report also includes insider information

To make the list, employers don't have to offer the highest pay rate or the best hours. Instead, the list focuses on what employers are doing to attract new employees and keep their current workers happy.

Cara Operations, Canada's largest operator of full service restaurants in Canada, was named one of the country's top employers for its scholarship program. With over 39,000 employees, Cara Operations Ltd. gives 10 scholarships valued at up to \$3,500 each to employees' children. Cara

Operations owns restaurants such as Swiss Chalet, Montana's Cookhouse, Harvey's and Kelsey's.

Humber's Employment Advisor Vicky Reay said the list provides useful information for students to have.

"It's a good starting point for students to do research," she said, "and to look at what the top employers are offering and compare it to other industries where they might be applying."

A Humber Graduate Report for 2001 reveals 89 per cent of graduates were able to secure employment in a wide variety of full-time, part-time, temporary, contract and freelance positions.

To view the employment statistics of your specific program, check out the website at www.gradreport.humberc.on.ca.

The 2002 Graduate Report will be available by the end of the month.



Globe and Mail executive director Colin MacKenzie shares his views on science in the media with journalist and environmental consultant Nikki Ross at the second annual round-table discussion held by the Journalism program.

Students act as watchdogs:

Honour promises, Liberals told

By Chris Hedrick

Student groups will act as watchdogs to ensure Premier Dalton McGuinty's promises don't fall by the wayside.

Stir It Up and Students United for Public Education representatives gathered at Queen's Park recently to greet McGuinty and the new provincial government.

Stir It Up, a province-wide network of high school student activists, and Students United for Public Education handed the new Premier a card to express praise and remind him of campaign commitments made to Ontario youth.

The promises made during the provincial Liberal campaign included an immediate college and university tuition freeze for at least two years, which is already moving forward, improving student financial aid and providing tuition

waivers for 10 per cent of the students most in need of financial assistance.

"We'd like to see a reduction in tuition fees, so we can actually afford to go to university or college and we'd like to see more student grants than loans," Eli Zeldin, Stir It Up organizer, said. "We want to see a drop in cost to make post-secondary education more accessible to more people."

Statistics Canada, in its annual survey of tuition and living costs for full-time students at Canadian degree granting institutions, found that the average undergraduate tuition rose 7.4 per cent to \$4,025 for the 2003-04 academic year, the largest increase in four years.

The report also found that tuition fees in Ontario were \$4,923, the second highest in Canada.

The victory for McGuinty and the Ontario Liberals means stu-

dents and their families will get a break on tuition fees for at least two years.

Promises made:

Other campaign commitments made by the Ontario Liberals include:

- Creating room for 50,000 more students in post-secondary education over five years.
- Doubling the number of apprenticeships in the province.
- Investing \$60 million in loans and grant programs for post-secondary students over two years.
- Starting the Canada Scholarships program, with the help of \$105 million a year to increase by 70 per cent the number of graduate scholarships funded by the government.

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Fire fighter students set up food drive

By Jordan Neal

Humber's Fire Fighter Education and Training Program is lending a helping hand to those in need by running a food drive for the Daily Bread Food Bank.

"In the past eight years, the number of individuals using food relief programs in the GTA has grown by 35 per cent," class president Cristin Kelly said.

A total of 5,000 pounds of non-

perishable goods was donated last year and according to Kelly, this year's class intends to exceed that total by 10 per cent.

Matt Sprunt, a first-year student, is happy to be part of a program that helps the GTA.

"It's a great idea, especially during this time of year. People need a hand, and I think that everyone should get involved, no matter how small the contribution. Every little bit helps the cause."

About 80 per cent of the Daily Bread's food donations comes from the agri-food industry including farmers, wholesalers and manufacturers. The other 20 per cent comes from the public through volunteer food drives like Humber's.

The food bank needs tuna, peanut butter, dried pasta and sauce, baby food, formula and diapers.

The fire fighting program is holding a special pub night at Caps

on Dec. 4. Admission is \$5 but students can get in for free with two non-perishable food items. There will also be a raffle draw and prizes.

Collection bins have been placed around North campus, and a collection day is scheduled for Dec. 6 at Fortino's on Hwy. 7 near the 400.

For more information, contact Cristin Kelly, class president, at (647) 999-7739.

The mayoral race:

Students speak out

By Priya Ramanujam

Humber students have a message for Toronto's new mayor: develop stronger partnerships with individual ethnic communities and improve immigrant relations.

"The new mayor should work with the different communities and see what they would like to have done with their community," said Kamimura Alexander, president of Humber's Caribbean Culture Society.

Payal Gaglani, president of HumDesi, the college's new South Asian club, said raising cultural awareness through seminars and conferences throughout the city is something the new mayor should also consider.

David Miller, the current front-runner for mayor, proposed implementing a permanent task force on equity which would mean every community would have a place at City Hall.

Second-year Business Management student Leanne deMello said immigrants need to be given more of a chance when they come to Toronto.

"You come from India, and your education means nothing. You have to start all over again. On the other hand they bring you here because you are educated," she said. She added that many immigrants are over-educated for the jobs that are

available to them.

Miller made specific note of this issue in his speech.

"Too often new Canadians are not employed to their potential. We have to do a better job of employing the skills of our immigrant communities. Toronto doesn't benefit economically by having engineers driving taxis or doctors delivering pizzas," he said.

First-year Wireless Telecommunications student Navdeep Singh said many immigrants turn to starting up small businesses when their international credentials are not recognized.

"If an immigrant plans to build a plaza, the bank asks for a 30-40 per cent down payment, but for someone who has lived here for more than 10 years this amount is much lower," he said.

Singh suggested that the new mayor look into a system upgrade allowing banks to access the same immigration information the government has on file.

Gaglani agreed with Singh, adding many immigrants face difficulties providing proof of their credit record because international credit is often not accepted by Canadian banks.

"If they're bringing in the right people, then trust them enough to give them the opportunity to start up their business," he said.

"You come from India, and your education means nothing. You have to start all over again."

How to vote this time

By Ashley Hickey

With the municipal election fast approaching, many students will not vote simply because they don't know what to do or where to go.

Rebecca Loughheed, an 18-year-old business administration student, recently moved to Toronto from British Columbia into the residence on the North campus.

"I just don't know what I'm supposed to do. I live on my own now while I'm at school, and I don't even know where I'm supposed to go to vote," she said.

Loughheed's not the only student who finds the process difficult.

"I just turned 18 last month so I don't even think I'm registered to vote yet because how would they even know to put me on the list," Courtney Dunlop, a first-year fashion arts student, said.

But registering to vote is easier

than many students think.

A Notice of Registration card is sent a few weeks prior to election day. The yellow (or sometimes white) card details where to vote within the community.

Check the notice over carefully to make sure the name and address are right and spelled correctly.

Those students who did not receive a registration notice should call the Election Information Line at 416-338-1111 to find out their voting location.

On election day, they should speak to the Supervising Deputy Returning Officer (SDRO), located at the front of the entrance to the voting location. The SDRO has forms that must be filled out to be placed on the voting list and will require identification that shows age of majority, Canadian citizenship and address.



Reading for the soul as opposed to the mind - C&C programming student Byron Ortega takes a look at the free Bibles offered outside the bookstore at North campus.

Faculty threatens strike in March

Administration remains confident agreement will be reached

By Kirk Villamarin

Ontario's community college teachers are threatening to go on strike in March if they don't have a new contract soon.

"It appears at this time that such a threat is the only thing that will bring management to a settlement position," said Ted Montgomery, chair of the faculty union team (OPSEU).

College teachers and the province have been in a tug-of-war over such issues as salaries and the hiring of full-time staff since the last contract expired in late August.

But Humber's Director of Human Resources, Deb McCarthy, said she doesn't believe the dispute will end in a strike.

"That is a pretty normal strategy for any negotiating bargaining team. They would call for a strike vote that gives them in their minds more leverage at the table. That doesn't necessarily mean that they will strike," McCarthy said.

The province has proposed a three per cent wage increase for faculty in each year of a three-year contract. OPSEU wants five per cent in each of two years.

"At this point, what management is offering as a salary increase doesn't meet the cost of living," Maureen Wall, Humber faculty

union president, said.

She said accepting the province's offer would put college faculty on the same scale as high school teachers.

"In some areas of the college, they're having difficulty hiring faculty into certain full-time positions because the people they're trying to hire say the salary is too low."

According to McCarthy, Humber doesn't have the money to match the salaries of experienced tradespeople who might be recruited to teach their craft at the college.

"A teacher makes an average of \$62,000. A plumber makes about \$150,000 in a good year," McCarthy said. "We obviously can't meet those kinds of demands no matter what kind of increase we give."

Despite an increase in student enrollment, OPSEU says the number of full-time staff has decreased, citing figures showing the college had 637 full-time teachers when enrollment was 8,500 full-time students in 1989, compared to 457 teachers with 14,000 students now.

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New poppy puppy tries to get kids talking about war

Some legion members say they're skeptical

By Kathleen Vetta

The Royal Canadian Legion is appealing to younger Canadians this Remembrance Day with new poppy-sporting stuffed animals.

"Hi! My name is Poppy Puppy. I'm special because I wear poppies to help us remember," reads the slogan on a Legion advertisement, showing a young girl holding one of the stuffed toys designed to raise young people's awareness of Remembrance Day.

Along with traditional poppies, this year Legions across Canada are selling thousands of Poppy Puppies.

Brenda Nash, the Legion's Poppy Chairman, said the Poppy Puppy was designed to appeal to a generation that doesn't appreciate the meaning of the poppy, or the sacrifices the faux red flower represents.

"The intent is to garner the interests of younger children," Nash said. "Parents aren't likely to pin a poppy on their child, and this stuffed animal can entice the child to ask questions. They will want to know why there are red flowers on its white coat."

Some critics say the campaign could be interpreted as disrespectful.

"I have mixed feelings about the puppies," said Brian Howell, a World War II veteran. "I would agree with it if I knew that every puppy sold was given with an explanation of its meaning and purpose. I feel it might over-commer-



The Legion advertisement for the new Poppy Puppy reads, "Hi! My name is Poppy Puppy. I'm special because I wear poppies to help us remember."

cialize the poppy campaign," he said.

Humber second-year business management student Julie Crossan said the puppies are a good way to get children to understand the history of Remembrance Day. "They're cute," she said, "and I believe it's a good way for children to learn about the soldiers that fought and died for our country."

The Legion and its members acknowledge that some people will be skeptical of the Poppy Puppies, but contend that the toys will be an

excellent educational tool. Poppy Puppy pins cost \$4.60 and the stuffed toy, \$9.77. The Legion has ordered 150,000 of the memorial playthings, which can be purchased from the legion branches that requested them.

"The idea is to reach out to younger Canadians and get them to understand the significance of the poppy," Nash said. "The reason the poppies exist is for the remembrance of all our fellow countrymen who have died while in service during the great wars."

Ceremony in student concourse

Humber is holding this year's Remembrance Day ceremony on Nov. 11, at 10:45 a.m., in the concourse area.

Journalism professor Carey French will emcee the ceremony.

Humber's Chaplain, Len Thomas, will read *In Flanders Fields*, by Lieut.-Colonel, John McCrae, followed by the famous Last Post, performed by music student, Seng Kook-Ha.

Toby Donnelly will sing Morning Has Broken and students will be asked to observe a moment of silence.

"I think students last year were very attentive, and each year we seem to get more [attendance]," said Doris Tallon, organizer of the event. "Students seem to be more interested, especially with what's going on in the world right now."

The school will also remember Tom Conlan, a former member of the British Merchant Navy and Humber's security service, who recently passed away.

-Jaime Taylor

Obesity among young people on the rise

By John Mammias

Young Canadians are eating more unhealthy food than ever and exercising less.

A new Statistics Canada report says 51 per cent of Canadians are overweight or obese, and half of those are under the age of 19.

Dr. Tommy Hong, a Mississauga based family physician, has seen this trend increase over the years.

"Obesity is definitely on the rise, especially among teenagers," Hong said. "They are eating way too much junk, and are not getting enough exercise."

Hong believes people tend to eat too much fast food, sacrificing nutrition for convenience. Students, Hong emphasized, are always looking for something fast, tasty and cheap.

Unfortunately, at Humber's caf, the healthiest meals are often the most expensive. For instance, a meat stir-fry costs almost \$7 while a pizza is only about \$4.

Christina Theorou, a first-year creative photography student, knows she should be eating better.

"I don't have time to make a healthy lunch for school, that's why I usually end up buying something from the cafeteria. I know I'm supposed to eat healthier, but eating healthy these days seems difficult and expensive."

Hong said people are consuming far too many calories and unless they are very active, the excess calories turn into fat. Many of the calories consumed are preservative-filled foods, fried in fatty oils and lack nutritional content.

Meanwhile, with students' hectic schedules, keeping fit is not a priority. Hong said students who eat poorly now and are still thin are in for a rude awakening in a few years when their metabolisms slow down.

Joshua Preston, a first-year business student said he realizes how difficult it is to keep in shape these days.

"I used to go to the gym religiously, almost everyday. But with the huge workload that I have here, and my part-time job, I'm lucky if I can go two days a week."

Movie-making website holds competition for writers, editors

By Nick Vassallo

A new Project Movie Making company has peaked the interest of Humber's film and television production students.

Created by Dream Cost Entertainment Inc., members enroll in Project Movie Making to get the chance to submit scripts, portfolios, biographies, musical compositions, costume/set design, audition tapes and film footage all through the PMM website.

Second-year film and television production student Mandy Forbes is in the process of working on a documentary and said she's inter-

ested in submitting a piece of work to the PMM website.

"Students and filmmakers are interested [because] they can show their work."

Currently, the PMM website is hosting seven competitions for best script writer, director, film editor, set designer, costume designer,

musical and actor in a supporting role. The winners selected in each field will be hired and flown in to work on location.

Even if the submission doesn't win, the work will still be exposed to viewers over the Internet and has the potential to be discovered.

Second-year film and television production student Kyle Rogers is excited about the whole idea.

"It's definitely something that students and filmmakers are interested in, [because] they can show their work," Rogers said.

For more information on becoming a member, log on to www.projectmoviemaking.com.

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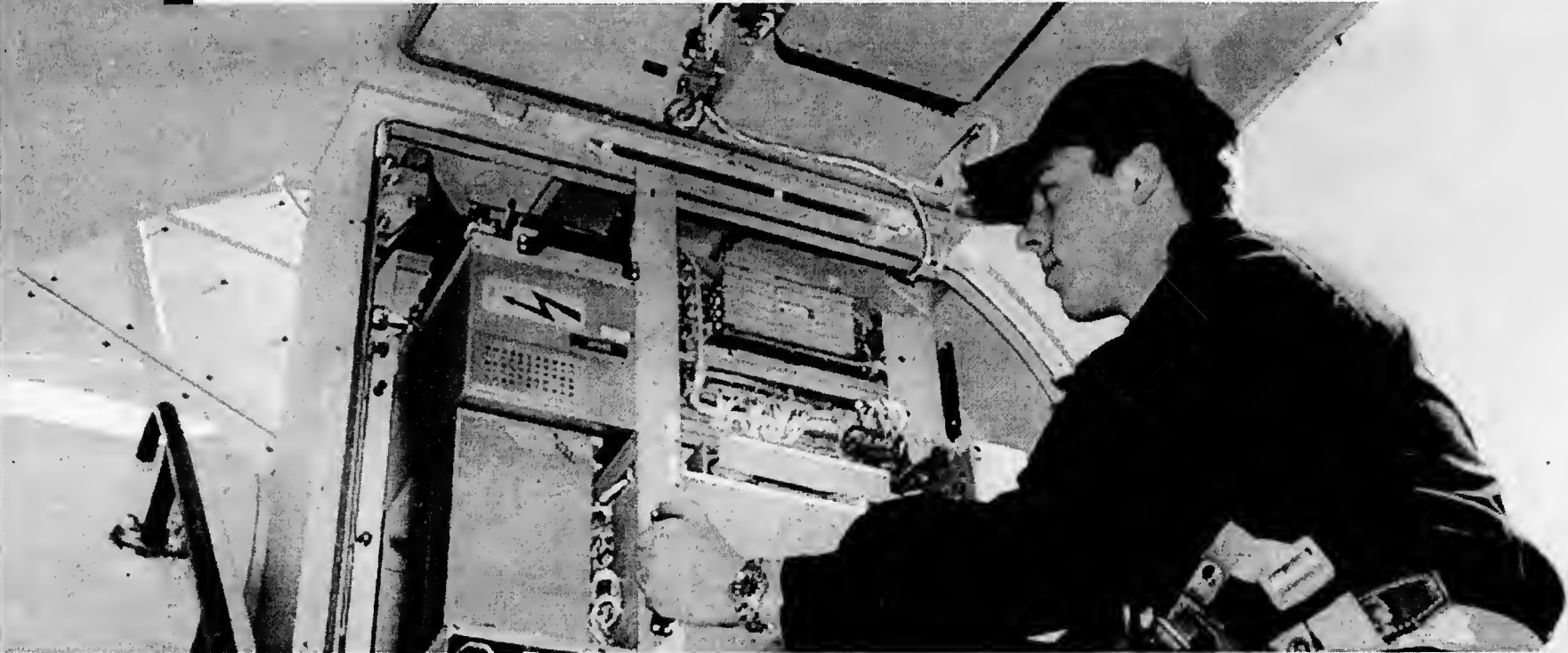
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Wake-up call

Let's be honest.

Not all of us voted in last month's provincial election.

Some of us didn't feel well informed enough to vote. Some of us just didn't really care. For many of us, the issues were too far over our heads and too intangible to inspire us to care.

Dealing with deficits, balancing budgets, gazillions of dollars in allocations to this program and that committee...

We are the product of generations Y and X. We are a group of people who rely on immediate and tangible gratification. A reduced deficit doesn't matter to those of us too preoccupied with our own ever-mounting student debts to be concerned with the government's.

Who can blame us for finding it hard to understand why we should care?

On Monday, Nov. 10 we are, again, being asked to care. But why should we? Why vote now if we didn't before?

Because this election really matters.

Not to say that provincial and federal elections don't. Every election and every vote is important. But municipal candidates deal with issues a little closer to home. The effects of our collective votes are tangible. If our garbage gets picked up less frequently, we'll notice. If our roads are fixed, and gridlock reduced, we'll notice. And we'll most definitely notice if we feel safer in our neighbourhoods and in our own homes.

Apathy is never justifiable. But it can be understandable.

And we, the residents and students of the Greater Toronto Area, can't afford to be apathetic. We need to find candidates who will step up to the plate and demand that our needs, and more specifically, our safety, is addressed.

Let's face it, if the provincial government balances the books, Joe and Jane Doe might have their taxes reduced. But if your little brother or sister is getting a better education, if our drive home from school and work goes smoother and quicker, and if we all feel safe going to bed at night, then maybe we will finally realize how much our vote matters.

And we can take pride in knowing that we all had a part in making it happen.



Letters To The Editor

Job complaints anger yet another reader

Re: Opinion Section, To our managers: Be kind to workers, Oct. 23, 2003

The first issue that caught my eye when reading Sarah Lisi's article was the remark about paying an employee minimum wage and still expecting them to remain honest when handling large sums of money. To this I remark: Exactly how much does an employee deserve to be paid to be honest?

In addition, regarding a later comment, I ask: how much does an employee need to be paid to care? You should care because you ARE getting paid, it shouldn't matter how much.

The second issue that concerned me was the distribution of wealth and working hours between managers/CEOs/VPs and employees. Do you know what those people actually do? Do you know what shit [as Sarah put it] they have to put up with? I am sure that if you were in a manager position your opinion would be a lot different. Not only do managers have to put up with bitchy customer complaints but they also have to put up with bitchy employees who only do what is asked of them and justify their theft by saying that they don't get paid enough which leads them to steal. Perhaps if employees remained honest and allowed the company to obtain the profits, they would get the raises they desire because the money would be there to do so.

In addition to the subject of raises, be thankful if you even get a raise because your employer is not required by law to give you one. May I also remind you/readers that the lowest minimum wage is not \$6.85, servers (waiters and waitresses) only make \$5.95 an hour. Yes they do earn tips, however, customers are not obligated to leave them.

As for the incentive to do a good job and to be a good employee, you should be a good employee and go that extra mile because you want to not because you get paid to. Yes, a "Thank you!" or a "Good job!" does go a long way, but why do you need anything at all? If you know you are a good person and a great trustworthy employee, then you shouldn't need someone to tell you that. Do the extras for yourself and the experience, not

for the money.

The moral of this story: if your job is so horrible and you get treated so badly, then by all means quit because there are a lot of people out there who don't have a job and need/want one and will be more than willing to fill your position. They'll probably do a better job and may even do it for a smaller wage because they are just thankful to be employed. So be thankful you have the privilege to be employed by your employer because you may not deserve to be and it sure is not your right.

Chandra Burr, Student, The University of Guelph-Humber

Humber professor praises Life article

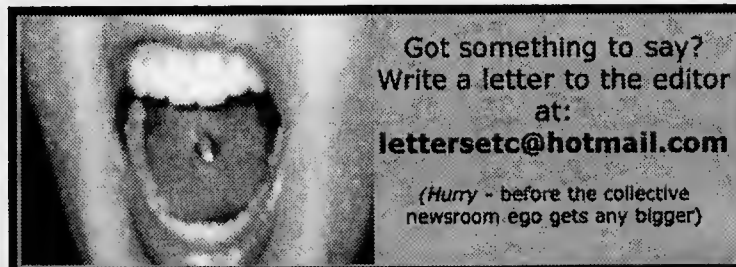
Re: Life Section, Teacher translates language to love, Oct. 23, 2003

Thank you so much for your wonderful article, Cheyenne Morin! You really got across how important I feel it is to love what you do and to help the world in some small way with your work.

It's also been lots of fun getting comments on the story from other faculty and students.....I'm glad that we had the chance to meet.

Wishing you all the very best in your studies here,

Linda Maloney, Professor, Humber College



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On a personal note...

Keeping everything in perspective



By Aaron Sawyer

Almost daily I find myself complaining about everyday life. I have no money. I hate school. No one will give me a job. The list goes on. I hear the same complaints coming from my peers. Most of the time, these complaints are heard over a cup of coffee and a cigarette.

It seems that in our Western world we have become so accustomed to living a life of luxury that very rarely do we even take the time to appreciate the fact that we have these things to complain about.

Yes, I may be broke, but at least I have a roof over my head and I know that I will eat tomorrow.

In the grand scheme of things, we have nothing to complain about. We don't have to worry about waking up tomorrow morning to find a shower of bombs raining down on our homes. We don't have to worry about trudging miles to find a

source of water. We don't have to grieve that yet another one of our

"If you're reading this column, then life can't be that bad."

friends or family members has to die of starvation, dehydration or torture.

Chances are, if you're reading this column, you go to Humber College - a luxury in itself. If you're reading this column, then life can't be that bad.

Rather than going through our day complaining about every last detail, let's take the time to appreciate what we have.

The next time you start to moan about being broke, remember that

for some, being broke means more than having to go without a new pair of jeans for another month. It means starvation.

When you're lighting up your next cigarette or drinking your next cup of coffee, remember that these things are luxuries, not necessities and that we live a blessed life whether we take the time to realize it or not.

Campus safety:

Inevitably living in fear



By Stephanie Crosby

I've always considered myself to be a cautious person. Overly cautious perhaps, if there's such a thing. I'm that girl who walks with her keys in hand. I check the back seat of my car before I get in. My doors are locked before my seatbelt is even on. And the first thing I do once inside my apartment is secure the deadbolt.

Within the past two weeks, I've come to realize something. All of my precautions and safety measures are wasted. All of my looking over my shoulder means nothing. Not a damn thing. I still live in fear everyday.

There's a term we hear all the time, especially growing up as a girl. "It's better to be safe than sorry." But I practice safety, yet I am not immune to being attacked. Nobody is. We have been inundated with stories of a young girl being taken recently from her bed in the night. And students from our own school assaulted in their own home. Forget the dark alleys and abandoned parking lots - should I be afraid to walk into my own kitchen because it backs on to the building's fire escape?

Two weeks ago I came home from an evening at a friend's house. It was maybe 10:30 and sitting on the stairs in the lobby of my building was a man I had never seen before. How had he gotten in? Why was he sitting there? I came to learn

that he lived in the basement and was waiting for a friend to show up, but the heart pounding, pulse racing fear that washed over me couldn't be ignored. Not when there are only six tenants where I live and you need keys to get in the front door. He was blocking my way upstairs and I felt he could somehow sense that I was going to be alone in that apartment that night. There may have been a time in my life when I would have felt bad for assuming the worst of someone else like that. But not now. Screw the niceties. I'd rather be safe.

I intern at a major newsroom. I am in an environment where I see and hear more than others who watch the news from the comfort of their living room couches. Each

"All of my looking over my shoulder means nothing. Not a damn thing. I still live in fear everyday."

and every time I have gone out on a shoot I have asked seasoned cameramen and reporters if they remember what they felt the first time they saw a dead body. For most it was adrenaline. One cameraman told me how he was the first on scene to a kid who had fallen 17 floors to his death and as he was setting up his camera, the mother came out to discover her son on the pavement. As she clutched his lifeless body wailing and screaming in the street, our

cameraman recalls the one thing that was running through his mind; "Wow, I'm gonna have some great visuals of this."

I'm not sure what the purpose of this piece is. Perhaps it stems from the fact that I just watched *Bowling for Columbine* for the first time and have the sinking feeling that we will never ever be safe from one another. Maybe it's because I sat last night and watched a broadcast of *America's Most Wanted* because a nine-year-old girl was taken from her home 20 minutes from where I live and is still missing. Or maybe because four nights ago, as three roommates sat around watching *Friends*, four mask-wearing, weapon-toting males broke into their living room and raped and assaulted them. They could have been my friends. Hell, it could have been me.

The answer isn't in a column in a school newspaper. It isn't even on the evening news. Go on and take your self-defense courses and lock your doors at night. Participate in marches and rallies and protests about violence and safety. Wear ribbons that support a cause. Write letters to your elected officials. It won't do anything. But if it makes you feel better, go ahead. The truth is, nothing is really ever going to get better.

But keep looking over your shoulder. Just in case.

Fire in your 'long' loins? Join our tall revolution



Guest Columnist

Comedy: Writing and Performance Program

By Hunter Somerville

I feel that society discriminates against me every single second of my waking life. I hit my head on things often - or rather, society makes me hit my head on things often. I am 6 foot 5, and I am frustrated.

The British Tall Person's Club has arranged a convention to discuss possible methods of removing the ever-present heightism, but I say enough with the polite chit chat; it's time for some action.

I have formed the Tall People's Militia.

We meet on the second Thursday of each month to discuss our anger towards society, and when it builds to a decent level, we sneak around Toronto knocking out the tops of doorways.

On weekends we ambush airplane and automobile manufacturers, altering the spacing of their seats to better suit our long legs.

Mondays are used to hassle shoe stores. Aldo, et al, are filled to the brim with size nines but they do not bother carrying shoes for those of us with - ahem - 'foot-longs.'

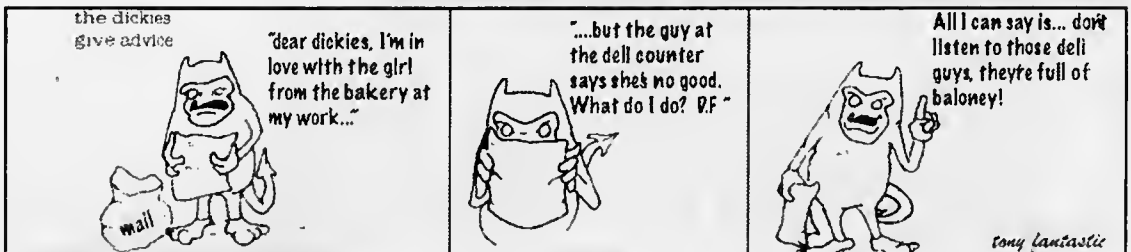
Any spare time is spent protesting gymnastic competitions and horse races. Tall people are told that they cannot be champion gymnasts because of their 'height condition.' And here's a message to the people at Woodbine: it is blatant heightism to say that I could not be an accomplished jockey (even if it makes more sense for Secretariat to ride on my back).

Of course, there are some benefits to being tall. When I go to a concert, my view is never blocked, and I serve as a beacon to my friends returning from the toilets (I got free tickets to SARStock for that reason alone).

Also, the weather is, in fact, better 'up here.' While most of you freeze your tiny bodies in the winter, we 'tallies,' or 'height endowed' (if you want to be p.c.) people enjoy near tropical Decembers - we only wear toques and jackets so that you shorties don't feel inferior.

Most importantly, I hear that girls dig tall guys. Unfortunately, I only hear that.

Keep in mind that this secret society is exactly that, a secret society. However, if you feel the revolutionary fire burning in your long loins, hang around a basketball court long enough and you'll find us.



Student exchange in the works for G-H

By Cynthia Shaver

Students at the University of Guelph-Humber have been busy researching post secondary schools around the globe in an attempt to get an exchange program off the ground.

Seven students, under the advisory of Leah Murdoch, Guelph-Humber program advisor, are trying to establish ties with colleges and universities in the U.S., U.K. and Australia.

Second-year media student and exchange researcher Chris Sherman said the project is harder than he initially anticipated.

"Because Guelph-Humber is one of the first institutions where students receive both a degree and a diploma, it is difficult to find schools offering

these same aspects," he said.

Students in the media studies and business programs will be the first with the opportunity to participate in the exchange program. This will enable the school to concentrate on establishing exchanges for the second year students who have less time until they graduate.

"Students are hoping that an exchange might be available in third year," Sherman said.

Sandra King, a second-year media student, said she has been patiently awaiting the introduction of an exchange program.

"Australia's media sector is booming and there are lots of opportunities overseas," she said. The exchange, she added, offers students the chance to experience another

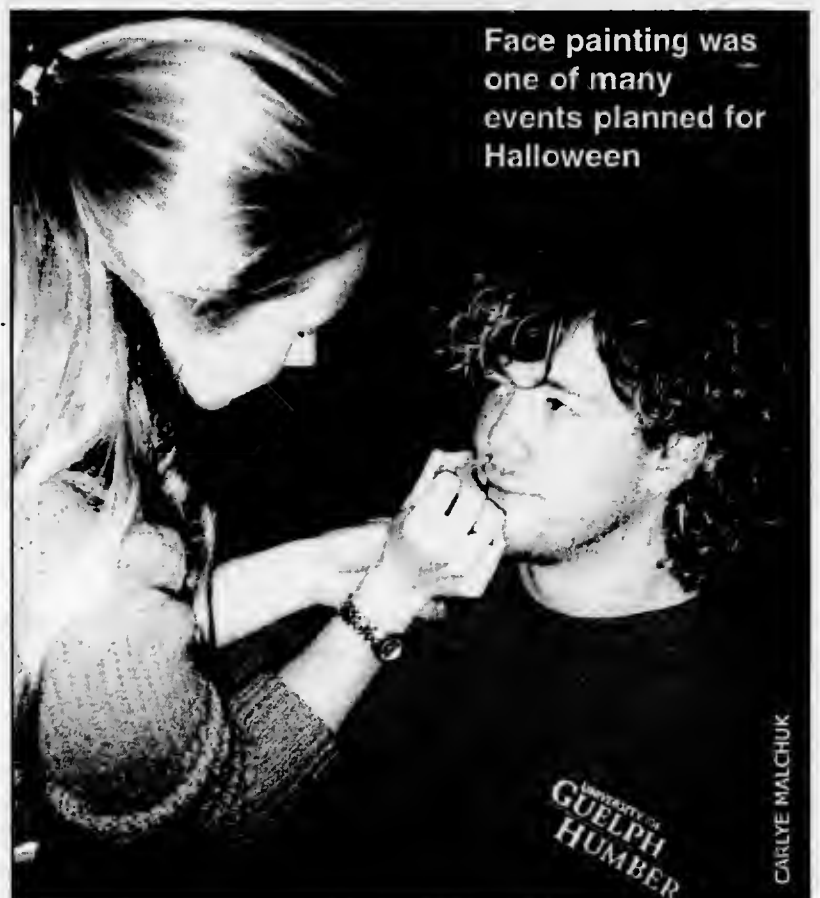
culture while studying in a new environment.

Although no business students are directly involved in the planning, most are very excited about it.

"Business students really want student exchanges," second-year media student Anna Gori, said.

Gori explained that recruitment advertising for the business program at Guelph-Humber said students would be offered "international business specialization." Some business students, Gori said, assumed it meant there would be an exchange or co-op for them and were disappointed when there wasn't.

Cynthia Tan, a business student asked, "What is an international study if you are not given the chance to study abroad?"



Face painting was one of many events planned for Halloween

GHSA Halloween events were held in the Atrium of the G-H building on Wed. Oct. 29. Second-year business student James Galloway got into the Halloween spirit, having his face painted at the event.



Jackie Locke, first-year media studies student, will submit her portrayal of diversity with her entry, "Loss of Innocence."

Diversity focuses on the ethnic palate of Humber

Guelph - Humber's first photo contest has students from all programs shooting for gold

By Gannon Loftus

The deadline has been extended for entries to "Diversity," the first photo contest at the University of Guelph-Humber that gives students the opportunity to showcase their artistic and creative abilities.

The contest, open to all Guelph-Humber students, will now close Nov. 10. Chris Sherman, a media studies representative on the Guelph-Humber Student Association and the contest organizer, said he chose to extend the deadline so more students can enter the contest and not be rushed to finish their photos.

The contest celebrates diversity. According to Sherman, the media studies council is encouraging students to enter photographs capturing their personal views on diversity, not only within the Guelph-Humber community but the community at large. Along with the photo, each contestant must write a brief description of the meaning and inspiration of their photograph.

Three winners will be selected from a panel of judges comprised of students, faculty and administration.

"Judges will look for images and compositions of photos that illustrate the diversity in our institution, community and city...something that reflects the nature of diversity and acceptance," Sherman said.

Jackie Locke, a first-year media studies student and contest entrant, said she has been disappointed by the lack of activities for image art students and is thrilled that there is finally something that caters to this media stream. Locke's theme for her photo entry is "Loss of Innocence."

"The picture has a very eerie feeling to it. There is a girl in the picture but she is not the main focus," she said.

Locke added that she is still working on her project. "Each viewer will take on their own interpretation, there are so many options. It is really a story behind a picture."

Renice Jones, a student life officer at the University of Guelph-Humber, said the contest is a great idea.

It allows people who enter to do a lot with the contest and will hopefully reflect our Guelph-Humber community".

Jones added that while this contest, open to students from all Guelph-Humber programs, highlights people's differences, it also showcases their similarities.

Winners of "Diversity" will be announced in early December. Celebrations are scheduled in the art gallery located on the first floor in the Guelph-Humber building. If the gallery building is not fully completed when the contest is over, Sherman said an alternate location will be announced.

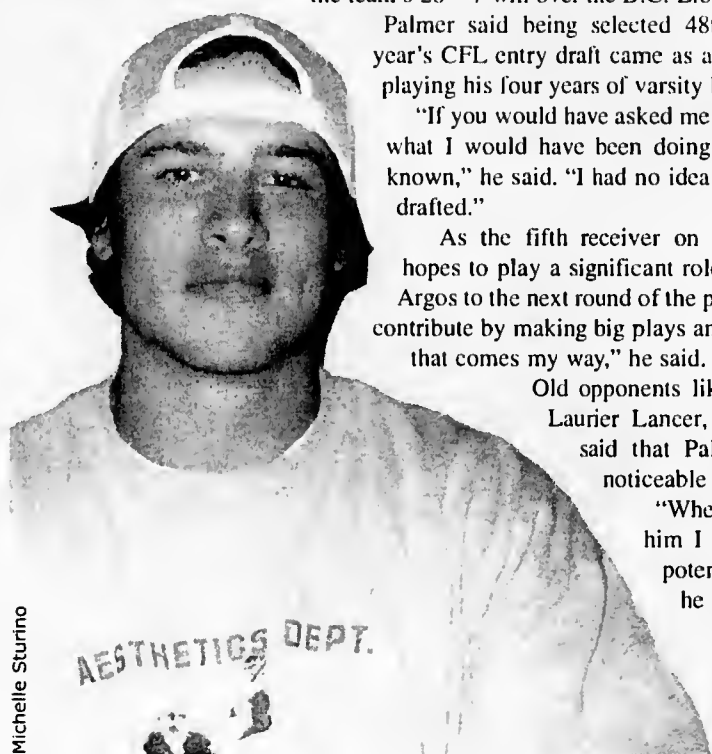
All stories in this section have been reported and written by the Guelph-Humber media studies students.

Former all-star Guelph athlete on board as Argos continue run to the Grey Cup

By Michelle Sturino

University of Guelph student Michael Palmer can breathe easy this week, and it's not because he passed his mid-term exams.

After a shaky start in his first semi-final game as rookie receiver for the Toronto Argonauts, Palmer managed to redeem himself with two big receptions, contributing to the team's 28 - 7 win over the B.C. Lions.



Michelle Sturino

Palmer said being selected 48th overall in this year's CFL entry draft came as a big surprise after playing his four years of varsity ball at Guelph.

"If you would have asked me seven months ago what I would have been doing, I wouldn't have known," he said. "I had no idea I was going to be drafted."

As the fifth receiver on the team, Palmer hopes to play a significant role and advance the Argos to the next round of the playoffs. "I want to contribute by making big plays and catch every ball that comes my way," he said.

Old opponents like former Wilfred Laurier Lancer, Kojo Millington, said that Palmer's talent was noticeable from the start.

"When I played against him I could tell he had potential even though he was young."

Although, according to CIS regulations, Palmer is no

longer eligible to play football as a Gryphon, Palmer still lives by the motivational philosophy he and former teammates created called the 3D's, "dedication, determination equals domination."

"It's all about hard work," he said.

Palmer says his work ethic and positive attitude towards football and towards life both stem from being a Gryphon athlete and living in Guelph.

"It was good that Guelph wasn't the greatest football school, it gave me the opportunity to step up [my game] and develop," he said. "My family and friends were close by, Guelph was perfect for me."

Playing in the CFL has always been an aspiration for Palmer. The CIS (Canadian Interuniversity Sport) 2nd team all-star and two-time OUA (Ontario University Athletics) all-star grew up in British Columbia, according to the Guelph athletics website.

He remembers playing catch as a young child with his father, who also played in the CFL as a B.C. Lion.

New program makes safety a top priority

By Meghan Goldie

Guelph-Humber is creating a new safety program to both inform and educate students, faculty and administration.

"The safety committee will help, faculty and administration make the best decisions... and that's the strongest way in creating a safe environment," Chris Sherman, the program's coordinator said. "We are currently speaking with other universities and colleges and reviewing their safety programs to see what best suits us."

The Guelph-Humber Safety Committee is being designed to ease the concerns of students arising from the increased level of violence in the school's neighbourhood.

While the safety committee is still in the works, security services are available on both the first and second floors.

"There are phones at both [the main floor information desk and the Learning Commons information desk] that can be used to call Humber's security," Renice Jones, recruitment and student life officer, said.

Although these services are available, some GH students are worried about safety, both on and off campus.

Michelle Reinhart, first-year justice studies student and Brampton transit user, feels nervous because of the stories and rumours [she has heard] but says she feels safe with other people around.

Jennifer Rideout, a first-year media studies student suggested a way for GH to improve her sense of safety. "They could get security lights up for lot three working. That would be nice."

Holly Butera, a first-year business student, takes a proactive approach to guaranteeing her safety. "[When I drive], I make sure my doors are locked, definitely." Although Butera is trained in boxing and self-defense, she feels uneasy about staying at the school after dark. "When it's really dark, I don't feel comfortable," she said.

Some students do not feel their safety is an issue, on or off campus.

"I feel pretty safe [when waiting for the bus]," first-year media studies student Curtis Peters said. "I'm not afraid of anyone sneaking up behind me."

Second-year media studies student Chris Marquis was the victim of a mugging last October, yet remains unfazed by the experience. "I still feel safe. [The muggers] were three kids out to cause mischief," he said. "I walk around all over [Humber] at night. I walk through the arboretum two or three times a week. I don't feel worried."

Sherman stressed that when walking in the area at night, everyone should go with a buddy and stay in lit areas. "I'd rather spend money on the cab than [lose] my life."

New Guelph-Humber newspaper to be part of media curriculum

Proposal for a student-run newspaper thwarted

By Zach Crosby

Excitement and tension filled GH 123 early Tuesday afternoon as faculty members from Guelph-Humber and Humber College announced a new curriculum-based newspaper.

Starting this December, the university's journalism students will be responsible for the production of a newspaper as part of their course.

According to Michael Nightingale, vice-provost and chief academic officer for Guelph-Humber, the decision was made because students felt they should have a chance to get more hands-on experience.

"The development that's taken place recently is because [students] were concerned that [they] were not getting an opportunity to do [a paper]," he said. "So, we brought it forward in the curriculum."

However, not all journalism students welcomed the news.

Seven second-year media students expressed their disappointment as they have been working since last March towards publishing a student-run paper of their own.

"We spoke with [members of the administration] from the beginning about supplementing articles from students within the curriculum, or making [a paper] part of the curriculum," one of the students said. "They

"They always told us to keep going with our newspaper. We were shocked when we heard their proposal."

always told us to keep going with our [newspaper] project. We were shocked when we heard their proposal."

Members of that newspaper project have organized a meeting to decide what direction they will take now that administration has chosen to have a curriculum-based paper.

Paul Salmon, a media professor at

Guelph-Humber, believes that a school newspaper is a great way to enrich the practical and theoretical learning experience at the school.

"The fact they'll have their own paper enables [Guelph-Humber] students to be involved in a wider range of the tasks of putting out a newspaper, like layout and editorial decisions," Salmon said.

Some students said they were, "afraid that with administration playing a large role in this curriculum-based paper, it would muffle the voice of the students."

Nightingale insists this will not be the case.

"My intent in this is not to close off a student voice," he said. "It's really to ensure that [Guelph-Humber students] get full opportunity to draw on the resources and develop [their] skills."

Many students, including second-year business student Gurpreet Ryiait, expressed their support for a Guelph-Humber newspaper.

"With our own paper we would have our own voice," she said. "We have a student body that needs its own voice."

New ads hope to attract students

by Gurpreet Badwal

The University of Guelph-Humber is spending \$100,000 on a new advertising campaign throughout the GTA to bring in prospective students and their parents.

According to Catherine Salole Pierre-Louis, manager of recruitment and student life at Guelph-Humber, since the institution is fairly new, the advertising campaign will make prospective students aware of this new option in post-secondary education. The university is in its second year of operation.

"The ad campaign is for the purpose of name recognition and branding," Pierre-Louis said. "Because we are still a new institution, we are concerned with getting our name out there and becoming a household name."

Pierre-Louis said the advertising campaign is different from last

year's because more media outlets are being used. She said the university advertised in community newspapers across the GTA last year, but this year the advertisements have expanded into other media such as radio and TTC ads.

According to Pierre-Louis, the ad campaign includes radio ads on popular stations such as AM 680, which she said targets parents, as well as 102.1 The Edge and Flow 93.5, targeting students.

Bus shelter ads are posted in Mississauga, Brampton and Etobicoke. Ads also appear in TTC buses and subway trains.

Print advertisements appear in *Maclean's* magazine and *The Metro*, a free community newspaper available throughout Toronto.

Even though the ad campaign will help promote awareness about the new institution, there are also concerns about maintaining

Guelph-Humber's reputation as a legitimate university with such mass advertising.

"Some people may take the advertising in the wrong way, as if we can't get enough students," Preeti Singh, a first-year business student, said. Singh also said she thinks people will eventually understand that this is important to the institution.

Meghan Goldie, a second-year media student, said the campaign will be more beneficial than harmful.

"I think it [the advertising campaign] is good for the school to get their name out to the public because even after a year and a half [of being in operation], people still don't know who we are," Goldie said.

Pierre-Louis said the university is sensitive to issues of reputation, but it is not uncommon for new institutions to use such marketing tactics.

"We don't anticipate that we will have to advertise forever, just until our name gets out there a little more...two or three more years maybe," Pierre-Louis said.

According to Pierre-Louis, the key advertising message is that Guelph-Humber is a new university option in Toronto. The advertisements pitch the slogan, "Learn more, do more." This emphasizes the fact that students earn a degree and diploma in only four years of



Ads like this are springing up on buses and shelters all across the GTA. The ad campaign is meant to promote Guelph-Humber as an education alternative in Toronto.

Local actress stars in film with Heche

by Meghan Furman

Attempting to juggle full-time studies while also pursuing an acting career can be tough, especially when that acting career means starring with a Hollywood actress.

Second-year media studies student, Kristin Fairlie, left for Halifax last week to rehearse for her role in the upcoming movie *Gracie's Choices*, starring Anne Heche.

Fairlie admitted she finds it hard missing classes for long periods of time but said she is thankful that her Guelph-Humber professors have been working hard to accommodate her new circumstances.

Professor Paul Salmon, who teaches a documentary film course in the media studies program, is one of the professors who has been accommodating Fairlie's new schedule. Salmon explained that because the course mark is made up of a limited number of components, Fairlie should be able to complete all of the work in his class when she returns.

Salmon said he expects Fairlie to be back in class before final exams begin, at which time they will work together on the course material.

In her present film project, *Gracie's Choices*, Fairlie plays a young girl named Rose who is torn between her drug addicted gypsy mother and her older sister,

who struggles to gain custody of her and her other younger siblings.

Fairlie said she was first introduced to the acting industry at the age of eight when her mother enrolled her with an agent. Her first acting job was a Sharon, Lois and Bram Christmas special.



Fairlie is shown in the 1998 TV movie *The Sweetest Gift*.

"Glamorous, I know," joked Fairlie.

Since then, she has played roles in the television shows *Road to Avonlea*, *Wind at My Back*, *PSI Factor* and *Goosebumps*. She also appeared in the two feature films, *The Scarlet Letter* and *The Virgin Suicides*. More recently, Fairlie can currently be seen in the Bell ExpressVu commercial.

Fairlie said she entered the media studies program to gain different perspectives of the industry.

"I think it's important to be educated in fields other than acting," she said.

Fairlie's goal is to move to Los Angeles in the near future to continue pursuing acting.

TTC discount program filled-up

by Erin Wall

The TTC has introduced a program that allows college and university students to buy a discounted metropass, but no more institutions are currently being taken.

Until recently, post-secondary students paid the full \$98.50 for a metropass. The cost for a high school student is \$76.25, which saves them \$14.25 per month. A metropass allows a cardholder unlimited travel on the TTC for the month the card is purchased.

Sonam Ringpa, an international studies student at Glendon College-York University uses the TTC regularly. She said TTC prices should be the same for high school and post-secondary students.

"With tuition rates in Ontario being at an all-time high, and the cost of living in Toronto being exorbitant, post-secondary students need to be given a break."

The TTC is subsidized and paid for by taxpayers. According to TTC Customer Service Rep Dan

Micner, subsidies have always been restricted to the high school level in Toronto. Due to funding, the difference in fare must be made up somewhere, Micner adds.

Micner said that when post-secondary students expressed an inter-

est in the discounted metropass, the TTC investigated an alternative for institutions and corporations. The solution was the introduction of the Volume Incentive Pass program.

"It seems crazy that any college student would pay more than high school students."

est in the discounted metropass, the TTC investigated an alternative for institutions and corporations. The solution was the introduction of the Volume Incentive Pass program.

"The VIP program provides a discount price of the metropass to employees and post-secondary students," Micner said.

The VIP program discount is 10

to 12 per cent off the adult pass, whereas the high school discount is 15 per cent.

"That three per cent difference adds up," Tamara Cockram, a second-year media student at Guelph-Humber, said.

"It seems crazy to me that any college or university student would be expected to pay more than high school students even with a discount," she added.

Metropasses from the VIP program are sold through institutions that sign up for the program. Humber College has signed up and students from Humber and the University of Guelph-Humber can purchase a pass at the bookstore and save the \$10.

According to the TTC, an institution wanting the discount must purchase a minimum of 50 passes. The VIP program, which allows a limited number of institutions to participate, is currently full, with any additional institutions being put on a waiting list until the program expands.

Lack of interest cancels program

Gerontology program axed due to low enrollment

by Rachel Leck

The University of Guelph-Humber has cancelled its gerontology program, which was slated to begin in September.

Humber College's planning and development office researched the need for gerontology students while considering the development of this program, but failed to identify whether there was adequate interest from students.

"In retrospect, we should also have undertaken research on the demand from high school students," said Michael Nightingale, Guelph-Humber's vice provost and chief academic officer.

The university received only 24 applications in spite of growing demand in the gerontology field, the study of aging and the needs of

the aged.

"The baby boomers are starting to retire, and starting to retire early," Catherine Salole Pierre-Louis, manager of recruitment and student life at Guelph-Humber, said. "There's a need for programming and services for that population."

Cinzia Scacchi, an 18-year-old with four years experience working with the elderly, applied for gerontology, but transferred into the Family and Community Social Services program when her first choice was cancelled. She said she is disappointed that the program is not as popular as business or media studies.

"For my part, it is something prestigious – you're helping another person," she said. She added she has learned from her experience that the field suffers from poor public understanding.

Ryerson University also cancelled the same program for this academic year, and the University of Guelph's gerontology program also suffers from low enrollment.

Salole Pierre-Louis attributes the problem to misconceptions about gerontology among students and in society.

"It's an image problem. It's not

"It's an image problem. It's not a sexy thing to be in."

a sexy thing to be in," she said.

Scacchi said the program needs a higher profile in high schools, and the job potential should be marketed to students to create interest.

"You're pretty much guaranteed a job," she said. "It's going to be a booming industry in the coming

years."

The degree would prepare students for policy and administrative jobs focused on the needs of the elderly in social work and social services, financial planning, research, healthcare and government.

Graduates of the program would be granted a bachelor of applied science and diploma in gerontology.

According to Nightingale, about \$40,000 was spent on curriculum development for first-year courses, in addition to the salaries of faculty and staff of each institution assigned to Guelph-Humber program development.

Nightingale is confident there will be a return on the investment made into curriculum development because, "some of these courses can be used in other programs."

"The [financial ramifications of the cancellation] were relatively modest," he said. "[These] would have been much greater if we had decided to proceed with a handful of students."

A full-scale marketing campaign to increase awareness and change attitudes among students is unlikely at this point, Salole Pierre-Louis said.

The university may eventually consider a move towards a continuing education curriculum to attract sufficient enrollment to run the program.

There are no plans to re-open admissions in the near future, though 2005 is a possibility, according to Nightingale.

"Right now the priority is to get the six existing programs running, the four years going, and then to look at gerontology," Salole Pierre-Louis said.

Guelph-Humber Students Association

Variety of events planned for the year

By Tara Grozier

Guelph-Humber students can expect an action packed year especially after hearing the future plans by the vice presidents of the Guelph-Humber Student Association (GHSA).

The three executive members of the GHSA said they are working together to bring great events and academic programs to the Guelph-Humber community.

Jason Toliopoulos, VP of activities, said he is "excited about this year," which has a lot planned for the Guelph-Humber community.

"My role [in the GHSA] is to plan events that foster community as well as an overall sense of GH pride.

"We are currently working on a Winter Formal, a University of Guelph pub trip and a Holiday mixer," Toliopoulos said, adding that last year's Holiday Mixer in early December was a great success and hopes this year's will be even better.

Working alongside Toliopoulos is Jessica Gray, VP of academics. Gray, 20, is a second-year media student and was last year's media studies program representative. With the help of her academic council, Gray said plans to "focus on academic issues that students face and find ways to deal with

these concerns."

Gray has a number of initiatives that she wants looked at immediately. "I want to make sure that the Humber bookstore gets our books on time for next semester because there were some problems concerning availability this year for students."

Gray is also focusing her energy on revising the academic policy and encouraging student responsibility. "I want to make sure the policy works for students and students are empowered to take conflicts into their own hands instead of going to admin first."

Both Gray and Toliopoulos said they could not put their plans into action without James Galloway.

Galloway, 25, is a second-year business student and the VP of finance and operations.

"VP Operations is responsible for worrying about the spending and the amount of money left in (the GHSA) budget," he said. "That way the other VPs can get on with doing what they do best which is planning events and taking academic initiatives."

All three VPs of the GHSA play a role in helping to promote the Guelph-Humber community. Gray said she is enthusiastic about her role in the GHSA.

"I think we all have a passion for our community and our roles as VP help us to contribute to Guelph-Humber."



The Guelph-Humber building serves as a back-drop as workers plant new trees along the college property.

When class is over...

To toké or not to toké, that is the question

By Jason Bain

For many students who use marijuana, a toké is all it takes to melt away the stress of a hard day of class, or to spark the idea needed to get a project done.

Second-year film and television student Dan Sampson said using marijuana boosts his creativity and assists him in his study habits.

"I find sitting with my friends and bouncing ideas off of them is the best way to come up with ideas for scripts and marijuana plays a big part in that ritual," he said.

Sampson said it's not good to over-work before a test or exam. Instead he prefers to study for a few hours and then relax with the information and knowledge absorbed before a good night's sleep.

"Marijuana helps me greatly to relax and have the sleep I need," he said.

"It's an excellent drug for stress relief and general relaxation."

Second-year multimedia design student Adam Buckley agrees.

"I can wind down quickly," he said. "And I am more motivated to eat properly."

Buckley said marijuana use is good for some things and not good for others. For him, he said being high can make it difficult to grasp technological aspects of his school work, such as coding, but it generates more ideas.

"Conceptualizing is much easier," he said.

Robin Ellins, owner of the Friendly Stranger cannabis culture shop on Queen Street west said there is a time and a place for marijuana use, meaning it should be left for after class.

"It does alter consciousness," he said.

"You can't expect to pull off amazing grades if you are smoking before class," he added.

Ellins said moderation is key.

While some students find their academic potential in a cloud of smoke, users are also tired of the negative stigmas created by those trying to downplay the psychoactive drug, ignoring its benefits.

"Get educated," Buckley said.

"It's the biggest power we have, the facts are there without staring at a television," he added.

"One thing my mom asked me was if I was educated and when I said 'yes, that's why I don't drink,' she was very happy," he said.

Ellins said the negativity facing marijuana users has lessened now that more people don't see users as criminals.

"It's not the closet issue it used to be, it's more in the open," he said.

"In the last 10 years, consciousness has been raising to a point where the stigma has really evaporated. It comes with understanding," he added.

Sampson wishes the government could be more understanding.

"Stop making criminals of peaceful, intelligent citizens, because the only harmful thing about marijuana is the law," Sampson said.

He claims the government has no concrete evidence to justify marijuana prohibition.

"It's unfortunate the government chooses to dismiss the potential of many beneficial drugs like marijuana and other psychedelics without valid research and information," he said.

"If the government was honest and educated its people on the proper use of recreational drugs, rather than just telling them not to do it, I believe our society would be improved greatly."

Sampson said he would not rule out trying other drugs, but only after careful research and talking to his friends because he "would not dismiss anything that has the potential to be beneficial in [his] life."

"You can't expect to pull off good grades if you are smoking before class."

Questions? Comments?
We want your feedback!
infocusfall2003@yahoo.ca



Second-year film and television student Daniel Sampson is tired of the controversy surrounding marijuana use. He feels the drug's benefits far outweigh its detriments.

Up the cup, watch the grades

By Tracey MacDonald

Getting up for an 8 a.m. class is the last thing students want to think about after a long night of drinking and partying. Whether they drink socially or just to get drunk should be factored into the effect on student's academics.

Dustin Hart, a golf management student living in residence, said, "I probably drink six days a week."

With alcohol comes responsibility.

"I drink about four days a week and it hasn't really affected my academics," said Kevin Spencer, a second-year Business Marketing student. "I think it's because I like to social drink and not always get drunk."

Some students have

seen the negative effects drinking can have.

"My uncle now has liver disease from his excessive drinking," Tricia Teeft, a fashion design student, said. "He's only 43 years old and has been in and out of the hospital for the past seven months."

Travel and tourism student Leanne Buck has also seen the bad side of drinking. "I have a friend who drinks almost every night of the week," she said. "He gets angry about everything and tries to throw things and

punch holes in walls."

Cutting down on drinking while at school is what Dustin Hart plans to do to help his marks.

"I'd probably be more alert in class if I wasn't hung over all the time, so maybe I'll cut back, but just a bit," he said.



Humber
EtCetera

Napping no solution for shut-eye shortage

By Alicia Vecchione

As students try to juggle school, work and a social life, they are now turning to naps to catch up for their short night's sleep. Some students find themselves heading for a snooze when they get home from school.

"When I get home from school I normally have a couple of hours before I need to leave for work," said third-year public relations student, Alex Burke. "Sometimes I go to bed and sleep for an hour, but what happens most days is that I turn on the TV and within minutes I am asleep."

However, naps may not be as useful as some students think.

"If someone naps, they are not asleep long enough to get the benefits from a full night's sleep," said

third-year Guelph-Humber nursing student, Paula Péquegnat. "If you need to catch up on sleep, it's recommended that you take no more than two 20-minute or less naps during the day, and then try to get a good sleep the next night."

Keeping a routine is most important according to Péquegnat.

"Napping can't replace the benefits of a good night's sleep, but it can help to make someone feel more awake and alert," she added.

In an informal poll of 127 Humber students, the Et Cetera found that 34 per cent of students are only getting four or five hours of sleep a night and 11 per cent are getting zero to three. That's not even half the number of hours of sleep that students should be getting.

"It's recommended that students

get between seven to 10 hours of sleep a night, because of the demands, stress, learning and physical activity that happens during the day," she said, noting that it varies between individuals.

Only 50 per cent of the students polled were getting six to eight hours of sleep each night.

"Sleep is important to restore yourself physically, and psychologically. In sleep, the heart doesn't work as hard," Péquegnat said. "Respirations decrease, the body releases growth hormones for cell repair and renewal of cells, muscles relax and memory storage occurs."

Although it is important to get the right amount of sleep, sometimes it can be nearly impossible for students to get to bed when they would like to.



Only half of Humber students polled sleep 6-8 hours a night.

"[College involves] a lot of projects everyday," said interior design student, Edy Rodriquez, who has sometimes gone to school

with only a half an hour of sleep. "It's not just things you can do in an hour. It takes a couple of hours to do something."

School priority over other jobs

By Colleen Rousseau

The deeper a student gets into any program, the busier they'll become with school work and handling a part-time job on top of that can be a struggle for even the most organized person.

As soon as students decide on the appropriate number of hours to devote to their job, that also allows them to keep up with school, the closer they'll be to achieving that perfect balance.

Rene Siliceo is a second-year computer engineering student who learned that in order to get his school work done, he'd have to cut down his hours at Krispy Kreme.

"The first year I was working about 30 hours a week," he said

"I was finding it hard to stay up after work to do homework, and I finished work everyday at 11 p.m., so [that's] not too much time to get work done," he said.

"I don't want to work anywhere outside of my field, which is computers," he said.

This attitude helps Siliceo to stay focused on what he believes to be his main concern, school.

"[You have to] check your priorities first. If you are working in a place where you think you can create a future, then try and stay focused on both school and work. But if it's just for extra money then don't take it too seriously while you're still in school," he said.

Devin Indarjit, a second-year early childhood education student, agrees. "I'm in it for the money," he said about his job at the Royal

Bank of Canada.

Indarjit works between 16 and 22 hours a week, and at times finds it difficult to stay on top of his program, which requires him to work two co-op days a week, for which he is not paid.

"It's a struggle every week to organize my time," he said.

Indarjit finds organization key to keep his hectic schedule straight. He suggests setting up a time chart with check boxes and notes indicating the time allotted for each task.

Although his tactic may appear extreme, Indarjit admits it's what he needs to do to stay on top of things. Earlier this year, Indarjit was put in a position where his boss wanted him to choose between work and school.

"I didn't think it was fair. I need school in my life, I have goals that I want to achieve," he said.

For the most part, bosses understand a student's priorities.

"School comes first," said Jen Tham, the manager at Humber's Bubble Tease.

Last year Bubble Tease employed seven Humber students, but as their second year began, only two returned.

"A lot of people didn't come back due to school," Tham said. "They found it too difficult."

But despite how few of them work there, Tham says everything runs smoothly. "Everything has always worked out and I'm usually able to accommodate everyone's needs."

date
Nov. 12-14

place
STUDENT CENTRE

hours
9-8

last day
9-5

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FANTASY ◀
WILDLIFE ◀
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THE IMAGINUS POSTER SALE

Man show: toys for boys

What's Up



By Steffani Mowat

Big-boy-toys had men flocking to the second annual Man Show last weekend.

From beer, hunting tents, and girls in bikinis, to video games, sports memorabilia, hot tubs, and lots of great cars, jeeps, hummers, and motorcycles, the exhibition at the Metro Toronto Convention Centre last weekend targeted what every man wants.

Spectator Paul Singh said the

show was great and plans to come again.

Show patrons could visit the beer tent, then relax in a reclining Lazy Boy chair while watching television on a plasma big screen while beautiful models walked around. This was their chance to live the ultimate male fantasy.

One of the main attractions was the appearance of three Canadian stars from the TV show, *The Trailer Park Boys*.

Mike Smith (Bubbles), Rob

Wells (Ricky), and John Paul Tremblay (Julian) remained in character as they greeted fans and signed autographs.

However, not all exhibits were geared to the male stereotype.

Andrew Cotterell, the chairman of Good Bears of the World of Canada, a company that collects old teddy bears and donates them to sick and underprivileged children, said he was surprised by how many connections he made.

"We just knew there would be a

lot of off-duty firefighters here that could help get the teddy bears to children," he said.

The company hands out 1,400 bears a month to 58 different agencies across the world.

The exhibition wasn't just for men, as some women were also enticed to pay the \$15 fee and chum it up as one of the guys.

"I mostly just wanted to see the Trailer Park Boys," Tiffany Knight said. "I'm having a good time. I'd come back next year."



Cars, cuisine, beer, babes and *The Trailer Park Boys* (above) pulled men and women in to the second annual Man Show last weekend.

Daily Bread's use at a high, donations at a low

Food bank counts on government help



Chris Slosser says the government has to do its part to improve social assistance programs. Use of the food bank service has increased, while donations have decreased.

By Cheyenne Morin

Toronto's Daily Bread Food Bank is counting on the newly-elected Liberal government to make policy changes to help those with low incomes.

Since the food bank first opened its doors in 1983, the number of people using the service has risen from 40,000 to 160,000, an almost 300 per cent increase.

According to Chris Slosser, manager of research and public education at the food bank, if the government was doing its job there'd be no need for the food bank's service.

"We shouldn't be here and we don't want to be here. We don't think that we are the best response to hunger and poverty," he said.

Ontario's new Premier, Dalton McGuinty, has made it clear that he intends to focus on education and health care, but has not recently mentioned his plans to improve social assistance and housing issues.

But Slosser remains optimistic.

"We are hopeful that if nothing else, our relationship with the government will improve and we will have more access to politicians and be better able to try to influence

them," he said.

Slosser cites rising rent rates and government cuts to social assistance programs as the main reason why food bank use has increased so drastically.

"It's all a result of increased cost of living and decreasing income."

"It's all a result of increased cost of living and decreasing incomes," Slosser said. "People, in order to keep a roof over their heads, have to spend all their food budget on rent and so they have to come to a food bank."

Despite the increase in food bank users, there has been a decline in donations so far this season, with only 800,000 pounds of food collected for the Thanksgiving drive.

The Daily Bread survives solely on public and corporate donations of both money and food.

To encourage donations, the food bank organizes events throughout the year.

One such event this year was Walking in the Shoes of Welfare. Twenty high profile Torontonians, including Toronto City Councillor Olivia Chow and Michael MacMillan, CEO of Alliance Atlantis, lived on welfare for one week with an allowance of just \$2 a day.

"It received a lot of media attention, and we hope it made the public more aware of what it is like to live on welfare and live on a tight budget," Slosser said.

The food bank hopes the Christmas food drive, which begins on the first weekend in December and runs until just after Christmas, will bring more food to hungry families.

Credit card donations can be made by phone at (416) 203-0050 or online at www.dailybread.ca. Food donations can be dropped off at your local Loblaws, fire hall or at The Daily Bread located at 191 New Toronto St. in Etobicoke.

Call (416) 203-0050 for more information on volunteering at the food bank.

Cold and flu out to get you

Flu season's just around the bend, so get your shot

By Celistine Frampton and Kristen Brownell

This is the fourth year since Ontarians started receiving the flu shot, but more than ever this time around health officials are stressing the importance of getting vaccinated.

"This year, it is especially enforced because SARS and the flu have the same symptoms and so if you receive the flu shot when you become ill, it helps in the diagnosis and your sickness will be better detected," Tanya Cholakov, spokesperson for the Ministry of Health said.

The flu shot lasts for about four months and protects people throughout the flu season, which runs from November to March or April in Canada.

Telehealth Ontario reports show that influenza caused up to 6,000 deaths in Canada alone.

"The flu shot is being recommended for pretty much everyone this year. For one, it protects against influenza, and two, since there is an overlap between symptoms of SARS and the flu, the fewer people that end up getting influenza, the easier things will be to sort out, especially if SARS comes back," Atul Humar, director

"The vaccine itself does not cause the flu."

of infectious diseases at Toronto General Hospital, said.

Telehealth Ontario recommends getting the flu shot as soon as possible, as it takes two to four weeks for the shot to become effective.



With flu season looming, experts strongly suggest that everyone get a flu shot. Free vaccination clinics will be at Humber today, and across the GTA throughout the month.

"The vaccine itself does not cause the flu. The shot is quite safe," Humar assured. "It only has 80 per cent efficiency, so there is a chance you could still get sick. The illness however, will likely be milder than if you were not vaccinated."

Ursula Rembisz, a first-year physiotherapy student, only got her flu shot because it is a requirement for her program.

"When I get the flu shot, I still seem to get sick. I don't think it works at all," Rembisz said.

A new nasal spray vaccine, Flu

Mist, has been developed, and is currently undergoing testing. It is not yet available in Canada, so roll up your sleeves, clench your teeth, and take the shot.

It's Your Health, a Health Canada publication, says the shot may have some side-effects, such

as soreness at the site of injection, fever, fatigue and muscle aches.

You can get your free flu shot at Humber today or there are a number of free clinics across Toronto. For a listing of locations, visit www.toronto.ca/health, or call 1-866-358-6968.

Humber Nursing Society is building ideals and kinship

By Marco Recouso

The Humber Nursing Society is creating friendships and strengthening the bond between nursing and practical nursing students at Humber.

"It was [established] to develop professionalism, hopefully to have a little bit of fun, and just to get to know each other," former president and founding member Natalie Fortin, said. "We wanted a society established to pull us together as a group, because we went to classes but we didn't really know each other, so creating a collegial group seemed very beneficial."

The society, established three

years ago, enables Bachelor of Nursing students at Humber to become members of the Canadian Nursing Students Association. This allows students to take part in events such as charitable fundraising and an annual conference with students from across Canada to talk about professional and ethical issues in nursing.

"This year in particular our focus is to promote professionalism, spirit building, and community involvement," Nursing Society President Katarina Stanisic said. "We're encouraging our students to become student members of various organizations including the Registered Practical Nurse

Association of Ontario (RPNAO), along with the Registered Nurses Association of Ontario (RNAO)," Stanisic said.

Stanisic said the society also plans to participate in the 30-hour famine, held by World Vision each year on the first weekend of April.

"Getting our students involved and getting them to collaborate as peers is important because one day they're going to have to collaborate as colleagues," Stanisic said.

"We're currently working on trying to get some form of permanent office space at Humber," Stanisic said. "That's one of our main priorities and from there we can then establish our ideals."

Steering clear of the pesky cold-bug bite

By Cait Belanger

Boogers, snot, mucus, phlegm – the visible symptoms of a common cold are creeping out from every corner.

Registered nurse Catherine Wallis-Smith has a few suggestions to help prevent getting the bug or prevent it from spreading.

Take a hot bath: Steam from the hot water will loosen mucus in the chest and lungs, making it easier to breathe.

Drink plenty of water: The more water consumed, the more virus gets flushed through urine and mucus.

Wash your hands frequently: When hands are washed often, it is harder to re-infect yourself and harder to give the virus to someone else. Scrub hands vigorously

for at least 30 seconds every time you wash.

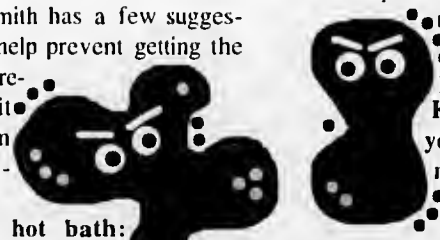
If the doctor prescribes medication, take the full dosage for as long as required: If the meds prescribed aren't taken as indicated, the percentage of the sick-

ness re-occurring is almost 40 per cent higher.

Keep blowing your nose as many times as needed instead of sniffing:

Sniffing only causes the infected mucus to re-enter your body when all your body wants to do is expel it. Take the time to blow your nose and be sure to wash your hands afterwards.

When sneezing or coughing, don't use your hands to cover your mouth and nose, use the bend of your elbow: This method helps decrease the spread of germs to unsuspecting victims by about 75 to 80 per cent.



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Humber EtCetera



Humber students are not far from the Woodbine Race Track where slots feed the beast of a gambling addiction.

Youth susceptible to gambling ways

By Trisha Richards

With Woodbine Racetrack and Slots right around the corner, gambling has the potential to lure Humber students down the path to addiction.

According to John Macdonald, youth specialist at the Centre for Addiction and Mental Health in Toronto, experts in his field have been doing studies for the last eight years and consistently found gambling to have a higher prevalence among youth, at 2.5 to seven per cent, as opposed to adults at one to three per cent.

"The two main reasons are, number one, they're gambling because it's a potential distraction from other things they're not handling in their own lives. The other major problem is they develop unrealistic chances of winning," he said.

Young adults need to have a sound idea of how random events work pertaining to gambling, according to Macdonald.

"It's a cognitive misunderstanding of how events occur. The coin is no more or less likely to come up heads or tails. What happened previously has no effect on what will happen next," Macdonald said. "That's the kind of misunderstanding that can lead to a gambling problem."

Rachel Ng, who is taking the

Maya Foundation computer night course at Humber, says she frequents Woodbine about twice a month, and enjoys the recreational activities, but she is certain she hasn't developed a gambling addiction.

"There's always a chance to win money, and there's always things going on there. It's a good atmosphere and it's fun to go," she said. "I only bring a certain amount of cash with me, so when I run out I just stop. I never go over \$100."

Macdonald said there are signs to look for to identify someone with a gambling problem, but the signs are not always definitive.

"You may see something as obvious as piles and piles of lottery tickets or Pro-line tickets," he said. But other things he says to look for are major changes in a person's behavior or an unexplained shortage of finance. "We get parents and partners calling that are concerned about a person who may have a gambling problem. We also provide counselling for them," he said.

According to Woodbine Racetrack's media relations department, pamphlets with information about gambling addictions are made available on-site.

To speak to an addiction specialist, contact the Problem Gambling Service at 416-599-1322.

Food for thought: protein could boost brain power

By Trisha Richards

Students may be able to increase their brain power by eating certain foods and incorporating essential elements into their diets, a Toronto nutritionalist said.

"The most important foods for a student's brain are fats and proteins," said Danuta Kot, a certified nutritionist and herbologist and owner of Red Raspberry Nutrition Centre Ltd.

"Lack of protein can make you feel tired, so you can't concentrate. It can cause depression and make it hard to fight off infections," Kot said.

She suggests that the best proteins are from animal sources, like meat, eggs, and cheese.

According to Kot, people who become vegetarians may benefit for a while but after five years, they may develop health problems because they may be more sensitive to infections and emotional stress.

A vegetarian diet can make some students too weak and it will be hard to study or concentrate.

"On the other hand, eating too much protein can make a person

too aggressive, so you have to balance it out," she said.

Vito Michielli, a Humber business management graduate and classified sales manager for Auto Trader magazine, said he appreci-

"I think it helped me stay on top of things at school and helps keep me going at work."

ates the value of a protein-packed breakfast.

"During my first year of college I was eating the typical breakfast, like cereal and muffins. But, later I got into working out at the gym, and I changed my diet," he said. "I noticed a difference in my concentration and my productivity after switching to a protein-enriched breakfast."

Michielli says he initially made

the change in diet to increase muscle mass, but he noticed energy levels going up when it became a part of his lifestyle.

"I think it helped me stay on top of things at college, and it helps keep me going at work," he said.

Kot said a student's diet should not eliminate all fats.

"Fats help you to learn faster and also provide a calming effect to your brain. I recommend buying cold-pressed fish-oil capsules because when it's cooked the oil can lose the quality of the fatty acids."

She suggested using butter, a natural source of animal fat, over margarine, which is often made from hydrogenated oils from plants and chemicals.

She also recommends some natural supplements.

"Ginkgo biloba is a plant which has a tendency to improve circulation in the blood, causing more oxygen in the blood, and with oxygen we have more nutrients to nourish the brain."

Kot also suggests students compare the quality of the vitamins found in drug stores and health food stores.

Hard drugs not common in Humber College: poll result

By Chris Riddell

According to a recent poll 68 per cent of students asked in the Humber Student Centre, 40 per cent are regular or occasional drug users.

Of those surveyed, 60 per cent claim to no longer use drugs, or say they have never tried them.

The most commonly used substance among students is marijuana, with 72 per cent of those surveyed saying they had tried it at least once in their lives. The second most popular was magic mushrooms, with 26 per cent of students saying they had tried them.

About 30 per cent of the students said they had never tried any illicit substance.

Hard chemical drugs are not commonly used. Twelve per cent had used LSD or cocaine, and 10

per cent said that they had tried Ecstasy.

The poll showed that students have different opinions on drug use.

Sarah, a third-year photography student said, "if kept in check, it can be a great way to explore oneself and one's life."

However, not everyone holds this same view.

"My opinion on drug use is that it's stupid. Drugs have no good effects," Stephanie Leale, a first-year general arts and science student, said.

"Doing them to feel better about a problem or yourself never works. When you're off the high kick, your problem is still there. And doing them to be cool is dumb. No one who does drugs looks cool.

"Now, when I see young kids smoking up I just think about how

stupid I must have looked five years ago."

Some students feel that natural drugs are okay, but hard drugs should be avoided.

"I feel that drugs, like marijuana, should be legalized. However drugs that pertain to more serious effects should be kept illegal," Humber student Chad Robinson said.

"I believe natural drugs are acceptable," second-year radio broadcasting student Trnette Atkinson said. "Anything that needs to be concocted from chemicals is wrong. Pot rules!"

Other students have a neutral opinion on drug use.

General arts and science student Liz Jones said, "It's cool if your body can handle it. If you use it everyday because you feel that you need to, that's not cool."



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Long distance via the Net

By Julie De Carlo

Chatrooms and message boards aren't the only way to communicate via the Internet these days.

Instead of picking up the phone to call a loved one long distance, many people are now saving money on long distance phone calls by talking on the net with computer microphones.

"[The Internet has] allowed the voice to come along for a free ride," Lawrence Surtees, director of telecom and Internet research with IDC Limited of Canada, a company that deals in information technology research, said.

According to Surtees, the North American benchmark price of five cents a minute for long distance calls could potentially be slashed to zero with the use of Internet technology.

The vice president of IDC Canada, Vito Mabrucco, said that telephone and communications companies won't feel the real damages from increases in Internet telephone use for about five years from now.

"I use my computer mic almost everyday, for half an hour to an hour each time," Alex Gold, a first-year Humber accounting student, said. "I would normally make a lot

of long distance calls each week, but now I don't have to."

Computer microphones, which can range in price from \$20 to \$75, are found at computer and electronic stores.

Although various add-ons to computer mics may hike up the final price, people like Gold agree that, depending on one's lifestyle, a mic can save a lot of money in the long run.

Jonathan Morgan, a 34-year-old

industrial engineer, said he has to make a lot of long distance calls due to work and talking to friends and family.

"Talking through a microphone literally saves me hundreds on my phone bill," Morgan said.

One of the drawbacks of talking through a mic is that the sound quality is usually not as good as an actual telephone.

A Radio Shack employee who wished to remain anonymous, said

that unless customers are prepared to shell out the cash for a top quality mic, they'll often find their conversations cut short if the connection cuts out or if their computer needs to be rebooted after a long talk session.

"In general, the sound quality of most mics is pretty good and quite similar to that of a regular phone. But echo, static, or just a faulty connection should be expected from time to time," he said.



Cheap in price and simple to setup. Mic users save lots of money in the long run online.

Saving small amounts of money now can pay off with huge returns in the future

By Natalie Campbell

After paying tuition, bills and rent, most students have no money left to invest towards their future.

But it's easier than it appears to be for those without a large sum of money up front to dump into a RRSP, GIC or mutual fund.

"With a Building Block GIC (Guaranteed Investment Certificate), you can start off with zero and build it up," Maria, a Royal Bank investment representative, said. "You can contribute \$25 every two weeks or \$10 a week. The amount automatically comes out of your bank account."

With a GIC, the principal is fully guaranteed and investors have the option of keeping the money available or locking it in between one to five years. The longer the money is locked in, the higher the rate of interest.

The starting principal amount for a RRSP (Registered Retirement Savings Plan) is \$500. Obtaining the required \$500 can be difficult, but once \$500 is saved in the building block GIC, that money could then be put towards a RRSP. It can even work the other way around.

"If you don't have \$500 available, you can set up a RSP-matic. That allows you to contribute straight from your RSP weekly, bi-weekly or monthly," Maria said.

RRSPs offer benefits such as a first time homebuyer's plan. The government allows a maximum withdrawal of \$20,000 from the RRSP to be put towards the down payment on a first house. The other benefit is the life-long learning plan, up to \$20,000 can be withdrawn and put towards being a full-time student.

Students looking for an alternative long term investment can also

look into mutual funds.

Money put into a mutual fund is pooled with that of other investors and directed into different areas of the stock market.

According to John Fini, a CIBC investment advisor, there are long-term stock mutual funds and short-term bonds or money market funds. "[The short term option] doesn't tend to grow as well as a stock mutual fund," Fini said.

Students who wish to look into their options can log on to www.deal.org, a website provided by the RCMP and Industry Canada, which provides details about banking institutions in Canada. The website compares the different services and perks each institution offers to students as well as providing information on budgeting, saving, bursaries and scholarships.

"I would recommend that [students] open up a short-term investment plan," Maria said. "If [they] have the \$500, [they] can go into the cashable GIC. Otherwise, it would be the building block GIC. It depends on what they are able to afford and what their [investment] goals are."



Cash starved students have many options, including GICs, RRSPs and mutual funds, in saving for future cash cows.

Buy Now

By Jason Pushee

GTA Double Pack for PlayStation 2 and Xbox

Whether you like stealing Hummers in Liberty City or catching air on a racing bike after taking out a few innocent Vice City civilians, *Grand Theft Auto* fans can now get both experiences at once. *GTA 3* and *GTA:Vice City* are being sold in one convenient collectable double pack available on Xbox and PlayStation 2 for around \$60.

Photoshop CS

Adobe has released its next edition of digital imaging software with Photoshop CS. The CS stand for Creative Suite and functions as Photoshop, ImageReady, Illustrator and GoLive all in one program. Exclusive to Photoshop CS is Version Cue, a file manager that keeps your saved files organized while allowing users to revert to previous save. Photoshop CS is available for \$649 U.S. or as an upgrade of the existing version for \$169 U.S.

Pass On Buy

Movie Rentals

With movie rentals now being made available through satellite, pay-per-view, download and smaller rental stores, consumers can pass over some of the bigger chains and save a few bucks in the process. The cost of renting from stores like Rogers Video and Blockbuster is now a few pennies short of \$7 per title, the same amount as some theatres in the GTA. Instead, head to privately owned stores to grab the latest flick for around \$4 and with the price difference you can essentially rent two movies for the price of one. Also check out local libraries for some good classics, usually available for free.

Cellphones with cameras

Can you see me now? Good. Can you see me now? Good. Cellphones now have photographic abilities so you can send pictures to your friends, but the problem is that some of these can cost buyers upwards of \$400. The cameras need good lighting conditions and the quality isn't that great. With the price of digital cameras being so low, consumers may be better off buying their phones separate from their cameras.

Items to keep handy for quick car fixes

By Mark Pereira

Adding some inexpensive items to your emergency kit could come in handy and make even MacGyver jealous.

Most standard roadside emergency kits consist of a set of jumper cables, a blanket, some basic tools and bandages.

But according to CAA tow truck driver Mike Agustino, some extra items, which can be purchased at most department stores, could save drivers an expensive tow.

Agustino, however, warns that they are to be used only as a quick and temporary fix.

Duct tape is one of the most versatile items that can help you out of a number of car problems.

"If your radiator springs a leak, just wrap it tightly with some duct tape in layers around the hose...that should be able to stop most leaks," Agustino said, adding that duct tape can also temporarily connect loose or broken wires.

If duct tape is not available, zip ties are another simple way to secure any vacuum or suction hose lines that might be loose, but it doesn't provide an absolutely airtight seal.

With Canadian winter conditions, premature wear on exhaust areas is a common problem.

Hangers supporting mufflers rust and break, causing horrible sounds and further damage.

Having a metal coat hanger handy can be a quick and efficient way to stop any more damage from occurring if parts of your exhaust system come loose.

When repairing an exhaust system, drivers should first remember to shut off the engine.

Locate the loose or broken exhaust and loop a coat hanger wire around the area a few times. Once you have the hanger set in place, twist the wire tight with a pair of pliers.

When it comes to repairing a flat tire, believe it or not, instant tire sealer works well.

If your vehicle uses larger tires, it's a good idea to have two cans. Simply follow the directions on the label and get the tire fixed as soon as possible.

Silicone or epoxy glue is also a good thing to keep on hand to help keep important pieces from falling off your car, and the glue tends to set quickly.

"It works pretty well on any surface from plastic, rubber, or metal and dries fast," Agustino said.

It can also help seal a crack in your tail-light or turn signals or keep water out of electrical components in your car.

Having extra fuses on hand is also a smart idea and most stores sell them in variety packs.

Just remember to always replace a blown fuse with one of the same amp rating.

WebWanderings

Heading to online tribal council

By Brian E. Wilkinson

The reality of reality television and its leading title, *Survivor*, is much like Kevin Costner's baseball diamond in *Field of Dreams*: if you build it, they will come.

The same goes for the websites (both official and fan-based) dedicated to the show.

While the official sites typically don't offer many of the juicy details behind the latest on-screen battle of personalities, they do provide a wealth of biographical and interactive entertainment.

CBS.com offers fans of *Survivor: Pearl Islands* interactive polls, bonus footage, plot summaries and live chats with each of the contestants as they are bumped off the show. It's a nice and flashy site but doesn't really get into the dirt that the casual fan may be interested in digging up.

However, fan sites like *SurvivorNews.net* and *SurvivorBlows.com* (the name is entirely tongue-in-cheek) go the extra mile to allow fans the chance to really debate what's going to happen next and to better understand the intense rivalries between contestants.

These fan sites talk about how well bushy-bearded Rupert is doing in the game, or when Jon will get his butt kicked off.

SurvivorBlows is part of a larger group of sites that tackles



Rupert Boneham, one of the current castaways, may get another shot at the million as he's rumoured to be a part of the *All-Star Survivor* edition slated to begin in January.

the best (and worst) that reality TV has to offer. Other sites in this grouping deal with shows like *Joe Schmo*, *The Bachelor* and *The Amazing Race*. All feature message boards, plot summaries and news archives.

SurvivorNews features video links, web polls, news archives, featured columnists and a message board dedicated to the show. Past contestants often visit the site and interact with the fans.

Both the official www.cbs.com/survivor and fan sites (like SNN and SB) are sure to receive a boost in readership as the last episode finally beat out its

ratings contender, *Friends*, for the top spot. The episode dealt with tribe members previously voted out returning for a challenge and the right to re-enter the game.

The show's creator, Mark Burnett, explains the move as staying true to the pirate theme.

"It's important to keep the show fresh and not have anyone assume that something comes next," Burnett said during a SNN interview.

Burnett also addressed the fact that the show is only open to American contestants. Burnett would love to cast Canadians but said that legal issues prevent it.

Students pay tribute to 9/11 with an arboretum memorial

By Marjorie Lamperein

Humber landscape students have been asked to build a memorial site in the Humber Valley as a tribute to the lives lost on Sept. 11.

An outside company will build the monument consisting of two vertical stone slabs, representing the twin towers, with openings in the centre and water running down the sides.

The towers will measure about eight feet tall and will be sitting in a small pond. Harry Chang, the Arborist co-ordinator, called it a "weeping tower."

"It will be a place for people to come and pay their respects," he said.

Chang said the project came about after the Toronto fire department made a request to the school for a memorial to be built.

The task for students is to build a garden with a pond for the mon-

ument. A podium will be constructed for the monument to sit in.

The project, designed by the arboretum's horticultural technician, Julie Eberley, is supported through donations made by companies like Dufferin Concrete and Arris Craft International Inc.

Additional funding came from the fire department and the Landscape Technician program budget.

Paul Magavero, a full-time firefighter, was one of the people who brought the idea to Humber and is moved by the tribute.

"It's an honour to our fallen brothers from New York," he said.

Students in the second-year landscaping program are responsible for working on the project at least five hours a week.

The project should be completed by the end of the semester with the monument being delivered in spring 2004 at the latest.



The monument will stand eight feet high and two feet wide.

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Humber
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Wishing you a very Mario Christmas

The gaming juggernaut is pulling out all the stops, but will it be enough to stomp the competition? ★

By David Ros ★

Nintendo knows how to throw a party. The lights are dim, the drinks are plentiful and the spread of food is to die for.

With some hot new titles coming out for the GameCube and the Game Boy Advance SP, Nintendo is prepared to strut its stuff in preparation for the holiday season.

On Oct. 28 Nintendo held an exclusive event to showcase some of those hot titles at the C.N.E. An extreme hiking session entertained the crowd until WWE wrestler "Badd Ass" Billy Gunn thundered through the door and promptly challenged everyone in attendance to a game of *Mario Kart Double Dash!!*, Nintendo's premiere title at the event.

Gunn said playing video games is one of the ways he spends quality time with his kids. When asked if he played as himself in the WWE games, Gunn laughed.

"Yes, I do. I gotta, because no one else does," he said.

"Usually when I'm playing with my kids, I play as myself because they like beating me up, and that's the only way they're allowed to."

Ron Bertram, the general manager for Nintendo Canada, opened the conference by thanking the consumers and retailers who have helped turned Nintendo's floundering sales around to make it one of the best selling video game companies this year.

Denis Dyack, the president of Silicon Knights (*Metal Gear Solid*), was present at the event and is optimistic about the future of Nintendo gaming.

"*Metal Gear Solid* changed the industry. Now games are more story-oriented than technology-oriented and we plan to deliver," he said.

Nintendo is so confident about its product that it has spent more than \$10 million in marketing over the past 90 days (which represents half of their yearly advertising budget) to make sure the games get extra attention.

In addition to *Mario Kart Double Dash!!*, Nintendo wants titles like *1080° Avalanche* to do well

this holiday season.

Mario Kart falls into the category of simple-yet-fun gaming with a slight twist over its predecessors.

The karts in *Double Dash!!* are two-seaters, meaning that the person in front does the driving, while the person in behind takes care of all the important stuff, like blowing the other characters off the road.

"The great thing about *Mario Kart* is that it isn't rocket science," Bertram said.

"You can sit around playing with your buds or your grandmother."

1080° Avalanche allows players to snowboard down realistic slopes, complete with ice patches and differing textures, while facing other disasters like avalanches or bridge collapses.

Mario Kart Double Dash!! hits stores on Nov. 19 with *1080° Avalanche* roaring into stores Dec. 1. Both are listed with an approximate price tag of \$69.

Viewtiful Joe, *Soul Calibur II*, *Mario Party 5*, *Mario Golf*, *Rogue Squadron III: Rogue Leader* and *F-Zero GX* are all on Nintendo's list of must-play titles.

"We're always working," Bertram said.

"We're not at all worried about the competition. Bring it on!"

The Gameboy Advance SP displayed titles like *Super Mario Advance 4*, *Final Fantasy Tactics 2* and *Mario and Luigi*, the long-awaited follow-up to *Super Mario RPG*. All will join more than 500 other titles available.

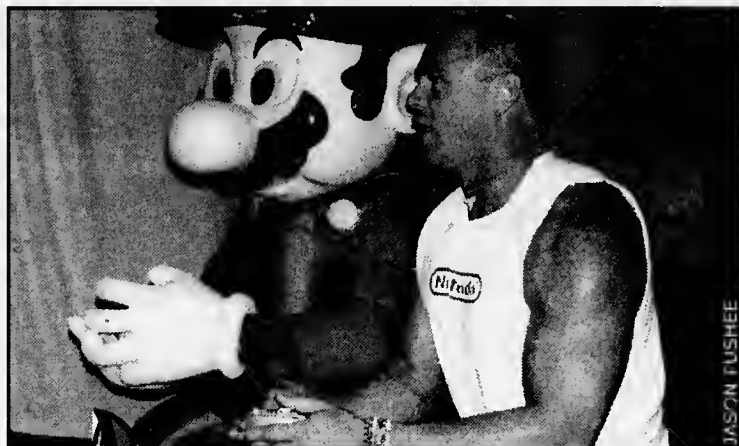
GBA titles are about \$50 each at most major retail outlets.

"We continue to survive because of our great games and systems," Bertram said.

"We're still strong and vibrant."

Both the Gamecube and the GBA SP are available for about \$139.

*with files from Jason Pushee and Brian E. Wilkinson



Mario and WWE wrestler Billy Gunn play head-to-head.



ALL IMAGES COURTESY NINTENDO

Humber students go all out for Halloween pub

Students show there are no limits to creating original Halloween costumes

By Mat Langford

Caps was packed with droves of ghosts and ghouls last Thursday night for the annual Halloween pub.



Josh Grunberg creatively put together his static-cling costume for Halloween.

All kinds of creative outfits showed that students have no limits when it comes to Halloween costumes.

For instance one student, Josh Grunberg, came dressed as "static cling." He wore dark pants and a shirt with everything from underwear and bras to sunglasses and a small Minnesota North Stars hockey flag stuck all over his body.

Another student had a night-stand around his neck – covered with condom wrappers, Tylenol and handcuffs – calling himself a "one night stand."

Hugh Hefner, Jimi Hendrix and Dorothy from *The Wizard of Oz* were also seen mingling at the event.

But the costume (or should I say costumes) of the night went to Jason Mesa and Humber men's assistant soccer coach, Steve Avery, who dressed up as Chief Wiggum and Barney Gumble from *The Simpsons*. They were part of a group of students who came dressed up as the whole gang from *The Simpsons*, including Sherri and Terri, Principal Skinner, Ned Flanders and the dynamic duo of

Radioactive Man and Fallout Boy, just to name a few.

Homer was absent from the group. He probably chose Moe's Tavern over Caps.

It was a successful night for Caps, and a good time was had by all.

Caps hosts the Fashion Arts Retro pub tonight, doors open at 9 p.m. Humber students get in free, but guests pay a \$5 cover.



Ladies, beware of the "one night stand."

Freak Show brings fire eating and acrobatic acts to Caps

By Crystal Stewart

A family of Russian acrobats dressed in matching fluorescent outfits juggled to music and performed complicated gymnastic moves.

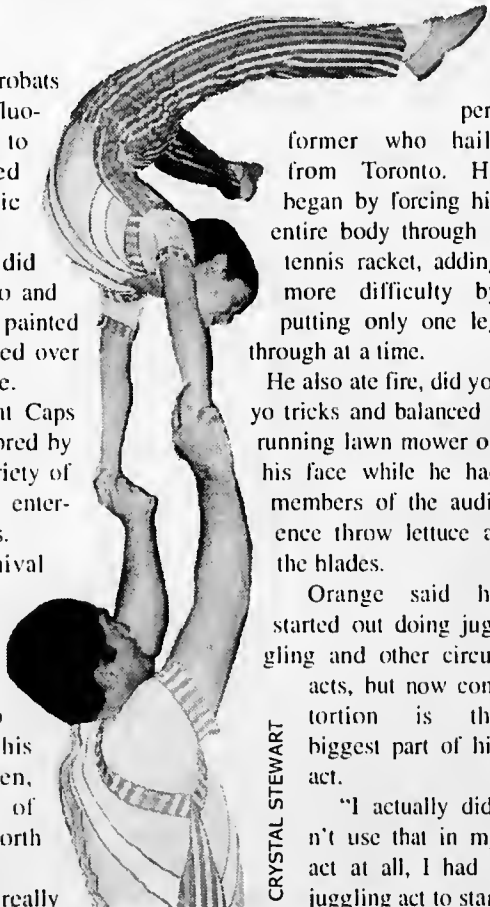
Another performer did tricks with fire, a yo-yo and his own body. Another, painted from head to toe, danced over broken glass and ate fire.

Freak Show night at Caps last Wednesday, sponsored by HSF, brought out a variety of different performers to entertain and amaze students.

"We had [Carnival Diablo] a couple of years in a row, so we wanted to change it up and that's why we've decided to go with the Freak Show this year," said Jen Green, HSF's vice president of campus life for the North campus.

"The only part that really interested me was the guy balancing the lawn mower on his face," said Mike McLaren, a second-year civil engineering student. "There weren't really any 'freaks' in the show."

The freakiest act of the night belonged to Aidan Orange, a



CRYSTAL STEWART

performer who hails from Toronto. He began by forcing his entire body through a tennis racket, adding more difficulty by putting only one leg through at a time.

He also ate fire, did yo-yo tricks and balanced a running lawn mower on his face while he had members of the audience throw lettuce at the blades.

Orange said he started out doing juggling and other circus acts, but now contortion is the biggest part of his act.

"I actually didn't use that in my act at all, I had a juggling act to start off with and then I started using the contortion and it got a really good response, so I just used more and more of it," Orange said. "I don't juggle at all anymore."

Orange, in his last year at the University of Toronto for a math and astrophysics double major, said

he used to use his talents to entertain friends, but it has since allowed him to appear on television programs including the Late Show, MuchMusic and Street Cents.

Orange said he has been able to stretch his arms in unusual ways ever since he was a child. He credits it to extra collagen in his body, which gives him hyper-extendible joints and stretchy skin.

"A lot of people think my arms are fake," said Orange, as he sat with both arms wrapped behind his head. "Kids are like 'those are fake arms'."



CRYSTAL STEWART

Freak Show performer Aidan Orange wowed the audience with his body contortions.



A group of characters from *The Simpsons* partied it up at Caps last Thursday.

New CBC show pushes limits

Kenny vs. Spenny challenges traditional broadcasting with two friends who compete in varying stunts

By Shawn Loughlin

Kenny vs. Spenny, a new reality-based program, brings a fresh approach to comedy not yet seen at the CBC and could serve as a starting point towards a new direction.

The show stars Kenny Hotz and Spenny Rice, longtime friends and a traditional odd couple, who compete against each other every week in a series of challenges to see who is the better man. The competitions are silly, entertaining and sometimes physically grueling, with episodes spanning from *Who do girls like more?* to *Who is the better male stripper?* and *Who can stay awake for the longest?*

"It's tough, because when you do things like, 'Who is smarter?' or 'Who do girls like more?' it's pretty real. Believe me, between two guys, it's tough to have that girl pick you or not pick you next to your friend," Hotz said.

The two stars, friends for well over 10 years, seem mismatched, with Spenny, a hard-working, straight-laced, and self-described lame guy, and

Kenny more outgoing and laid-back.

"At the end of the day, we're

friends, but we fight a lot because we're different.

"We're working together, but



Ten years as friends won't stop Kenny and Spenny from a good battle

we would be friends whether we had a show or not," Rice said.

Both men are homegrown talent, from Toronto. Hotz studied film at Ryerson, and Rice attended York, also for film.

"Ryerson was good. When you're in film school, it's like art class, grades 14, 15, 16 and 17. So everyone basically does their own thing. It's good if you do work, it sucks if you don't," Hotz said.

He added he basically just used the Ryerson facilities to make movies.

"I did a calendar. Mine was *The Skeleton from Auschwitz*, with 12 different skeletons in 12 different Auschwitz locations," he said.

The pair has been writing together since 1989, and has been making films since childhood. It all started when they collaborated on a home movie starring one of their friends.

Their reputation developed from their movie, *Pitch*, which first revealed their fresh approach to comedy.

Pitch follows the pair around the Toronto International Film Festival,

as they try to find a celebrity to star in their movie.

The two became known as having the 'biggest balls in the biz' after *Pitch*.

"We did some pretty outrageous things to get attention, but that's what you have to do in my opinion. That's what we had to do to get where we wanted to go, and we come by it pretty honestly I think," Rice said.

The duo has a very real and in-your-face style, which tends to be a challenge for some producers who try to harness their talent.

"It's like taking lightning and putting it in a bottle. It's very hard to do sometimes. In fact, ultimately you can't do it, but you just sort of enjoy the process," Executive Producer Ira Levy said.

Kenny vs. Spenny airs Tuesdays at 5:30 p.m. on CBC, and a street promotion is planned for early November.

Hotz, Rice and their crew will tour Toronto Nov. 6-9, stopping at various downtown locations.

What's Up

Thursday:

Joe Satriani, Steve Vai and Yngwie Malmsteen bring their searing riffs, and fretless magic, as G3 puts on a show at Massey Hall.

Friday:

Will Ferrell throws on some green tights for the opening of his Christmas comedy *Elf* premiering in theatres across the GTA.

Canadian alt-rock heroes, Sloan, come to the Kool Haus, with supporting act, The High Dials.

Saturday:

Attention all parents! Barney is bringing all of his purple love to the Skydome as part of *Barney's Colourful World*.

Monday:

Static-X, Soil, Skrape and Twisted Method should tear apart The Opera House with their guitar-fused, drum-pounding electro-metal.

The Dropkick Murphys bring their celtic influenced punk rock to the Kaul Haus.

Humber concert raises over \$2,500 for musical scholarships

Lakeshore students warmly welcome jazz musicians

By Sarah Mann

Big band sounds filled the Lakeshore campus auditorium Oct. 29 when legendary jazz composer and arranger Bill Holman conducted the Humber Faculty/Alumni Big Band for the fourth annual scholarship concert.

The concert raised \$2500 for the Humber music scholarship program and featured 12 of Holman's own compositions including *Make My Day* and *Any Dude'll Do*, as well as some of his arrangements, including *Airegin* (written by Sonny Rollins) and *Norwegian Wood* (written by John Lennon and Paul McCartney). Selections were played by a big band that includes 16 faculty members and two alumni of the Humber music program.

In the early 1950s, Holman

began to compose for Stan Kenton's big band and by 1954, worked as his full-time arranger and composer. As an arranger, Holman takes songs and changes them by adding bars or adding a new part for an instrument not used in the original song.

Holman eventually quit performing to concentrate on writing for his own studio bands as well as writing charts for Woody Herman, Count Basie, Buddy Rich and Terry Gibbs, and writing songs for Tony Bennett, Peggy Lee, Mel Torme and Sarah Vaughn, among others.

Holman introduced each song by explaining why he wrote it, how he named it or why he changed a song the way he did.

Before playing *Airegin*, Holman noted Sonny Rollins is one of his favourite jazz artists and explained

why he chose to arrange the song for a big band.

"Big bands hadn't done much with small band pieces but it seemed logical to me because we were a jazz band."

Holman also arranged *Norwegian Wood* for jazz drummer Buddy Rich.

"It worked out all right," he said.

It was different hearing this song played by saxophones, trumpets, trombones and a piano. Trombone soloist Al Kay made his instrument sound like an electric guitar.

During the song *Just Friends*, Holman stood to the side of the stage after explaining that it helps if you already know the song because "then you'll hear it running through your head while

we're up here improvising."

After watching the band play, snapping his fingers and nodding his head, Holman came back in to finish the song.

After the last note was played, Humber music program director Denny Christianson spoke of what an enormous impact Holman has had on music writing.

To be able to hear the songs and hear Holman speak about the songs will leave a long-lasting impression on students, he said.

First-year jazz guitar student Joshua Gropp agrees.

"Holman arranged the songs in such a way that it didn't sound like the original but still sounded like the song. He made each song his own by sometimes adding bars to charts and the manipulation of sound in the orchestration."

Underground Operations blow out the b-day candles

By Jen Pancino

Toronto independent political punk rock label Underground Operations recently celebrated its second birthday with a near sold out show at club 360.



Bombs Over Providence has been part of Underground Operations since its creation over two years ago.

For the last two years Underground Operations has been a mainstay in the Toronto punk scene, producing bands such as Closet Monster, Protest the Hero and Bombs Over Providence, all of whom played the birthday party

last Wednesday night.

Although Underground Operations has solidified themselves as a legitimate indie label, it's not run the same way as a typical business with record contracts being agreed upon over handshakes and pints of beer.

"Underground Operations was founded on just meeting at bars, pub nights and people sitting around," said Shawn Dickey, guitarist for Bombs Over Providence.

"But that's just it, I think you get a high loyalty out of that. We're not going to go anywhere else without talking to U.O. first because we're all friends. It wouldn't be like losing a label if we left, it would be like losing a bunch of friends," he added.

Unlike most indie labels, Underground Operations was formed for more reasons than just

making money. As a whole, the label advocates a vegetarian lifestyle and all of the bands focus their energy towards social and political change, which was more than evident during each of the bands' sets.

Local band Four Square Rock Combo opened up the evening getting the crowd moving before the Underground Operations bands took the stage.

Closet Monster was the first of the three bands to take the stage. Throughout their set, the crowd went crazy, pumping fists in the air the entire time.

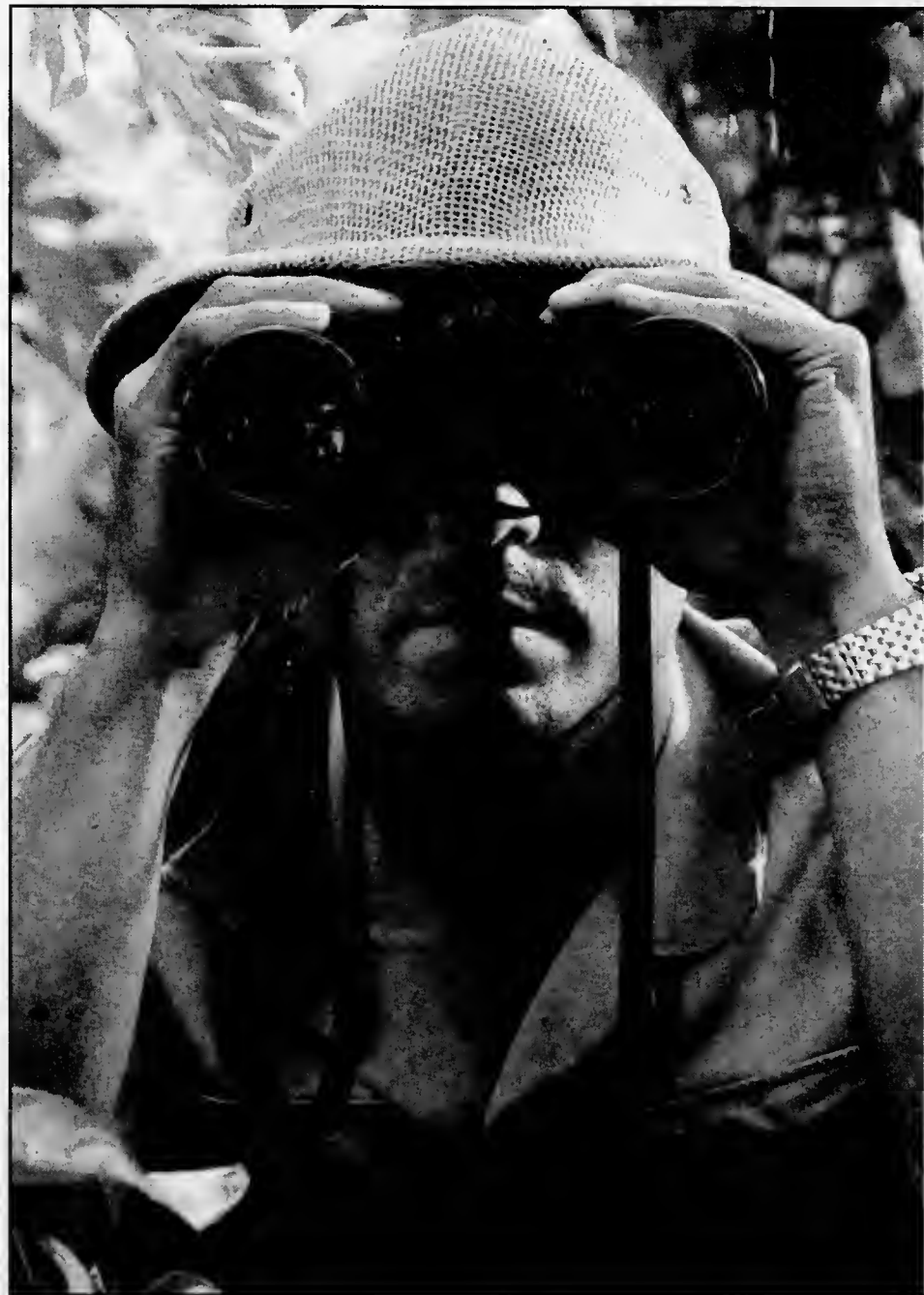
Bombs Over Providence followed with a solid set full of melodic, vocally driven numbers. Playing off of the momentum created by Closet Monster, Bombs kept the crowd moving and after their final song, left the stage to a



thunderous ovation.

To cap off the night, Whithy natives, Protest the Hero, took the stage. Always a crowd favorite, Protest soared through their set, the crowd singing along with lead vocalist Rody Walker during every song.

As the lights came on, the rest of the Underground Operations family joined Protest on stage as the crowd erupted, showing their appreciation for what was sure to be a night to remember.



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Rugby season finished

Team loses to Seneca and Conestoga at OCAA playoffs, finishes fourth overall

By Kristine Hughes

Humber's men's rugby team competed in the OCAA playoffs this past weekend for the first time in the team's history, but came home empty handed, finishing fourth in the round-robin playoffs.

In the first round, the Hawks lost 45-13 to Seneca, who went 7-0 this season.

"We sealed our own fate. We could have played Fleming," if Humber had beaten Conestoga in their last game of the season, Humber's Athletic Director Doug Fox said. "We kind of expected this. It's our first time in the [playoffs] so there's added pressure."

Seneca ran through Humber's tackles in the first half, but Humber bounced back in the second.

Humber lost possession of the ball on several occasions during the

physical game, but improved their play in the second half.

"We missed tackles, but everything else was good. We were holding them, it just took our guys a

"We kind of expected this. It's our first time in the playoffs."

while to settle down," coach Carey French said.

In the bronze medal game, the Hawks came up short against Conestoga, losing 14-10 in a "nail-biting" game, according to French.

With Humber needing a try to win and the team close to Seneca's try line with a minute to play, the last 60 seconds were what French called "the shortest 60 seconds of my life," as Humber failed to find a way to tie the game.

With the season over, the Hawks are looking forward to their third season.

Most of this year's team will be returning next year, with the exception of Marc Freer.

"It's tough for the season to end right as we're coming together," French said.

Darryl Vernuelen was named an OCAA All-Star for Humber, and Steve Burkholder was named an All-Star for the second time.

"Next year we are going [for the] gold [medal], no more of this bronze [medal] business," Burkholder said after the game.



A Humber men's rugby player is taken down by two Seneca players during the Hawks' 45-13 loss to the Sting.



The Guelph-Humber women's rugby team recently competed in a club league tournament.

Women's rugby team in league

By Shannon Henry

For the first time in Hawks history, Humber is now home to women's rugby.

With no Ontario college rugby league for women, Guelph-Humber representatives Sara Mezzone and Gwen Sutherland decided to put together a team to compete in a club league.

The two approached Humber's Athletic Director Doug Fox and asked him to organize a women's rugby team.

Mezzone and Sutherland held an open invitation for the team at

the beginning of September.

The team, made up of experienced and first-time players, consists of 21 girls from Humber and Guelph-Humber.

The lady Hawks have played in two tournaments, one at Fleming College and one at Mohawk College.

During the Fleming tournament, they went 1-2, but gave a strong effort in their inaugural game.

"That was the first time they had ever been on a field, so that was pretty good," Sutherland said.

The Mohawk tournament proved to be a confidence booster

for the team as they went 2-2.

The team ended their fall season with a loss against the U of Guelph.

Guelph-Humber played a strong game but couldn't get past the Guelph veterans.

"Guelph is a very experienced rugby school," Mezzone said. "They've had rugby for years. So this is a big achievement for Humber and for the ladies who want to play."

Mezzone and Sutherland plan to continue the team in the spring and hope to hold a day-long Humber invitational rugby tournament to help raise money for the team.

Just saying no

Canadian colleges now testing for drugs

By Andrew Hopkins

Performance enhancing drugs are a hot topic in amateur sports, but with the news of the now detectable designer steroid tetrahydrogestrinone (THG), the CCAA is taking action to prevent drug use.

In accordance with the Canadian Centre for Ethics in Sport (CCES), an organization that follows the guidelines set by the World Anti-Doping Code, the CCAA has begun testing athletes.

The CCAA receives grants from Sport Canada, who makes sure that

its athletes are tested for banned substances.

To secure the grant, the CCAA has to abide by the same rules.

Athletes, who can be tested at any game or practice, were tested in volleyball and basketball for the first time last year, and this year soccer has been added to the list.

Players were tested at provincial and national championships last year during the inaugural tests.

If a player tests positive for a banned substance for the first time, they face a penalty of up to four years of sport ineligibility and permanent ineligibility from federal

sport funding.

A player has the right to appeal the decision in a written protest to the CCES citing problems based on one or more of the following criteria: identity of the sample, security of the sample, integrity of the sample and the validity and reliability of the test result.

If caught twice, the player may be ineligible from their sport and forced to forfeit previous awards.

A St. Francis Xavier University basketball player was the first to test positive for a banned substance, and was stripped of his gold medal and

post-season honours after taking cold tablets with the banned substance ephedrine in them.

The Sport Canada website warns athletes that, "if there is any doubt, do not take the medicine, preparation, supplement or substance."

"It's difficult for us to try and educate people and we are really not good at it yet," Humber's Athletic Director Doug Fox said.

The CCES illustrates the potential consequences of taking banned substances in a public service announcement by saying, "be true to yourself, be true to your sport."

"It's difficult for us to try and educate people."

Men's v-ball team sweeps George Brown in opener

By Christina Bernardo

With three starters out of the lineup for the season opener, the Humber Hawks men's volleyball team looked to its bench for support and defeated George Brown 3-0 last week.

"Adversity creates opportunity," Head Coach Wayne Wilkins said. "When there's a challenge, it opens up a spot for someone else to step in and do their job."

Wilkins highlighted the play of Brad Thompson, Mike Smith and

Darryl Burton.

"Brad came in and set the ball [and] did a pretty decent job. Mike came in and played power for Bart [Bahij] and did a pretty decent job and Darryl stepped in for Rich [Wittmund] and did a great job."

"I think they stepped it up huge," said captain Dave Hartshorn, who was named player of the game. "We need those players to come off the bench. We need them to come in and take the role of the players that were there before. They just did their job and that's exactly what we wanted them to do."

The Hawks dominated throughout the match, capitalizing on the Huskies weak plays and mistakes, winning the first set 25-9. They continued to play strong, winning the second set 25-13.

In the third set, the Hawks looked a little confused and overzealous, but still won the set 25-22, completing the sweep.

"We're good, but like coach said, we kind of put ourselves to sleep by the end," Thompson said. "I think we started off well and I think we're getting tighter as a team."

Thompson attributed his team's 21 errors to playing down to the level of George Brown.

"Everybody could have played a bit better," he said.

The Hawks now prepare to play the Mohawk College Mountaineers at 8 p.m. tonight.

"Mohawk is a better team," Hartshorn said. "We know we have to be ready for the game because they'll come in and they'll play their best game against us and we have to be there to stop them."



The Humber Hawks men's volleyball team delivers one of many spikes through the hearts of the Huskies. The Hawks swept George Brown last week 25-9, 25-13 and 25-22.

Lady Hawks volleyball squad searching for redemption

Drive to avenge last year's second place finish begins tonight at Humber against Mohawk

By Josh Grunberg

After spending the first month of the season on the road, playing tournaments in Hull, Que., Kalamazoo, Mich., and most recently, two weekends ago in Oakville, the Hawks women's volleyball team will finally play their home opener tonight.

The Hawks will square off against Mohawk College at 6 p.m. at the Athletics Centre.

The Hawks will be looking for redemption after losing in the finals in a very competitive match against the provincial champions of a year ago, the Cambrian Golden Shield.

The team is much improved from the start of the season, playing much better on their own side of the net, with better defence and passing.

Head Coach Chris Wilkins and his staff have spent numerous hours in practice working on ball accuracy and control.

However, the solid start by the team may soon be overshadowed by a recent injury plague that has struck the team over the last week and a half.

Last week the Hawks held practices with as few as seven healthy bodies participating.

Starting setter Allison Legenza has been bothered by a shoulder problem, and it's not yet known when she will return to action.

Rookie Miranda Robinson hurt her hand diving for a ball in practice last week. A second set of x-rays will determine the extent of the injury, but it's expected she will be out a few weeks.

Also missing from practice was Alex

Romano (back and neck), Risha Toney (hand), Elizabeth Salas (leg), and Jenna Henderson (ill).

Not only is it tough for the players who are missing practices, but veteran Lesley Westervelt said it's also hard for the healthy players to stay in top form with smaller practices.

"It's pretty tough, with the drills you need a lot of players," Westervelt said. "Our coaches' drills revolve around players. It's really frustrating because it's so early in the season, but it's better to get them now and hopefully not later."

For Robinson, being a rookie and trying to prove herself, facing the prospect of not being able to play for a few weeks is frustrating.

The Hawks will spend the entire first half of November at home. After hosting Mohawk tonight, the Seneca Sting and the Georgian Grizzlies will visit Humber and the team will also host the Humber Cup tournament Nov. 14 and 15.

Gross Misconduct

By Cory Smith



Sports ramblings

Answer: Curtis Joseph, Jaromir Jagr, Pierre Turgeon, Manny Ramirez and Raul Mondesi.

Question: Whose contracts would teams love to rid themselves of now?

Things that bug me:

Hockey players who get tuned and still talk tough on the way to the box...

... empty platinum seats to start each period at the Air Canada Centre...

... any Ottawa Senator.

Things that seem right:

Scottie Pippen in a Chicago Bulls uniform.

...Owen Nolan pounding the hell out of Steve Webb.

Mini-rant:

Why do hockey teams play not to lose these days? Instead of trying to win by scoring goals, which is the point of the game, too many teams just drag the game down by clogging up the ice and hoping to get a scoring chance. Coaches like Pat Burns, Ken Hitchcock and Jacques Lemaire must get their jollies from winning 1-0 games. If only more teams were built like the Vancouver Canucks and Colorado Avalanche.

What the !@#?: Shaq thinks he's worth more than \$30 million per year?!

...Psst, Tomas Kaberle, a hockey rink has corners.

Diamond dust: Great to see the Blue Jays re-sign Greg Myers and Frank Catalanatto.

Next up is Roy Halladay, whose worth is climbing each week he wins an award. The Cy Young is next.

...Are they twins?: Yankees Jason Giambi and Karim Garcia.

Final thought:

Alex Rodriguez, Nomar Garciaparra and Miguel Tejada are all great shortstops, but if I had my pick, I'd take Derek Jeter. Even with a ruptured thumb tendon, he was the best Yankee hitter in the playoffs, and he is a winner.

Sporting a new look

Hockey team unveils alternate home jersey

By Chase Kell

Maybe the Humber hockey team should wear their new third jerseys every game, as they are currently undefeated in the three games while wearing them.

"They're awesome," said Terry Chikoski, a forward for the Hawks. "[They're] way better than other teams in the league."

The second set of home jerseys, which are very similar to the NHL's Nashville Predators home jerseys, have players excited for upcoming home games.

"The first four [Humber play-



ers] who saw the jerseys said the exact same thing," said Humber's assistant athletic director, Jim Bialek. "Those are sick!"

The third jersey will become a permanent fixture next season, replacing the team's yellow home jersey, which resembles the University of Michigan's.

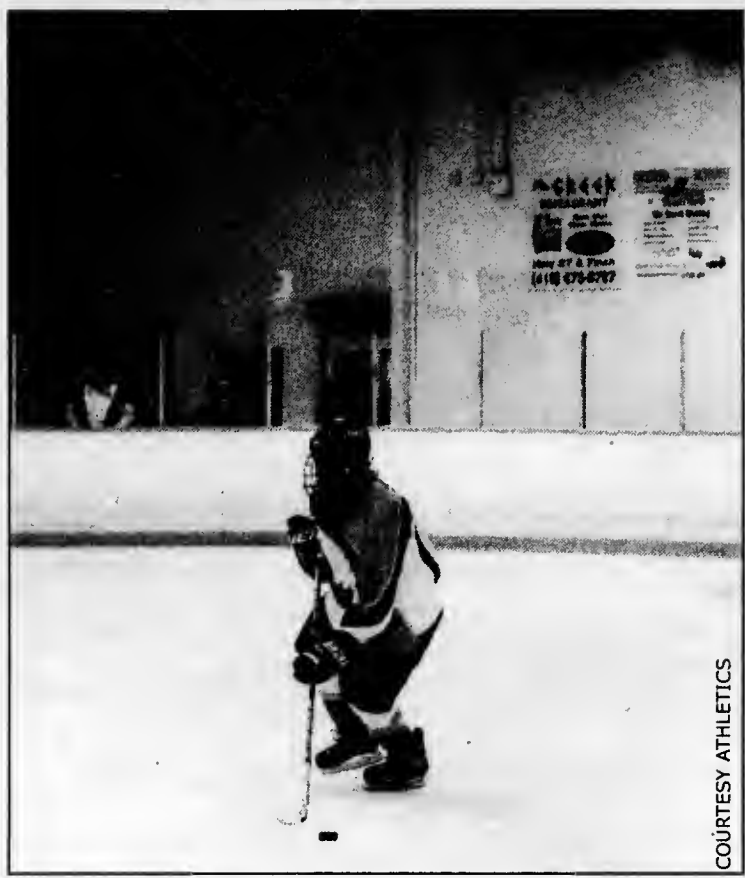
During next season, a new set of away jerseys will be designed as well, giving the Hawks a more

professional look.

"Jerseys have a certain shelf-life where they become lost, damaged, outdated, and that's normally a two to three year period," Bialek said. "With hockey, because the shirts take so much abuse, it seems it's more of a two year shelf-life."

A company named Team Sport Outlet produced the new jerseys and helped to create a look and style similar to jerseys worn by NHL players.

"We were looking at a lace up, but this jersey with the gray on it gives it a professional look," Bialek said. "We took the H, which is traditionally on the front and put it on the shoulder, and reversed it with the hawk that was traditionally on the shoulders and put it on the front."



Corey Kilmartin brings the puck up the ice during action last week. The Hawks put on an offensive display against Fleming but were shut down by St. Clair.

Wild week

Hockey team crushes Fleming but can't get by their rivals from St. Clair

By Eric Collins

It was another roller coaster week for the men's hockey team as they won 10-3 against the Fleming Auks in last Wednesday's season opener but lost 4-1 to the defending champion St. Clair Saints on Saturday.

When the Hawks arrived in Windsor on Friday night, it was obvious that Humber wanted to avenge last year's OCAA final loss to the Saints. But it was not to be.

The Hawks came out flat in the first period, allowing two goals on suspect defensive coverage.

Humber got on the board half way through the second period with a goal from Terry Chikoski but that would be all they could muster as St. Clair went on to score two more goals en route to the win.

"It was a tough loss," Hawks Head Coach Joe Washkurak said. "It was a lot closer than a 4-1 game. We played hard but we didn't seem to get many breaks. All in all, I'm not happy with losing but we competed pretty hard."

On Wednesday's season and home opener for Humber, Washkurak named Luc Lamonthé as the starting goaltender to allow him some playing time.

Unfortunately for Lamonthé, he faced minimal offence from the punchless Auks.

"It was a big win for us," Hawks forward Jamie Chikoski said. "We have been looking forward to the start of the season for some time. Coming out against Fleming was hard because they were so soft. It is actually hard to get into games like that."

There were many highlights on the score sheet for the Hawks including a hat-trick performance by Jason Goldenberg and two goals from Kenny Sousa.

The Hawks visit upstate New York this weekend, playing exhibition games in Rochester Friday night and in Geneva on Saturday afternoon.

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Women's b-ball team lighting up scoreboard

By Luis Henriques

The Humber Hawks women's basketball team has shown that offence shouldn't be a problem this season.

With the aid of Sarah Moxley's game-leading 26 points, the Hawks had no trouble in their home opener, defeating the Loyalist Lancers 89-39.

The Hawks went into the half with a 55-17 lead, but even with the lopsided score, Hawks coach Denise Perrier still saw some areas that need improvement.

"We started off strong but we lost some of our intensity in the second half," Perrier said.

This win comes on the heels of another one-sided affair.

The Hawks beat the Georgian Grizzlies 83-26 in their season opener.

"I thought we started off slow and missed some key baskets but we

started to pick it up," Perrier said after the game against Georgian.

Quick plays on offence, as well as a strong defence led the Hawks to an incredible 41-3 run to end the first half against the Grizzlies.

Fayola Creft, a returning player from last year's team, led the Hawks attack with 23 points.

"We played well as a team. We passed the ball around the court," she said. "It was a nice win in our first game."

Creft went five for five from the free-throw line, adding six rebounds and four steals.

Six of the 10 players on the team finished with at least eight points against Georgian.

Starting the season with two straight wins is crucial, according to Perrier.

"These games are games we had to win. Our next two games are against two hard teams and it's not going to get any easier from here."

Women's soccer team on a recruiting mission for next year

By Phil Messina Jr.

After failing to capture a medal this season, the Humber Hawks women's soccer team will look to get back on track next season.

The Hawks had an impressive season, finishing fourth at provincials but came home empty handed for the first time since the 1997-1998 season.

"The national championships is your goal every year and I think when you set your goals high it allows your team to achieve those goals," coach Vince Pileggi said.

But Humber will lose key players Joanna Kontonikolas and Emilee Barrington next season, making the run at gold much more challenging.

"Joanna and Emilee are going to be very hard to replace," said Hawks sweeper Anna Tripodo. "But we can take what we learned

from them and teach it to the new players that come in."

"With the girls we have we're going to try to expand their roles on the team and give them a greater responsibility and hopefully they can step up to that," Pileggi said.

"The key to success every year is trying to get your first year and second year players to learn from the experience that they've had this year and next year move them into leadership and key positional roles because with every passing year you lose your better players."

Pileggi said that in order to compete for a title next year the team has to start recruiting its players early.

"We have to start looking now for new players because the level of soccer in Ontario is getting better and better every year and you need 16 or 17 quality players to

compete at this level," he said.

Humber College has a good reputation for having one of the top programs for women's soccer in Ontario.

Pileggi is hoping that the school's reputation can attract more top quality players.

"Girls want to come and play for us because of the positive experience they can have here," Pileggi said. "They get a chance not only to showcase their talent but to travel and win medals."

Since Pileggi and Mauro Ongaro started the women's soccer program at Humber in 1996, they have compiled a regular season record of 52-6-9.

Tripodo is anxious for the start of next season.

"I think next year will be a completely different year because we had a taste of it and it's going to make us want it even more."

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